

PAPA HELU:

- E kuka no oe me kou hoa, kane/wahine paha, na keiki oo, ka ohana, na hoaloha, ke kahuna pule, a me na kauka no kou makemake.
- E noi i kekahi poe au e hiline ai e lilo i elele nou pili i kou olakino. E hoike oe i kou makemake i kou elele. E koho no hoi i pani no kou elele ina aole hiki i kou elele ke hana.
- E hoopihapiha i ka palapala Kuhikuhi Malama Olakino i loa me keia palapala. Hiki ia oe ke hoohui i na pelu hou iho ke pono e wehewehe ai i kou makemake.
- Pono no elua poe ike maka a i ole ke kuni no ka lehulehu (notary public).
- E hai oe i kou ohana, na hoaloha, a me na kauka no ka loa o ka palapala Kuhikuhi Malama Olakino nou a no kou makemake ia lakou e hooko i kou makemake. E hoomaopopo ia lakou ke loli kou makemake.
- E haawi i kope o ka palapala Kuhikuhi Malama Olakino i ka mea nana malama i kou olakino, kou mau kauka, kou ohana, kou mau hoaloha, kou kahuna pule, a me ka poe a pau no lakou ke kuleana pili i kou olakino.
- E waiho ia na kope maloko o kou moolelo olakino.
- E malama i kekahi kope ma kahi loa koke ma kou home (Mai waiho iloko o ka pahu ki ia a paa!!). Hiki no ia oe ke waiho i kekahi palapala maluna o ka pahu hau e hoike ai i ka poe a pau i kahi au i waiho ai i na palapala mea nui, pela e loa koke ai ke pono.
- Hiki ke kakau ia “Kuhikuhi Malama Olakino” maluna o kou laikini kalaiwa a i ole ka palapala hoike no ka mokuaina e hoike ai ua pau ka palapala Kuhikuhi Malama Olakino i ka hoopihapiha ia a he makemake oe e hooko ia. Aole e lawelawe ia ka palapala Kuhikuhi Malama Olakino ma ke keena laikini kalaiwa.
- E nana mau i kou palapala Kuhikuhi Malama Olakino. Ke loli kou manao, e hoomaopopo i na poe like ole, a e hoopihapiha i ka palapala hou, nana e pani i ka mea kahiko.
- E ao no ka palapala POLST: Pono no ia oe ka POLST (Provider Orders for Life Sustaining Treatment) mawaho ae o ka palapala Kuhikuhi Malama Olakino? E kuka no me kou Kauka, ke kahu ma’i laikini ia (APRN) a i ole ke Kokua Kauka (PA) no ka POLST a e nana i ka aoao www.kokuamau.org/polst no ka hoakaka ana nou a me ka mea nana malama i kou olakino a pili no hoi i ka POLST.

Na keia palapala e hoakaka aku, aole ia he kuhikuhi ana pili i ke kanawai, malia paha aole pili keia ia oe.

Kukulu ia e ka hui Kōkua Mau a me ke Ke’ena Ho’omalua no ka Ulu ana a Oo, ka Mokuaina o Hawaii. Kukulu ia ka papa kuhikuhi mua loa e ka polokalamu, UH Elder Law Program. Hooponopono ia: Mei 2023

KOU KUHIKUHI ANA NO KA MALAMA OLAKINO I KEIA MUA IHO

Olelo Hawaii-Niihau
(Hawaiian)



He makana keia nau e haawi aku nei i ka nui ohana a me na hoaloha, me keia palapala, aole pono ka ohana e koho wale i ka hana e malama ai ia oe ke pau ka hiki ia oe ke walaau nou iho.



KŌKUA MAU
Continuous Care
A Movement to Improve Care



Executive Office on Aging
Department of Health

HE AHA KA MEA E PONO AI KA PALAPALA KUHIKUHI MALAMA OLAKINO IA'U?

Mamuli o ka hana mikini akamai o keia wa, ua nui hou ae no na koho e hooloihi ai i ke ola. Nolaila, he mea nui no ia oe ke kuka oe no ke ano hana e malama ai i kou olakino ke ko'iko'i ka pilikia o kou olakino. E aho e hana ia penei ke piha ia oe 18 makahiki a oi.

Ano ka manawa e kuka ai e pili ana i keia poe mea ko'iko'i nei, oiia ua oia mau ka hiki ia oe ke hooholo i kou manao pono i no a kukakuka me na hoa.

Ina aole loa ka palapala Kuhikuhi Malama Olakino ia oe (he 'Advance Directive' ma ka olelo namu), a ina kua hookahi wale no kanaka nona ke kuleana no kou olakino, aole e hooko ke kauka i kou makemake pili i ka malama olakino ma ka pau ana o kou ola.

Na ka palapala Kuhikuhi Malama Olakino no e pani i kou palapala kauoha hope loa a nau no koho a nui e like me kou makemake. E nana i na palapala i loa ia oe ina ua ku no ka palapala Kuhikuhi Malama Olakino i kou makemake i keia manawa.

HE AHA KA'U MEA E KUHIKUHI AI MALUNA O KA PALAPALA?

NAU HOOKOHU I KE KANAKA A ELELE PAHA AU E MAKEMAKE AI NANA HOOHOLO I KOU MANAO INA PAU KA HIKI IA OE KE HANA NOU IHO.

He maikai ke hookohu oe i kekahi poe au e hilina'i ai nana e hana i elele nou, e koho no hoi i pani nona ke pono. Aole pono e paa ka elele i ka oihana loio. Nau no kukulu i kona mau kuleana nou, a ina aole nau hoakaka, hiki no i kela kanaka ke hoole i ka hana malama olakino nou, ka hoao ana, ka hoopau me ka ae ana i na kauka paha, a hiki no hoi ia ia ke nana i kou moololo olakino.

KE ANO HANA MALAMA OLAKINO AU E MAKEMAKE AI A MAKEMAKE OLE AI HOI

Hiki no ia oe ke olelo ina makemake oe e hoomau ia kou ola me ka mikini hoohanu a aole paha, a i ole ka mikini nana hanai ia oe me ka ili, me ka hoike mai no hoi o ke kauka aole oe e ola hou kou pilikia olakino.

Hiki no ia oe ke hoike ke makemake oe i ka laau lapaau no ka eha o ke kino a nau hoike i kou wahi e makemake ai e noho i kou mau la hope. Nau no hoi kuhikuhi i ka hana pili i ka uhane, ka hana pono, a me ka hoomana ana.

PEHEA WAU E HOOIA AI I KA HOOKO IA O KA'U OLELO KUHIKUHI MALAMA OLAKINO?

E haawi i kope o ka palapala i kou elele, ka poe aloha ia, ka ohana, a me na poe e ae no no lakou ke kuleana no kou olakino. E kukakuka me kou mau kauka a pau a e noi ia lakou e hookomo i kou palapala Kuhikuhi Malama Olakino maloko o kou moololo olakino. Loa keia palapala a me na kokua e ae no ma na olelo like ole, peia no hoi ka palapala Kuhikuhi Malama Olakino a i ole ka POLST, na ka mea malama olakino, ke kauka, a i ole ka hui inikua no e haawi ia oe, a i ole hiki ia oe ke kii ma ka aoao o ka hui Kōkua Mau: kokuamau.org/languages.

KE KUHIKUHI ANA NO KA WA KOKOKE NO E MAKE

(i ku i ke kanawai Uniform Health Care Decisions Act, 1999) E hoopihapiha i ka Mahele 1 a me ka 2 ma ka palapala i hoohe pu ia me keia palapala. Hiki ia oe ke hoohe aku i na pelu hou ae a hooponopono hou ke makemake oe. Aole pono ka loio nou no ka hoopihapiha ana i keia palapala. Ke pono ke kokua ia oe, e nana i na helu kelepona maluna o keia palapala. E hoopihapiha i ka papa helu ma ka aoao hope.

MAHELE 1 – KA MANA LOIO NO KOU OLAKINO, KOU ELELE

E koho hookahi a oi paha poe kanaka nana hana i elele nou, nana hooholo e pili ana i kou olakino ke pau ka hiki ia oe ke hana nou iho. Hiki ke koho i ke kane a wahine male paha, ke keiki oo, ka hoaloha, a i ole kekahi poe au e hilina'i ai. Aole hiki ke koho i kekahi ona a limahana paha o ka hale kahi au e noho mai nei no ka malama ia o kou olakino, koe ina he pili ohana ia kanaka nou.

MAHELE 2 – KOU KUHIKUHI ANA

E hoike i kou kuhikuhi ana i kou kauka a me na poe like ole i loa ke kuleana pili i ka malama ia o kou olakino. E hoike ia na koho like ole ia oe. E kaha oe hookahi pahu wale no ma kela me keia mahele a kaha oe i na koho e kapae ai. Hiki no hoi ia oe ke kuhikuhi aku i na mea hou ae ke makemake oe pili i ka malama ia o kou olakino.

E noi elua poe ike maka na laua no pulima i ka inoa a kakau i ka la maluna o ka palapala. Pono no e kamaaina oe i keia poe elua. Aole ae ia ka poe paa i ka oihana malama olakino, ka limahana o ka hale malama olakino, a i ole ke kanaka au e koho ai i elele nou. Mawaena o na ike maka elua, pono no hookahi kanaka no waho o kou ohana aohe ona kuleana hooilina nou.

Kuni no ka Lehulehu

Ina aole loa 2 poe ike maka, pono e kuni ia kou palapala kuhikuhi malama olakino no ka lehulehu (notary public).

He kuleana no kou e hoopau a hoololi paha i kou palapala kuhikuhi malama olakino e like no me kou makemake ke hai waha mai oe a kakau no paha. E hai aku oe i kou elele a me ke kauka.

OWAI KA MEA HIKI KE KOKUA MAI IA'U MA KA HOPIHAPIHA ANA I KO'U PALAPALA KUHIKUHI MALAMA OLAKINO?

E kuka no me ka mea nana malama i kou olakino a me kou elele nona ke kuleana no kou olakino.

Legal Aid Society of Hawaii: 808-536-4302 (Oahu) 1-800-499-4302

legalaidthawaii.org/elder-law-services

Oahu: UH Elder Law Program, 808-956-6544, www.hawaii.edu/uhelp

Ke makemake oe i ka hoakaka hou aku:

Kōkua Mau - A Movement to Improve Care

- No ka palapala Kuhikuhi Malama Olakino (Advance Directive, loa ma ke ano palapala pdf e hoopihapiha ai), e nana i ka aoao: kokuamau.org/resources/advance-directives.
- Loa ka poe hana no ka hui Kōkua Mau Speaker's Bureau i hiki ke haiolelo e pili ana i ka hoolala ana no ke kuhikuhi ana no ka malama olakino (Advance Directives a me ka POLST).

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