

## Advance Care Planning

Placing the wairua back into health conversations!

Kōrero mai - kōrero atu (speak inwards - speak outwards)

You cannot control when you get sick or how long for, but with advance care planning (ACP) you can make sure your whānau, friends and healthcare workers know how they can look after you - particularly if you can no longer speak for yourself.

ACP gives you a chance to say what's important to you when it comes to your healthcare needs. It's done to make people feel better informed

about future care and treatment choices. It involves kōrero and shared decision making with your whānau and healthcare workers about your wishes and health needs.

The good news is, you can kōrero with them today! Use the He Waka Kākarauri model to help you think about, talk about and plan for future healthcare from a Māori world view!

### He Waka Kākarauri

He Waka Kākarauri is a model of advance care planning based on Māori values that helps people plan for their future health and end of life care. It's made up of six components that reflect the parts of a waka; each of which has an important role in advance care planning.



Kōrero can take place using these six components to guide the conversation. It's important to remember that this is about the individual's journey, their wishes and the things that are important to them.

Acknowledgement to Northland Māori Advance Care Planning (ACP) Working Group, Northland District Health Board.



# Kōrero me te whānau

**At nearly 81 years of age** Makiterangi Matthews (Te Atiawa) is busy living life. She still drives, is heavily involved in her community and is the best ‘nunny’ in all the houses to her many moko. However, Makiterangi is realistic and knows that one day she may not be able to look after herself or may be in a situation where her whānau need to make some difficult health care decisions. That is why she brought her whānau together to discuss advance care planning.

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“I want my tamariki to know what is important to me and that’s why I am doing this plan”. “My whānau mean everything to me and I want to make sure I am not a burden on them. If we kōrero now, future decisions will be easier,” said Makiterangi.

Makiterangi received an Advance Care Plan from Te Roopu Kaumatua o Whai Tara earlier in the year. She looked over the Plan and started to make a few notes, she then called on her eldest son Manu, a counsellor at Taranaki DHB.

Having a whānau of ten, it can be hard to pull them all together but as Manu is the eldest, Makiterangi wanted him to know her wishes.

“Being a counsellor we talk all day with our clients, but this is different. It really hits home and is close to home,” said Manu.

“I can really see the benefits in having this kōrero. It’s more than just following tikanga, it’s about wairua and answering those tricky patai. It actually started me thinking about my own life if time

They had a good morning where they talked about their whakapapa, had a karakia, a waiata, and cream donuts; the mokos thought that was pretty cool. They also talked about the tangi, marae and urupā.

“Everyone knows their place and their roles for the day, so no raru raru,” said Manu.

Makiterangi says, “I feel blessed to have such a supportive and loving whānau who will respect my wishes; this is an important kaupapa for our people, we all need to start having this kōrero now”.

was limited; but kei te pai, we’ll sort mum first,” Manu added.

Naturally kōrero about end of life is hard and there were a few tears, but in the end it was a relief for Manu and Makiterangi that her wishes were out in the open and written down.



**Makiterangi and her whānau, discussing ACP amongst the four generations.**

# He Pātai me ōna whakautu

**Paula King**

*(Registered nurse and Māori liaison/Kaitakawaenga, Hospice Taranaki)*

## 1. How is advance care planning part of your role?

As a Hospice Taranaki nurse and Kaitakawaenga/Māori liaison I deal with people who are living with a life-limiting illness who need support while making decisions and choices about their future care. I have the privilege of walking alongside people and whānau while they have kōrero about advanced care planning (ACP). Part of my role may be to help explain things and to make sure the person's choices are followed. This includes spiritual and cultural needs.

## 2. Why is ACP so important to our people?

It often brings whānau closer together at times when the future is uncertain. When whānau face an illness the most common worry for the patient is 'how will this affect my whānau?' and the greatest worry for whānau is, 'how am I able to help?'

ACP helps whānau to start conversations about who will do what, and as a result everyone feels valued, helpful and more in control with what is happening.

## 3. What are the common barriers to ACP?

It can be hard thinking about and discussing the last months, days or moments of our lives and what we would want at that time. But many of us as Māori would have thought about what marae we will return to and where we may be laid to rest. We may have even had these conversations with whānau. As a community Māori are good at banding together for tangihanga.

Discussing end of life and death in our culture is also considered tapu (sacred). Many Māori believe that having this involves karanga aitua (calling on the spiritual realm) which brings about some risks. These cultural concerns remind us that the subject of death and dying should be approached with respect and sensitivity.

ACP is actually more to do with the practical aspects of care. For example, ask yourself:

- Who would I like to speak for me if I couldn't tell people what I want?
- Where would I want to be cared for?
- Who would I like to look after me if I needed help?
- How will others involved in my care know that this is what I would want?

## 4. How can we as Māori engage in ACP conversations?

Māori are natural speakers and our heritage and culture is based on storytelling through whaikorero (public speaking) and waiata (song). As we become more open about talking within whānau and our communities about our views around death and dying, we will become more engaged in ACP. For whānau and healthcare workers alike, the approach should involve āta titiro (careful observation), āta whakarongo (careful listening), āta whakaaro (sharing thoughts) and āta kōrero (conversation).

## 5. Tell us about your most positive/powerful ACP experience.

A lovely man was diagnosed with cancer - his health deteriorated over a short time and whānau started arriving from all over New Zealand and overseas. The whānau were worried about the future and so a whānau hui was held. One of the things discussed was ACP. After the hui the whānau all specific jobs and roles, and they were all clear that their dad wanted to be cared for at home, karakia was important, as was receiving visitors. It was clear that their dad only wanted care that kept him comfortable and he did not want to spend his last moments in hospital. As a result this lovely whānau were able to make the most of their time together.

# Karakia for ACP

Mā te rā e kawē mai te ngoi, ia rā, ia rā,  
Mā te marama e whakaora i a koe i waenga pō,  
Mā te ua e horoi i o māharahara,  
Mā te hau e pupuhi te pākahukahu ki roto i tō tinana,  
I roto i o hīkoitanga i te ao,  
Kia whakaora koe ki te hūmārie,  
ātaahua hoki o ō rā mō ake tonu atu  
Āmine

May the sun bring you energy by day  
May the moon softly restore you by night  
May the rain wash away your worries  
May the wind blow new strength into your being  
May you walk on this earth in peace all the days of your life  
And know its beauty forever and ever  
Amen



our voice | Advance  
tō tātou reo | Care  
Planning

## Taranaki ACP Tautoko - North and South

- **Pat Bodger** - Mokau Health Centre, Community District Nurse
- **Rawiri Doorbar** - Tui Ora Ltd and Taranaki DHB Kaimahi Hauora
- **Manu Matthews** - Taranaki DHB, Counsellor
- **Paula King** - Hospice Taranaki, Kaitakawaenga
- **Tess James** - Pinnacle Midlands Health Network, Primary Care Pharmacist
- **Denise Smith** - Taranaki DHB Kaimahi Hauora

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We hope the information in this panui is helpful. If you have any feedback or questions please email [rawiri.eriksen@tdhb.org.nz](mailto:rawiri.eriksen@tdhb.org.nz) or phone the Taranaki DHB Māori Health Unit on (06) 759 7222 ext 8814. We also welcome you to call in and see us, next to the Whaiora at Taranaki Base hospital.

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