



Ko e hā 'a e tokanga fakafiemālie'?

Tokoni'i e kakai puke 'oku nau si'i mo'ui-talimate' ke nau nofo lelei'

Ko e tokoni fakafiemālie' ko ha founa 'o e kau fakataha', mo fakakātoa ke tokoni'.

'Oku fakapatonu 'i hono tokoni'i e kakai' ke nau ma'u ha mo'ui kakato fe'unga pea 'i he fakafiemālie lelei taha' lolotonga 'oku nau si'i fe'ao mo e puke ko e mo'ui-talimate'.

Ko e taumu'a 'o e tokoni fakafiemālie' ke fakasi'isi'i e 'ū faka'ilonga loto faingata'a'ia', 'i ai ha fakalaka he lelei 'o e mo'ui' pea mo tokoni'i taautaha e mahaki', mo honau fāmili', ke nau fai tu'utu'uni felāve'i mo e anga 'enau faka'amu ki hono ngāue'aki e toenga 'o 'enau mo'ui'.

'Oku poupou'i 'e he tokoni fakafiemālie' 'a e kakai 'i ha fa'ahinga ta'u motu'a pē kuo 'osi tala kiate kinautolu' 'oku nau ma'u e puke mo'ui-talimate' 'o 'ikai toe lava hano faito'o'. 'Oku lava ke tokoni'i e kakai 'oku nau ma'u e mahaki hangē ko e kanisā, mahaki he neave', mole 'aupito e manatu' mo e 'i he sitepu-faka'osi e kofuua', mahaki mafu' pe ma'ama'a'.

Makatu'unga pē 'i ho'o 'ū fiema'u', 'oku lava ke kau 'i he tokoni fakafiemālie 'a e:

- faito'o' mo e 'ū faito'o kehe ke fakasi'isi'i ho'o langa' mo mapule'i ho'o ngaahi faka'ilonga'
- tokoni'i ho'o fānauu/mēmipa e fāmili'
- tokoni mo e me'a ngāue ke tokoni'i koe ke nofo fiemālie 'i 'api'
- tokoni ke fakafetaulaki ho'o 'ū fiema'u fakalaumālie', fakalotu' pe 'ulungaanga fakafonua'
- 'a'ahi tu'uma'u mei he kau ngāue mo'uillelei' pea mo e kau tokoni kehe pē

'Oku 'ikai ke 'uhinga 'a e tokoni fakafiemālie' ko e ngata'anga ia'

Ko e founa fakafiemālie ki he tokoni' 'oku lava ke ngāue'aki ia 'i ha fa'ahinga taimi pē 'i ho'o puke', 'o 'ikai 'i he taimi 'oku ke 'i he ngata'anga ho'o mo'ui'. 'Oku 'ikai ke 'uhinga 'a e ngāue'aki 'o e tokoni fakafiemālie ia 'oku 'ikai ha toe 'amanaki', kuo ke 'li tauveli' pe 'oku 'ikai ke toe tokanga atu ho'o fāmili'.

Lolotonga e faito'o', hangē ko e hulu' pe ko e kimo', 'oku fa'a lava pe ke hoko atu e fakapatonu 'a e tokanga' ke fakasi'isi'i e 'ū faka'ilonga' pea mo tauhi e lelei ho'o mo'ui'. 'Oku lava pē 'a e 'ū faito'o fakapalanisi' pe 'ū faito'o tukufakaholo' ko e kongia ia ho'o tokanga'i'.

Ko hai 'oku ne 'oatu e tokoni fakafiemālie'?

'Oku fa'a 'oatu e tokoni' 'e ha timi 'o e kau polofesinale he mo'uillelei', tataki 'e ho'o toketā fakafāmili' pe 'ofisa mo'uillelei fakalukufua'. Ko e fa'ufa'u 'o e timi' ni' 'oku makatu'unga ia 'i ho'o 'ū fiema'u tefito' pea 'oku lava ke kau ai e:

- 'ofisa mo'uillelei fakalukufua'
- kau mataotao he tokoni fakafiemālie'
- kau neesi'
- kau ngāue tokoni'api'
- kau polofesinale 'oku nau fetakinima he mo'uillelei' - kau ai e kau ngāue fakasōsiale', kau mataotao he me'atokoni', mo e kau mataotao ke faito'o e 'ū kafo fakasino'
- kau fai fale'i' mo e kau tokoni fakatauhi kakai'

'E ngāue mo koe' pea mo ho'o tauhi' 'a e timi polofesinale mo'uillelei 'oku nau fakahoko e tokoni' 'i he feitu'u 'oku ke nofo ai' pe feitu'u 'oku fai ai ho faito'o'. 'Oku lava ke fai 'eni' 'i 'api' pe nofo'anga 'oku fai ai e tokoni'. 'Oku toe lava foki ke fai 'i ha falemahaki' pe falemahaki talimate'.

Ki ha toe fakamatala fekau'aki mo e tokoni fakafiemālie' 'alu ki he www.healthnavigator.org.nz





What is palliative care?

Helping people with life-limiting illness to live well

Palliative care is an integrated, holistic approach to care.

It is focused on helping people to live their lives as fully and as comfortably as possible while they are also living with life-limiting illness.

The aim of palliative care is to relieve distressing symptoms, improve quality of life and enable each patient, and their family, to make decisions about how they wish to spend the remainder of their life.

Palliative care supports people of any age who have been told that they have a life-limiting illness that cannot be cured.

It can assist people with illnesses such as cancer, motor neurone disease, advanced dementia and end-stage kidney, heart or lung disease.

Depending on your needs, palliative care may include:

- medication and other therapies to relieve your pain and manage your symptoms
- support for your whānau / family members
- assistance and equipment to enable you to live comfortably at home where possible
- help to meet your spiritual, religious or cultural needs
- regular visits from health workers and other care providers

Palliative care does not mean the end

A palliative approach to care can be used at any time in your illness, not just when you are at the end of your life. Using palliative care does not mean there is no hope, you have 'given up' or your family doesn't care.

While treatment, such as radiotherapy or chemotherapy, can often be continued the focus of care is on relieving symptoms and maintaining your quality of life. Complementary therapies or traditional medicines can still be a part of your care.

Who provides palliative care?

Care is usually provided by a team of health professionals, coordinated by your general practitioner or family doctor. The make-up of this team depends on your specific needs and may include:

- your general practitioner
- palliative care specialists
- nurses
- homecare workers
- allied health professionals – including social workers, dietitians, physiotherapists
- counsellors and pastoral support people

The team of health professionals involved in delivering care will work with you and your carer where you are living or where you receive treatment.

This may be at home or in a residential care facility.

It can also be in a hospital or hospice.

For more information about palliative care go to www.healthnavigator.org.nz