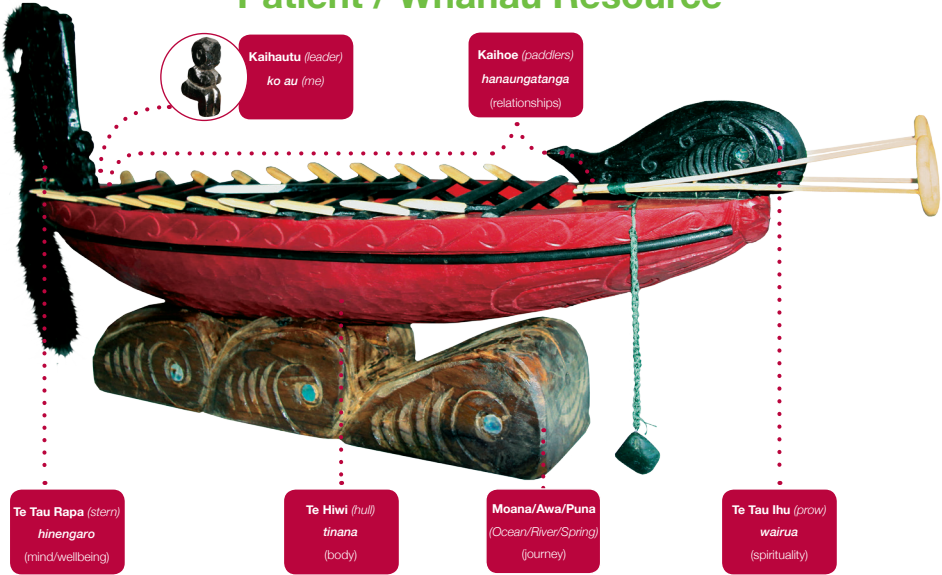


Patient / Whānau Resource



Advance Care Planning for Māori He Waka Kakarauri

Kaihautu (the leader) and ko au (me)

First Name:

Surname:

Address:

.....

Phone:

DOB:

Whānau Tautoko: Identifying a key spokesperson for you or your whānau, who knows your wishes, is important in your health and ACP journey. This is not necessarily the person who is legally appointed as an Enduring Power of Attorney (EPOA).

Name:

Relationship:

Phone:

Te Tau Rapa (stern); hinengaro (mind)

Three things that will honour my hinengaro

Example: I am particular about hygiene. Keep my room clean and tidy and smelling nice.

Moana/Awa/Puna (the ocean, river or spring)




Three things that will honour my health journey

Example: Please be mindful that this is what I think and feel today, but it may be different tomorrow.

He Waka Kakarauri is comprised of several parts to assist you in your advance care planning journey. As the Kaihautu, you can use this guide to discuss – along with your whānau and healthcare team – what is important to you. Think about “3 things that matter to me” in relation to each of part of your waka. If you were unwell, what would you want your whānau and healthcare workers to know about you and what your preferences are?

Kaihautu (the leader); ko au (me)




Three things you need to know about me

Example: I don't want to be in hospital any longer than I have to; I want to be in the comfort of my own home.

Te Hiwi (hull of the waka); tinana (body)

Three things that will honour my tinana




	
	
	

Example: I can hear everything you are saying... speak kindly and respectfully in front of me and include me in any conversation that is about me.

Note: It is important when discussing treatment options to talk with your medical team to assist with decision making and understanding medical language.

Kaihoe (paddlers/support people); whanaungatanga (relationships)




Three things that will honour my whanaungatanga

Example: My immediate whānau will be with me to start with and support my journey and wellbeing. They need to be respected and communicated with honestly, in clear simple language.

Te Tau Ihu (prow); wairua (spirituality)

Three things that will honour my wairua

Example: My whānau do not belong to a specific religion but they do have strong values and standards. Please accept my whānau for who they are, not who you expect them to be.