YOUR ADVANCE DIRECTIVE FOR FUTURE HEALTH CARE
NOUMW TAROPWEN EMWIRIMWIR REN ANGANGEN TUMWUNUMW NGENI NON EKKAN FANSOUN MWACH

CHECKLIST:
TETTENIN MET KOPWE FOR:

__ Talk with your spouse, partner, adult children, family, friends, spiritual advisors, and doctors about what would be important to you.

__ Porous ngeni pwunuwowm w iwe, chiechiomw, noumw kewe ra watta nefongur, omw famini, monun unukkumw, chon anisuk non peekin ekiek, me noumw tokter won met mi auchea ngonuk.

__ Ask someone you trust and can count on to be your health care agent. Discuss your wishes with this person. Select an alternate health care agent in case your agent is unable to serve.

__ Fini emon mei watte omw nukuu non an angang me en mei meefi nge epwe aniniseoch ngonuk an epwe wisen mesemes won kokkotun tumwunumw. Affata ngeni ei ka finata metekkan omw mochen ren peekin tumwunumw. Kutta oruwomonun ei ka finata ren assoun ika ewe ke fini ese tongeni fori metekkkewe omw mochen.

__ Complete the enclosed optional Advance Directive. You can add more pages if needed to outline your wishes.

__ Amasowa ei taropwen Advance Directive ika taropwen emwirimwir ren met omw mochen ngeni angangen tumwunumw. En mi tongeni sopweta fitu peich ika mi menei ren omw kopwe attenenatiw met ekkan omw mochen.

__ Have two qualified witnesses or a notary public witness your signature.

__ Kutta ruomon noumw chon pwarata ika emon epwe impwangei noumw iwe taropwe nupwen omw sainnei itomw.

__ Inform family, friends, and doctors that you have an Advance Directive and that you expect them to honor your wishes. Keep them informed about your current wishes.

__ Esine ngeni chon omw famini, chiechiomw me noumw tokter pun mi or noumw taropwen Advance Directive iwe omw anean pun metekkena omw mochen epwe pwonuweta. Sopweno esinei ngenir metekkan ke mochen ika pun e or mi kapacheta me ekkesiwin.

__ Give copies of the Advance Directive to your health care agent, health care providers, family, close friends, spiritual advisors, and any other individuals who might be involved in your care.
Onounou ekkei tettentin aramas kapii noumw iwe taropwen Advance Directive ren chon angangen tumwunumw, noumw kewe tokter, chon omw famini, chiechiomw, chon akkanisuk non ekiek, me pwan io en mi meefi nge epwe chon aninis ren angangen tuttumwunumw.
__ Place copies in your medical files.

__ Nukuu kapiin noumw ei taropwe nein noumw kewe taropwen omw safei.

__ Keep a copy in any easy to find place in your home. (Not in a safe deposit box!!) You could leave a note on the refrigerator to tell people where your important documents are so they can be found when they are needed.

__ Nukuu echo kapiin ei taropwe non neeni ia epwe mecheres ach sipwe kuna me ie me non imwomw iwe. (Kesapw onomwu non omw seif ika pworun seifing!!) En mi tangeni makkei echo taropwe epwe nomw won omw icebox epwe affata ia ke nukuu ia noumw taropwe mi auchea pun epwe fat sipwe angeni me ia nupwen epwe tori fansoun.

__ You may designate “Advance Directive” on your driver’s license or state identification card to indicate that you have completed an Advance Directive and wish it to be honored. Hawai‘i drivers’ license stations do not file Advanced Directives.


__ Review your Advance Directive regularly. In case you make changes, inform people, create a new document, and replace the old one.

__ Nengeni sefanii noumw iwe taropwen Advance Directive. Ika mi or ekkesiwin non, esinei ngeni io epwe sinei, amasowa sefanii echo minafo, ka siwinii ngeni ewe ewe minen nomw.

__ Learn about POLST: Do you need POLST (Provider Orders for Life Sustaining Treatment) in addition to an Advance Directive? Talk with your Doctor, advanced practice registered nurse (APRN) or Physician Assistant (PA) about POLST and visit www.kokuamau.org/polst for more information for you and for your provider as well as the POLST form.

__ Kaeo met masowen ewe taropwen POLST: Mi menei an epwe or noumw taropwen POLST (Met An Tokter Mochen Ren Peekin Tuttumwunumw) epwe fiti noumw taropwen Advance Directive? Poraus ngeni noumw iwe tokter, noumw kangof mi watte an sine (APRN) ika ewe kisin fan tokter (PA) ren ewe taropwen POLST pwan no ngeni www.kokuamau.org/polst ren ena taropwen POLST tori met tichikin porous mi menei oupwe sinei me noumw iwe tokter.

This brochure provides general information and does not constitute legal advice and may not apply to your individual situation.

Ei taropwe e affata met mennapen poraus nge esapw wewen pun mi nomw onnuk esapw pwan wewen pun iei met epwe fis ngonuk.

Developed by Kōkua Mau and the Executive Office on Aging, State of Hawai‘i. Checklist originally developed by UH Elder Law Program. Revised: May 2023

A kawor seni chon Kōkua Mau me ewe ofesin Executive Office of Aging, seni mwuun Hawai‘i. Taropwen tettenin met kopwe for a kawor seni ewe UH Elder Law Program. Ekkesiwin masowan: Meei 2023
WHY DO I NEED AN ADVANCE HEALTH CARE DIRECTIVE? (page 2 of the brochure)

PWATA E MENEI EPWE OR NEI EWE TAROPWEN ADVANCE HEALTH CARE DIRECTIVE?

Medical technology has given us many new options for sustaining life. This makes it important for you to discuss what kind of care you want before serious illness or accident occurs. Everyone over the age of 18 should have one.

Ikenai a sakkopaat mwesin sia tongeni aea ren peekin aninisin me tumwunun manawach nupwen epwe tori kich watten osukosuk. A auchea omw kopwe affata met sokkun peekin tumwun ke mochen me mwen an epwe toruk omw watten semwen ika weweitaan osukosuk. Mi eoch meinisin aramas a watte nefongur seni 18 ier epwe or nour ei taropwe.

Now is the time to talk about these important issues while you can still make your own decisions and have time to talk about them with others.

Lei fansoun mi fich ngeni omw kopwe popporaus won ekkei auchean mettoch pun en mi chiwen tongeni kapas en mi pwan chiwen tongeni pusin finaata mettoch won omw.

If you don’t have an Advance Health Care Directive, (commonly known as ‘Advance Directive’), and even one person interested in your care disagrees, your doctor may not honor your wishes for end-of-life care.

Ika ese or noumw taropwen Advance Health Care Directive, ( ewe sia pwan eita ngeni ‘Advance Directive’), nge ika mwo emon chok aramas ese tipeew ngeni met angangen tumwunumw, mi tongeni an noumw iwe tokter esapw fiti ngeni met omw mochen ren peekin tumwunumw nupwen a fetan ngeni omw kopwene sopwono.

The Advance Directive takes the place of the former living will document and gives you more options. Review your existing forms and make sure your Advance Directive reflects your current wishes.

Ewe taropwen Advance Directive e siwinii ewe taropwe sikan nounou akkoumw ren met omw emwirimirwir iwe epwan sakkopaat met masowan ika met kopwe tongeni fini me non. Nengeni sefaani met noumw taropwe mi or iei fan asengesin ei pwopwun pun kopwe amasowa ngeni noumw iwe taropwen Advance Directive an epwe tufich pwonuta met omw mochen.

WHAT DO I PUT IN MY ADVANCE DIRECTIVE?

MET UPWE MAKKEI NON NEI WE TAROPWEN ADVANCE DIRECTIVE?

THE PERSON OR “AGENT” YOU WANT TO MAKE DECISIONS FOR YOU WHEN YOU CANNOT.
You should identify someone you trust to act as your agent as well as an alternate. This person does not have to be an attorney. Unless you limit this person’s authority, this person has the right to accept or refuse any kind of medical care and testing, discharge or select doctors, and see all medical records.

ITEN IONA ARAMAS KE MOCHEN EPWE WISEN CHON FINATA METTOCH FANITOMW NUPWEN KESE CHIWEEN TONGENI.
Mi eoch kopwe affata iten emon ke nukuu pun epwe wiisen chon mwokutikut fanitomw ika epwe wiisen ekkesiwinumw. Nge meit ika iona aramas ke finata esapw emon sou onnuk. Ei aramas mi or an pwuung an epwe etiwa ika esapw etiwa met sokkun safei ika angangen tumwun fanitomw tori pwan met test mi menei repwe fori, an epwe pwan siwinii ika fini noumw tokter, me pwan nengeni metekkan masowen noumw taropwe ren porausen omw safei, me nukun chok ika en mi affata metekkan e or an pochokun won an epwe finata ika esapw.

THE KIND OF HEALTH TREATMENT YOU WANT OR DON’T WANT.
You can say whether or not you want to be kept alive by machines that breathe for you or be fed by a tube even if there is no hope you will get better.
YOUR WISHES FOR COMFORT CARE.
You can indicate whether you want medicine for pain or where you want to spend your last days. You can also give spiritual, ethical, and religious instructions.

MET KE MOCHEN REN OMW KOPWE KUTTA OMW KINAMWE.
En mi tongeni affata ika en mi mochen repwe ngonuk safeien metek pwan affata ia ke mochen nomw ie non omw ka fetan ngeni omw fansoun saingo. En mi pwan tongeni affata met mochenumw ren manawen ngunumw, omw ekiek, ika pwan omw namanam.

HOW CAN I ENSURE MY ADVANCE DIRECTIVE IS HONORED
Share copies and talk with your agent, loved ones, family, and others who will be involved in your care. Discuss it with all your doctors and ask all of them to insert your Advance Directive into your medical records. This document and resources in other languages, such as Advance Directives or POLST, are available from your healthcare provider, doctor, or health insurance company or on the Kōkua Mau website at kokuamau.org/languages.

INSTRUCTIONS FOR ADVANCE DIRECTIVE
Complete Part 1 and 2 on the enclosed form. You may add pages and make any changes you wish. You do not need an attorney to complete this form. If you need more help, consult the phone numbers included in this brochure. Complete the check list on the back page.

PART 1 – HEALTH CARE POWER OF ATTORNEY, YOUR AGENT
Select one or more persons to be your agent and make health care decisions if you are unable. The person you appoint can be a spouse, adult child, friend, or any other trusted person. Your agent cannot be an owner or employee of a health care facility where you are receiving care unless they are related to you.

EWIN KINIKIN - NOUMW POWER OF ATTORNEY REN CHON MESEMES WON KOKKOTUMW, EWE ARAMAS KA FINATA
Kopwe fini emon ika ruomon aramas repwe wiisen mesemes won kokkotumw ren ar repwe finata met angangen tumwunumw ika pun kese chiwen tongeni. Ena aramas kopwe fini mi tongeni epwe emon nein pwunuowomw, noumw a watta nefongun, chiechiomw, ika pwan io en mi nukuu non an tongeni. Ena aramas kopwe fini esapw tongeni epwe emon me nein ekkei ren ewe minneka an ewe nenien tumwunun mi semwen tori chon angangen ikewe ie ke angei omw peekin tumwun me ie me nukan chok ika pun ii emon mi or w weerong ngonuk.
PART 2 – INDIVIDUAL INSTRUCTION
Give instructions to your doctor and others about any aspect of your health care. You will be given choices. Check only one box in each category and cross out all which do not apply. You can also add more about your wishes and goals for care.

ORUWEN KINIKIN - KAPASEN OUROUR NGENI EMON ME EMON
Awora omw kapasen ourour ngeni noumw tokter me pwan io mi menei ar repwe sinei angangen tumwunumw. Kopwe fini menni ke mochen. Chekii chok ew me nein ekkena pwor mi kawor non ew me ew kinikin iwe erieeno efoch nain won menni kinikin ese masengeni nonnomwumw. En mi pwan tongeni sopweta metekkan masowen omw anean me mochen ren angangen tumwunumw.

Ask two witnesses to sign and date the form. Both must be people you know. They cannot be health care providers, employees of a health care facility, or the person you choose as an agent. One person cannot be related to you or have inheritance rights.

Kutta ruomon noumw chon pwarata repwe sainnei ewe taropwe pwan affatativ wpinin maram. Kopwe sissinei me ruomon ekkei chon pwarata. Kese tongeni nouni chon pwarata soumw iwe tokter, chon angangen pioing ika angang ngeni nenien mi semwen, ika pwan ewe ka finata pun epwe wiissen chon mesemes won kokkotumw. Emon me nein ekkei chon pwarata esapw or wewen ngonuk ika esapw ii emon masowen omw emwirimwir.

Notary Public- If you do not have 2 witnesses, your Advance Directive must be notarized.

Chon Impwang Ika ese or io kopwe nouni chon pwarata, noumw iwe taropwen Advance Directive epwe impwang.

You have the right to revoke or change your Advance Directive at any time orally or in writing. Be sure to tell your agent and doctor.

Mi or omw pwung omw kopwe ataieno ika ekkesiwi u masowen noumw iwe taropwen Advance Directive ese nifinifin inet fansoun non poraus ika non foufoun mesen mak. Chechemeni esinei ngeni ewe chon mesemes won kokkotumw tori pwan noumw iwe tokter.

WHO CAN HELP ME COMPLETE MY ADVANCE DIRECTIVE?
IO EPWE TONGENI ANISIEI NE AMASOWA NEI WE TAROPWEN ADVANCE DIRECTIVE?

Talk with your health care provider and your health plan representative.

Poraus ngeni noumw iwe tokter me io chon anisuk ren kokkotun omw semwen.


For further information contact:
Ren tichikin poraus chuuri chon:

Kōkua Mau - A Movement to Improve Care
Kokua Mau - Ew Angangen Outekano Tumwunun Mei Semwen

- For Advance Directives (also as a writable pdf) please visit kokuamau.org/resources/advance-directives.
- Ren porausen Advance Directive (mi pwan tongeni non pdf) no ngeni ena kokuamau.org/resources/advance-directives.
- Kōkua Mau Speaker’s Bureau can provide speakers about Advance Care Planning (Advance Directives and POLST).
- Kokua Mau Speaker’s Bureau mi tongeni awora chon poraus faniten ekkei Kokkotun Peekin Tumwun (ewe Advance Directive me pwan POLST)

kokuamau.org • info@kokuamau.org • (808) 585-9977 Kōkua Mau • P.O. Box 62155 • Honolulu HI 96839

Chuukese Info Brochure about your Advance Directive for Future Health Care