

# 7 Keys for Navigating a Terminal Diagnosis

## Te Ararua Walk Two Paths

Stay hopeful but also ask for honest information. This balance helps you be positive while also prepared.

**ASK YOURSELF:**  
What am I hoping for?  
What do I need to plan for, just in case?

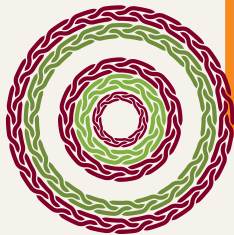
## Kia māori te āhua Know Your Style

The way you usually handle stress will affect how you cope with illness. Knowing this helps you feel more in control.

**THINK ABOUT:**  
How do I react when things get tough?  
How might this play out now?

## Aro ki ngā Pānga Notice the Ripple Effects

Your whānau and carers are also affected. Their lives change too.



**THINK ABOUT:**  
What support do they need?  
How can they get the right information and help?

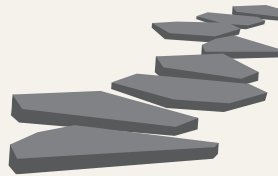
## Kōrero Atu Speak Up

Don't wait for your health team to tell you everything. Ask honest questions.

**ASK QUESTIONS LIKE:**  
What do I need to plan and prepare for?  
What decisions need to be considered?  
Who do I know that may have been here before?

## Tiro Whānui See the whole picture

Most illnesses follow a pathway. Looking at the big picture helps you understand where you are.



**ASK YOUR HEALTH TEAM:**  
What will my illness look like over time?  
What can I expect along the way?

## Kia hāngai Make it relevant

Good care should match what matters most to you and your whānau. Share your values and preferences with your health team.

**ASK YOURSELF:**  
What do I want people to know about me?  
What do I value most?



## Whiria te hononga Make the connections

You and your whānau play a key role in linking information between services (GP, hospital, hospice, residential care and community). This helps everyone who looks after you work together.

**ASK YOURSELF:**  
Who in my whānau will help manage this journey?

