

Tōfā Fetāla'i

advance care planning



tō tātou reo

advance care planning

Faasologa o le tusi

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Tōfā Fetāla'i

Faafetai Faapitoa

E momoli atu le agaga faafetai a le auaunaga a le Tō tātou Reo national advance care planning, ma le clinical communication, i le komiti faapitoa sa feagai ma le tuufa'atasia o lenei ta'iala. Faafetai tele fo'i i le mamalu o le atunuu ma faalapopotoga sa fautuaina le komiti i le teuteuina o le ta'iala mo le mamalu lautele o Samoa o loo afifio ma pāpā'aao i Aotearoa, Niu Sila.

Manatu autū 'o lenei ta'iala

O lenei ta'iala ua tuufaatasia ma le faamoemoe, ina ia lima ta'ita'ina ai fuafuaga mamao mo lou soifua mālōlōina (advance care planning). E tāua tele mo taimi ua lē ato'atoa ai le malosi o le tino ma le mafaufau, ona o gasegase tūgā.

O lenei ta'iala e fa vaega ua vaevaeina ai. Vaega muamua o faamatalaga e faatatau i fuafuaga mamao mo lou soifua mālōlōina i totonu o Niu sila. Vaega lua o faata'itaiga ma faamatalaga o vaega e lima efeasoani ia te oe mo le amataina o sau fuafuaga mamao mo lou soifua mālōlōina faapea le faamauina o ou manaoga ma fuafuaga mo le lumanai (advance care plan). Vaega tolu o faamatalaga e mafai ai ona faafesootai le afaigaluega ma le veaga fa o le avaonoa e amata faamaumau ai ou manatu ma manaoga mo oe lava pe faasoa atu foi.

O le ā le uiga o le Tōfā Fetāla'i?

Ua faaigoaina ia lenei ta'iala o le “Tōfā Fetāla'i” ma ua faamamafa foi le Tōfā Fetāla'i i totonu o le ta'iala e sui tulaga i “fuafuaga mamao mo lou soifua maloloina”(advance care planning) ina ia faafaigofie ai ona malamalama i lenei mataupu ma e talitonu ua fetaui fola i uiga ma le auga o nei faaupuga e lua. O le Tōfā o manatu ma mafaufauaga ma le Fetāla'i o le faasoa atu i isi tagata.

O le Tōfā Fetāla'i o manatu ma mana'oga i mea e tāua ia te oe, o au fuafuaga ma au tapenapenaga mo le tausiana o oe ,poo ni togafiti e te le finagalo ai pe a maua oe i se gasegase tūgā, faalavelave faafuase'i, ma taimi pe a ua lamalama faai'u le soifua. O faamaumauga o ou manaoga mo lou soifua maloloina (advance care plan) e tāua, e faaleoa ou manaoga pe a le toe mafai ona maua lou malosi e faailoa mai ai mea o e finagalo e faatino mo oe. E taua le talatalanoa ma faasoa i fanau, aiga ma le afaigaluega a le Soifua Maloloina o ou mana'oga a'o maua lou malosi mo lo latou silafia.

O le tatou folauga e le mailoa a taeao, ma e leai se tatou malosi e mafai ai ona fo'ia ni faafitauli e ono tutupu mai, e faatusatusa i lapata'iga ma sauniuniga mo matagi mālōlōsi, e pei o le Si'uamouli/Tu'aoloa, ma le Faasulu. O le Si'uamouli/Tu'aoloa o matagi e oso faafuasei mai ma aumai ai le malulu, e faaleagaina ai mea toto. O le Faasulu, o matagi afā e mātuiā le malosi, ma o nei matagi e faatupu ai le popole ona e ono lamatia ai le soifua.

O talitonuga i aso anamua i matagi a Samoa, e faapea o Matagifanua, o matagi malū mai la'au, le vasa ma le sami e fesoasoani e fo'ia ai le vela o le la. O le Matagifanua e maua mai ai le ea mama ma se faasiliga malosia ma le to'a i taimi pe afai ua lamalama faai'u le soifua. O le faamoemoe, ia avea le sauniuni mamao ma Matagifanua e fesoasoani i taimi ua le mautonu ai, pe afāina ma lamatia ai le soifua.

O le ā le tāua o le Tōfā Fetāla'i mo oe?

- E mafai ona e filifilia se tagata o lou aiga poo se isi e te filifilia i lalo o le tulafono (Enduring Power of Attorney) e te manao e faaleoina ou mana'oga i taimi ua le toe mafai ona e talanoa ma faailoa mai ou mana'oga ma manatu.
- E faaleleia ai 'au'aunaga ma aloa'ia ai mea e tāua ia te oe. Faata'ita'iga: afai e tāua iā te oe lau aganu'u faasamoa ma le soifua faaleagaga, o au fuafuaga nei e mafai ona tusi ma faamaumau i lalo.
- E mālamlalama ma manino ai lou aiga, ma le aufaigaluega a le Soifua Mālōlōina i ou mana'oga, e pei o ni togafitiga e maua ai le mapusaga mai tigā o lou gasegase.
- E faailoa ai ni au'aunga a le Soifua Mālōlōina o e maua i le taimi nei, e fuafua i ai togafitiga ma 'auaunaga talafeagai mo le lumanai.
- O le Tōfā Fetāla'i e faatāuaina i lalo o le tulāfono mo aiā tataua a Tagata Soifua (Code of Health and Disability Services Consumers' Rights).

O ai e tataua ona faatinoina le Tōfā Fetāla'i?

O tatou uma. O oe, ma soo se tasi o lou aiga, uō ma ē masani, tagata o lau ekalesia, nuu ma faalāpotopotoga.

Taimi talafeagai e amata ai le Tōfā Fetāla'i?

O le taimi nei. E mafai ona amata i soo se taimi, ma e mafai ona fai ni suiga i soo se taimi e te finagalo i ai. Aua ne'i galo ona faamaumau uma suiga ma faailoa i lou aiga ma le aufaigaluega a le Soifua Mālōlōina, mo lo latou silafia.



Faatāuaina faaletulāfono o le Tōfā Fetāla'i i Ni'u Sila

E aloa'ia ou mana'oga i lalo o le tulāfono o aiā tatau a tagata soifua uma. O aiaīga o le tulāfono, e faatāua ai mana'oga, manatu ma lagona o soo se tagata. O le matāfaioi faaletulāfono mo le afaigaluega a le Soifua Mālōlōina, ia faatino tiute talafeagai e fō'ia ai ni faafitāuli e ono tutupu ma lamatia ai le soifua. E i ai fo'i nisi vāega faaletulāfono e mafai ai ona fai ai sau faatonuga faapitoa (advance directive), e faailoa ai togafitiga e te le finagalo e faatino mo oe, pe a oo i se tulaga tūgā. O lenei faatonuga e tatau ona faia a'o manuia ato'atoa lou mafaufau e fai ai lau faai'uga na o oe lava.

Amata tāpena nei

O vaega e lima oi lalo, o se ala fua e amata tapena ai, ma fesili e faatupu manatu e fesoasoani i le tapenaina o lau Tōfā Fetāla'i. E mafai ona faaopoopo nisi mea e tāua iā te oe, e le o ta'ua i lalo.

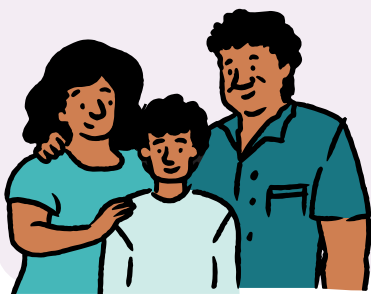
1. Mānatunatu

Faasolosolo mālie ou manatu, poo a ni mea e tāua ia te oe. Ae pe i ai nisi e te finagalo e faasoa i ai ou lagona.

Manatua, o lapata'iga o Si'uamouli/Tu'aolua ma le Faasulu e faamanatu mai ai le aogā o le sāuniuni lelei mo taimi faigatā, e ono afāina ai lou soifua, ma faapopleina ai oe ma lou aiga.

O ai ou te fia faasoa i ai, e uiga i le tausiana o a'u?

O lo'u to'alua, si a'u fanau, ma lo'u aiga.



O la'u fōma'i



O la'u faife'au.



O ā mea e tāua ia te a'u mo le tausiana o lo'u tino ma lo'u māfaufau?



Faamālositino

Fesoasoani maua mai



Mafutaga ma aiga

O ā ni mea ou te fiafia i ai?

Asiasi i aiga



Mafuta ma uō



O a'u meaola tausī



O ā ni mea o loo faapopoleina ai a'u?

Popole i lo'u aiga pe a motusia le mafutaga



Tausiaina o a'u pe a oo mai le vaivai



O matā'upu tau i le tamāo'aiga



2. Sāilili

E iai taimi e te fia mālamlama ai i āuga o lou gasegase ma togafiti. Faata'ita'iga, e eseese lagona o tagata, o nisi e fia silafia mea uma e faatatau i gasegase ua maua ai, e i ai foi nisi e fia iloa nā o ni nai faamatalaga.

E tāua fo'i i le afaigaluega a le Soifua Mālōlōina, ona latou silafia mea e tāua ia te oe, e pei o lou soifua faaleagaga ma le aganuu faasamoa ina ia faatino auaua tatau mo oe.

E i ai tagata e faapopoleina i matagi afā poo le Faasulu ona e ono aafia ai le soifua, mā o le a sāuniuni ai a'o le'i oo mai le afā. E i ai foi nisi latou te le faatāuaina le lapataiga, ona e manatu e le aafia ai i latou.

O ā ni matāupu ou te mana'o e faailoa i le afaigaluega o le soifua mālōlōina?

E tātua ia te a'u
la'u aganu'u



E tātua ia a'u lo'u
ola fa'alēagaga

Ou te lē
malamalama i le
gagana faaperetānia



O ā faamatalaga ou te mana'o e faailoa mai ia te a'u, e faatatau i āuga o lo'u ma'i?

Ou te le mana'o
e faailoa mai
se mea



Faailoa mai na o
faamatalaga tātua

Faamatala au'ilili
āuga o lo'u ma'i



E faapefea ona fai a'u faai'uga mo lo'u ola mālōlōina.

E fai faatasi
ma lo'u aiga



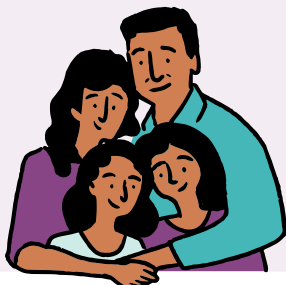
E fai e isi tagata mo a'u

E fai toatasi lava e a'u



O ai ou te mana'o e faaleoina o'u mana'oga pe afai ua lē mafai ona ou tautala?

**Tagata ua ou filifilia,
ma lo'u aiga**



**O le tagata ua
ou filifilia i lalo
o le tūlāfono
(Power of Attorney)**

**Ou te mana'o e fai e
fōma'i talafeagai**



O ai ou te faasoa i ai ni matāupu e tāua ia te a'u, e uiga i lo'u ola mālōlōina?

O lo'u aiga



**O tagata
tausi soifua**

O a'u uo



3. Sāuniuni

E ta'ua le sauniuni mo taimi faigata ma mafaufau i ni mea e tāua ia te oe. Faata'ita'iga: afai e faailoa atu e le foma'i ua leai se fōfō, poo se togafitiga mo lou gasegase, pe e te aafia i se faalavelave faafuase'i, oa ni ou mana'oga mo le tausiaina o oe?

E ui ina faigatā lenei matāupu, ae e aogā tele lou sauinuni mamao, ma fa'amautū ou mana'oga ina ia sōloga lelei le tausiaina o oe. E mafai fo'i ona e talosaga mo nisi 'au'aunaga talafeagai, i fafo atu o le falema'i e pei o nofoaga e tausi ai gasegase ua leai ni togafitiga, ma ua lamalama faai'u le soifua (hospice and palliative care).

O nisi nei o mataupu tāua e faatupu manatu e mafaufau ai e pei:

- O fea le nofoaga e te finagalo e tausi ai oe i toe taimi o lou soifua?
- O ai e te finagalo tou te mafuta?
- O ā ni mea e tāua iā te oe e te mana’o e faatino?
- E i ai sau uili, lōia poo sau inisiua e tataua ona faailoa i lou aiga?
- O a ni togafitiga e te mana’o ai, e mapu ai mai faigatā o se gasegase?
- E i ai se tatalo fa’apitoa e te mana’o ai?
- O a vaega o le faasamoa e taua ia te oe?

4. Faasoa

Faasoa i isi tagata ou mana’oga

Talanoa ma faasoa i lou aiga, ma au uō. Sā’ili se taimi talafeagai e talanoa ai i le tagata ua e tōfia e faailoa ou mana’oga i le lumana’i. Manatua, o au fuafuaga, e pei o le Matagifanua e aoga e faaititia ai ni feeseesea’iga o manatu, e ono tula’i mai, pe a oo i se tulaga ua tigāina lou gasegase.

O ā taimi talafeagai e talatalanoa ai?

Taimi o faatasiga



Soo se taimi

Taimi o taumafataga



O ā nofoaga talafeagai mo se faatalanoaga?

O lo'u fale



O se fale'aiga



O se nofoaga e
ese mai lo'u fale



5. Faamaumauga

E faapefea ona faamaumau a'u fuafuaga mamao?

Talanoa i lau fōma'i
mo se fesoasoani



Asiasi ane i le
upega tafā'ilagi
www.myacp.org.nz



Faaoga le tusi
ua tāua o le ACP
plan and guide



Faaogā le avanoa oi lalo e amata tusitusi ai ou manatu ma mana'oga i le gagana Samoa poo le faaperetania mo au faamaumauga ma faasoa i lou aiga mo lo latou silafia. E mafai fo'i ona e talosaga i se isi tagata na te faaliliuina i le faaperetania. A e sauni loa e faamau ou manaoga ua e finagalo ai ona faaogā lea o le tusi e tā'ua o le "My Advance Care Plan & Guide" e faamau ai. E te maua faamatalaga mo le okaina o ni kopi mo oe ma lou aiga mai luga o le upega tafa'ilagi: myacp.org.nz.

A mae'a ona tusi ma faamaumau ou manao'ga, ona fai lea o ni kopi.

- Ave se kopi i lau fomai tumau ma talosaga i ai e tuu i totonu o faila o au faamaumauga,
- tagata ua e tofia faapitoa,
- tagata o lou aiga,
- nisi e te mana'o ai, ma
- sau kopi e teu i le fale.

Manatua e ave lau kopi i taimi uma e faata'otolia ai oe i totonu o maota o gasegase.

Mo nisi faamatalaga e faatatau i lenei ta'iala

Faafesootai le Tō tātou Reo – national advance care planning and clinical communication i luga o upega tafa'ilagi: myacp.org.nz.

Tusitusi ma faamaumau ou manatu ma manaoga i le avanoa lenei

O lea ua maea ona e faitau i le tusi taiala o le Tōfā Fetāla'i. Tusitusi ma faamaumau mea e taua ia te oe mo au faamaumauga ma faasoa pe a e finagalo ai. A e sauni loa, e mafai ona faaogā nei faamatalaga e amata ai ona faamautu au fuafuaga ma manaoga mo lou soifua maloloina ma le tausiiaina o oe i le lumanai.



Tōfā Fetāla'i

Acknowledgement

The Tō tātou Reo national advance care planning and clinical communication programme wishes to acknowledge the wisdom and knowledge shared by members of the Tō tātou Reo advance care planning Samoan working group, who led the development of this resource for the Samoan community in Aotearoa New Zealand. We also want to acknowledge and thank members of the community and organisations who helped review and gave feedback on this resource.

About this resource

This resource explains how advance care planning can help you prepare for times in your life when you may become unwell and need health care support and advice. The name of the resource is Tōfā Fetāla'i; in the Samoan language, tōfā means knowledge and wisdom and fetāla'i means sharing with others. The phrase reflects many important aspects associated with advance care planning. For ease of reference and consistency, the phrase Tōfā Fetāla'i is used throughout the guide to refer to advance care planning.

The guide has four parts. The first explains the purpose of Tōfā Fetāla'i and how it fits within the legal framework in Aotearoa New Zealand. The second provides scenarios, questions and five important steps to help you take action to start an advance care plan. The third provides contact information for the national Tō tātou Reo advance care planning team should you want more information. The final part is where you can make notes about what is important to you, to help you put together your advance care plan.

The purpose of Tōfā Fetāla'i

Tōfā Fetāla'i is the process of thinking about, talking about and planning for future health care and end-of-life care. Tōfā Fetāla'i should help you consider what conversations you may want to have about your care with your family and people you trust. The record of your wishes from this process is called an advance care plan.

The plan is important so you can be prepared for any unexpected events that might affect your health and wellbeing.

Tōfā Fetāla'i requires you to be prepared for unforeseen events, similar to preparation for any forecasts of unpredictable winds and bad weather. Winds such as the Si'uamouli/Tu'aoloa and Faasulu are unpredictable and bring very cold temperatures and strong winds that can cause damage to harvests and give us discomfort, great concerns and fears for safety and material belongings. Our life journey is filled with uncertainty and, while many things remain outside our control, your plan is key to coping with difficult circumstances and confidently facing the unknown.

In ancient times, the Matagifanua were calming winds that help restore our physical, spiritual and emotional wellbeing. These also come as warm and cooling breezes, created by the earth's trees and ocean tides. Heat and pollutants that harm our health are replaced by pure oxygen, which then restores wellbeing. Even when plans change, Matagifanua can provide feelings of wellness, strength and certainty while we are in recovery or respite, especially if we are preparing for end of life.

Benefits of Tōfā Fetāla'i for you

- You can nominate a family member or someone you trust or nominate an Enduring Power of Attorney to present your wishes when you are unable to do it yourself.
- Having an advance care plan can improve how your health care team works together with you on the services you receive. For example, if your Samoan culture and spirituality are important to you, you can add that to your plan.
- People you trust, such as your health care team and members of your family, can fully understand your wishes in relation to your health care and the kind of treatment you would want, for instance, pain relief and being comfortable.
- In the plan, you can include information related to any services you are currently receiving. This information will help your health care team make decisions about the type of treatment and services you may need in the future.
- Your advance care plan is an expression of your rights as a patient under the Code of Health and Disability Services Consumers' Rights.

Who should do Tōfā Fetāla'i?

Everyone. You, your family, your friends and people in your church, village and community.

When is the best time to start Tōfā Fetāla'i?

Now. You can start one at any time and make changes at any time. Don't forget to record those changes and share your plan with family members or those close to you.



Legal position of Tōfā Fetāla'i in Aotearoa New Zealand

Tōfā Fetāla'i has legal standing under the Code of Health and Disability Services Consumers' Rights. Your health care team has an obligation and duty of care to make sure your wishes and preferences are taken into account and your health care is relevant, appropriate and safe.

Your advance care plan might also record any medical treatments you would not want to have in future. Sharing this information before you become unwell and unable to communicate can ensure a good quality of life and comfort and prevent unnecessary treatments. This is called an advance directive. You can include this in your advance care plan or as a separate document. You must be competent, informed and make your advance directive of your own free will for it to be deemed valid.

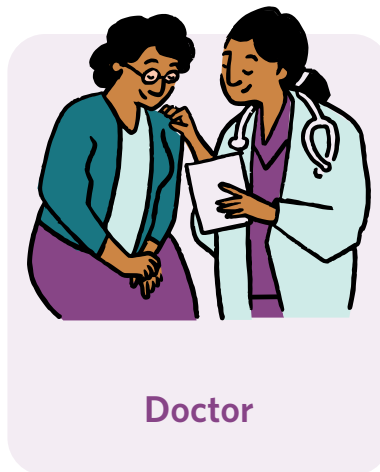
Take action now

The questions and scenarios in the next section are provided to help you start planning. Remember, there may be some things that are not listed here that you may wish to add to your plan.

1. Think

Think about the things that are important to you and the people you may wish to share your plan with. As we saw earlier, the Si'uamouli/ Tu'aolua and Faasulu remind us how important it is to plan for any potential challenges that may affect your life and wellbeing, and cause worries or concerns for you and your family.

Who do I talk to about the important things?



What is most important to my physical and mental health?



Family gathering

What makes me happy?

Spending time
with family



Spending time
with friends



My pets



What worries me?

How my family will
manage without me



End-of-life care



Money



2. Learn

There may be a time when you wish to learn more about your health and the treatments suggested by your health care team. For example, some people may like to know a lot of information about their health condition, while others may prefer to know only a little.

Your health care team may also want to learn about the things that are important to you, such as the values and customs associated with your identity as a Samoan person. You can share these in your advance care plan.

There are some people who may feel worried because they are not prepared for the strong winds of the Faasulu that may threaten their life and livelihood, and therefore they will do some preparation in advance. At the same time, there may be others who believe they will not be affected by the strong winds and feel less concerned.

What do I want my health care provider to know?

My culture
is important



My faith is
important

I have trouble
understanding
English



It may be helpful to think about how much information you prefer to have about your health and what might happen in the future (diagnosis and prognosis).

How much do I like to know about my health?

I do not like
to know
anything



I like to know a
little at a time

I like to
know everything



It may be helpful to ask yourself how you like to make health care decisions.

How do I like to make my health care decisions?

With family



Others decide for me



By myself



You may wish to think about who you want to express your wishes for you.

Who do I want to make decisions if I can't speak for myself?

My appointed
family member



My Enduring
Power of Attorney

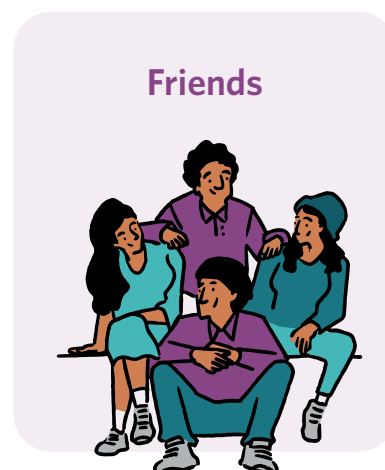


I want what the
health care team
offers me



You may wish to think about the people you want to talk to in preparation for support with care or going home for end-of-life care.

Who do I want to talk to about support with care?



3. Prepare

If you have been told by your health care team that you have a life-threatening illness and no further treatment will be effective, what are some of your care options?

While we know that end-of-life care can be a sensitive topic, it is still worthwhile for you to consider the kind of care you want. You may want to talk to your health care team about palliative care and hospice care options in the community. Here are some things to think about:

- Where would you like to be cared for in the last stages of life?
- Who do you want to spend time with during these last days?
- Are there any activities you want to carry out?
- Do you have a will, Enduring Power of Attorney or insurance policy your family should know about?
- What treatments will you expect or want to help you feel more comfortable?
- Do you have a special prayer?
- What of the faasamoa is important to you?

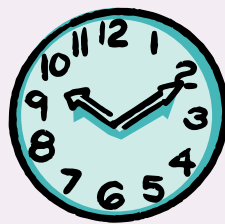
4. Share

Tell others about what you want

Have a conversation with your family and friends. Find a time and place to talk to the person you choose to represent you if you become unwell and are unable to tell people yourself. Remember, your advance care plan, like the Matagifanua, can help smooth differences of opinion that may arise in relation to your health care at critical times.

When is a good time to talk?

A family gathering



Any time

Dinner time



Where is a good place to talk?

My house



Coffee shop



Outdoors

5. Record

How do I want to record my plan?

Talk to my doctor
for support



Online form. Visit
www.myacp.org.nz



In the available
advance care
plan and guide



Record your ideas and wishes in your Samoan language or in whatever way you feel comfortable. You may also want to ask someone to help translate your plan into English. When you are ready to write your plan, you can use the online advance care plan and guide form or find information on how to order physical copies for you, your friends and family at this website: myacp.org.nz.

Make copies and give a copy to your:

- GP – also ask for it to be uploaded to your health records
- nominated person
- Enduring Power of Attorney, if you have one
- family members.

Remember to keep a copy for yourself at home. Take your plan with you every time you are unwell and admitted to any health care services.

Contact us

You can contact the Tō tātou Reo advance care planning and clinical communication team via our website: myacp.org.nz.

Record your wishes here

Now that you have finished reading about Tōfā Fetāla’i, you may like to write some notes in the table below to keep for yourself or to share. You can use what you capture here to start your advance care plan when you are ready.

You can find the plan here: [Your Plan \(myacp.org.nz\)](https://myacp.org.nz).



tō tātou reo

advance care planning



myacp.org.nz

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