



*Tiakina te Kaitiaki*  
CARING FOR CARERS

*Are you looking after  
someone who may be in the  
last year of their life?*

**The Tiakina te Kaitiaki / Caring for  
Carers service can help.**

- ▶ Help you with decision making and planning.
- ▶ Help you connect up with other community supports.
- ▶ Help with family/whānau discussions.

*E hara taku toa i te toa takitahi, engari he toa takitini kē.  
My strength does not come from me alone but also from others.*

*For more information:*

*Mid-North – Far North region*

**[www.hospicemn.org.nz](http://www.hospicemn.org.nz) or Ph: 021 2233 560**

*Whangārei region*

**[www.northhavenhospice.org.nz](http://www.northhavenhospice.org.nz) or Ph: 021 441 457**