



Toe Aso Mulimuli o le Soifuaga – mālmalama i le mea ‘ua tupu

‘O se ta’iala mo le ‘āiga, ma le ‘autausisoifua o ē ‘olo’o māliliu i ‘āiga

‘O le malaga a le maliu ‘o se vaega tumau o lo tatou olaga ma e fa’apitoa i tagata ta’ito’atasi ‘uma. E sau mālie lava le maliu i le agaga filēmū, ma e iai suiga māsani e iloa ai ‘ua lalata mai le i’uga o lo tatou ola. ‘O le iloa o le mea ‘ole’ā tupu e fesoasoani ai ma fa’amāmā ‘avega ma fa’aitiitia ai le loto fa’apopolevale.

‘Ua lē ‘ai po’o ‘ua lē inu

‘O le māsani lava e matuā fa’aitiitia le fia’ai po’o se fiainu e lagona ma ‘ua sui fo’i aga a le tino i le seāseā toe mana’omia se suāvai. ‘Ave’i ai sina ipuvai e mitimiti mai ai, po’o sina fasi’aisa la’itiiti fo’i, ‘a’o maua le avanoa e mafai ai ona folo se mea.

Suiga o lagona (mālmalama)

‘A’o fa’asolo ina fa’aitiitia lona malosi, e va’āia le fiamoe ma ‘āmata ai loa ona lē toe iloa se mea.

Mānava

E suia fo’i itū’āiga mānava e fa’alogoina, ona e iai le taimi e la’itiiti lava le mānava e fa’alogoina pe ‘umi fo’i o fa’atali le isi mānava. I nisi o taimi, e fa’alogoina se manava pa’ō tau mole. E leai se mea e popole ai ona o le itū’āiga mānava māsani lea e fa’alogoina mai le tagata. Sui lana ta’oto atonu e maua ai se to’omaga.

Lē mafai ona Taofia le Fe’auvai/Fe’aumamao

‘O le lē toe mafai ona pulea le fai o le fe’aumamao ma le fe’auvai e mafai ona togafitia i le fa’aaogaina o napekini (pads); e iai se fa’agā’au e fa’aalu ai le fe’auvai e mafai ona fesoasoani ai fo’i.

Fa’ateteleina le fenunia’i ma le lē filēmū

E ono fa’ateteleina le lē filēmū pe fenunia’i fo’i lana talanoa ma e lē manino. Fa’ato’ato’a ma fa’afilēmū ‘iā te ia’i le ‘u’uina o lona lima ma talanoa fa’ato’ato’a ‘iā te ia. E aogā ni vai a le foma’i pe’afai e oso se tulaga fa’apopolevale.

Sui le lanu/vevela

E iai se taimi ‘e te lagonaina ai le mālūlū vaoa o ona vae ma ona lima ma pi’ipi’i fo’i, toe pulepule ma pa’auli le lanu. E lē popole ai ona e lē o ma’alili. ‘O fesuia’iga o le vevela ma le mālūlū, ‘o suiga e māsani ona tutupu.

E fa’apēfea ona ‘e iloa ‘ua maliu lē e pele iā te ‘oe?

- E lē toe fa’alogoina le mānava.
- ‘Ua lē toe tātā le fatu pe lagona le toto pamu.
- ‘Ua lē toe tali mai pe ā pa’i atu i ai, pe talanoa leo tele atu fo’i.
- ‘Ua tāmāu lana va’ai i se mea e tasi, ma ‘ua vātetele fo’i mea lapotopoto o mata ma ‘ua matala ona laumata.
- ‘Ua vaivai lona ‘auvae, ma ‘ua matala lona gutu.

‘O le ā se mea e fai pe āfai ‘ua ‘uma lona soifua?

- E leai se mea e fa’anatinati ai ni mea e fai/tapenaga. Fa’aaogā le avanoa lea lua te nofonofo filēmū ai ma ia mo sina taimi talafeagai.
- E aogā lou mātauina o le taimi na ‘uma ai lona soifua.
- ‘Atonu e lelei fo’i lou fa’ata’atia o ia i lona papātua ‘ae tu’u se ‘aluga māfolafola e ta’oto ai lona ulu.
- Fa’afeso’ota’i lau tagata tausisoifua. ‘Afai e tupu le maliu i le po, e leai se mea o iai pe’ā fa’atali se’i o’o i le taeao.
- Fa’afeso’ota’i le foma’i fa’ale’āiga a lē ‘ua maliu ‘ina ‘ia asiasi ane e fa’amaonia lona maliu, ma tusi sona pepa maliu.

‘Atonu e to’atele tagata e fia logoina ma e lelei ona fuafua le fa’afeso’ota’i o le ‘āiga ma uō e fesoasoani i le faiga o lenei tiute.

Fa’afeso’ota’i se fale maliu – mo fa’amatalaga e uiga i Fale Maliu asiasi ‘i le: www.fdanz.co.nz/fdanz-funeral-directors pe asiasi fo’i ‘i le ‘upegatafa’ilagi a le Department of Internal Affairs: www.endoflife.services.govt.nz mo nisi fa’amatalaga.



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.



Auckland's Specialist Hospices

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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.