



Nonofo Tausoa ma Ma'i e Pu'upu'u ai lou Soifua

'O le fa'aailoa mai i le iloiloga a le falema'i 'ua 'e maua i se gasegase mātūiā pe fa'a'umatia ai lou soifua – e fai ma 'avega mamafa mo 'oe ma lou 'āiga 'ātoa. 'O se taimi e fa'apopolevaleina ma fa'atumulia ai i le fefe ma le 'atuatuvale e uiga i le lumana'i. 'O ni fesili e tele e uiga i mea e ono tutupu mai e mafai ona tali e lau foma'i ma i latou 'ua filifilia e va'aia 'oe. 'O nisi nei o fa'amatalaga e mafai ona fesoasoani 'ia te 'oe ma lou 'āiga 'a'o tou faia ni fuafuaga mo le isi vaega/la'asaga o lou soifua.

Fuafuaga Aga'i 'i Luma

'Āfai e iai sou gasegase tūgā, e tele ni mea e tatau ona fuafuaina mo 'oe fa'apēnā ma ē 'olo'o tausia 'oe.

E lē faigofie se talanoaga ma lou 'āiga i nisi taimi e uiga i le mea 'ua tupu iā te 'oe, 'ae e aogā e nofo sauni ai mo ni lu'itau 'ole'ā feagai ai.

E mafai fo'i ona 'avea ma avanoa e fa'aali ai ou lagona fa'atasi ma ni ou mana'oga e uiga i le nofoaga 'e te fia nofo ai, 'atoa ai ma le itū'āiga soifuaga o toe aso o lou soifua.

Fuafuaga mo le Tausia I le Lumana'i

'O le Fuafuaga mo le Tausiga I le Lumana'i, 'o se fa'atinoga o ni fa'atalanoaga ma ni fuafuaga e tāpenapena ai mo lou soifua mālōlōina mo le lumana'i. E aofia ai 'oe, lou 'āiga fa'atasi ai ma le 'autausoifua. 'O le Fuafuaga mo le Tausiga I le Lumana'i, 'e te maua ai le avanoa e atina'e ai ma fa'aali ai o 'oe lava mana'oga e fa'avae i mea nei:

- 'O lou 'oe lava tāofi, aganu'u ma talitonuga
- E maua ai sou mālmalama'aga 'ato'atoa o lou ola mālōlōina 'olo'o iai nei ma se lumana'i e ono o'o 'i ai
- 'O togāfiti ma tausiga 'olo'o maua

'O lau ACP (Fuafuaga mo le Tausiga i le Lumana'i) 'o se utu e teu ai ou mana'oga, au filifiliga, talitonuga ma sini o mea e aogā mo lou lumana'i lea 'ua fuafua mo le tausiga o 'oe. E mafai ona fa'a'uma, ma teu mau i faila o ou talatu'u 'olo'o i lau foma'i, po'o lau tausisoifua 'autū.

Mo nisi fa'amatalaga fa'aopoopo e uiga i lenei fa'atinoga talanoa i lau Foma'i pe asiasi i le 'upegatafa'ilagi

www.endofliveservices.co.nz

Filifilia o se Tagata e 'Avea ma Ou Sui e Va'aia au mea Tau le Tulāfono ma au Mea Tau Tupe

E to'atele tagata e popole pe fa'apēfea ona fai a latou tonu mo i latou lava pe'ā o'o i le vaitaimi e matuā vaivai ai, ma lē toe mafai ai ona latou faia ni a latou lava tonu.

'A 'e mana'omia se tagata e iai le malosī'aga fa'aletulāfono e na te faia au fa'ai'uga, ma tausia lelei ou mana'oga, māfaufau lelei i le filifilia o se isi e 'avea ma ou Sui e Va'aia mea Tau Tulāfono ma au Mea Tau Tupe.

E lē mafai e lenei tagata ona ia faia ni tonu mo 'oe se'i vaganā lava 'ua lē toe mafai ona 'e faia ni au 'oe lava fa'ai'uga.

Mo nisi fa'amatalaga i le sa'ilia o se sui e va'aia au mea tau tulāfono ma mea tau tupe, (EPA), asiasi le 'upegatafa'ilagi: www.ageconcern.org.nz po'o le www.superseniors.msd.govt.nz

Faia o sau Mavaega (Uili)

E ono fetau fo'i sau fuafuaga e fai sau mavaega.

'O le mavaega 'o se pepa 'ua 'e sainia fa'aletulafono e fesoasoani e fa'amautinoa ai le fa'asoaga o au 'asetā (mea totino) i tagata ma isi au mea totino e pele iā 'oe, pe'ā 'e maliu.

E na te ta'u manino mai fo'i le tagata 'ua filifilia e fa'atinoina lau mavaega; ma e ta'ua lenei tagata 'o le tagata fa'ataunu'u mavaega (uili).

Mo le su'esu'e manino atili i mea tau mavaega (uili) ma le faiga o se uili, 'o 'upegatafa'ilagi nei e mafai ona fesoasoani atu: www.sorted.org.nz/guides/wills



Living with life limiting illness

Receiving the diagnosis of a serious or life-limiting illness can be stressful for you and your family/whānau. It can be an anxious time with fears and concerns about what the future holds. Many questions about what is going to happen can be answered by your doctor and the team caring for you. The following is some information that may assist you and your family as you plan for this next stage of your life.

Planning Ahead

When you have a serious illness there are many things to consider for both you and, those caring for you.

Talking with your family about what is happening can sometimes be difficult but, it can help ensure that everyone is prepared for what is to come.

It can also be an opportunity to express feelings and your wishes about where and how you wish to spend your final days.

Advance Care Planning (ACP)

Advance Care Planning is a process of discussion and shared planning for your future health care.

It involves you, your family/whānau and health care professionals.

Advance Care Planning gives you the opportunity to develop and express your own preferences for care based on:

- Your personal views, culture and values
- A better understanding of your current and likely future health
- The treatment and care options available

An ACP is a record of your wishes, preferences, values and goals relevant to future care. It can be completed, and a copy stored on your records with your G.P., or main health provider.

For more information about this process talk to your G.P. or go to www.endofliveservices.co.nz

Appointing an Enduring Power of Attorney

Many people worry about how decisions will be made when they are no longer able or well enough to make their own decisions.

If you want someone to have the power to make decisions for you, consider appointing them as your Enduring Power of Attorney (EPA) for personal care and welfare.

This person will not make decisions for you unless you can no longer decide for yourself.

For more information about appointing an enduring power of attorney (EPA) go to: www.ageconcern.org.nz or www.superseniors.msd.govt.nz

Making a Will

You may also consider making a will.

A will is a legal document that can help make sure your assets, the people and things you love are taken care of after you're gone.

It also specifies who is responsible for carrying out your final wishes; this person is known as the executor of your will.

To find out more about wills and how to make one, the following websites have useful information:

www.sorted.org.nz/guides/wills