

Ngaahi 'Aho Faka'osi'osi 'o e Mo'ui' – Ke mahino 'a e me'a 'oku hoko'

Ko e fakamatala eni ke tokoni'i 'a e fāmili, kāinga mo e kau tauhi 'o e kau mahaki'ia 'oku nau talitali mate 'i 'api'

Ko e founga 'o e fakaa'ua'u ki he mate', ko e konga fakanatula pē ia 'o e mo'ui' pea 'oku makehe pē ia ki he taha kotoa pe. 'Oku fa'a hoko māmālie mo fiemālie mai pē 'a e mate' ia, pea 'oku 'iai 'a e ngaahi liliu angamaheni 'oku hā mai ke 'ilo ko e mo'ui' 'oku fakaa'ua'u ki he ngata'anga'. 'E tokoni hono 'ilo'i e me'a 'e hoko mai' ki hono fononga'ia 'a e taimi fakaleleloto ko eni'.

'Ikai ke toe kai pe inu

'Oku angamaheni pē ke ta'e fiefikai pe fiefieinu pea 'oku liliu pē foki 'a e sino' ia ke anga ki he si'isi'i 'o e ma'u 'o e me'atokoni huhu'a'. 'Oku fakafiemālie hono 'oange ha vai ke inuinu māmālie, pe 'aisi poloka ke misimisi, lolotonga 'a e taimi 'oku'ne kei ala folo ai ha me'a.

Liliu 'a e fakatokangame'a'

'I he 'ene faka'a'au ke vaivai ange', 'e malava ke fa'a mohemohe pē pea toki māmālie ai pē 'a e 'ikai ke ne to e 'ilo'i ha me'a'.

Mānava

'E malava ke liliu 'a e anga 'o e mānava', 'o malava ke mānava motumotu pe faka'aulolongo. 'I he taimi 'e ni'ihī 'e longoa'a 'ene mānava'. 'Oku fakanatula pē eni ia pea 'oku 'ikai ke 'uhinga ia 'oku faingata'a'ia. 'E tokoni ke fulihi 'ene tokoto'.

'Ikai māpule'I 'a e tu'u ofi' pē tu'u mama'o'

'E tokoni hono ngau'e'aki 'a e taipā' pē ko ha tiupi 'o kapau 'oku 'ikai lava ke to e mapule'i 'a e tu'u ofi' mo e tu'u mama'o'.

Fakautuutu 'a e puputu'u' mo e ta'efiemālie'

'E malava ke fakautuutu 'ene hoha'a', pe ko e 'ikai ke toe mahino 'ene fakakaukau' mo 'ene talanoa'. Fakafiemālie ki ai 'aki ha talatalanoa māmālie ki ai mo ke pukepuke hono nima'. Kapau 'oku fakautuutu 'ene faingata'a'ia' pea vakai nā'a tokoni ha fo'i'akau pe ha vai faito'o.

Liliu 'a e lanu'/māfana'

Te ke fakatokanga'i 'oku momoko hono ongo nima' mo e va'e' pea pikipiki, 'ile'ila mo lanu fakapōpō'uli hono kili'. 'Oku 'ikai 'uhinga eni ia 'oku mokosia. Ko e liliu e māfana 'o e sino' (momoko/māfana) 'oku fakanatula pē ia.

Te ke 'ilo'i fēfē kuo pekia ho 'ofa'anga'?

- Tu'u e mānava'.
- 'Ikai ke toe tā 'a e mafu'.
- 'Ikai ke toe ongo'i ha ala atu pe ha lea le'olahi atu.
- Ko e sio fakamama'u pē hono mata' ki ha me'a, fuolahi 'a e tama'uli' pea 'e malava ke 'ikai māpuni hono lau'imata'.
- Tō ki lalo hono kaungāo', pea ava pē hono ngutu'.

Ko e hā ho'o me'a 'e fai 'i he hili 'a e pekia ho 'ofa'anga'?

- 'Oku 'ikai fiema'u ia ke ke fai leva ha me'a 'i he taimi ko ia'. Kapau te ke fie ta'utu pē koe 'o 'i ai ha'o ki'i taimi mo e tokotaha' ni.
- 'E tokoni ke ke fakatokanga'i e taimi na'e mate ai'.
- Kapau te ke fie fakatokoto fakalelei ia ke fakafo'ohake 'o faka'olunga hono 'ulu' ki ha pilo tokalelei.
- Fetu'utaki ki ho'o neesi'. Kapau ko e mate' 'oku hoko po'uli pea 'e lelei pē ke talitali ki he pongipongi hoko'.
- Fetu'utaki ki he toketā 'a e pekia', he 'e ha'u ke fakapapau' 'a e mate', mo fakafonu 'a e tohi fakamo'oni pekia'

Kapau 'oku tokolahi e kakai 'e fiema'u ke fakahā ki ai e pekia', pea vakai ke kole ki he fāmili/kāinga' pe ngaahi kaungāme'a' ke nau tokoni.

Feinga ke ke fetu'utaki ki ha talēkita faiputu – ko e fakamatala felāve'i mo e kau Talēkita Faiputu', vakai ki he: www.fdanz.co.nz/fdanz-funeral-directors pē ko e uepisaiti 'a e Potungāue Fakalotofonua': www.endoflife.services.govt.nz ki ha to e fakamatala 'e tokoni atu.



Last Days of Life - understanding what is happening

A guide for family, whānau and carers of patients who are dying at home

The dying process is a normal part of life and unique to each person. Death usually comes gradually and peacefully, and there are common changes to signal that life is coming to an end. Knowing what to expect can help to make this time less worrying.

Not eating or drinking

It is common to have little interest in eating or drinking and the body adapts to the reduced intake of fluids. Offering sips of water or, ice chips to suck, while person can still swallow provides comfort.

Change in awareness

As weakness increases, the person may become sleepier and then gradually lapse into unconsciousness.

Breathing

Breathing patterns may change, with maybe small or long pauses between breaths. Occasionally, there can be a noisy gurgle sound. This is normal and not distressing for the person. Changing their position may help.

Incontinence

A loss of control of the bowel and bladder can be managed by using pads; sometimes an indwelling urinary catheter can be helpful.

Increased confusion and restlessness

Increased restlessness may occur or, the person may have muddled thinking and conversations. Reassure them by talking calmly and holding their hand. Medication may be helpful if the person becomes distressed.

Changing colour/temperature

You may notice that their arms and legs feel cool and clammy, look patchy and dark in colour. This may not mean they are feeling cold. Changes in temperature (hot / cold) are normal.

How will you know your loved one has died?

- Breathing ceases.
- There is no heartbeat or pulse.
- There is no response to touch or talking loudly.
- The person's eyes are fixed on a certain spot, pupils dilated (large) and the eyelids may be open.
- The jaw is relaxed, and the mouth stays open.

What do you do when your loved one has died?

- There is no rush to do anything immediately. You may wish to just sit and spend time with the person.
- It is helpful to note the time of death.
- You may want to reposition the person onto their back with a flat pillow under their head.
- Contact your nurse. If death occurs during the night, it is okay to wait until morning.
- Contact the person's GP who will visit to confirm the death, and write a death certificate.

There may be many people to notify so consider asking family/whānau or friends to help with this task.

Make contact with a funeral director – for information on Funeral Directors go to: www.fdanz.co.nz/fdanz-funeral-directors or to the Department of Internal Affairs website: www.endoflife.services.govt.nz for other helpful information.