

Living with life limiting illness

Receiving the diagnosis of a serious or life-limiting illness can be stressful for you and your family/whānau. It can be an anxious time with fears and concerns about what the future holds. Many questions about what is going to happen can be answered by your doctor and the team caring for you. The following is some information that may assist you and your family as you plan for this next stage of your life.

Planning Ahead

When you have a serious illness there are many things to consider for both you and, those caring for you.

Talking with your family about what is happening can sometimes be difficult but, it can help ensure that everyone is prepared for what is to come.

It can also be an opportunity to express feelings and your wishes about where and how you wish to spend your final days.

Advance Care Planning (ACP)

Advance Care Planning is a process of discussion and shared planning for your future health care.

It involves you, your family/whānau and health care professionals.

Advance Care Planning gives you the opportunity to develop and express your own preferences for care based on:

- Your personal views, culture and values
- A better understanding of your current and likely future health
- The treatment and care options available

An ACP is a record of your wishes, preferences, values and goals relevant to future care. It can be completed, and a copy stored on your records with your G.P., or main health provider.

For more information about this process talk to your G.P. or go to www.endofliveservices.co.nz

Appointing an Enduring Power of Attorney

Many people worry about how decisions will be made when they are no longer able or well enough to make their own decisions.

If you want someone to have the power to make decisions for you, consider appointing them as your Enduring Power of Attorney (EPA) for personal care and welfare.

This person will not make decisions for you unless you can no longer decide for yourself.

For more information about appointing an enduring power of attorney (EPA) go to: www.ageconcern.org.nz or www.superseniors.msdc.govt.nz

Making a Will

You may also consider making a will.

A will is a legal document that can help make sure your assets, the people and things you love are taken care of after you're gone.

It also specifies who is responsible for carrying out your final wishes; this person is known as the executor of your will.

To find out more about wills and how to make one, the following websites have useful information:

www.sorted.org.nz/guides/wills