

Prompt Sheet for Palliative Plan Activation (PPA) www.poiackland.co.nz

Here are some ideas about how you could start the conversation:

- We are never too old or too sick to still have hopes and dreams that we want to fulfil and want to be respected. Would it be alright if we have a conversation about what is important to you?
- Would it be alright if I asked you a few questions about how things are going with you? It is important for us to understand what is important to you and your family so we can, as much as possible, ensure that you get the care that you want and need.
- Over the past few months you have been in and out of hospital, and although you bounce back your health is not quite what it used to be. Would it be okay if we talked about what is important to you both if your health stays the same and also if it worsens?

Please note: the prompts are simply there to help your thinking, the more detail given the better.

My goals

What are your most important goals if your health situation stays the same and or worsens?

Prompts: be pain free, family to care for me, to stay in my own home, to be at peace – not anxious, family to be united, keep fighting no matter what, have accurate information about my health, be aware of all my options.

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If there were a few things that you really wanted to do – what would they be?

Prompts: see a family member, family re-union, sort out my land and title, bucket list item, share my life story.

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Who and what support do you need to achieve the above?

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Is there anything that you would like us to know about what is important to you in relation to medication and managing some of the symptoms of your illness?

Prompts: adequate pain relief, afraid of syringe driver, Rongoā Māori, only want what is needed for comfort, don't prolong my life, never give up on me, important that I understand what I am being offered and why.

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If you become sicker, how much are you willing to go through for the possibility of gaining more time?

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Living situation and cultural needs

Who supports you at the moment – both practically (eg home help / personal cares) and emotionally.

Prompts: Is this sufficient, are your carers sufficiently supported, any worries in this area?

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If your health situation worsens are there any additional supports that you feel would be helpful.

Note: It may not be available but it is useful to know what a person identifies.

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Are there any cultural needs, that we need to know about so we can, as a team, respect them?

Prompts: important foods, traditional healing and massage practises, what is sacred / tapu, disrespectful discussion topics, privacy re personal cares, involvement in care, hygiene practises, death and burial practises, important days and numbers, who to communicate with eg eldest son, pastor, chief, kaumātua.

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Taha whānau / Family and social well-being

How much does your family know about your wishes and what is important to you?

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If you couldn't speak, who would you want to speak for you?

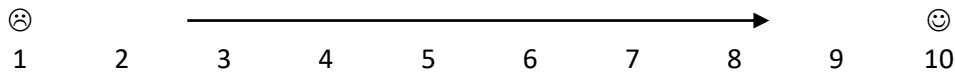
Have you told them what you would want?

Do you have an advanced care plan? Yes No Enduring Power of Attorney (EPA)? Yes No

EPA details.....

Emotional and Spiritual needs

How are things going for you emotionally at the moment?



Would you like to share a little bit more about why you scored yourself this way?

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Do you have any fears or worries about the future?

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Who / What do you turn to for strength, peace, comfort and making sense of what is happening?

Prompt: my family, my animals, outdoors, exercise, higher power, quietness, meditation / prayer.

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Do you need any additional support in this area?

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Are there particular things we need to know about you, which we have not already covered, so we can honour and respect your personal, cultural, spiritual and religious beliefs.

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