

*Ka whakamārama tēnei aratohu i ō motika i raro i Ngā Tikanga Hauora me Ngā Ratonga Hauā Mō Ngā Motika Kiritaki (Ngā Tikanga) mēnā ka kōwhiri koe i te ratonga mate whakaahuru, ā, me pēhea te tuku amuamu mēnā ki ōu whakaaro kua takahia ō motika.*

# Mate whakaahuru: Ngā motika te tangata i raro i Ngā Tikanga



Mai i te 7 o Noema 2021, ka āhei te tangata mate tuamatangi e ū ana ki ngā whakaritenga āheitanga tino whāiti te tono rongoā hei whakamauru i te mamae me te whakamate i a ia. Mēnā ka kōwhiria e koe te whiwhi i te mate whakaahuru ka tiakina koe e Ngā Tikanga Hauora me Ngā Ratonga Hauā Mō Ngā Motika Kiritaki (Ngā Tikanga). Mēnā kāore anō kia whiwhi koe i tētahi ratonga kounga, ka taea e koe – he hoa rānei, he kaitiaki, he whanaunga rānei te tuku amuamu ki Te Toihau Hauora, Hauātanga (HDC).

## Te motika ki ngā manaaki kounga



E mōhio ana tātau he take tapu te mate whakaahuru e uaua ai te kōrero mō tēnei. Engari pērā anō i ētahi atu āhuatanga manaaki hauora, mēnā ka kōwhiri koe i te mate whakaahuru kei a koe ētahi motika ake i raro i Ngā Tikanga.

Kei roto i ēnei ko te motika kia tika te whakarite, te whakaute i a koe, te whiwhi manaaki me ngā tautoko e ū ana ki ō hiahia, kia taea ai te tuku kōwhiri mō ngā manaaki ka whiwhi koe, te kōrerorero mō ō manaaki mā tētahi e mārama ai ki a koe, me te whiwhi i ngā manaaki whai kounga. Mēnā ki ōu whakaaro kāore i whakaūngia ō motika, ka taea e koe te tuku amuamu. (E wātea ana Ngā Tikanga Motika whānui i [www.hdc.org.nz](http://www.hdc.org.nz).)

## Ngā motika i raro i te ture mate whakaahuru



Ka tuku kōwhiringa te End of Life Choice Act 2019 (te Ture) ki te hunga e whakamamae kinotia ana e tētahi mate tuamatangi ki te tono ā-rongoā ki te whakamate i a rātau anō. Ka whai pānga ētahi wāhanga o te Ture ki ō motika i raro i Ngā Tikanga. E whai pānga ēnei ki tō motika kia whiwhi koe i ngā kōrero whānui me tō motika ki te tuku kōwhiringa i runga i te mōhio me te tuku whakaae i runga i te mōhio.

### ➤ Me pātai atu koe ki tō rata, tō nehi rānei mō ngā mōhiohio

I raro i Ngā Tikanga, ko te tikanga ka āhei atu koe ki ngā mōhiohio katoa e hiahiatia ana hei tuku i tētahi whakatau i runga i te mōhio mō ō manaaki, tae atu ki ngā kōwhiringa e wātea ana ki a koe.

Engari e kī ana te End of Choice Act tē taea e tētahi rata, nēhi, tētahi atu mātanga hauora te tīmata ki te kōrerorero ki a koe mō te mate whakaahuru mēnā kāore e whakaarahia e koe i te tuatahi. E pēnei ana nā ngā māharahara kei pēhia koe ki te kōwhiri i tēnei ratonga. Nō reira, mēnā ka hiahia koe ki te kōrero mō te mate whakaahuru, me mārama tō kōrero. Ina whakaarahia e koe te take mate whakaahuru, kei te āhei atu koe ki ngā mōhiohio katoa e hiahia ana koe ki te tuku whakatau, tae atu ki ngā mōhiohio mō ō kōwhiringa katoa.

Me mōhio koe mā tētahi rata rēhita, nēhi rānei anake e whakarato i te mate whakaahuru ki a koe, engari kāore e whakaratoa e rātau katoa.

➤ **Me mātua puta i te aromatawai mōu kei te “mātau” koe kia āhei atu ai koe ki te ratonga, ā, i ngā wāhanga rerekē o te tukanga.**

Ko te tikanga o te "noho mātau", kei te mārāma koe, kei te mau, te whakamahi me te whiriwhiri i ngā mōhiohia kia taea ai e koe te tuku whakatau i runga i te mōhio mō te mate whakaahuru, ā, ka taea e koe taua whakatau te whakapuaki ahakoa pēhea.

I raro i Ngā Tikanga, ko te whakapae kei te mātau koe ki te tuku kōwhiringa i runga i te mōhio me te tuku whakaae i runga i te mōhio mō ō manaaki, engari ia mēnā kei reira ngā kaupapa whaitake e whakaaro ai te rata kāore koe i te mātau.

E kī ana te End of Life Choice Act mā ētahi rata e rua rā anō e whiriwhiri i tō mātau ki te tuku whakatau mō te mate whakaahuru i roto i te aromatawai mēnā e ahei ana koe ki te ratonga. Mēnā ka noho māharahara tētahi, ka riro ma tētahi rata mate hinengaro koe e aromatawai mēnā e mātau ana koe.

➤ **Tē taea e koe te tono te mate whakaahuru hei whakahau tōmua.**

E kī ana Ngā Tikanga ka taea e koe te tuku whakatau tōmua hei whakatakoto i ō hiahia mō ngā manaaki i ētahi āhuatanga kua kore nei e taea e koe te kōrero mōu anō.

Engari, i raro i te End of Life Choice Act, tē taea e koe te tuku whakahau tōmua mō te mate whakaahuru. Ko te take me tau ngā whakaaro o ngā rata e aromatawai ana i a koe kei te mātau koe i te wā ka tukuna e koe tō tono, ā, puta noa i te tukanga.

➤ **Ehara i te mea me whakarato tō rata i te mate whakaahuru mēnā he whakahē ā-tikanga tāna.**

I tēnei āhuatanga me mātua kōrero atu ia ki a koe mēnā kei te whakahē ia, ā, e whai motika ana koe ki te whakapā atu ki te Support and Consultation for End of Life in New Zealand Group (SCENZ) mō te ingoa me ngā taipitopito whakapā o tētahi rata whakakapi e hiahia ana ki te tuku i te ratonga. Kei te paetukutuku a Te Manatū Hauora ngā mōhiohia mō SCENZ.

Ahakoā kāore e taea e tō rata te whakarato te ratonga, i raro i Ngā Tikanga me mātua whakarite ka manaakitia tonutia koe. Hei tauira, mēnā kei te hiahia te rata e whakarato ana i te mate whakaahuru ki a koe i ō pūkete, te kōrero rānei mō tāu manaaki, me mahi tahi tō rata ake.

**Te tuku amuamu**



He ratonga hou te mate whakaahuru, ā, ka āta mātakitaki Te Toihau Hauora, Hauātanga kei te pēhea te haere mā te hunga ka kōwhiri i tērā.

Mēnā ka kōwhiri koe ki te whiwhi i te mate whakaahuru, ā, kāore anō kia whakaūngia ō motika i raro i Ngā Tikanga, ka taea e koe te tuku amuamu.

Ka taea anō e koe te tuku amuamu mēnā he whanaunga, he hoa, he kaitiaki rānei koe nō te tangata kua kōwhiri i te ratonga.

➤ **Ngā mōhiohia mā ngā whānau**

He wāhanga hira tō te whānau me ngā kaitiaki ki te tautoko i te tangata i roto i tēnei tukanga, **mēnā ka hiahia te tangata.**

Ehara i te mea me kōrero te tangata i kōwhiri i te mate whakaahuru ki ētahi atu mēnā kāore ia i te hiahia. Ko te whakatau ki te whiwhi i te mate whakaahuru nā te tangata tonu tērā kōwhiringa. Kāore he mana o te whānau me ngā kaitiaki oranga ki te tuku whakatau mō tētahi o te whānau.

Engari, me whakatenatena te rata i te tangata kia kōrerorero ia mō tōna hiahia ki tōna whānau me te whakarite ka whai wāhi ia ki te whai i tērā. Ka kōrero pea te rata e aromatawai ana i te tangata mō te ratonga ki te whānau mēnā ka whakaare taua tangata.

**Ka pēhea te whakahaere i tō amuamu**



E ai ki te hira, te kōhukihuki rānei o tō take, ko tā mātau e whakaaro ana kia kōrero koe ki te mātanga hauora whai pānga i te tuatahi i te mea ka taea e ia te raruraru te whakarite wawe.

Mēnā kāore koe i te rata ki tēnei, ka pai ake pea ki a koe te whiwhi āwhina mai i tētahi kaitaunaki hauora me te hauātanga hei whakaara i ō māharahara.

He motuhake te whakahaere a Te Ratonga Kaitaunaki Hauora me te Hauātanga ā-Motu mai i ngā kaiwhakarato ratonga hauora me te hauātanga, te Manatū me te HDC. He ratonga koreutu me te matatapu. Ka mahi tahi tō kaitaunaki i tō taha ki te whakarite i te raru, te tuku mōhiohia mō ō motika, me te ki tautoko i a koe ki te whakaara i ngā māharahara ki te mātanga hauora whai pānga.

Hei whakapā atu ki te Ratonga Kaitaunaki me waea atu ki **0800 555 050**, me īmēra rānei ki **advocacy@advocacy.org.nz**.

Ka taea rānei te whakapā atu ki HDC. Ka āta whiriwhiria e matau tō amuamu, tae atu ki ngā take ka whakaaraha e koe me ngā mōhiohia e wātea ana. He roa pea te wā mō tēnei. Ina e hiahia whakautu wawe koe ka whakapā atu pea mātau ki a koe ki te kōrero mō ngā kōwhiringa e watea ana ki a koe, me whakapā atu rānei ki te Kairēhita (mate whakaahuru) i Te Manatū Hauora. Ka taea anō e te kairēhita te whiwhi amuamu me te tono i ērā ki te HDC, ki tētahi atu mana tōtika rānei, pērā i Te Kaunihera Rata o Aotearoa, Te Kaunihera Nēhi o Aotearoa, ngā Pirihimana rānei.

Kei tā mātau paetukutuku ētahi atu mōhiohia he pēhea te whakatau a HDC i ngā amuamu: **www.hdc.org.nz**.

Mēnā he kōhukihuki tō māharahara, me wawe tonu rānei te whakautu, me whakapā atu ki te Kairēhita (mate whakaahuru) me Te Manatū Hauora: **AssistedDying@health.govt.nz**, waea rānei ki **0800 223 852**.

## Mō ētahi atu kōrero



Kei roto i te End of Life Choice Act 2019 ko te pou tarāwaho ā-ture me te tukanga taumata teitei mō te toro i te mate whakaahuru, tae atu ki ngā whakaritenga āheitanga tino whāiti me ngā whakamaru.

Ka taea e koe te pānui kōrero anō mō te End of Life Choice Act kei te paetukutuku New Zealand Legislation: [www.legislation.govt.nz](http://www.legislation.govt.nz).

Nā Te Manatū Hauora i ārahi i te whakatinanatanga o te End of Life Choice Act 2019. Kei te paetukutuku a Te Manatū Hauora ngā mōhiohio whānui: [www.health.govt.nz](http://www.health.govt.nz).

Ka taea anō e koe te whakapā atu ki te Kairēhita (mate whakaahuru), te Hekeretari Mate Whakaahuru rānei mēnā he māharahara ōu: [AssistedDying@health.govt.nz](mailto:AssistedDying@health.govt.nz), waea rānei ki **0800 223 852**.

## Whakapā Mai

### » The Nationwide Advocacy Service

**Waea Koreutu:** 0800 555 050  
**Īmēra:** [advocacy@advocacy.org.nz](mailto:advocacy@advocacy.org.nz)  
**Ngā Haora:** 8.00 am ki te 8.00 pm, Mane ki te Paraire

### » Te Toihau Hauora, Hauātanga

**PO Box 1791, Tāmaki Makaurau**

**Waea Koreutu:** 0800 11 22 33  
**Īmēra:** [hdc@hdc.org.nz](mailto:hdc@hdc.org.nz)  
**Paetukutuku:** [www.hdc.org.nz](http://www.hdc.org.nz)  
**Ngā Haora:** 8.30 am ki te 8.00 pm, Mane ki te Paraire

Mēnā he kōhukihuki tō māharahara, me wawe tonu rānei te whakautu, me whakapā atu ki te Kairēhita (mate whakaahuru) kei Te Manatū Hauora: [AssistedDying@health.govt.nz](mailto:AssistedDying@health.govt.nz), waea rānei ki **0800 223 852**.