

# Toe Aso Mulimuli o le Soifuaga – mālamalama i le mea 'ua tupu

Ko hono tokangaekina 'o ha taha oku ne ma'u ha mahaki fakangata mo'ui 'oku malava ke faingata'a pea mo fakakoloa 'i he taimi tatau. 'E malava pē ko e tokotaha koe 'oku fakatefito ai 'a e tauhi', pe 'oku ke kau 'i ha timi fakatokolahi 'oku kau ki ai 'a e fāmili', kāinga' mo e ngaahi kaungāme'a'. Ko e hā pē ho fatongia 'i he timi', 'oku mahu'inga ke ke mateuteu ki he ngaahi me'a 'oku tatali mei mu'a'. 'Oku hā 'i lalo 'a e ngaahi fale'i 'aonga pea mo e fakamatala kiate kinautolu 'oku nau fakahoko 'a e fatongia tauhi'.

## Ngaahi sēvesi' mo e ngaahi tokoni'

### Ko e Toketā (Fakafāmili)

Ko ho'o toketā fakafāmili', 'a ia 'oku toe 'iloa pē ko ho'o GP, 'oku ne 'i ai ke fakapapau'i 'oku ke ma'u 'a e tokoni mo e poupu te ke fiema'u'. 'Oku mahu'inga kenau 'ilo'i ha ngaahi faingata'a'ia pe ngaahi hoha'a 'oku ke mo'ua ai kae malava ke nau tokoni'i koe. 'Oku nau 'ilo'i 'a e ngaahi sēvesi 'oku faingamālie' pea te nau lava ke fakafehokotaki koe ki ha ngaahi tokoni kehe kapau 'e fiema'u.

### Vakai'i 'o e Ngaahi Fiema'u' mo e Fakafehokotaki Sēvesi' (NASC)

Ko e timi Vakai'i 'o e Ngaahi Fiema'u' 'oku ne 'omai 'a e ngaahi fakamatala mahu'inga fekau'aki mo e ngaahi sēvesi tokoni 'oku ala ma'u'.

'Oku malava 'e ho'o toketā fakafāmili' pe GP ke fakafetu'utaki koe ki he sēvesi 'a e NASC. 'E 'a'ahi atu 'a e tokotaha Vakai'i 'o e Ngaahi Fiema'u' ki ho 'api' 'o vakai'i 'a e fa'ahinga tauhi 'oku fiema'u'. Te nau 'oatu 'a e fakamatala ki he ngaahi sēvesi 'oku ala ma'u', pea kapau 'oku ke 'atā ki ai, fetu'utaki ki ha tokotaha ke ha'u 'o tokoni atu kia koe 'i ho api'. 'E toe malava foki 'e he tokotaha Vakai'i 'o e Ngaahi Fiema'u' 'o talaatu pe 'oku ke 'atā pe 'ikai ki he ngaahi **Polokalama Tokoni'i 'o e kau Tauhi'** 'a e Potungaue Mo'ui'.

Ko e **Polokalama Tokoni'i** 'o e kau Tauhi' 'oku ne 'omai 'a e pa'anga ki ha tokotaha tauhi mahaki ke ne ma'u ha "ki'i mālōlō" mei hono fatongia tauhi mahaki'.

'Oku tokoni foki 'a e polokalama' ki he totongi 'o e tauhi' 'a ia 'e malava ke fakahoko 'i he 'api nofo'anga' pe ko e fale 'oku tauhi ai 'a e kau mahaki' (RC), kapau 'oku fe'unga ange ia.

Ke toe 'ilo lahi ange ki he anga 'o e kau ki he polokalama ko'enī, talanoa ki ho'o toketā fakafāmili pe tokotaha Vakai'i 'o e Ngaahi Fiema'u'. <https://www.health.govt.nz/your-health/services-and-support/disability-services/types-disability-support/respite/carer-support>

### Tokoni 'a e WINZ

'I ho fatongia fakatauhi', 'e malava ke ke 'atā ki he ngaahi tokoni fakapa'anga mei he WINZ (Work and Income New Zealand).

Ko e ngaahi tokoni 'oku 'atā', 'oku fakatefito 'i he pa'anga hūmai'. Ki ha toe fakamatala felāve'i mo e founa tohikole', vakai ki he uepisaiti 'a e Potungāue Fakalalakala Fakasōsiale' (Ministry of Social Development) <https://check.msd.govt.nz>

### Tauhi 'o 'ou'

Ko e 'uhi' ko e fatongia tauhi', 'oku malava ke fa'a faingata'a ke mapule'i mo tokangaekina ho'o ngaahi fiema'u'. 'Oku lahi 'a e ngaahi founa kehekehe 'e ala tokoni kiate koe ke fakahoko 'aki 'a e me'a' ni. 'Oku mahu'inga ke ma'u 'a e ngaahi founa 'oku ngāue lelei taha kiate koe'.

'E ala kau heni 'a e:

- tauhi 'a e ngaahi fetu'utaki fakasōsiale' – fetu'utaki ma'u pē mo e ngaahi maheni' pea ko e netiueka fakasōsiale' ko e founa lelei ia ke te ongo'i ai 'oku te kei fetu'utaki mo "'ilo'i'" 'a e ngaahi me'a 'oku hoko 'i tu'a mei 'api'
- ko e fa'a ma'u ha ngaahi mālōlō - ko e taimi mālōlō mei he fatongia fakatauhi', ko e founa mahu'inga ia ke tokoni ki hono tokanga'i 'a e mafasia 'o e fakakaukau' pea mo fakalahi 'a e ngaahi lēvolo 'o ho ivi'
- ko e 'ikai ke manavasi'i ke kole tokoni- 'e malava ke hoko 'a e fatongia fakatauhi' ko e fatongia lahi mo faingata'a.

Ko e ako ke tali ha tokoni 'oku 'ikai ke faingofua ma'u pē.

Manatu'i, ko kinautolu 'oku nau fie tokoni' 'oku nau fiefia ke poupu 'i he fanga ki'i ngāue iiki', hangē ko e pelupelu fō', fai 'o e fakatau mei he supamāketi', 'omai 'o e ngaahi fo'i'akau' pē ko hono 'ave 'o e kul'i' 'o fakaluelue'i.

Ki ha toe fakamatala felāve'i mo e fatongia tauhi' pea mo e ngaahi sēvesi tokoni 'oku ala ma'u 'i ho kolo' fekau'aki mo e kau tauhi', 'e lava ke ke vakai ki he [www.carers.net.nz](http://www.carers.net.nz)



# Becoming a caregiver

Caring for someone who has a life-limiting or terminal illness can be both a challenging and a rewarding journey. You may be the primary or main caregiver, or part of a wider team that includes extended family, whānau and friends. Whatever your part in the team being prepared for what lies ahead is important. Below are some useful tips and information for those in caregiving roles.

## Services and supports

### General practitioner (GP)

Your family doctor, also known as your GP, is there to ensure you have the support and assistance that you require. It is important they know of any difficulties or concerns you are having so they can assist you. They know about available services and can refer you for additional support if required.

### Needs Assessment and Service Co-ordination (NASC)

The Needs Assessment team provides important information about available support services.

A referral can be made to the NASC service by your family doctor or GP. A Needs Assessor will visit your home and undertake an assessment of the care that is required. They will provide information on available services and, if you are eligible, organise for someone to come and assist you in your home. The Needs Assessor will also be able to tell you about whether you are eligible for the Ministry of Health **Carer Support scheme**.

*The Carer Support scheme provides funding for a carer to have respite or 'a break' from their care-giving role. The scheme contributes to the cost of care which can be provided either in the home or in a Residential Care (RC) facility, if that is more appropriate.*

To find out more about accessing this scheme, talk to your GP or Needs Assessor or go to <https://www.health.govt.nz/your-health/services-and-support/disability-services/types-disability-support/respite/carer-support>

### Work and Income (WINZ) support

As a caregiver, you may be eligible for financial support from WINZ (Work and Income New Zealand).

The support available is income tested. To find out more about how to apply, please go to the Ministry of Social Development website <https://check.msd.govt.nz>

### Caring for yourself

As a caregiver, it can sometimes be difficult to manage and attend to your own needs. There are different ways you may find helpful to do this. Finding the ways that work best for you is important.

These may include:

- maintaining social connections – staying in touch with friends and social networks is a good way to stay feeling connected and 'in touch' with what is going on outside home.
- taking regular breaks – taking breaks from caregiving is an important way to help manage stress and to boost your energy levels
- not being afraid to ask for help – caregiving can be a demanding and difficult task.

It is okay to ask for help. Talk to your GP, friends or family about how you are feeling and how they can help.

For more information about caregiving and the support services available in your local community for caregivers, you can go to [www.carers.net.nz](http://www.carers.net.nz)