



Assisted Dying Service

Mō te Ratonga Mate Whakaahuru Ngā mōhiohio tirohanga whānui

Noema 2021

E tuku ana tēnei pepa mōhiohio i tētahi tirohanga whānui o te ratonga mate whakaahuru e wātea ana i Aotearoa mai i te 7 o Noema 2021.

He kaupapa tapu te mate whakaahuru, ā, he uua pea mō ētahi. Mēnā ka pā mai ētahi whakaaro whakakohuki ki a koe i te pānui i ēnei mōhiohio, he tautoko kei te wātea. Ka taea e koe te waea, te patowaea rānei ki **1737** mō te koreutu hei kōrero ki tētahi tumu kōrero matatau ahakoa te wā.

I roto i tēnei pepa mōhiohio, ko te kupu 'tangata' e kōrero ana mō te tangata ka tono pea i te mate whakaahuru. He tino whāiti ngā whakaritenga mō te mate whakaahuru, ā, ehara i te mea ka āhei ngā tāngata katoa he mate tuamatangi ō rātau. Ko te mate whakaahuru tētahi ara mō te hunga kua pau ō rātau rā. Ehara i te mea kei te whakapi i ētahi atu manaaki whakamatemate.

Ko te mate whakaahuru he kōwhiringa takitahi, whaiaro hoki hei whiriwhiri, hei whakatau. Me ahu mai te tono mō tēnei ratonga i te tangata ake, ā, kia kua e pēhia e ētahi atu.

E wātea ana ētahi atu mōhiohio mō te ratonga mate whakaahuru i te **paetukutuku a te Manatū Hauora**.

Mō te mate whakaahuru

Whakamārama

Ko te mate whakaahuru he ratonga hauora hou i Aotearoa, ā, he mea whakauru mai whai muri i te tautoko a te iwi whānui mai i tētahi tāpaetanga pōti i tū i te pōtitanga whānui 2020.

Kei roto te tukanga mō te torotoro i te mate whakaahuru i te ture e kīia ana ko te End of Life Choice Act 2019 (te Ture). Kei roto i te Ture ko ngā whakaritenga āheitanga, te tukanga aromatawai me ngā whakamaru mō te ratonga mate whakaahuru. Ka āhei i raro i te ture i te mate whakaahuru i Aotearoa mai i te 7 o Noema 2021.

Ko te mate whakaahuru tētahi ara mō te tangata kua pau ōna rā

Ko te tikanga o te mate whakaahuru ka taea e te tangata mate tuamatangi e ū ana ki ngā whakaritenga āheitanga te tono rongoā hei whakamate i a ia.

Kāore e whakakapitia e te ratonga mate whakaahuru ngā kōwhiringa manaaki whakamatemate, pērā i ngā manaaki whakamauru mamae. He tuku kē i tētahi atu ara mō te tangata mate tuamatangi i roto i ngā āhuatanga tauwhāiti.

Ko ngā manaaki whakamauru mamae mō te pēhi i te mamae me ngā tohumate mā te hunga e pāngia e tētahi mate tē taea te whakaora. Ka taea te whakarato i te kāinga, i tētahi whakanōhanga hapori, pērā i tētahi whare tiaki tūroro. He mōhiohio anō kei **te paetukutuku a te Manatū**.

Kei te whiwhi anō pea te tangata i ētahi atu manaaki whakamate, pērā i ngā manaaki whakamauru mamae, ka whiwhi tonu rānei i ēnei manaakitanga me te toro tonu ki te ratonga mate whakaahuru. I roto i te tukanga mate whakaahuru, ka whakarite te rata o tangata kei te mārama te tangata ki ētahi atu kōwhiringa manaaki whakamate mōna.

He tukanga rā anō mō te toro i te mate whakaahuru

Ko te tukanga mō te toro i te mate whakaahuru kei roto i te Ture. Anei ngā upane kei roto:

- ka aromatawai tētahi rata mēnā e āhei ana te tangata
- ka aromatawai tētahi rata tuarua, motuhake hoki, mēnā e āhei ana te tangata
- mēnā e hiahiatia ana, he rata mate hinengaro e aromatawai ana mēnā kei te pai te tangata ki te tuku whakatau tika
- ko te whakarite mahere mō te mate whakaahuru, tae atu ki te kōwhiri i te rā me te wā me te tikanga mō te tuku i te rongoā

- he rata, he nēhi rānei (i raro i ngā tohutohu a tētahi rata) mō te tuku i te rongoā.

He mōhiohio atu anō kei tēnei pepa mōhiohio mō ēnei upane.

Te mahi a Te Manatū Hauora

Kei Te Manatū Hauora te kawenga mō te whakahaere me te tuku pūtea mō te ratonga mate whakaahuru. Kei roto i tēnei ko te aroturuki i te ratonga me te whakapai ake i roto i te wā.

He rōpū tautoko ā-tari tō Te Manatū Hauora hei takawaenga mō te tangata, tōna whānau me ngā mātanga hauora whai pānga.

Kei roto te Kairēhita (Mate Whakaahuru) nō te rōpū tautoko ā-tari. Ka tiro tiro rātau mēnā i ū ki ngā tukanga e herea ana e te Ture mō ia tangata e āhei ana.

Te Rōpū Tautoko me te Kōrerorero Tahī mō te End of Life in New Zealand (SCENZ)

Ko Te Kōrerorero Tahī mō te End of Life in New Zealand (SCENZ) he rōpū ā-ture i hangaia mō te ratonga mate whakaahuru. Kei te Rōpū SCENZ te kawenga mō te tiaki i ngā rārangi o ngā rata, ngā nēhi me ngā rata mate hinengaro e whakarato ana i ngā ratonga mate whakaahuru.

Ka āhei te tangata ki te tono mō te ingoa me ngā taipitopito whakapā o tētahi rata mai i tēnei rārangi mēnā kāore e tukuna e tōna rata ngā ratonga mate whakaahuru, kāore rānei ia i te hiahia ki te kōrero ki tōna ake rata.

Te āhei atu ki te mate whakaahuru

He tino whāiti ngā whakaritenga āheitanga mō te mate whakaahuru

Ehara i te mea ka āhei ngā tāngata katoa he mate tuamatangi ō rātau ki te mate whakaahuru. E kī ana te Ture, me mātua ū te tangata ki ngā whakaritenga katoa. Mātua, ko te tangata nei:

- 18 tau, pakeke atu rānei
- he kirirarau, kainoho tūturu rānei nō Aotearoa
- he tangata e pāngia ana e tētahi mate tuamatangi e mate ai ia i roto i te ono marama
- he kaha rawa atu te māuiui e kore nei mō te ora mai anō
- e pāngia kinotia e te mamae e kore nei e taea te whakamauru mā te āhuatanga e rata ana ki te tangata
- ka taea te tuku whakataunga i runga i te mōhio mō te mate whakaahuru.

Ka āhei te tangata hauā, mate hinengaro rānei te toro i te mate whakaahuru mēnā kei te ū ia ki ngā whakaritenga o runga. Kāore e āhei te tangata te toro i te mate whakaahuru mēnā he raruraru hinengaro, mate hinengaro anake tōna, he hauātanga, kua tino mātāpuputu rawa rānei.

Te noho mōhio ki te tuku whakatau i runga i te mōhio

Me mātua aromatawai te tangata kia mōhio ai kei te mōhio te tangata ki te whai kōwhiringa i runga i te mōhio mō te mate whakaahuru. Ko te tikanga o tēnei kei te mārāma, te maumahara, te whakamahi me te whiriwhiri te tangata i ngā mōhiohio hāngai mō te mate whakaahuru, ā, ka taea te whakaputa i tana whakatau.

Mātua me noho mōhio te tangata puta noa i te tukanga aromatawai, ā, me mātua noho mōhio ia i te wā ka mate ia i raro i te mate whakaahuru. Ko te tikanga o tēnei mēnā ka kitea kei te āhei te tangata ki te mate whakaahuru engari ka kore atu tōna mōhio, kua kore ia e ahei atu ki te mate whakaahuru.

Tē taea te whakamahi ngā whakahau tōmua mō te mate whakaahuru i Aotearoa. Ko te whakahau tōmua he tauākī e whakatakoto ana i mua noa atu he aha ngā whakamaimoatanga ka hiahia te tangata, kāore rānei.

Te toro i te mate whakaahuru

Ka taea e te whānau te tautoko te tangata i roto i tēnei tukanga

He wāhanga hira tō te whānau ki te tautoko i te tangata i roto i tēnei tukanga, mēnā ka hiahia te tangata. Ehara i te mea me kōrero te tangata ki tōna whānau mō te mate whakaahuru mēnā kāore ia i te hiahia. Engari, ka whakatenatenatia te tangata ki te kōrero ki tōna whānau, ētahi atu kaitautoko rānei e tata ana ki a ia, ā, me whai wāhi rātau ki te mahi i tērā.

He rerekē pea te tikanga o te whānau ki ētahi atu tāngata. Tērā pea ko te whānau ko te whānau tata o te tangata, ā, kei roto pea ko te whānau whānui, tōna hoa makau, ōna hoa, ētahi atu māngai rānei. Tērā pea ko te whānau kei roto ko te tangata kotahi, maha atu rānei.

Ka taea e te whānau te tangata te tautoko mā te:

- āwhina i a ia kia mārāma, me te whiriwhiri i ōna ara whakamate
- haere ki ngā wāhui hauora me ia (ka hiahia pea ngā rata kei roto ki te kōrero ki te tangata ko ia anake i ētahi wāhanga o te tukanga)
- manaaki i a ia, pērā i te horoi me te kai
- tautoko ki te whakarite mahere mō te mate whakaahuru
- tuku tautoko me ngā manaaki taha whakapono

- tuku manaaki me te tautoko ina tukuna te rongoā.

Mātua mā te tangata anō e whakaara te mate whakaahuru

Mā te tangata tonu e whakaara te mate whakaahuru ki tētahi i roto tōna rōpū hauora. Tē taea e tētahi mātanga hauora te kī atu hei kōwhiringa.

Ka taea e te tangata te whakaara te mate whakaahuru ki tētahi i roto i tōna rōpū hauora, engari he pai ake te kōrero ki tētahi rata, ina ko ngā rata anake ka āhei ki te tīmata i te tukanga aromatawai e ai ki te Ture.

Me mārama te tangata kei te rapu mōhiohia ia mō te mate whakaahuru. Ko te tikanga ka tuku pātai te mātanga hauora ki te tangata ki te tiro tiro he aha te tikanga o te pātai a te tangata, ā, he aha te take e hiahia ana ia ki te mohio mō te mate whakaahuru.

Ka whakarato manaakitanga tētahi rata ki te tangata puta noa i te tukanga

Ka tautoko tētahi rata ake (ko te rata whakahaere) i te tangata puta noa i te tukanga mate whakaahuru. Ka ārahi te rata whakahaere i te tukanga aromatawai, ā, mēnā e āhei ana te tangata, ka taea e ia te āwhina te tangata me tōna whānau ki te whakarite i te mahere mō te mate whakaahuru, me te tuku i te rongoā.

I ētahi wā ko te rata whakahaere ko tōna rata tonu, pērā i te rata, te mātanga rānei. Engari, ehara i te mea ka whakarato ratonga mate whakaahuru ngā rata katoa. Tērā pea nā ō rātau whakapono ake (whakahē ā-tikanga), kāore rānei i a rātau ngā pūkenga tōtika, mōhio rānei.

Mēnā kāore e whakaratoa e te tangata ngā ratonga whakamate, ko te rata me:

- whakamārama i te take kāore e whakaratoa e ia taua ratonga
- tūhono ia i te tangata ki tētahi rata ka taea te noho hei rata whakahaere, te kī atu rānei ki te tangata ka taea te tono ki te Rōpū SCENZ mō te ingoa me ngā taipitopito whakapā o tētahi rata ka taea te tuku ratonga mate whakaahuru.

Ka taea e te tangata te whakapā atu ki te Rōpū SCENZ i 0800 223 852 hei āwhina ki te kimi i tētahi rata e tuku ana i ngā ratonga mate whakaahuru. Ka mahi tahi te rōpū tautoko ā-tari a Te Manatū Hauora me te Rōpū SCENZ ki te tūhono i te tangata ki tētahi rata whakahaere tōtika.

Ka āhei anō te tangata ki te whakapā tonu atu ki te Rōpū SCENZ me te kore kōrero ki tōna rōpū manaaki hauora i te tuatahi.

Kei roto ētahi atu mātanga hauora i roto i te ratonga mate whakaahuru

Ka aromatawaitia te tangata me te tautokona e ētahi atu mātanga hauora i roto i te tukanga.

Mēnā ka whakarite te rata whakahaere kei te āhei atu te tangata, ka aromatawaitia te tangata e tētahi rata motuhake tuarua (e mōhiohia ana ko te rata motuhake). Mēnā ka whakaponu tētahi o ēnei rata, ngā mea e rua rānei, kāore pea e taea e te tangata te tuku whakatau i runga i te mōhio, ka whakahaeretia pea e tētahi rata mate hinengaro he aromatawai tuatoru. Ko te rata mate hinengaro he rata e tino matatau ana ki te hauora hinengaro.

Ka ahu mai te rata motuhake me te rata mate hinengaro, mēnā e hiahiatia ana, mai i ngā rārangi rata a te Rōpū SCENZ.

Ka āhei anō te tangata ki tētahi nēhi (ko te nēhi whakahaere) ki roto i ana manaaki. Ka mahi tahi te nēhi whakahaere me te rata whakahaere o te tangata me te āwhina i te tangata me tōna whānau ki te whakarite mahere e pā ana ki te mate whakaahuru, ā, ka taea te tuku te rongoā mēnā ka kōwhiria e te tangata tēnei.

Ka tuku anō pea e te rōpū manaaki hauora o te tangata te tuku tautoko i ngā wāhanga rerekē, pērā i te tuku mōhiohio, te āwhina rānei i a ia me tōna whānau ki te whakarite mahere. Engari, kāore ēnei i roto i te tukanga ōkawa mō te mate whakaahuru.

Kāore he utu mō te ratonga mate whakaahuru

Kāore he utu ki te tangata mō ngā wāhui, ngā rongoā rānei i roto i te ratonga mate whakaahuru. Ka mate tonu pea te tangata ki te utu i ētahi atu utu mai i ana manaaki hauora whānui ake. Arā:

- ko te utu o te wāhui ina kōrero ia ki tōna ake rata mō te wā tuatahi mō te mate whakaahuru (ahakoa mēnā ka noho ko tōna rata te rata whakahaere)
- te utu o ngā wāhui rata kāore i roto i te ratonga mate whakaahuru (ahakoa mēnā ko tōna rata te rata whakahaere)
- te utu o ngā tūtohu rongoā e hiahiatia ana mō ngā manaaki hauora whānui ake o te tangata, pērā i te whakamau mamae.

Me kōrero haere tonu te tangata ki tōna ake rata, ki ētahi atu rānei i roto i tōna rōpū manaaki hauora mō ngā manaaki hauora ka hiahia pea ia i roto i te tukanga mate whakaahuru, ā, ka tukuna noatia ēnei manaaki.

Te tukanga aromatawai ōkawa

Kua whakatakotoria e te ture he tukanga aromatawai ōkawa mō te toro i te mate whakaahuru. He hira ēnei upane kia noho haumaruru ai te tangata. He raupapa tonu ā ngā upane, ā, me whakakī ngā puka tauwhāiti i ia upane hei hopu i te tukanga.

Tērā pea neke atu i te kotahi te wāhui mō ia upane. Ka āhei te rata kei roto i ia upane te haere ki te kite i te tangata mēnā e hiahiatia ana, arā mēnā kāore i te pai ki te haere. Ka taea pea ngā wāhui Telehealth (arā, mā runga waea, waea ataata rānei) mō ētahi o ēnei upane.

Tono

Me mātua tuku tonu ōkawa te tangata ki tōna rata whakahaere. I roto i tēnei kōrero ka kōrero te rata whakahaere ki te tangata mō ētahi atu ara manaaki whakamate, me te whakamārama atu ka taea e te tangata te huri ōna whakaaro mō te mate whakaahuru ahakoa te wā.

Ka whakatenatena te rata whakahaere i te tangata ki te kōrero mō tōna kōwhiringa me tōna whānau. Ka kōrero anō te rata whakahaere ki ētahi atu mātanga hauora e manaaki ana i te tangata, me te whānau o te tangata (mēnā ka whakaae te tangata ki tēnei) hei whakarite kāore i te pēhia te tangata ki te kōwhiri i te mate whakaahuru.

Mēnā ka hiahia te tangata ki te haere tonu, ka waitohua e ia he puka. Ka taea e te tangata te tonu kia waitohua e tētahi atu mōna mēnā kāore e taea e ia te tuhi, te waitohu te puka. Me mātua whai wāhi atu te tangata i te waitohutanga o te puka.

Aromatawai tuatahi

Ka aromatawaitia te tangata e te rata whakahaere hei whakarite kei te ū ki ngā whakaritenga āheitanga. Kei roto i tēnei ko te tiro tiro mēnā ka taea e te tangata te tuku whakatau i runga i te mōhio, ka mutu kei te tuku ia i tēnei whakatau me te kore e pēhia e tētahi atu.

Mēnā kāore te tangata i te āhei atu, ka whakamārama atu tōna rata whakahaere i ngā pūtake, ā, ka whakarite kei te tautokona te tangata me te āhei atu ki ētahi atu manaaki whakamate.

Aromatawai motuhake

Mēnā ka kitea e te aromatawai a te rata whakahaere kei te āhei te tangata, ka haere ia ki te kite i tētahi rata motuhake mō te aromatawai tuarua. He whakamaru hira tēnei hei mātua whakarite kei te tino āhei atu te tangata ki te mate whakaahuru.

Kei roto anō i tēnei aromatawai ko te tiro tiro mēnā ka taea e te tangata te tuku whakatau i runga i te mōhio, ka mutu kei te tuku ia i te whakatau me te kore e pēhia e tētahi atu.

Aromatawai i te whakaaro tika (mēnā e hiahiatia ana)

I ētahi āhuatanga, ka tiro tirohia he tangata e tētahi rata mate hinengaro. Ka pēnei mēnā e whakaaro ana te rata whakahaere me te rata motuhake kei te āhei atu te tangata, engari kei te māharahara mēnā kei te whakaaro tika te tangata mō te tuku whakatau i runga i te mōhio.

Ka aromatawaitia e te rata mate hinengaro te tangata kia mōhio ai ia kei te whakaaro tika te tangata. Ka tiro tiro anō ia mēnā kāore i te pēhia te tangata ki te kōwhiri mai i tētahi atu. Kāore e tiro tirohia e te rata mate hinengaro ētahi atu whakaritenga āheitanga.

Whakatau mō te āheitanga

Ka kōrero te rata whakahaere o te tangata ki te tangata mō te putanga o te aromatawai tuarua me te aromatawai i te whakaaro tika, mēnā e hiahiatia ana.

Mēnā e āhei ana te tangata ki te mate whakaahuru, ka taea e ia te tīmata ki te whakarite mahere mō tōna mate whakaahuru, tae atu ki te rā me te wā, ā, me te wāhi e hiahiatia ana.

Mēnā kāore te tangata i te āhei atu ki te mate whakaahuru, ka whakamārama atu tōna rata i ngā pūtake, ā, ka whakarite kei te tautokona te tangata me te āhei atu ki ētahi atu kōwhiringa manaaki whakamate.

Ka taea te whakamutu te tukanga mate whakaahuru ahakoa te wā

Ka mutu te tukanga mēnā kāore te tangata i te āhei atu

Mēnā ka kitea e tētahi o ngā aromatawai kāore te tangata i te āhei atu ki te mate whakaahuru, ka mutu tonu te tukanga i taua wāhi.

Engari, kua kore pea e āhei te tangata i muri i te tukanga aromatawai mēnā ka rerekē tōna āhuatanga. Hei tauira, mēnā kua kore e tika ngā whakaaro ki te tuku whakatau i runga i te mōhio i muri i te kitetanga kei te āhei ia, kua mutu te tukanga, ā, kua kore ia e āhei atu ki te mate whakaahuru.

Mēnā ka mutu te tukanga i tētahi wāhanga, ka whakamāramahia atu e te rata whakahaere (te nēhi whakahaere rānei mēnā kei a ia tētahi) ngā pūtake ki te tangata me tōna whānau.

Ka mutu te tukanga mēnā kei te pēhia te tangata

Ko te tangata anake ka āhei ki te kōwhiri ki te toro i te mate whakaahuru. Māna te kōwhiringa i runga i te mōhio, ā, me mātua oti tana kōwhiri me te kore pēhi a tētahi atu. Tē taea e te whānau, ngā kaitiaki, ngā

kaipupuri rānei i te mana ā-ture pūmau te tono mō te mate whakaahuru mō tētahi atu tangata. Tē taea e tētahi mātanga hauora te kī atu hei kōwhiringa.

Mēnā ka whakaaro te rata whakahaere, te nēhi whakahaere rānei i tētahi wā kei te pēhia te tangata ki te kōwhiri i te mate whakaahuru, me mātua mutu te tukanga, ā, me whakamārama atu te rata whakahaere, te nēhi whakahaere rānei i te pūtake ki te tangata.

Ka mutu te tukanga mēnā ka huri ngā whakaaro o te tangata

Ka āhei te tangata ki te huri i ōna whakaaro mō te kōwhiri i te mate whakaahuru, ā, ka āhei ia ki te whakamutu i te tukanga ahakoa te wā tae noa ki te wā tuku i te rongoā. Me mātua whakarite te rata, te nēhi rānei o te tangata kei te marama te tangata ka āhei ia ki te huri i ōna whakaaro.

I mua i te tuku i te rongoā, ka pātai atu te rata, te nēhi rānei mēnā kei te hiahia ia ki te whiwhi i te rongoā. E toru ngā kōwhiringa ka taea e te tangata:

- te whiwhi rongo i tēnei wā
- te hiki i te whiwhi rongoā ki tētahi atu wā (i roto i te ono marama o te rā i kōwhiria tuatahitia)
- me whakakore tana tono mō te mate whakaahuru.

Te whakariterite mō tētahi mate whakaahuru

Mēnā kei te mate te tangata e āhei ana ki te mate whakaahuru, he maha ngā whakatau hei whakatutuki, tae atu ki ngā whakatau mō ana manaaki hauora me ngā whakatau mō ngā take ki te tangata me tōna whānau i te matenga. Ka tuku tohutohu me te tautoko te rata whakahaere, te nēhi whakahaere rānei i roto i tēnei whakarite mahere.

Ka whakatenatena te rata whakahaere, te nēhi whakahaere rānei i te tangata kia kōrero ia ki tōna whānau mō ana whakaritenga me ana whakatau. Ko te tikanga ka oti tēnei whakarite i roto i ngā kōrerorero maha, ā, ka taea e te tangata me tōna whānau te tuku pātai, te tono mōhiohio atu anō rānei mēnā e hiahiatia ana.

Te whakaae ki te rā me te wā

Ina kōrero atu te rata whakahaere ki te tangata kei te āhei atu ia, ka kōrero ia mō ngā rā me ngā wā pea ka taea mō te whakatutuki i te mate whakaahuru.

Ka tuku tohutohu te rata whakahaere e ai ki te matapaetanga mate o te tangata (e hia te roa e toe ana ki a ia). Kei reira anō pea ngā āhuatanga whaikiko hei whakaaroaro, arā, mēnā he whānau ō te tangata e hiahia ana kia haere mai ki te kite i a ia i mua i tōna matenga.

Ka kōwhiri ia i te rā me te wā me te whakakī i tētahi puka hei whakaū i tēnei.

Ka kōwhiri ia ka pēhea te tuku i te rongoā

E whā ngā kōwhiringa ki te tangata mō te tuku i te rongoā ki a ia, ā, kei roto ēnei i te Ture.

- Ka taea e te rata whakahaere, te nēhi whakahaere te tuku te rongoā, mā te weronga ā-iaia (IV), ā-waha rānei (me tētahi ngongo whāngai rānei).
- Ka taea e te tangata te whāngai te rongoā ki a ia anō mā te tīmata i te IV, mā te kai rānei.

Mēnā ka kōwhiri te tangata ki te whāngai i te rongoā ki a ia anō, me mātua whai wāhi atu te rata whakahaere, te nēhi whakahaere rānei hei tautoko i te tukanga.

Ka kōrero te rata whakahaere, te nēhi whakahaere rānei mō ngā kōwhiringa me te whakarite kei te mārama te tangata ki ērā. Ka whakamārama anō ia ka aha i te rā o te mate whakaahuru.

Kāore pea ētahi o ngā kōwhiringa i te tōtika, ka taea rānei e ai ki te hauora o te tangata. Ka tuku tohutohu pea te rata whakahaere, te nēhi whakahaere ki te tangata mō te mea e tino tōtika mōna. Ka whai wā te tangata ki te whakaaroaro me te tuku whakatau.

Kāore e kore ko te nuinga o ngā mate whakaahuru ka pā mai i te kāinga o te tangata

Kāore e kore ka kōwhiri ngā tāngata kia mate i te kāinga, mēnā ka taea tēnei. Ka haere te rata whakahaere, te nēhi whakahaere rānei ki te tangata ki te tuku i ēnei manaaki.

Ka noho pea te tangata ki tētahi wāhi e kore pea e taea te mate whakaahuru, e tika ana rānei, pērā i tētahi whakanōhanga where noho kāore i te whakaae atu, e tuku rānei i te mate whakaahuru. I tēnei āhua, ka tuku tohutohu te rata whakahaere, te nēhi whakahaere, me ngā tautoko a te rōpū tautoko ā-tari a Te Manatū Hauora, mō ētahi atu kōwhiringa.

Ka taea e te tangata te kōwhiri te hunga e hiahia ana ia ki reira me ngā whakahaere

Ka āhei te tangata ki te kōwhiri mēnā ka hiahia i te whānau, ētahi atu tāngata rānei kia tae ki tōna mate whakaahuru. Ka kōwhiri pea ētahi tāngata i tētahi tohunga ahurea, ā-wairua rānei i tōna taha.

Ka taea anō e te tangata te kōwhiri ētahi tikanga ake i mua, i muri rānei i te tuku i te rongoā. Ka taea e te tangata rātau ko tōna whānau te whakarite i tēnei me te kōwhiri i ngā tikanga e hira ana ki a ia me ōna tikanga, whakapono hoki. Hei tauira, ka kōwhiri pea ētahi tāngata kia whakahaerehia he karakia, te whakatangi puoro, he pānuitanga rānei e hira ana ki te tangata.

Ka kōrero te rata whakahaere, te nēhi whakahaere rānei o te tangata ki a ia mō ēnei whakaritenga me ngā whakatau i roto i te whakarite mō te mate whakaahuru. Ka āwhina tēnei kia mārama ngā tāngata katoa mō ngā mea ka pā mai, ā, ka whakaaronuitia, ka whakamanatia ngā kōwhiringa a te tangata.

Mō ētahi atu mōhiohio

E wātea ana ētahi atu mōhiohio mō te ratonga mate whakaahuru i te **paetukutuku a te Manatū Hauora**.