



respect for the right to choose

## Puka DWDV 3b

# Me pehea te whakaki i tetahi Tohu Tiaki Ake

### To Tika

Kia maumahara mehemea kei a koe te kaha ki te whakatau, kei a koe te tika - i nga wa katoa - ki te whakakore i nga maimoatanga hauora kaore koe e hiahia. Ko nga maimoatanga rongoa ko:

- rongoa tinana, pokanga ranei
- maimoatanga ki
  - rongoa rongoa
  - he hua rongoa rongoa kua whakaetia
- tiaki whakaora
- maimoatanga niho
- maimoatanga mo te mate hinengaro.

Heoi, ki te mea, i etahi wa kei te heke mai, kaore koe e whai mana ki te whakatau - ahakoa na te mate, na te aitua ranei - he mea nui kia whai whakaaro koe me pehea e hiahia ai koe ki te rongoa. Ma te whakakii i tetahi puka Arahi Tiaki Whakataunga ka mohiohia, ka whakautehia o whakatau.

### Puka Aratohu Tiaki Whakamua

E rima nga wahanga o tenei puka Arahi Tiaki Ake:

- Wāhanga 1: ō taipitopito whaiaro
- Wāhanga 2: te Tohutohu Tohutohu
- Wāhanga 3: te Values Directive
- Section 4: your Medical Treatment Decision Makers
- Section 5: the Witnessing section.

You can choose to complete the Instructional Directive only or the Values Directive only, or both. To be legally effective, the Witnessing section *must* be completed.

## Who is involved?

To be legally binding, at least three people must be involved in filling out the Instructional Directive section of this form: you, your doctor and another adult witness. All three must sign the document at the same time.

You should also make sure Medical Treatment Decision Maker(s) are aware of the decisions you record in this form.

## Section 1: Personal Details

Mena kei te pai to hauora i tenei wa, korero mai! Heoi, ki te mea kua kitea he mate hauora koe, tirohia me to taakuta me te whakaahua i te waahi kua whakaratohia. Mena kei te pai tonu to hauora, he nui noa ki te arotake i tenei puka me te whakamana ano i o whakatau ia tau. Heoi, ki te tino rerekee to hauora, me arotake koe i o whakatau, ki te hiahia koe ki te whakarereke, whakakiia tetahi atu.

## Wāhanga 2: Tohutohu Tohutohu

Ko te Tohu Whakaakoranga ko**herea ture**; i runga i nga tohunga hauora e rongoa ana i a koe ki te kore koe e kaha ki te whakatau whakatau mo to maimoatanga hauora e pai ana koe (te kaha ki te whakatau). Me korero koe ki to taakuta mena ka whakatau koe ki te whakakii i tenei waahanga o te puka.

Tuatahi, me whakaaro koe/*naheae* hiahia ana koe ki te tono i o tohutohu. Ko nga whiringa ka mahia e koe i te wharangi 2 e pa ana ki nga whakatau ka mahia e koe mo nga maimoatanga ka taea te raarangi i te wharangi 3.

Whakaarohia tenei: ki te mamae koe *herangitahi* Ko te ngaronga o te kaha ki te whakatau, kei te mamae ranei koe i tetahi mea tino kino atu engari e whakaaro ana o taote rongoa ka ora pai koe, ka hiahia pea koe kia kaua e pa atu o whakatau. I tera keehi, tohua te "Whakaae" (ara, e whakaae ana koe mekaoretone i raro i enei ahuatanga). I tetahi atu taha, ka whakatau pea koe me whai mana o whakatau wharangi 3 'ahakoa te aha'. I tera keehi, tohua "Kaore e whakaae".

Ko te wharangi 3 te waahanga nui o tenei Aratohu. Kei te whakarārangihia nga maimoatanga ka taea te whakamahi hei whakaroa, hei mau tonu ranei i to oranga. I te taha o to taakuta, whakaarohia enei mea katoa ka whakatau mena ka pirangi koe ki te tohu i te rarangi "Ka whakaae ahau" ki te rarangi "Ka whakaae ahau". Kia maumahara he here ture enei whakatau ki te kore koe e whai mana ki te whakatau.

Te mate whakapouri

Mēnā kua pāngia koe ki te mate pāwera, ka ngaro pea koe i te kaha ki te whakatau, i runga i te kaha o te mate whakaheke i taua wa. No reira he mea nui ki te whakaoti i tenei waahanga mena ka tupu koe i tenei ahuatanga i etahi wa kei te heke mai.

Tuatahi, whakatauhia mehemea kei te pirangi koe kia uru mai o whakatau i tenei wahanga ahakoa kei hea koe e tiakihi ana, mena kua uru koe ki te tiaki umanga.

Tuarua, whakaarohipia mehemea kei te pirangi koe ki te tono i o whakatau mena, ahakoa he mate whakapouri, kei te pai koe. Ka hiahia pea koe ki te matapaki i tenei me nga Kaihanga Whakatau Whakatau Hauora i whirihiria, na te mea he mea nui ta raatau aromatawai.

I te wa e haere haere ana te mate mate, ka tae mai he wa ka ngaro te hiahia o te tangata ki te kai me te inu. Ko te whakatau whakamutunga ki te tuhi, mena ka eke koe ki tera waahi, ka pirangi koe ki te kore, ki te whakaae ranei ki te whangai koko. Ano, korerohipia tenei me to Kaihanga Whakatau Whakatau Hauora.

### Wāhanga 3: Arataki Uara

Karekau te Aratohu Uara e herea ana e te ture, engari ka hoatu he aratohu ki o taakuta mo nga mea nui ki a koe me nga momo whakatau e hiahia ana koe kia mahia e koe ina rongoa koe.

Ki te haere, ngana ki te whakaki i te rangahau i runga i te paetukutuku MyValues ([www.myvalues.org.au](http://www.myvalues.org.au)).

. Ko tenei rangahau ka whakaputa i tetahi purongo ka taea te taia me te tuku ano ki runga i o Taku Rekoata Hauora. Na ka hoki mai ki te whakaki i tenei waahanga.

a) He aha te mea nui i roto i toku oranga (he aha te tikanga o te noho pai ki a koe?)

He aha te take me te whai tikanga o to oranga, ki te kore he aha te tikanga ka iti ake te uara o te oranga ki a koe?

Ko tenei pea ko te whanau me te whanaungatanga, te wero whaiaro me te tuku takoha ki te hapori, te rangimarie whaiaro, te whakapono whakapono ranei. Mena kua tata koe ki te mutunga o to oranga me te whakapono kua pai to oranga engari kaore koe e hiahia ki te whakaroa atu ma nga mahi rongoa, ina koa he taumaha, he horihori ranei, me penei.

Whakaahuahia nga mea e pai ai koe i ia ra, penei: te panui, te korerorero, te puoro, te hikoi, te mahi maara, te korikori tinana, te whai waahi ki te whakawhanaketanga o nga tamariki, mokopuna ranei, te tunu kai, te whakahoa, nga kararehe, nga karapu, te mana motuhake, te mana motuhake.

b) He aha te mea e tino awangawanga ana ahau mo taku heke mai

Ka taea e te tinana o te tangata te huri i nga huarahi ohorere, i etahi wa me te tere ohorere. He pai, he kino ranei ki nga maimoatanga. I te nuinga o nga wa, ka taea e nga taakuta te whakatau tika mo to hauora i nga ra e heke mai nei: te paheketanga o te kaha manawa, hei tauira, te kaha ki te hikoi, to whakautu ki te rongoa. He pai hoki ratou ki te matapae ka tata te mate (i roto i nga ra torutoru, i te wiki ranei).

Heoi ano ka he te matapae a nga taote i etahi wa ma te whanui whanui. Ka timata pea koe ki te pahekeheke ohorere me te ohorere, kei te haere tonu to ahua ki tona ahuatanga o naianei, me etahi atu whakapai ake, mo te wa roa -- marama, tau ranei.

Whakaarohipia nga whakaaro e rima: te kite, te rongo, te pa, te reka me te hongi. Ko te ngaro o to kanohi, o te rongo ranei he whiu pouri, kei te whakaaro koe ka taea e koe te whakatika me te kaha?

Me pehea etahi atu kaha? Ka pehea koe ki te ngaro koe i te kaha ki te whangai i a koe, ki te wharepaku, ki te whakarereke ranei i to putea colostomy, ki te pupuri i te kainga me te tunu kai maau, ki te neke haere i to kainga (kaore he awhina? Me te hikoi?) Ka pehea mena kua ngaro to hinengaro te kaha: te kaha ki te mohio ki te ao huri noa i a koe, ki te whai waahi ki nga korero whai kiko, ki te mohio me te mahara ki to hoa tata me to hoa aroha. Ko te whakaaro mo te ngaro o tetahi kaha ka tino pa ki to whakaaro mo te uara o te haere tonu o te rongoa me te ngana ki te whakaroa i to oranga?

Ka kitea e te tangata ka taea e ratou te whakatika ki nga ahuatanga hou. Hei tauira, i te tuatahi ka whakatauhia e te tangata hikoi e mate pukupuku ana ka pai ake ia ki te mate, kaua ki te kore e kaha ki te haere hikoi me ona hoa. I te wa i tino pono ai, ka huri tana tirohanga ki te mate ki te kore e taea e ia te neke huri noa i te kainga o tona whenua me te pa ki te mura o te ahi rakau. I muri mai, i te wa i tino pono ai, ka huri tana tirohanga ki te mate ki te kore e taea e ia te neke ngawari i waenga i tana moenga me tana kaukau. I te mutunga ka noho pono ia, katahi ka whakatau ia ki te whakakore i nga rongoatanga katoa me te whiwhi i te whakamaaramatanga nui, na te mea i whakapotoa tona oranga.

c) Nga hua kaore e whakaetia mo te maimoatanga hauora i muri i te mate, i te whara ranei

Ka aromatawaihia pea e te taote he 80% te tupono ka mate koe i roto i te toru marama; he 50% ranei to tupono ki te whakaora tika mai i te mate, i te aitua ranei; he 30% ranei te tupono ka ora koe engari he kino te roro.

I roto i tenei waahanga, whakaahuahia to whakaaro ki enei momo tuponotanga. He aha te mea nui o te tino whakaora mo koe ki te whakamanawanui (me etahi) maimoatanga hauora, whakaora ranei? Ka pai koe ki te 'whakamarietanga' kia mate noa? A tuu i tetahi atu huarahi, kia kore koe e whakaae ki te rongoa, me pehea koe e pai ai mo te mate kino?

Ka pa ana ki nga maimoatanga 'tupono', taumaha ranei, ka pai koe ki te whakatau a to taakuta rongoa, kua roa pea koe e kite ana, ka pai ake ranei koe ki nga whakaaro tohunga maha? Mena ka rereke nga whakaaro o te rongoa, ka anga atu koe ki te whakaaro o to taakuta, ki te whakaaro o tetahi tohunga motuhake, ka pirangi ranei koe kia whakaae nga whakaaro maha? Mena kei te pirangi noa koe ki to Kaihanga Whakatau Whakatau Hauora i te mea ka taea e ia i roto i nga ahuatanga ka whakawhirinaki koe ki o raatau whakatau, me penei.

Whakaahuahia to whakaaro mo:

- Whakaora: kahore rawa; mehua ngawari; tetahi mea ranei me nga mea katoa?
- Tautoko ora (te whangai me te whakamakuku ma te ngongo ki te puku; te hau hangai; te whakaheke toto; te pokanga ka ora te ora): kare rawa; haere tonu ki te mea he pai ake; haere tonu ahakoa he aha nga huringa?
- Nga maimoatanga whakamatautau: ka whakaae koe ki te uru atu ki nga whakamatautau rongoa o nga raua taero hou, ahakoa kaore i te mohiotia te whai huatanga me te taumaha?

d) Ko etahi atu mea e hiahia ana ahau kia mohiotia

I te wa e whakawhiti ana koe ki te tiaki whakamarumaru, he mea nui kia mohio to Kaihanga Whakatau Tiaki Hauora ki to whakaaro mo te whakamahinga o te morphine hei rongoa i te mamae me te mamae, me te mahi i runga i o hiahia.

I roto i tenei waahanga, korero mena ka whakaae koe ki nga taumata teitei ake o te morphine e kore ai koe e mohio me te kore e mohio ki to mamae ('whakarerenga mutunga') ka pai ranei koe ki nga taumata mama ake o te morphine ('marama ngawari') ka uru ki te mamae me te mamae. engari ka taea e koe te mahi tahi me te hunga e arohaina ana. Mena ka whai waahi, ahakoa he nui te mamae, ka pirangi koe kia kotahi te wa poto whakamutunga mo te whakamaarama kia whai waahi koe ki te oho ake ki te poroporoaki, ka pai ake ranei koe kia noho pohehe? Me mohio koe ka pikti ake nga taumata o te morphine ka tere ake to mate ma te pehi i to manawa.

Mena kei te pirangi koe kia maharaha koe e te hunga e aroha ana ki a koe he tangata totika, he tangata mohio, ka hiahia pea koe ki to Kaihanga Whakatau Whakatau Tiaki Hauora ki te whakatau i tetahi waahanga ka whakapoto i to oranga kia kore ai e roa te wa o te koretake me ngoikoretanga. I te tahi a'e pae, mea au a'e na outou ia ite to outou utuafare i to outou pene hopea mai te peu e te vaiihō noa ra te natura ia rave i to 'na haerea, noa 'tu te huru o to outou huru i mua i te pohe.

e) Ko etahi atu tangata ka pirangi au ki te whai waahi ki nga korerorero mo taku tiaki

I a koe e anga ana ki te mutunga o te oranga, ka whai whakaaro pea te hunga e tata ana ki a koe mo te maimoatanga e tika ana mo koe. Engari ko o raatau hiahia kaore e whakakore i au ake whakatau kua tuhia ki to Panui Tiaki Mo mua, me to Kaihanga Whakatau Tiaki Hauora me mahitou nga hiahia, ahakoa he rereke i nga hiahia o nga tangata tata ki a koe. Heoi ano, ka hiahia pea koe ki enei tangata kia korerohipa.

I roto i tenei wahanga, whakarārangihia nga tangata e hiahia ana koe ki to Kaihanga Whakatau Whakatau Hauora ki te korero ki a koe, mena ka taea. Kei roto pea i tenei ko nga hoa tata, o nga hoa mahi ranei (ahakoa te hunga e kore e whakaaehia e to whanau), nga kaumatau o te hapori, nga tangata tautoko matatika, whakapono ranei. Mena he tangata kei a koe *kahorehiahia* ki te korero me te *mahikahoree* hiahia ana koe ki te haere ki te taha o to moenga, whakahuahia hoki.

Ahakoa te ahua o te kare-a-roto i enei wa, ka ara ake etahi raruraru, ka marama ake to hiahia i roto i to Arataki Tiaki Ake, ka ngawari ake mo to Kaihanga Whakatau Tiaki Hauora ki te whai korero whakaute me te whai whakaaro. me te hunga i whiriwhiria.

f) Mena kei te tata ahau ki te mate, he mea nui enei mea ki ahau

Mena kei te tata koe ki te mutunga o te oranga, kei kona ano etahi mea ka poihera koe ki te kite i mua i to haerenga? He mokopuna hou, he iramutu kua puta, he whanaunga kua marenatia, he huritau mo to marena taimana, hei tauira? Mena karekau he whainga motuhake penei, tuhia noa 'Kaore'.

Whakaarohia ko wai me te aha e hiahia ana koe ki a koe ina mate koe: te whakatangi puoro, nga whakaahua o te hunga e arohaina ana, to mokai? Whakaarohia te ahuatanga me te whakaahua i te mea ka taea e koe.

FAKATOKANGA: Ahakoa kei te ture inaianei te mate awhina awhina (VAD) i Wikitoria, kei te waatea noa ki nga tangata e whai mana ana ki te whakatau (me te kore e ahei). Kaore e taea e koe te whakauru i tetahi tohutohu mo te VAD ki roto i to Arataki Tiaki Ake.

## Koha Okana

Tuhia mehemea ka whakaae koe ki te koha i o whekau ina mate koe.

## Wāhanga 4: Nga Kaihanga Whakatau Tiaki Hauora

I roto i tenei wahanga, whakarārangihia nga tangata kua tohua e koe hei Kaihanga Whakatau Whakatau Hauora.

Kia mahara ko te whakatu i enei tangata me mahi ma tetahi atu puka motuhake: te *Te Whakaritenga mo te Kaihanga Whakatau Tiaki Hauora*. Mēnā kua tohua kētia e koe he Roia Mana Whakamutunga (Te Tiaki Hauora), ka kiia ko tenei tangata, etahi tangata ranei ko to Kaiwhakatau Whakatau Hauora.

## Wāhanga 5: Whakaaturanga

He mea nui ki te whakaoti tika i tenei waahanga kia whai mana ture te Advance Care Directive.

**I mua i to haina;** kia tokorua nga pakeke kei a koe hei kaiwhakaatu mo to hainatanga. Ko te tuatahi me rehitatia he rata hauora, ko te tuarua me pakeke ano.

He aha te mahi me to Arataki Tiaki Tonu

He kape o to puka hainatanga ka hoatu ki:

- koutou Kaihanga Whakatau Whakatau Hauora
- te mau melo o to outou utuafare
- to rata me etahi atu taote e rongoa ana i a koe mo tetahi mate kino
- mena kei te kuhu koe ki te hohipera, ki te whare haumanu, ki te whare tiaki kaumātua ranei, me whakarite he kape ki runga i to konae rongoa.
- tukua atu ano hoki to Tohutohu Tiaki Tiakitanga kua hainatia ki to Toku Rekoata Hauora:  
[www.myhealthrecord.gov.au](http://www.myhealthrecord.gov.au)

## Te arotake i ia wa

Mena he rangatahi koe me te pai o te hauora, arotakehia te puka ia rua, toru tau, ki te kore he rereke, haina me te ra i te waahi kua tohua.

I a koe e pakeke haere ana, ina koa kua kitea koe he mate kino, tirohia to puka i ia wa. Mena ko to tohutohu*huri*, me whakaki e koe he puka hou me te whakaatu tika ano.

## Nga Patapatai Auau

**P: Ka taea e au te whakarereke i etahi waahanga o taku Arahi Tiaki Whakamua me te kore e whakaoti i tetahi mea hou?**

Kao, e kore e taea e koe te whakarereke, te taapiri atu ranei ki to Panui Uara, Tohu Whakaakoranga ranei - me whakaoti e koe he Arataki Tiaki Tiaki Hou. Ka taea e koe te whakarereke i o taipitopito whakapā, i nga korero mo to Kaihanga Whakatau Whakatau Hauora.

**U: Ka taea te tono mo te mate i roto i taku Tohu Tiaki Mo mua?**

Kaore, kaore e taea e koe.

**P: Me pehea e mohio ai tetahi rata rata kei a au he Arataki Tiaki Mo mua?**

Me whakapau kaha to taakuta ki te mohio mena kua oti i a koe tetahi Arataki Tiaki Mo mua. Hangaia he maha o nga kape o to puka Whakatau Tiaki Tiaki i hainatia, ka hoatu he kape ki nga taote rongoa me nga kaimahi whakauru ki te hohipera. Ka taea hoki e koe te tuku ake i to Tohutohu Tiaki Whakamua kua hainatia ki to Rekoata Hauora:

[www.myhealthrecord.gov.au](http://www.myhealthrecord.gov.au). Ka taea hoki e koe te whakakī me te tā i ngā kape o te rangahau MyValues:[www.myvalues.org.au](http://www.myvalues.org.au). Ka taea hoki tenei te tukuake ki runga i to Taku Rekoata Hauora.

**P: He aha mena kei a au tetahi Tohu Tiaki Tiaki Tiaki kua oti i mua i te 12 o Maehe 2018?**

Ka tohuhia he Arataki Tiaki Mo mua i mua i te 12 o Maehe 2018 hei a Arataki Uara anake. Ka whakaaroa e to Kaihanga Whakatau Tiaki Hauora, engari kaore e herea e te ture.

**P: He aha mehemea kei a au he Tiwhikete Whakakahoretanga o te Tiwhikete?**

Ko te whakakore i te Tiwhikete Tiwhikete Hauora i te 12 o Poutū-te-rangi 2018 kei te ture tonu me te whai mana.

**Q: Kei hea ka kitea e au etahi atu korero?**

- Panui atu mo te Mahere Tiaki Ake i runga i te paetukutuku a te Tari Hauora me nga Ratonga Tangata: [www.betterhealth.vic.gov.au/havetheconversation](http://www.betterhealth.vic.gov.au/havetheconversation)
- Te paetukutuku ranei a te Tari o te Kaitohutohu mo te iwi: [www.publicadvocate.vic.gov.au](http://www.publicadvocate.vic.gov.au)