

Kia ora/Hello

Do you (or someone close to you) have a long-term medical condition that cannot be cured by your GP or nurse and only managed with things such as medications and lifestyle changes? Your doctor or nurse may have mentioned the words life-limiting illness or palliative. This term is used to describe a chronic, incurable disease that doesn't respond to treatment, leading to a terminal diagnosis.

There are a wide range of life-limiting illnesses, including heart failure, lung disease, neurological conditions, such as Parkinson's and Multiple Sclerosis, and cancer that is no longer responding to treatment.

A Poi Plan could benefit you if:

- Your GP or nurse has already had a conversation with you regarding your life limiting illness, then you could benefit from creating a care plan that considers your physical, social, emotional, cultural and spiritual needs for the last 6 – 12 months of life
- You would like to have a conversation about this with your GP or nurse.

At any time have you thought about any of these questions

- Do you worry about what will happen when your condition deteriorates?
- Have you thought about what you value most in life?
- What is culturally and spiritually important to you and who knows?
- Do you sometimes feel worried about how you will cope in the near future?
- Do you have a whānau member or loved one who is suffering from frailty or dementia?
- Do you worry about what will happen to them if they can no longer care for themselves?

Talk to your GP or nurse

Talk to your GP or nurse about making a Poi plan together for your care in the near future. It's also a chance to think about what kind of treatments you might want, or might not want, and to share these thoughts with your whānau/family. Whānau/family or friends are welcome and encouraged to attend this appointment with you. Creating a Poi plan puts you in control.

Your choice, your way

Your GP or nurse will be supported in conjunction with a group of health professionals who specialise in palliative or end of life care. They can help your GP or nurse plan your care as well as give them additional resources like services that can be accessed in your local community. At the end of the day the choice of which services you use will always be made by you and your whānau/family.

Poi (Palliative Outcomes Initiative) is a District Health Board (DHB) funded programme that supports GPs, Practice Nurses and Clinical Managers to provide the best possible care for people approaching the last year to months of their life.