

# 如何在终末疾病中生活

对于您本人和家人来说, 当诊断患有严重或末期疾病时, 是会令人感受到压力。这可能是一个对未来的恐惧和担忧而令人焦虑万分的时刻。要发生的事情的问题, 都可以由您的医生和护理团队来回答。以下是一些信息, 可能对您和您的家人有所帮助, 为您的下一阶段做好准备。

## 做好计划

当您患有严重疾病时, 您和照顾您的人都需要考虑许多事情。

与家人讨论将要发生的事情有时可能难以启齿, 但这可以确保所有人对即将到来的事情有所准备。

您也可以借此机会表达您的感受和您对在哪里及如何度过剩余时光的愿望。

### 预先护理计划

预先护理计划 (**Advance Care Planning**) 是一个对您未来医疗护理的互动讨论和共同计划的过程。

需要您、您的家人和医务人员参与。

通过预设临终照顾计划, 您可以基于以下各项确定和表达自己偏好的医疗护理:

- 您的个人观点、文化和价值观
- 更好地理解您目前和未来的健康
- 现有治疗和护理选项

预设临终照顾计划将记录您对未来护理的愿望、偏好和目标。可以与您的家庭医生或主要医疗机构一起填写, 并由家庭医生或主要医疗机构一起储存在您的病例记录中。

欲详细了解此流程, 请咨询您的家庭医生或访问网站:  
[www.endofliveservices.co.nz](http://www.endofliveservices.co.nz)

### 任命一位持久授权人

许多人担心, 当他们不再能够或不能做出自己的决定时, 该如何做出决策。

如果您希望某人有权代表您做决定, 可以考虑任命此人就您个人护理和福利事项做您的持久授权人。

除非您不再能够为自己做决定, 此授权人将不会替您做出决策。

欲详细了解如何任命一位持久授权人, 请访问以下网站:  
[www.ageconcern.org.nz](http://www.ageconcern.org.nz)或  
[www.superseniors.msd.govt.nz](http://www.superseniors.msd.govt.nz)

### 制定遗嘱

您也可以考虑制定遗嘱。

遗嘱是一份法律文件, 可以确保在您去世后您的资产、您的亲人和喜爱的事物得到照顾。

您也可以通过遗嘱规定由谁来执行您的最后愿望。此人将成为您的遗嘱执行人。

欲详细了解遗嘱和如何制定遗嘱, 请访问以下网站:  
[www.sorted.org.nz/guides/wills](http://www.sorted.org.nz/guides/wills)



# 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](http://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](http://www.ageconcern.org.nz) or [www.superseniors.msd.govt.nz](http://www.superseniors.msd.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](http://www.sorted.org.nz/guides/wills)