

For more
information:

Mid-North – Far North region

www.hospicemn.org.nz

or

Ph: 021 2233 560

Whangārei region

www.northhavenhospice.org.nz

or

Ph: 021 441 457



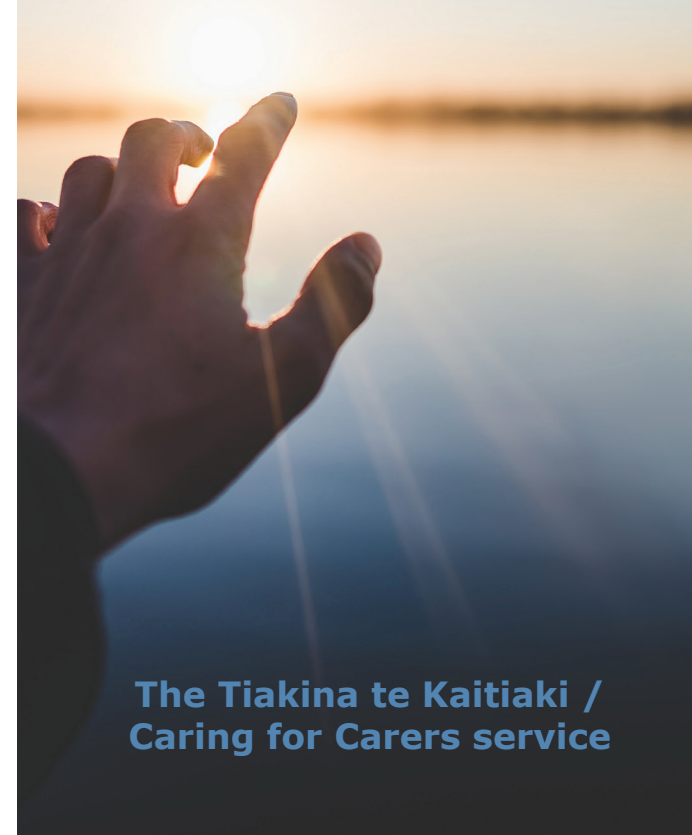
**A service of
Te Whatu Ora - Health
New Zealand**

Provided by
Hospices of Northland



*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.*



**The Tiakina te Kaitiaki /
Caring for Carers service**

The Tiakina te Kaitiaki / Caring for Carers service supports informal carers of whānau/ family members with a life limiting condition.

The aim is to connect the carer up to resources around them and support overall wellbeing to help them continue in their vital role.

This is a
FREE
service

What does the Tiakina te Kaitiaki / Caring for Carers service offer?

- ▶ Kanohi ki te kanohi (face to face) meeting with the Kaitiaki Network facilitator
- ▶ Work with you, the carer, to find out what matters to you and develop a plan.
- ▶ Help the carer with referrals to other agencies and supports
- ▶ Encourage use of your own networks – like whānau, social groups, voluntary services – as well as developing new networks
- ▶ Follow up kōrero (contact) – by phone or kanohi ki te kanohi (face to face)
- ▶ Support and advocacy.

Who is eligible for Tiakina te Kaitiaki / Caring for Carers?

This service is for you if:

You are the main informal carer for whānau, a family member or friend with a life limiting condition

And

A health practitioner agrees the patient may be in the last year of life

And

You are not already enrolled in hospice.

Who can refer?

- ▶ Carers and whānau can self-refer through the website or by phone
- ▶ Referrals can also come from your doctor, nurse, iwi provider and hospital, with your consent via e-referral.