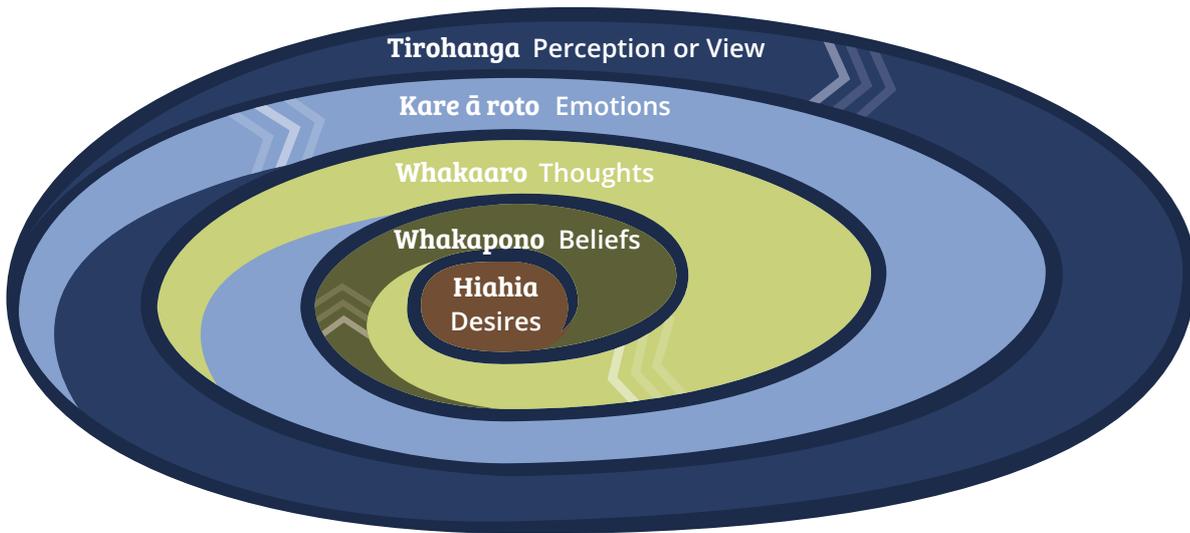


TE ORO NGĀKAU NUI

A mind level tool for assisted dying, Aotearoa New Zealand

You may like to print this PDF. Please write your responses or record them on your phone or device.



How comfortable are you with assisted dying?

Te Oro Ngākau Nui is a tool to help you explore and clarify your views, emotions, thoughts, beliefs, and desires about assisted dying. The tool has been designed to help people have insight into their inner thinking about assisted dying and to use this information to make decisions around caring for themselves and their whānau when someone is considering an assisted death. The tool is worked from *Tirohanga*, the outer spiral of perception inwards toward *Hiahia*, the heart centre and the place of deeply held desires or intentions.

Te Ara o te Ao Māramatanga | The Pathway into Illumination and Understanding



In this exercise you will be asked to respond to a series of statements about assisted dying starting at *Tirohanga* using the visual aid *Te Ara o te Ao Māramatanga – The Pathway into Illumination and Understanding*. These statements have been directly informed by the experiences of whānau who took part in the 'Waerea: Māori whānau experiences of assisted dying' study. The visual aid will help you identify and record how comfortable you are with assisted dying.

1 Te Korekore

The void, energy (potential)

I do not accept this statement; I do not feel peaceful about this statement.

2 Te Pō

The night deep

I feel in two minds about this statement; I neither feel a sense of peace or a lack of peace about this statement.

3 Ki te Wheiao

Glimmer of light, coming into being

I feel some sense of acceptance about this statement; I feel some sense of peace about this statement.

4 Ki te ao Mārama

Bright light of day

I have a greater sense of acceptance about this statement; I feel a greater sense of peace about this statement.

5 Tī Hei Wā – Mauri ora

There is life

I fully accept this statement; I have a complete sense of peace about this statement.

Tirohanga – Perception or views

The End of Life Choice Act (2019) is morally correct.

Circle 1 2 3 4 5

Adults who have an incurable terminal illness should be able to have an assisted death if they want it and meet the criteria.

Circle 1 2 3 4 5

Adults in my whānau who have an incurable terminal illness should avoid having an assisted death.

Circle 1 2 3 4 5

The End of Life Choice Act (2019) should be available to adults who experience unbearable suffering including physical pain and suffering and mental/emotional pain and suffering.

Circle 1 2 3 4 5

Assisted dying is morally wrong.

Circle 1 2 3 4 5

Please explain your responses. Please record any positive or concerning emotions or thoughts you might have.

Kare ā roto – Emotions

I feel relieved my whanaunga (relative) wants to have an assisted death as they will no longer have to suffer.

Circle 1 2 3 4 5

I feel proud of my whanaunga and happy I can support their mana motuhake (autonomy & independence) to have an assisted death².

Circle 1 2 3 4 5

I feel upset because I know when my whanaunga (relative) is going to die (having an assisted death).

Circle 1 2 3 4 5

² During the **Hinauri phase** on the *Kaitiakitanga Assisted Dying Pathway* support can include helping the person to access information about assisted dying; talking to health professionals about assisted dying, contacting the Ministry of Health's Assisted Dying Service to kick-start the assessment process; attending two or three [assisted dying] assessments; supporting the person to discuss their assisted dying decision with other whānau; honouring the person's wish to keep the assisted death private. During the **Hina-Te-Pō** phase support can include helping the person to organise their pre-death arrangements (arranging pre-death farewells; preparing for the assisted dying day; organising tangihanga; caring for the person who is having the assisted dying procedure on the day; liaising and caring for other whānau on the day of the procedure). During the **Hina-Te-Ao** phase support can include caring for the person's tūpāpaku (body) and wairua and being involved in the person's tangihanga and whānau bereavement care.

I am worried about what other people will think of my whanaunga (relative) having an assisted death.

Circle 1 2 3 4 5

I feel guilty for supporting my whanaunga (relative) to have an assisted death.

Circle 1 2 3 4 5

Circle any statements you identify with below and record other feelings you may have about the assisted death:

"I have mixed feelings about the assisted death;"

"I feel I cannot tell my whanaunga (relative) that I do not support them having an assisted death;"

"I feel afraid of supporting my whanaunga (relative) to have an assisted death."

Please record any positive or concerning emotions or thoughts you might have.

Whakaaro – Thoughts

I think the reason/s why my whanaunga (relative) decided to have an assisted death are understandable and acceptable to me.

Circle 1 2 3 4 5

I think my whanaunga (relative) has the right to choose an assisted death.

Circle 1 2 3 4 5

I think my whanaunga (relative) is courageous and brave choosing to have an assisted death.

Circle 1 2 3 4 5

I think my whanaunga (relative) should have a natural death instead of an assisted death.

Circle 1 2 3 4 5

I think my whanaunga (relative) should keep their assisted death private.

Circle 1 2 3 4 5

Please record any other positive or concerning emotions or thoughts you may have:

Whakapono – Beliefs

I am comfortable with my own personal belief system, including my cultural and spiritual beliefs about someone's right to have an assisted death.

Circle 1 2 3 4 5

My personal beliefs do not support assisted dying.

Circle 1 2 3 4 5

I believe an assisted death is mana enhancing for my whanaunga (relative).

Circle 1 2 3 4 5

I believe that people should not end their life in pain; they should be able to control their end of life including when they die.

Circle 1 2 3 4 5

I believe my relative's choice to have an assisted death should not be shared outside of our iwi and hapū.

Circle 1 2 3 4 5

Record your personal beliefs about assisted dying and how they support or clash with the End of Life Choice Act (2019) and assisted dying.

Please record any positive or concerning emotions or thoughts you might have.

Hiahia – Desires

My desire is to support my whanaunga's (relative's) mana motuhake to have an assisted death.

Circle 1 2 3 4 5

My desire is for my whanaunga (relative) to be pain and symptom free at end of life through having an assisted death.

Circle 1 2 3 4 5

My desire is to accept my whanaunga's (relative's) choice to have an assisted death and to feel at peace with their decision.

Circle 1 2 3 4 5

My desire is that my whanaunga (relative) will change their mind and NOT have an assisted death.

Circle 1 2 3 4 5

My desire is to provide support throughout my whanaunga's (relative's) end of life, including their assisted death.

Circle 1 2 3 4 5

Please record any positive or concerning emotions or thoughts you might have:



Next Steps

Read your responses and write down any insights you have following this exercise. Do you feel comfortable with assisted dying? What do you need to help you support your whanaunga (relative) who wants an assisted death?

Your written comments will highlight any areas you feel comfortable with, or you are having some difficulty with. Thinking through each statement and discussing it with your whānau could help to identify what you need to do to take care of yourself and your whānau on the Kaitiakitanga Assisted Dying Pathway.

If you have responded to the twenty statements with mainly Te Korekore (5s) or Te Pō (4s), or if your written comments highlight any concerns, you might like to consider accessing more information about assisted dying. Or you might like to find someone to talk to such as a tohunga, kai rongoā, counsellor, psychologist, spiritual professional, or someone from the Assisted Dying Service (Phone: 0800 223 852 or email: AssistedDying@tewhatauora.govt.nz). www.poukapura.co.nz

Mā te kōrero, ka mārama
Through discussion comes understanding.

For more information about the **Te Oro Ngākau Nui Tool** please contact: Dr Tess Moeke-Maxwell: t.moeke-maxwell@auckland.ac.nz

This discussion tool is for information-sharing and reflective discussion only. It is not intended to provide medical, legal, cultural or professional advice. The views within this tool are those of the authors. Users are encouraged to exercise their own judgement and, where appropriate seek advice from qualified professionals or trusted community leaders and support people before making decisions based on any information shared here. By using this tool, you do so at your own discretion and responsibility.