

Fe'ao mo e Mahaki fakangata Mo'ui

Ko e ma'u mai ha ola 'o ha sivi 'o ha mahaki fakatu'utāmaki pe mahaki fakangata mo'ui 'oku fakatupu loto mafasia kia koe ki ho fāmili' mo e kāinga'. 'Oku malava pē ke hoko ko e taimi fakaloto hoha'a koe'uhi' ko e ngaahi ilifia mo e tokanga ki he ngaahi me'a ka hoko 'i he kaha'u'. Koe kongā lahi 'o e ngaahi fehu'i ki he me'a ka hoko', 'e lava ke tali 'e ho'o toketa' pea mo e ni'ihī 'oku nau tauhi koe'. Ko e ngaahi fakamatala ko 'eni', 'e ala tokoni ia kia koe pea mo ho fāmili' 'i ho'o palani ki he lākanga hoko ki ho'o mo'ui'.

Palani Kimu'a

'I he taimi 'oku ke puke ai 'i ha fa'ahinga mahaki fakatu'utāmaki, 'oku 'i ai 'a e ngaahi me'a ke fakakaukau'ī fekau'aki mo koe pea pehē kiate kinautolu 'oku nau tauhi koe'.

'Oku 'ikai faingofua ke talanoa mo ho fāmili' ki he me'a 'oku hoko', kā 'e ala tokoni ia ke fakapapau'ī 'oku mateuteu 'a e tokotaha kotoa ki he me'a ka hoko mai'.

'E ala hoko ko e faingāmālie ia ke fakahaa'ī 'a e ngaahi me'a 'oku ke ongo'ī, pea mo ho'o ngaahi fiema'u ki he anga mo e faitu'u 'oku ke fie nofo ai 'i he faka'osi'osi ho'o mo'ui'.

KoPalani Tauhi Tokamu'a

Ko e Palani Tauhi Tokamu'a' ko e founa hono talanoa'ī mo e vahevahe 'a e ngaahi fakakaukau ki he anga hono tauhi ho'o mo'ui' 'i he kaha'u'. 'Oku felāve'ī ai mo koe, mo ho fāmili', kāinga' pea mo e kau mataotao 'i he tauhi 'o e mo'ui'. 'Oku 'oatu 'e he Palani Tauhi Tokamu'a' 'a e faingamālie ke fakalalakala mo fakahaa'ī ho'o ngaahi fiema'u ki hono tauhi ko e' makatu'unga 'i he:

- Ho'o ngaahi fakakaukau', 'ulungaanga fakafonua', mo e ngaahi me'a 'oku ke mahu'inga'ia ai'.
- Ko hono mahino'ī lelei ange 'a e tu'unga ho'o mo'ui' 'i he taimi'ni mo e kaha'u' foki.
- Ko e faito'o' mo e ngaahi tauhi 'oku faingāmālie ke ma'u'.

Ko e ACP ko e lekooti ia 'o ho'o ngaahi fiema'u', me'a 'oku ke sai'ia ai', ngaahi me'a 'oku ke mahu'inga'ia ai', mo e ngaahi taumu'a 'oku felāve'ī totonu ki ho tauhi 'i he kaha'u'. 'E lava pē ke fakafonu, pea tauhi ha tatau 'i ho ngaahi lekooti 'oku tauhi 'e ho'o toketā fakafāmili', pē ko e falemahaki'.

Ki ha toe fakamatala felāve'ī mo e founa'ni, kātaki 'o talanoa ki ho'o toketā fakafāmili' pe ko ho'o vakai ki he: www.endofliveservices.co.nz

Fili ha Tokotaha ko ho Tokanga'ī Fakalao

'Oku tokolahi 'a e ni'ihī 'oku nau hoha'a ki he founa 'e fakahoko 'aki ha tu'utu'uni 'i he taimi 'e 'ikai ke nau toe lava pē mo'ui lelei fe'unga ke faitu'utu'uni ma'a nautolu.

Kapau 'oku ke fiema'u ha taha ke ne ma'u e mafai ke faitu'utu'uni ma'au, fakakaukau ke fokotu'u ia ko ho Tokanga'ī Fakalao' (EPA) ke tokanga ki ho tauhi' mo ho'o lelei'.

'E 'ikai ke ne fai tu'utu'uni ia ma'au, ka e 'oua' kuo 'ikai te ke kei lava 'o faitu'utu'uni ma'au.

Ki ha toe fakamatala ki hono fokotu'u 'o ha tokotaha ko ho Tokanga'ī Fakalao (EPA) vakai ki he: www.ageconcern.org.nz pē www.superseniors.ms.govt.nz

Fa'u 'o ha Tohi tuku

Vakai'ī pe teke fie fa'u ha'o tohi tuku.

Ko e tohi tuku' koe pepa fakalao ia 'e tokoni ke fakapapau'ī ko ho'o ngaahi koloa', kakai mo e ngaahi me'a 'oku ke 'ofa ai', 'oku tokanga'ī lelei pē hili ha'o pekia.

'Oku ne fakahaa'ī fakahangatonu foki pē ko hai 'oku' ne tokanga'ī hono fakahoko ho'o ngaahi faka'amu'; ko e tokotaha ko ia' 'oku ui ia ko e 'Ekisikiuta (Executor) ho'o tohi tuku'.

Ki ha toe fakamātala felave'ī mo e ngaahi tohi tuku' mo e anga hono fa'u', 'oku hā 'i he ngaahi uepisaiti ko 'eni' 'a e ngaahi fakamatala 'aonga kiai:

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