

# Tokelauan Language Kaukaunaga I Te Falemai Mo Na Tino Kua Maua I Ni Tauale-Tigaina

## NI FAKAMATALAGA MO KOE MA TO KAIGA



## Hospital Palliative Care Service (HPCS)

### Ko heā tenei Kaukaunaga mo na tino kua maua i ni tauale-tigaina?

Ko te kaukaunaga mo ni tino kua maua i ni tauale-tigaina, ko he fehoahoaniga tenā mo koe ma tō kaiga, kafai kua fetai-aki ma ni mafatiaga e ono tupu ai he tulaga fakahetonu tau ki te ola.

Ni taimi ienei e hē totoka ma hē mautu ai te mafaufau: fai ko te fakatotokaga o ni tigaina kua logo i te tino, kae fakatahi ai ma ni fautuaga mo koe ma to kaiga. Atonu foki, e maua mai ai ni e tahī mafaufauga lelei, e tuha ai ma te tulaga kua pa ki ei.

Ko te Kaukaunaga mo na tino kua maua i ni tauale-tigaina, e mahani ona vave fakatinō ni tautuaga kafai loa lava kua fetai-aki ma he tauale-tigaina kua iloa e hē toe foki ki he lelei. Ko he fakatakitakiga, i te taimi muamua lava e taku atu ai te fakahetonu, ve na ma te tau fakatotokaga o ni mafatiaga o te tino ka koi faka-au-au pea na togafitiga, e tuha lava pe fia te mataloa. E maua pea lava ienei fehoahoaniga ma na tautuaga, pe heā lava te tulaga e pa ki ei.

Atonu, e fakatalitonugia tenei Kaukaunaga mo na tino kua maua i ni taule-tigaina, fakatahi ai ma ki latou kua maua i te:

- Kaneha kua hē toe foki ki he lelei (e tuha lava ko na vailakau ma faka-ata fakapitoa koi faka-au-au pea lava).
- Tauale e ono tutupu lahi ai ni fakahetonu e tuha lava pe koi fai ni togafiti aogā. Ko he fakatakitakiga, ko he tulaga fakahetonu o te mamā (emphysema), he fakahetonu o te fatu (heart failure), vale-vale matua (dementia), fakatahi ai ma ni fakahetonu o na fatu-gako (kidney) pe ko te ate (liver).

### Ko ni fehoahoaniga vehea ta ki matou?

Ko te kaufaigahiega Capital & Coast DHB ma tana Kaukaunaga mo na tino kua tauale-tigaina, e tuku atu he latou fehoahoaniga ma ni tautuaga i ni vaega kehekehe. E fakatahi ai i loto i kinei na taimi, kafai:

- Ko tō tauale kua mafua ai te hē totoka, fakatakitakiga kafai kua logo te tiga, tau puni te manava, pe faka-faufaua foki.
- Kua fakahetonu ni ō mafaufauga ma ni fakalogoaga. Fakatakitakiga, ko koe kua hē mautonu, fakanoanoa, ita, pe kua popole foki.
- Ko to tauale e ono mafua mai ai ni ie tahi fakafitāuli ka fakatu-agai ki na tino o to kaiga (tokalua / pāga pe ko tau fanau), pe ko te galuega, ve na foki ki na mea tau-heleni.
- Atonu foki, ei na pa ki he taimi e ono fakafaigatai ai ke fai he filifiliga, pe ko ni fakaikuga foki o kin a togafitiga to tauale.

- Pe ko heā lava te tulaga e ono fakapopolegia ai ko na tautuaga ma na fehoahoaniga mo koe ma tō kaiga, e faka-au au pea lava, e tuha ai ma na mafatiaga o te tino.

### Ko te kaufaigaluega ma na Kaukaunaga mo na tino kua maua i ni tauale-tigaina

Ko te kaufaigaluega ko ni Fomai ma ni Teine-fomai fakapitoa kua fakamautū i te falemai i Ueligitone. Kua iei te iloa, ma lava tapena mo ni fakatinoga e gafa-tonu mo ni fehoahoaniga ma ni tautuaga ki tagata kua iei ni tauale fakahetonu.

- E ke fakafehokotaki vehea mai kimatou?
- Fakafehili muamua na Fomai ma na Teine-fomai e kikilagia koe i te falemai. Ka logo atu loa ki he matou fehoahoaniga kafai kua malilie fakatahi ki latou ki ei.
- E mafai ke fakafehokotaki mai ki matou e tō kaiga, kafai koe e malie ki ei.
- E fakatalanoa atu e na Fomai ma na Teine-fomai, pe manakomia ma talia e koe he matou fehoahoaniga ma ni tautuaga.

### Ko āfea te kikila ai koe e ki matou?

- E mafai ke kikilagia koe i to potu i te falemai (Ward), i he aho o te vaiaho. Aho Gafua ki te Aho Falaile, he taimi i te va o te afa o te valu i te taeao (8.30am) ki te ta o te fa i te afiafi (4.00pm).
- E fakafaigofie ke kikila koe i he aho o te vaiaho kafai e fofou ki ei.
- E hēkāhia atu koe ki te fale. E fakafehokotaki e ki matou ni letahi mata-galuega e tali tutuha ni matou fehoahoaniga ma ni tautuaga, kafai e fofou koe ki ei.

### Ni fehili e fakatatau mo ki matou

#### He vaega koutou e o te Nofoaga o na tino kua tauale-tigaina?

E hei. Ko matou ko he tahi o vaega o te kaufaigaluega i te falemai, e kehe mai ma te vaega a te Nofoaga o na tino kua tauale-tigaina. E hē kavea ai la te tulaga kua kikila ai koe e ki matou, ke veake ai ko koe kua i lalo i te tautuaga a ki latou ei te Nofoaga o na tino kua taulae-tigaina.

E fai-hokotaga ki matou ma na pito-nuku e latalata mai. Kafai e fia toe maua ni fakamatalaga, logo te vaega e kikilagia koe i te falemai.

## **Kafai loa la koutou kua ahiahi mai kia te au, ka taofia ai la oku togafitiga?**

E heai he tulaga vēnā. Ko na togafitiga mo koe i te taimi nei, e faka-au-au pea. Vaganā kua pa ki te taimi kua he toe aogā ai. E fakatalanoa pea lava koe ki ni fehoahoaniga ke fakafaigofie ma hologa lelei, kae ke maua ai pea he toka-filemu, e tuha ai ma na togafitiga faka-au-au.

## **He tulaga faka-popolegia te kua pa au ki ei?**

E fai lava te matou fehoahoaniga ma na tautuaga, ke atili fakatotoka ai na mafatiaga e tuha ai ma te he malohi o te tino. Ko na tautuaga e fuafua ke holotona ki o manakoga, I te taimi tonu e tatau ai.

## **Tuhi ki lalo ni fehili e fia malamalama ai koe:**

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### **Fehokotakiga mo ki matou**

**Department:** Palliative Care Service  
Level 6, Grace Neill Block  
Wellington Regional Hospital

**Numela o te matou telefoni:** (04) 806 2602  
**Hokotaga ki te Kupega o Fehokotakiga:**  
palcare@ccdhb.org.nz

*E talia ma te fiafia lahi ke tufa mai ni lagaona, e tuha ai foki ma te fakatinoga o ienei tautuaga. la koe na he mekia, kae fakafehokotaki mai mo he fehoahoaniga*

