



**HONOHONO TĀTOU KATOĀ**  
Creating Compassionate Communities

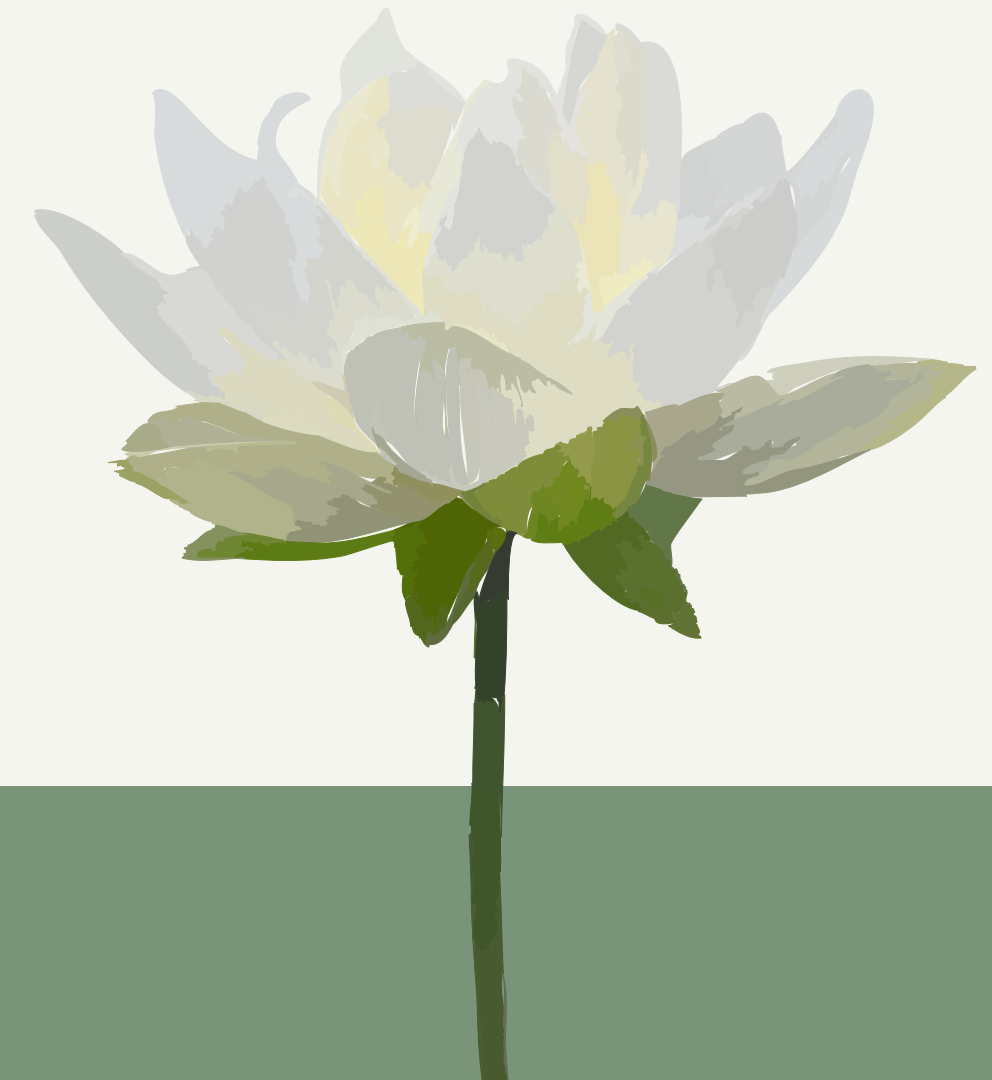
# Navigating the End of Life Journey

A brief overview of the vast support available to  
you and your loved ones



# Setting up a safe space

- My role
- Listening
- Respect for the views of others
- Take care of yourself
- Confidentiality
- Ask questions :)



# First things first

Ko wai tātou - Who are we?

At Honohono Tātou Katoa, we understand the value of recognising death as an integral part of life. We're driven by the vision of fostering compassionate and empowered communities and ensuring equity in end-of-life care.

Our approach:

- Re-Indigenise ourselves and our practice
- Create safe spaces for diverse communities
- Have open and honest kōrero/conversations around death and dying
- Enhance mana and knowledge of communities through accessible education, community events, and systematic change
- **Support communities to be able to confidently navigate the journey of “before, during and after death” with dignity and choice.**



**HONOHONO TĀTOU KATOA**  
Creating Compassionate Communities

Website

[honohono.net](http://honohono.net)

Email

[info@honohono.net](mailto:info@honohono.net)

People and communities overwhelmingly want to know what palliative care really is, how to navigate the system when it's needed and how to care for the people who matter most to them. They want to know how to help, and to learn how to get help when it's needed. None of this is rocket science.

**It is about two-way sharing of information between partners.**

*This is what we're doing today!*

Dr. Carol McAllum, Project Lead of Honohono Tātou Katoa

Navigating the system can feel like being whipped through white water rapids, or being guided purposefully down a river - depending on what you know!



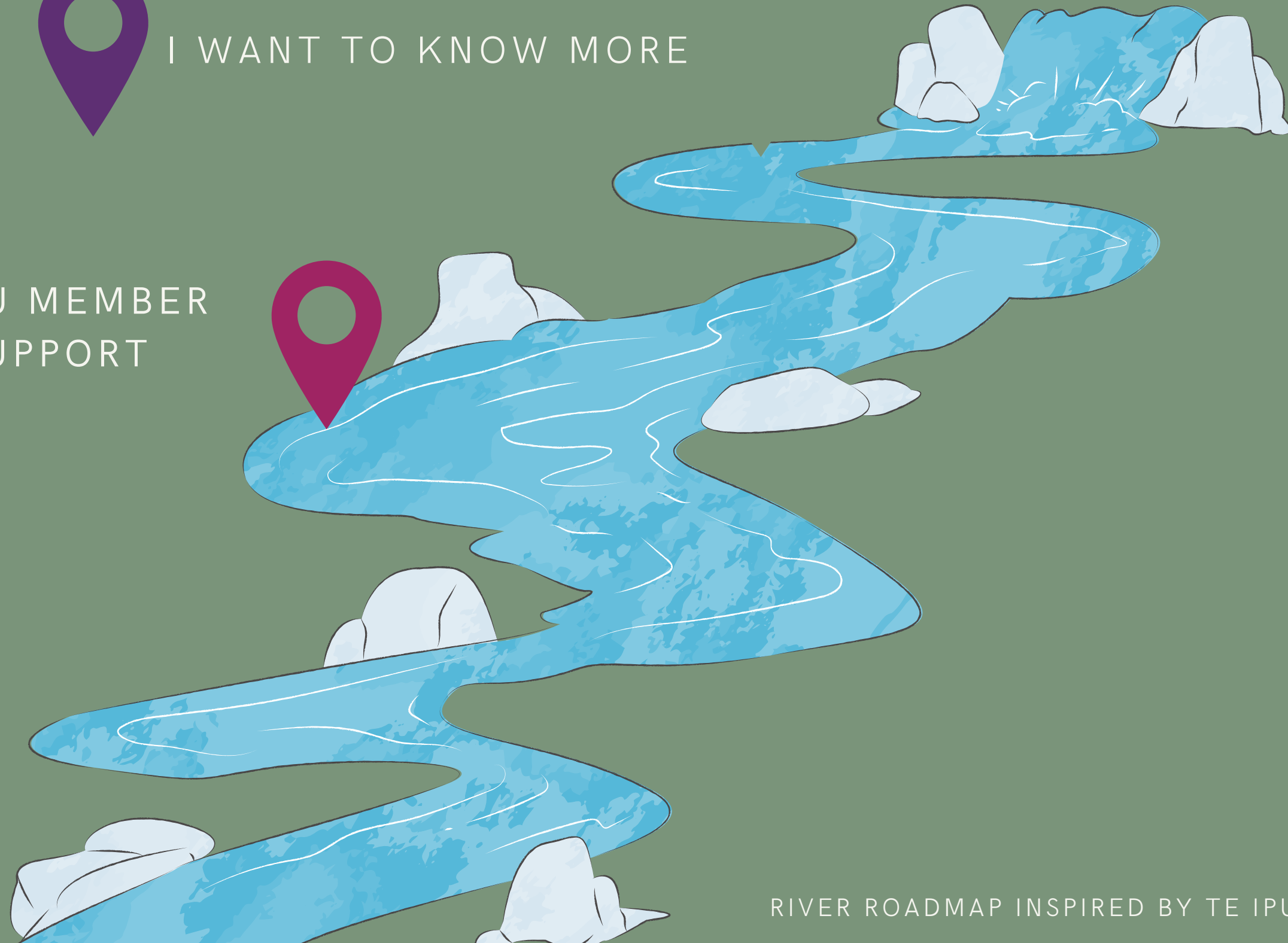
I WANT TO KNOW MORE





I WANT TO KNOW MORE

MY WHĀNAU MEMBER  
NEEDS SUPPORT





I WANT TO KNOW MORE

MY WHĀNAU MEMBER  
NEEDS SUPPORT



I NEED SUPPORT AS A  
CAREGIVER/FRIEND/  
WHĀNAU MEMBER







I WANT TO KNOW MORE

MY WHĀNAU MEMBER  
NEEDS SUPPORT



AFTER DEATH



I NEED SUPPORT AS A  
CAREGIVER/FRIEND/  
WHĀNAU MEMBER





# I want to know more

(let's bust a few myths!!)

## What is palliative care?

Mercy Hospice NZ says: "Palliative care is **for people who have a life limiting condition**; meaning there is no cure for their condition – that is they are living with an advanced life-limiting illness.

The primary goal is to **provide comfort and dignity for the person living with the illness until they die, maximising the best quality of life for them and those around them**"

## Palliative care means the end?

Not necessarily!!

"A palliative approach to care **can be used at any time in your illness**, not just when you are at the end of your life. Using palliative care does not mean there is no hope, you have 'given up' or your family doesn't care."

- Palliative Outcomes Initiative (POI).

## Is palliative care just for older people?

**Palliative care is available to anyone who needs it, regardless of age.** Palliative care for children and young people is different to care for adults in that it also helps families make important decisions about their child's care

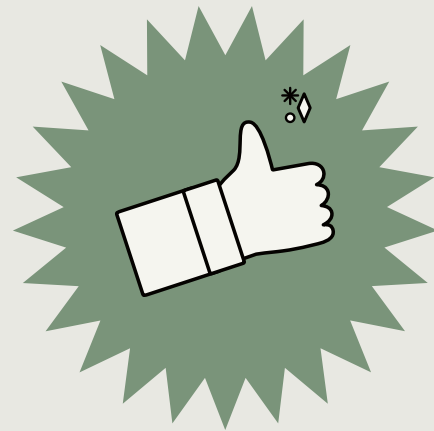
## Does palliative care take place in a hospice or hospital?

Yes, and no! People in their last phase of life spend 95% of their time in community. They and their caregivers and the bereaved, spend 95% of their time either alone, with friends or family, with neighbours or colleagues, with animal companions, maybe with the internet or television.



What to Google: "palliative care new zealand"

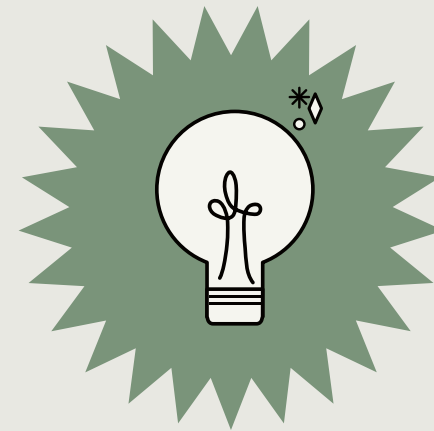
# My whānau member needs support



## Accessing services

**Hearts and Minds:** Over 600 free/low-cost support options at your fingertips. Search for cancer services, mental health support, disability services, and more.

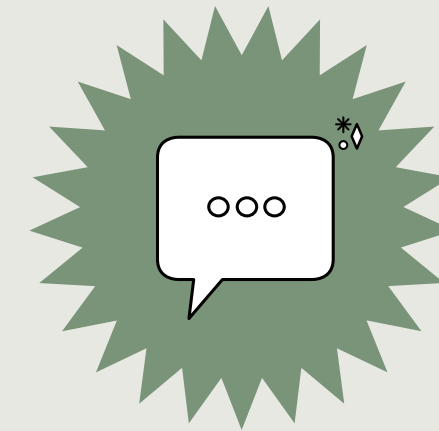
**Citizens Advice Bureau:** Understand your rights and what you can access regarding health and wellbeing



## Planning for the future

**Advance Care Plans:** An advance care plan is a document created by you outlining how you would like to be cared for in the future.

**Te Hokinga ā Wairua End of Life Services:** Find information to help you create and share a personalised plan of what you want to happen when you die.



## Having conversations

**Healthify NZ:** If someone close to you has a terminal illness, it's important for you to be there to listen and to provide emotional and practical support.

**End of Life Doulas:** may assist in how to have difficult conversations, life review, vigil planning, and more.



**What to Google:** "CAB care of older people" "ACP NZ" "how to talk about dying nz"

# Te Hokinga ā Wairua End of Life Services

## Location-based support

I am looking for:

Please select

- someone to talk to
- legal advice
- some financial support
- help organising a funeral
- kaupapa Māori services

Location:

Start typing an address

## Log in and save your plans

Log in

My plan

Comprehensive guides  
depending on your  
situation

## I want to plan and share my wishes and information

Find information to help you create and share a personalised plan of what you want to happen when you die.

Create a plan

## Someone's died and I need information

Find information about what to do, and services that might be available to you, following the death of a loved one.

Find out



 My whānau member needs support

## What questions should you be asking?

What does it mean to have this serious illness?

What can I expect now and in the future?

How can I prepare for what might come next?

*Speaking your mind and asking questions can be intimidating but can help you and those closest to you understand your illness journey.*

*These 3 sets of questions will help you be more informed, have more choice and control, and be more hopeful and prepared.*



# The legal things

## Creating a will

You can get one drafted by someone with experience, such as a lawyer or trustee company. A will must also be signed and witnessed. If the proper procedures are not followed, a will may not be valid. Wills don't have to be pricey. Some lawyers will even write one for free, so there's no harm asking around.

Some options:

- [publictrust.co.nz](https://publictrust.co.nz) [*price varies*]
- [gatheredhere.com/nz/make-a-will-online](https://gatheredhere.com/nz/make-a-will-online) [*basic is free with option to pay for add-ons*]
- [nzwillkit.com](https://nzwillkit.com) [*from \$30*]

## EPOA and POA

A power of attorney is a legal document that allows someone to make decisions and sign documents for you, if you become unable physically or mentally unable to do this yourself. You need to think carefully about who you give this power to.

The most common type of power of attorney is an enduring power of attorney (EPA). You can either have an EPA for personal care and welfare or property. It will take effect if you become sick or mentally incapable.

More info at: [publictrust.co.nz/products-and-services/enduring-power-of-attorney](https://publictrust.co.nz/products-and-services/enduring-power-of-attorney)

## Confirming and registering the death

When someone dies, the death and the cause of death have to be confirmed by a doctor or nurse, or sometimes by the coroner, before the body can be buried or cremated.

In most cases this will be confirmed by a doctor or nurse, who'll issue a "Certificate of Cause of Death".

After the deceased's body has been buried or cremated, the death must be officially registered with Births, Deaths and Marriages at the Department of Internal Affairs, who'll then issue an official "Death Certificate".

More info at: [communitylaw.org.nz](https://communitylaw.org.nz)



Google: "free wills nz" "create epa nz" "community law death"



# I need support

## Financial

Needing financial assistance at this time is common, and there is support out there.

You can try:

**Citizens Advice Bureau**

[www.cab.org.nz](http://www.cab.org.nz)

**Nga Tangata Microfinance Trust**

[ngatangatamicrofinance.org.nz](http://ngatangatamicrofinance.org.nz)

021 268 7348

**Work & Income NZ**

[workandincome.govt.nz](http://workandincome.govt.nz)

0800 559 009

## The Power of Community

- Support Crew
- Sweet Louise
- Kenzie's Gift
- Cloud Workshop
- Carers NZ
- Time Out NZ

## MSD Guide for Carers

[msd.govt.nz/what-we-can-do/community/carers](http://msd.govt.nz/what-we-can-do/community/carers)

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

NASC provides support in managing disabilities and health conditions to maximise your independence and help maintain quality of life. NASC coordinate the delivery of personal care, home support and ensure that allocated services address your needs. NASC can also help with respite care and Seniorline which operates New Zealand-wide for older adults and their families/whānau. Go to:

[nznasca.co.nz](http://nznasca.co.nz)

## Counselling

If you, or someone you know, needs support you can go to your family doctor or:

- [Skylight.org.nz](http://Skylight.org.nz) offer counselling, support, resources and personalised information packs.
- [GriefCentre.org.nz](http://GriefCentre.org.nz) offer counselling, support groups, brochures, books and articles.
- [New Zealand Association of Counsellors](http://NewZealandAssociationofCounsellors.org.nz) ([nzac.org.nz](http://nzac.org.nz)) can help you find a counsellor near you to help with grief and loss.
- [Employee Assistance Programmes](#) offer free counselling in some workplaces - ask your employer about this.



**What to Google:** "NASC NZ" "WINZ grants" "NZ carer support" "caregiver network"

# After death

## Grief support

- **Skylight.org.nz** - freephone: 0800 299 100
- **Lifeline.org.nz** - freephone: 0800 543 354
- **Samaritans.org.nz** - freephone: 0800 726 666
- **1737**: 24/7 freephone 1737 or text 1737

## Funeral options

Funerals are highly individual. The best thing you can do is “get an estimate of the costs” and make sure you have conversations about what you need from the funeral director to get the funeral that best suits your needs. There is a lot you can do yourself if you would like to - check out **diyfuneral.co.nz** for comprehensive information and support.

## My Trove

You can notify multiple organisations at the same time using myTrove- it's an online service where you can notify multiple organisations about someone's death. It's free to use. Visit **mytrove.co.nz**



 **What to Google:** “What needs to be done after a family member dies? CAB” to find a comprehensive list of tasks on the CAB website.



# Kaupapa Māori Support

## Te Ipu Aronui

Te Ipu Aronui is a site to support Māori whānau (families) to provide care to adults and kaumātua (older people) at end of life, as well as take care of whānau at the same time. Go to [teipuaronui.co.nz](http://teipuaronui.co.nz) to explore

## Te Rangikahupapa Funeral Services

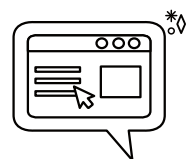
Kaupapa Māori funeral services, creating affordable and bespoke packages according to whānau need: [terangikahupapa.co.nz](http://terangikahupapa.co.nz)

## Puāwaitanga

Puāwaitanga is a phone and web-based service to support people of Aotearoa New Zealand to improve their emotional wellbeing - go to [whakarongorau.nz/puawaitanga](http://whakarongorau.nz/puawaitanga) to check eligibility.

## Te Kotuku Ki Te Rangi Trust

These are intensive, individual and comprehensive flexible 'packages of care' services for tangata whaiora and their families based on the principle of recovery. Go to [tekotuku.co.nz](http://tekotuku.co.nz)



# Some things to remember

## You're not alone

Let the main takeaway from this be that at no point are you alone on this journey. Support is there every step of the way if you need it.

## You're doing the best you can

There is no right or perfect way to do things. Be kind, be patient, and be gentle with yourself.

## Reach out any time

You don't have to wait until things are "bad enough" to ask for help. Reach out at any time to your loved ones, your community, your GP

Waiho i te toipoto, kaula i te toiroa  
Let us keep close together, not wide  
apart

— Whakatauki/proverb

COURTESY OF THE BROTHERS AND SISTERS COLLECTIVE

Question time



Thank you - take care

Questions to: [info@honohono.net](mailto:info@honohono.net)

