

tō tātou reo

 advance care planning



Whenua ki te whenua

He taonga mā tō whānau

He kupu kōrero tēnei hei tautoko i tō kōrero i mua i te whakaoti mahere atawhai.

*‘E hono ana tātau ki te whenua mai i te matihe o te ora tuatahi
tae noa ki te whakamutunga.*

E kawea ana te wairua i roto i te puku o te hau ki te okiokinga o ngā tīpuna.’

I te whānautanga, ka hoki ki tō tātau pito me tō tātau whenua ki te
whenua. I roto i ngā rā o tō tātau ao ka toro tātau ki te poipoi i te
manaakitanga – ka haere tonu tēnei tae noa ki te matenga.

He mea nui te tautuhi i te whānau, ngā kaimanaaki me ngā tautoko
mō tō tātau hokinga whakamutunga ki tō tātau
whenua - ā-ritenga, ā-tinana, ā-wairua.

Ka āwhina tēnei tuhinga i a koe ki te whakaaroaro me te kōrero mō
tō mahere manaaki mō ā muri ake.

Nā Len Hetet (*nō Ngāti Tūwharetoa,
Ngāti Maniapoto, Te Ātiawa me Ngāti Apa*)
tā mātou tohu i waihanga i whakamārama.

*He kuaka te manu i tēnei rauemi. E ai ki
te kōrero, ka hoki tahi atu te kuaka me ngā
wairua ki Hawaiki.*

**He taonga
mā tō whānau**

He aha te take me whakarite mahere manaaki mō ā muri ake?

- Kei te mōhio tō whānau he aha ngā mea hira ki a koe ki te rerekē
ngā āhuatanga o tō hauora
- Kei te mōhio ō mātanga hauora ki ngā mea nui ki a koe mō tō
manaaki me tō whakamaimoa
- He whakamōhio atu i ō hiahia ki te tangata i ō rā whakamutunga
- He whakaatu i ō hiahia mō tō tangihanga/nehu
- Mā te whai i tāu e pai ana i taua wā ka tau te āio ki tō whānau
me ōu hoa i tō wehenga atu.



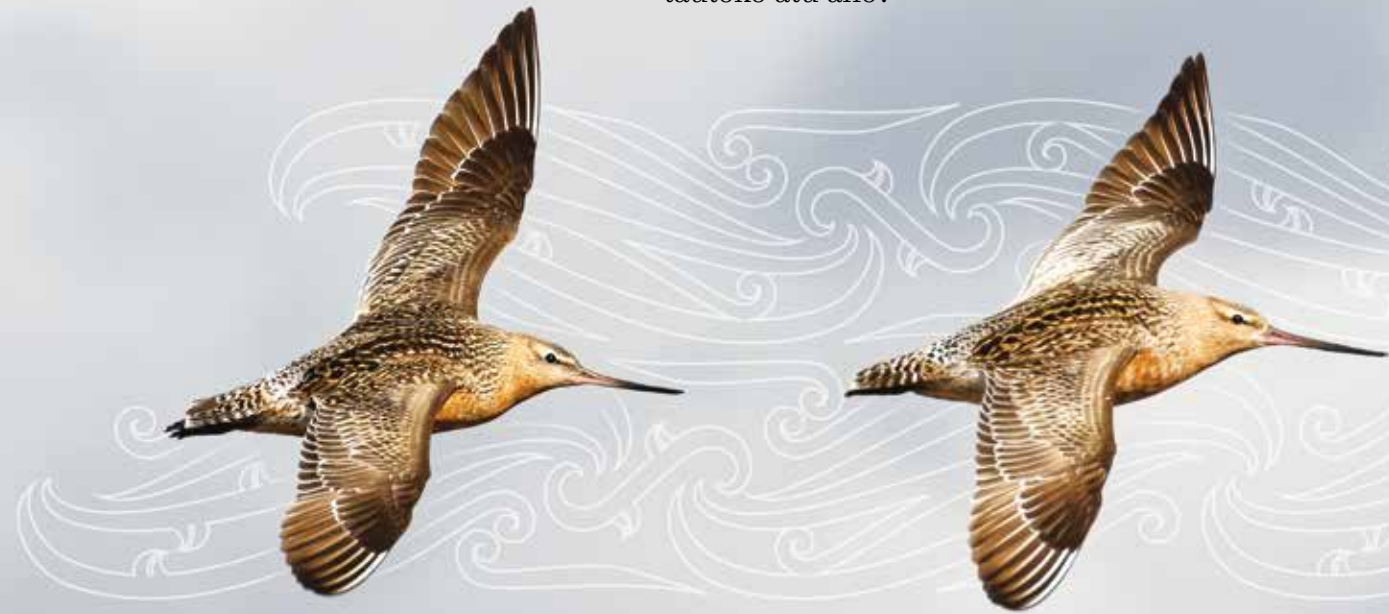
Mō āhea koe tīmata ai?

- I te wā e pai ana koe
- I te wā e māuiui ana koe, he mate
mauroa rānei tōu
- I te wā o tō whakamaimoa,
hāparapara rānei i whakaritea
- Ina whakapono ana koe kua tata
haere koe ki ō rā whakamutunga.

Koinei te wā pai rawa ki te whakarite i tētahi
mahere manaaki mō ā muri ake.

**Mēnā e pai ana koe,
me whakaaroaro pea
koe mō ēnei mea:**

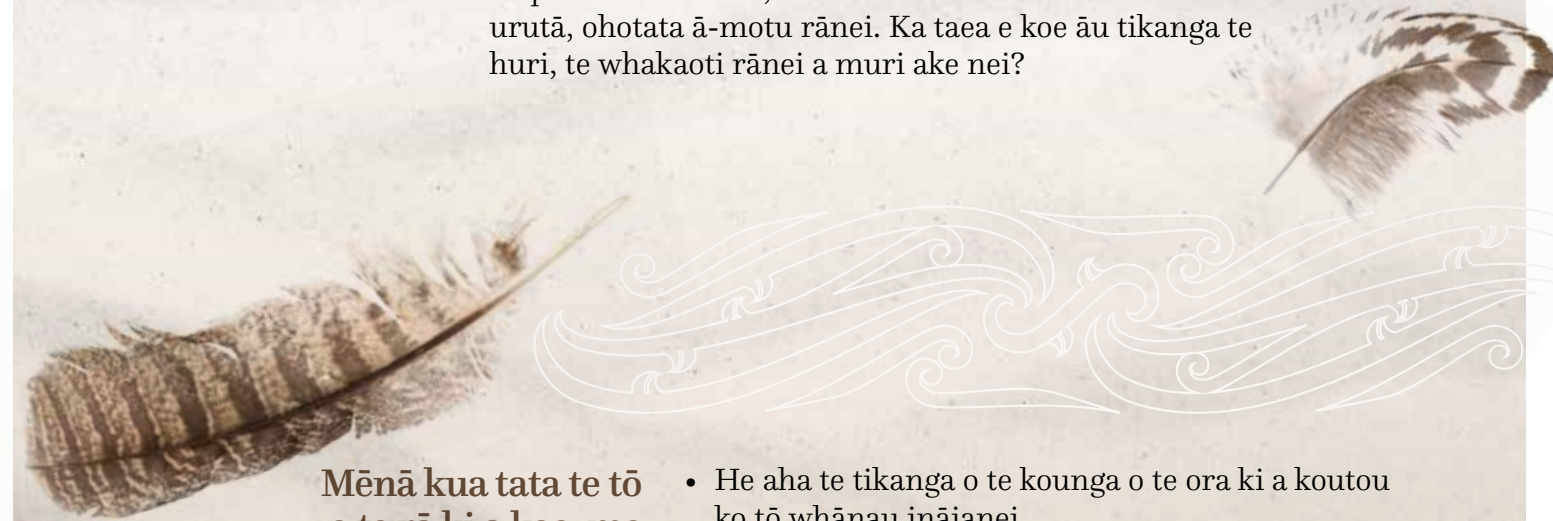
- He uara ōu, he whakapono, he tikanga hoki, tēnā, ngā mea e hira ana ki a koe?
- He aha ngā mea e whaitake ai tō rā?
- Ko wai te hunga e hiahia ana koe ki te whai wāhi atu?
- He mate anō pērā i te mate pukupuku, mate manawa, matehuka rānei i roto i tō whānau ka whai pānga pea ki a koe ā tōna wā?
- E mōhio ana koe ki tētahi tangata ka mahi pai i ngā taipitopito kia oti rawa? He aha ā rātou mahi māu?
- Ko wai tētahi tangata māriri, tangata poipoi e hiahia ana koe ki te tauwhiro i a koe ina māuiui?
- Te tiro tiro i ngā utu me ngā utunga mō ngā manaaki ā muri ake, te tangihanga rānei
- Ko wai atu anō i tō whānau ka hiahia manaaki me te tautoko atu anō?



This photo and the back cover photo courtesy of Daniel Dirks

**Mēnā kei te
māuiui, me kōrero
mō ēnei mea:**

- He pēhea ō whakaaro mō ngā rā e heke iho
- Ka pēhea pea te rerekē haere o tō hauora ā muri ake
- Ka pēhea pea te pānga o tō hauora me tō whānau
- Ko wai atu anō hei tautoko i a koe me tō whānau
- Ki te tino uaua ngā āhuatanga i te kāinga, he pēhea ō whakaaro kia tiakina koe i ngā kāinga kē o te whānau, i tētahi hōhipera tūmatanui, hōhipera tūmataiti rānei, ngā whare tiaki kaumātua, ratonga tiaki tūroro rānei?
- Ina rerekē ngā uara me ngā whakapono o roto o tō whānau, he aha mā rātou?
- Mēnā he poto te wā, he aha ō kaupapa matua?
- Te pēhea e rerekē ai, e tūtatarī ai āu mahere nā te mate urutā, ohotata ā-motu rānei. Ka taea e koe āu tikanga te huri, te whakaoti rānei a muri ake nei?



**Mēnā kua tata te tō
o te rā ki a koe, me
kōrero pea koe mō
ēnei mea:**

- He aha te tikanga o te kounga o te ora ki a koutou ko tō whānau ināianeī
- He pēhea te āhua o te matenga pai ki a koe
- He pēhea ki a koe ngā rongoā me ngā whakamaimoatanga hei pēhi i te mamae me te whakahā
- Te tiro tiro i ngā āhuatanga taha wairua me te tangata
- Te tuku kōrero, taonga hoki ki tō whānau, te tuku mōhio me ngā tikanga ki ētahi tāngata ake
- Ki hea koe mate ai, ā, ko wai te hunga ki te taha i a koe.

Me kite i pēhea ētahi
atu tāngata i whakarite
ai i te mahere atawhai
me ēnei pūrākau:



Arthur Te Ānini



Pusi Urale



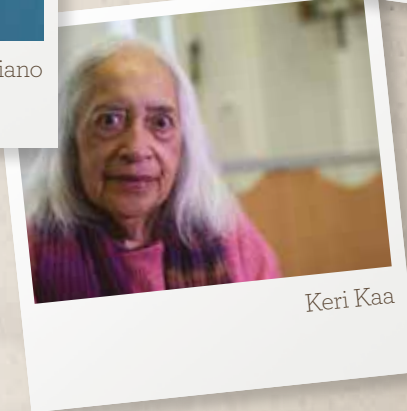
Clive Aspin



Noel Tiano



Cheryl Cameron



Keri Kaa

▶ Mātakitakina ā rātau kōrero mō te whakarite mahere i mua noa atu i konei: www.myacp.org.nz

Kia kōrero | mō te whakarite manaaki mō ā muri ake

Tīmataria tō mahere i tēnei rā

**Tikina he mahere
atawhai hei whakaoti:**

- Tikina atu i www.myacp.org.nz
- Pātaihia tō tākuta, tō nēhi rānei mō tētahi kape.

**Hei whakatutuki
i tō mahere:**

- Kia kore ai koe e mate ki te whakaoti i te wā kotahi... me āta haere
- Me kōrero ki tō whānau me ō hoa
- Me kōrero ki tō tākuta, nēhi rānei
- Me ngākau tuwhera – ka mīharo pea koe
- Ka taea e koe te hoki atu anō ka whakatikatika ahakoa te wā
- Ka kaha āwhina tō mahere atawhai i te whānau, ngā hoa ā tōna wā.

**Ina oti tō
mahere:**

- Me kōrero tahi me tō whānau
- Me kōrero tahi me tō tākuta me ngā mātanga
- Whakamōhio atu ki ngā tāngata he mahere atawhai tāu, ā, ki hea kitea ai.

Ka tau tō mauri, me ō ētahi atu, i tō mahere manaaki mō ā muri ake.

Nā Glenda Rees tēnei whakaahua me tērā kei te uhi.

*‘E hono ana tātau ki te whenua mai i te matihe o te ora
tuatahi tae noa ki te whakamutunga.*

*E kawea ana te wairua i roto i te puku o te hau
ki te okiokinga o ngā tīpuna’.*



Tiheī mauri ora!

Kua tipu ngā rākau
Kua puāwai ngā hua
Kua waiata ngā manu
Kua tau te wao
Kua tau, kua tau,
kua tau e
Haere mai te āiotanga
Haumi e, hui e, tāiki e.

Mō ētahi atu kōrero haere ki www.myacp.org.nz
ki tō kaiāwhina: