

Ko tā tēnei aratohu he whakamārama i ō motika i raro i Ngā Tikanga Hauora me te 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 a te tangata i raro i Ngā Tikanga

Mai i te 7 o Noema 2021, ka āhei te tangata he mate tuamatangi tōna, e ū ana hoki 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 te 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 uua 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)

Ka rerekē ētahi motika i raro i te ture mate whakaahuru hou

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. Kei reira anō ētahi atu wāhanga o te Ture e hira ai te rerekē i ō motika 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 he rite tonu tō motika 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 kī atu. Ina whakaarahia e koe te mate whakaahuru, kei te āhei atu koe ki ngā mōhiohio katoa e hiahiatia 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 mārama 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 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 āhuratanga 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 ka taea te tuku te ratonga. Kei te paetukutuku a Te Manatū Hauora ngā mōhiohia mō SENZ.

Ahakoa kāore e taea e tō rātau te whakarato te ratonga, i raro i Ngā Tikanga me mātua whakarite ka haere tonu ō manaaki. Hei taura, 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 mōhiohio 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 whakaae 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 Ngā Kaitautoko mai i ngā kaiwhakarato ratonga hauora me te hauātanga, te Manatū me te HDC. He ratonga koreutu me te matapu. Ka mahi tahi tō kaitaunaki i tō taha ki te whakarite i te raru, te tuku mōhiohio mō ō motika, me te 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, ka whiriwhiria ngā take ka whakaaraha e koe me ngā mōhiohio e wātea ana. He roa pea te wā mō tēnei. Mēnā kei te hiahia whakautu wawe tonu 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 mōhiohio 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) i Te Manatū Hauora: **assisteddying@health.govt.nz**, me 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**

Ko Te Manatū Hauora kei te ārahi i te whakatinanatanga o te End of Life Choice Act 2019. Kei te paetukutuku a te Manatū ngā mōhiohio whānui: **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, 0800 223 852**.

Whakapā Mai

» The Nationwide Advocacy Service

Waea Koreutu: 0800 555 050
Īmēra: advocacy@advocacy.org.nz
Ngā haora: 8.00 am – 8.00 pm, Mane – Paraire

» Te Toihau Hauora, Hauātanga

PO Box 1791, Tāmaki Makaurau
Waea Koreutu: 0800 11 22 33
Īmēra: hdc@hdc.org.nz
Paetukutuku: www.hdc.org.nz
Ngā haora: 8.30 am – 8.00 pm, Mane – Paraire

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