

# Esinesin Ngonuk ren ewe Oregon Advance Directive ren Tumwunun Health

## I. POROUSAN:

Ei Esinesin mei wor ren an epwe anisuk ne atawei ewe Oregon Advance Directive ren Tumwunun Health. Mei eponuwa an aramas kapas eis fan itan.

### **Met auchean ewe Oregon Advance Directive?**

Echo taropwen ennuk. Mei anisuk om kopwe:

1. Eita emon aramas epwe wiisen afatana feffetanin tumwunun omw health ika kese chiwen tongeni.
2. Makketiw met omw mochen ren tumwunun omw health pwe epwe ffat. Ei nge ren ika kese chiwen tongeni apasa omw mochen nesor me pennon.

### **Fan iten ion an wor ei Oregon Advance Directive?**

Fan iten aramas 18 ier feita re nonnomw non Oregon.

### **Met wewen ei chon emweni tumwunun health, me met ar angang?**

Ena nge emon aramas ke finata pwe epwe wiisen afatana feffetanin tumwunun omw health ika kese chiwen tongeni. Ir chon emwenuk ika noumw tokter a ara pwe kese chiwen tongeni esinesin met omw mochen ren tumwunun omw health.

An noumw chon emweni tumwunun omw health angang ne wiisen fori met kewe omw efich, met mei auchea ngonuk me omw mochen. Kapas ngenir ren met omw mochen. En mei tongeni aea noumw Advance Directive ne popwutani om kapas.

Ammen auchea omw kopwe fini ion Chon Emweni Tumwunun Omw Health. Ei mei auchea ren an epwe taweno met omw mochen. Kapas ngenir pwe epwe ffat pwe ra sinei met ekkewe omw mochen.

## II. AMMASOWAN EWE ADVANCE DIRECTIVE

### **Met mei kinikinitiw me won ei Oregon Advance Directive?**

Mei wor 7 kinikinin. lei affaten porousen ew me ew ekkei kinikin:

#### **Kinikin 1. Porousei.**

Ammasowa ei kinikin ren ar repwe ifa ussun ne kapas ika chuuno reomw.

## **Kinikin 2. Nei Chon Emweni Tumwunun Ai Health**

Ikei nge kopwe makketiw mwaren emon chon emweni tumwunun omw health. En mei tongeni eita unumon chok. Ikkeir ion:

- Akkomwen chon emweni tumwunun ai health
- Ewin ion epwe wii
- Oruuwen ion epwe wii

Ena chon emweni tumwunun omw health esapw togneni an epwe noumw tokter ika chon meinap, chon anganga, ika emon chon angang non ena nenien tumwun ke niwing ie. En mei tongeni aneani [ORS 127.505](#) ikei [https://www.oregonlegislature.gov/bills\\_laws/ors/ors127.html](https://www.oregonlegislature.gov/bills_laws/ors/ors127.html) ren sopwosopwun porousan.

Makketiw porousen ian repwe tongeni kapas ika chuuno ren emon me emon noumw chon emweni tumwunun omw health. Mei auchea an noumw tokter epwe tongeni kapas ika chuuno rer ika kese chiwen tongeni apasa met omw mochen.

lei sopwosopwun porousen noumw chon emweni tumwunun omw health:

- Emon me emon repwe tipeew ngeni ar ena angang.
- Emon chok epwe kapas fan itomw non menni fansoun a wor. Ika ewe akkomwen chon emweni tumwunun omw health ese tongeni fori an angang, ena angang epwe no ngeni ewe ewin chon wii, iwe ewe oruuwen chon wii.
- Affata pwe mei wor ar mwuumwuuta ar repwe katon noumw rekort non pioing. Kokkori ofesin noumw tokter omw kopwe eis ika kopwe ifa ussun ne awora ar mwuumwuuta.

Ika kese affata ion chon emweni tumwunun omw health, ennukun Oregon mei affata ion epwe wiisen kapas fan itomw ika kese tongeni. En mei tongen aneani [ORS 127.635 \[2\]](#) ikei [https://www.oregonlegislature.gov/bills\\_laws/ors/ors127.html](https://www.oregonlegislature.gov/bills_laws/ors/ors127.html) ren sopwosopwun porousan.

## **Kinikin 3. Ai mochen ren tumwunun ai health**

Ikei nge kopwe affata omw efich, omw auchea, me omw mochen ren tumwunumw. Mei wor kapas eis kopwe aea ren aninnisin omw kapas ngeni noumw chon emweni tumwunun omw health. Mei pwan awora esinesin ngenir me esinesin ngeni noumw tokter.

Omw eponu epwe anisi noumw tokter ar repwe finata angangen omw health pwe epwe ponuweta omw mochen. lei met epwe fis ika mwo kese mwo finata chon emweni tumwunun omw health.

Kinikin 3 mei awora kapas eis non unungat kokkot:

**1. Ai Mochen Ren Tumwunun Ai Health.** Ewe Oregon Advance Directive mei apachanong unungat keis ren omw kopwe apasa omw mochen ren sopwosopwun omw manaw ke mochen. Ekkei nge:

- 1) Ika mei wor omw semwen kosapw chikar seni
- 2) Ika a wattenno omw semwen ika
- 3) Ika kese chiwen tongeni fongufong

En mei tongeni aneani wewen ekkei [ORS 127.505 me ORS 127.635](https://www.oregonlegislature.gov/bills_laws/ors/ors127.html) ikei [https://www.oregonlegislature.gov/bills\\_laws/ors/ors127.html](https://www.oregonlegislature.gov/bills_laws/ors/ors127.html)

Omw nonnomw non an a apwangapwang inisumw ese taitap ngeni an a wattenno omw semwen. Kopwe finata met sokkun sopwosopwun omw manaw ke mochen ika kese mochen. Ika en mei tongeni mwuut ngenichon emweni tumwunun omw health repwe fini ngonuk.

**2. Met E Kon Auchea Ngeni Ei me Rei.** Ikei, ka tongeni apasa met mei auchea ngonuk ren manawomw, me met mei auchea ngonuk ren. En mei pwan tongeni apasa met mei auchea ngonuk ren angangen tumwunun omw health. En mei pwan tongeni apasa non met sokkun fansoun, ika e wor, omw kose mochen an epwe wor angangen sopwosopwun omw manaw.

**3. Ai Nukunuk Non Namanam.** Ngeni aramas, emwuchunon manaw nge ew fansoun anonnonun pekin namanam. Ikei nge ka tongeni apasa omw mochen ika omw nukunuk non namanam. En mei pwan tongeni apasa ika epwe awora osukosuken met ka finata ren tumwunun omw health pwe epwe ponuweta ennukun omw namanam.

#### **Kinikin 4. Sopwosopwun Porousan**

Ikei ka tongeni apachanong sopwosopwun porousan ren tumwunumw. Ei mei pachonong kapas eis non ruwanu kinikin:

**1. Manaw me Auchea.** Aea ei ika ke mochen an noumw tokter me noumwchon emwen repwe pwan sinei porousen manawomw, omw auchea me omw mochen. En mei pwan tongeni affata pota ke mochen omw mochen.

**2. Neni ren Tumwun.** Me ikei, ka tongeni apasa met omw mochen ren ian kopwe tumwun me ia. Ren awewe, ekkoch aramas re epinukunuk ren ar re mochen tumwun me no pwisin imwar. Ekkoch ina repwe mochen nomw non pioing.

**3. Pwan ew.** En mei tongeni apachanong noumw taropwe ren aninnis ngeni noumw tokter me noumwchon emwen. Ekkei ina epwe:

- Noumw taropwe ke makketiw met mei auchea ngonuk

- Porousen met sokkun aninnisin tumwun mei kawor ngonuk iei. Ei nge mei auchea ren aramas mei wor apwangapwangen inisir ika aramas mei wor semwenin inisir
- Pwan met porous ke mochen esinesin

**4. Esinesin Ngeni Aramas.** Ikei ka tongeni makketiw ion aramas noumw tokter me noumw chon tumwun repwe esinesin ngenir ren nonnomwumw me tumwun ngonuk. Ekei aramas rese tongeni apasa met re mochen ren tumwun ngonuk. Ekkewe chok chon emweni tumwunun omw health.

### **Kinikin 5, 6, me 7.**

Kinikin 5 nge ian kopwe sainei itomw won ewe taropwe.

Non Kinikin 6, *ew me nein*

- Ruomon chon pwarata repwe sainei ewe taropwe. Ir me ruomon ekkei chon pwarata esapw noumw chon emwen ika noumw tokter. Ika
- Emon chon Notary epwe sainei ewe taropwe.

Non kinikin 7, noumw chon emwen ren tumwunun omw health epwe tipeew ngeni ena angang. Ika re tipeew ngeni, repwe sainei ei taropwe ika ereni emon pwe ir mei tipeew ngeni ena angang ar epwe emweni tumwunun omw health.

### **Nge ika ese unus masowen meinsin ekkei kinikin?**

Mei auchea an epwe unus masowen meinsin ekkei kinikin non ei taropwe. Nge, en mei tongeni finata pwe kopwe chok ammasowa ekkoch.

Iei met kopwe fori ren an noumw Oregon Advance Directive epwe wor ennuhun me pochokkunan:

<b>An epwe wor pochokkunan:</b>	<b>Menni kinikin ena?</b>
Epwe mak itomw, inet upwutiwomw, omw adress me ian repwe kapas ngonuk me ia.	Kinikin 1
Epwe affat iten, menni adress me porousen ian repwe tongeni kapas ika chuuno ren emon me emon noumw chon emweni tumwunun omw health.	Kinikin 2
Kopwe sainei me makkei ena pwinin maram.	Kinikin 5
Ena taropwe epwe sain iten ruomon chon pwarata IKA sain meren emon chon Notary.	Kinikin 6
Emon me emon chon emweni tumwunun omw health repwe tipeew ngeni ar ena angang. Repwe pwari pwe re tipeew ngeni non ar sainei ika ar esinesin ngeni emon pwe ir mei tipeew ngeni angangen ar repwe emweni tumwunun omw health.	Kinikin 7

Ese pwan menei omw kopwe ammasowa kinikin 3 me 4 ren an epwe wor pochokkunen noumw ena Advance Directive. Nge ika ke ammasowa, ina epwe anisi noumw tokter me

noumw chon emwen ren met omw mochen ren tumwunumw. Iei met epwe fis ika mwo kese mwo finata chon emweni tumwunun omw health.

### III. SOPWOSOPWUN POROUSAN

#### Nge ika mei wor apwangapwangen inisi?

Ika mei wor apwangapwangen inisumw, iei met kopwe fori ren omw kopwe ammasowa ei taropwe:

- En mei tongeni kapas ngeni aramas minne-ka re angang ngeni aramas mei wor apwangapwangen inisir. Ei mei pachenong nge ese pwan kouk ngeni:
  - Chiechiomw me aramas ir mei sinei met ke mefi
  - Chon angangen tumwun en mei epinukunuk ren
  - Chon soutipachem non ennuke
- Ika ke nonnomw non ew nenien tumwun, en mei tongeni tingor aninnis meren emon chon chosani angangen kafomon ngeni aramas.
- En mei pwan tongeni apachanong porousen emon chon anisuk ika chon tumwunuk re aninnis ren tumwunun omw health iei.
- Esinesin met sokkun aninnis ika neni en mei menei ren nonnomwumw iteiten ran.
- Kinikin 3 mei pachenong nenien omw kopwe sopweno omw esinesin ren met sokkun aninnis ke mochen ika kese mochen. En mei tongeni pwan makketiw met sokkun aninnisin tumwunumw mei kawor ngeni manawomw iei.

#### Met sokkofesennin ewe Oregon Advance Directive me ewe POLST?

Ewe Advance Directive me ewe POLST (Mwokutukutun Mochenumw ren Sopwosopwun Omw Manaw) rese taitap. Ewe Oregon Advance Directive echo taropwen ennuke mei affata omw mochen me iten emon epwe emweni met sokkun tumwun epwe fis fan itomw. Ewe Oregon POLST nge ew taropwen pioing mei affata met sokkun anen tumwun me safei epwe kawor ngonuk.

Pwungun, pwe mei tongeni ruku fengen me ruu. Iei ei niossun sokkofesennir.

	<b>Advance Directive</b>	<b>POLST</b> (wewen nge Mwokutukutun Mochenumw ren Sopwosopwun Omw Manaw)
<b>Epwe noun ion?</b>	Meinisin aramas 18 ierir feita.	Aramas mei watter ar sewen ika aramas ra chinnap me apwangapang nge ina resapw mochen achommongu ar safei.
<b>Met sokkun taropwe ei?</b>	Echo taropwe mei wor ennuke.	Echo taropwen pioing.
<b>Ion epwe sainei?</b>	Kopwe ammasowa iwe ka sainei. Emon chon Notary Public ika ruomon chon pwarata repwe	Noumw tokter epwe ammasowa ngeni met ke apasa ngeni. Mwirin a sainei.

	<b>Advance Directive</b>	<b>POLST</b> (wewen nge Mwokutukutun Mochenumw ren Sopwosopwun Omw Manaw)
	sainei. Pwan ew, noumw tokter epwe pwanainei.	
<b>Epwe pwan wor emon nei soukopwung?</b>	Apw.	Apw.
<b>Ion epwe wiisen kamwoch ena taropwe?</b>	Kopwe isoni ena taropwe ian atongomw repwe kuna me ia. Kopwe angei kapiin iwe ka ngeni noumwchon emweni tumwunun omw health me noumw tokter.	Ofesin noumw tokter ina repwe angei iwe ra apachanong non nour mwesinen rechister ren Oregon POLST. Iwe ra ngonuk echo kapiin. En mei tongeni pacheta non imwomw non ew neni epwe mecheres ne kuna, aweve ren won omw reichoko.
<b>Ngang mei tongeni siwini ena taropwe ika uwa mochen siwini ai ekiek?</b>	Ewer. En mei tongeni kamwei ewe taropwe minen nomw. Iwe ka ammasowa echo minafo, annomwu ian atongomw repwe kuna me ia. Kopwe angei kapiin iwe ka ngeni noumwchon emweni tumwunun omw health me noumw tokter.	Ewer. En mei tongeni fori omw apoinmen ren noumw tokter omw kopwe siwini.
<b>Nge ika a wor ew imerechensi nge use tongeni apasa met ai mochen?</b>	Noumwchon emweni tumwunun omw health epwe wiisen kapas fan itomw me fori met ekkewe omw mochen.	Chon angangen sein pioing, chon angang non pioing me noumw tokter repwe kutta ewe taropwen pioing non nour kewe mwesiin iwe ra ponuweta met mei mak won.

Nounoun kapas meren © The Next Door, Inc. 2019

## Mei tongeni wor noun aramas Advance Directive *me* echo POLST?

Ewer. Non an aramas ra semwenino ika apwangapwangeno, mei wor nour me ruu. Ewe Oregon Advance Directive echo taropwe mei affata omw mochen. Ewe Oregon POLST nge ew taropwen pioing mei affata omw mochen ren anen tumwun epwe fis.

En mei tongeni kapas ngeni noumw tokter ren met sokkun angangen tumwun ke mochen ika kese mochen. Ika epwe auchea ngonuk, ir mei tongeni ammasowa meainei echo POLST fan itom.

Ika mwo mei wor noumw POLST, mei menei an epwe wor noumw Advance Directive. Tumwunochuu pwe mei ffat omw mochen. Soun aneani. Tumwunochuu pwe mei affata omw mochen me non ewe POLST.

Ren sopwosopwun porousen ewe POLST, no ngeni [Oregonpolst.org](http://Oregonpolst.org). En mei pwan tongeni atouranong omw kapas eis ngeni [polst@ohsu.edu](mailto:polst@ohsu.edu).

## Fan fite upwe aneani nei ewe Advance Directive?

Met omw mochen meni epwe siiwin non ekkei fansoun mwan. Ika met omw efich me mochen e siiwin, ammasowa echo minafo.

Aneani me ekieki omw kopwe sopwei masowen noumw ewe Advance Directive ika ew me nein ekkei "Onu mesen **D**" e fis:

- **Decade** Ika ka popwutani pwan engon ierin omw manaw.
- **Death** Ika emon atongomw ika emon noumw chon emweni tumwunun omw health a sopwono.
- **Disagreement** Ika noumw chon emweni tumwunun omw health ese tipeew ngeni omw mochen.
- **Divorce** Ika ka divorce seni pwunuwomw.
  - Ika pwunuwom menomw ika chiechiomw menomw emon noumw ekkewe chon emwen, noumw ena Advance Directive ese chiwen wor pochokkunan.
  - Mei menei omw kopwe ammasowa pwan echo minafo Advance Directive. Iei met epwe fis ika pwe en mei mochen pwunuwom ewe menomw ika chiechiomw ewe menomw epwe chiwen emon noumw chon emwen.
- **Diagnosis** Ika a ffat pwe mei wor omw semwen mei afeiengaw.
- **Decline** Ika a watteno omw semwen ika, kese chiwen tufichin akkanaemon non imwomw.

## **Met upwe fori ika uwa ammasowa pwan echo nei minafo Advance Directive?**

Ika ka ammasowa pwan echo minafo, kopwe esinesin ngeni ekkei aramas. Pwan ew, ngenir echo minafo kapiin.

- Noumw chon emweni tumwunun omw health
- Noumw kewe tokter
- Pwan ion mei wo rer kapiin noumw ewe Advance Directive

## **Met upwe fori ika uwa wes ne ammasowa nei Advance Directive?**

1. Kapas ngeni noumw chon emweni tumwunun omw health fan iten met omw mochen ren tumwunun omw health non ekkei fansoun mwan. Tumwunochuu pwe repwe tipeew ngeni ar fori ei auchean angang fan itomw. Ngenir echo kapiin noumw Advance Directive.
2. Kapas ngeni omw famini me chiechiomw, ion ekkan repwe pachenong ika pwe mei wor omw semwen watte ika feiengaw. Tumwunochuu pwe repwe sinei:
  - Ion noumw chon emweni tumwunun omw health
  - Met ekkewe omw mochen
3. Awora kapiin ngeni noumw tokter. Tumwunochuu pwe repwe sinei met omw mochen.
4. Annomwu echo kapiin noumw Advance Directive non ew neni epwe mecheres ne kuna, aweve ren won omw reichoko.

5. Ammasowa ei kach mei nomw fan ei taropwen Esinesin. Annomwu non omw pwes.

### **Nge ika ngang mei menei aninnis ne ammasowa ei Advance Directive?**

Ika en mei menei aninnis ne ammasowa ei Advance Directive, en mei tongeni kokkori:

- Noumw kewe tokter
- Emon soukopwung
- Emon chon chosani angangen kafomon ngeni aramas ika emon chon anisi mei semwen.

### **Ammasowa ei kach fan ei. Numi iwe ka annomwu non omw pwes.**

<b>Mei wor nei Advance Directive Porousei</b>	<b>Nei Chon Emweni Tumwunun Ai Health:</b>
_____	Itan: _____
Itei: _____	An adress: _____
Pwinin Maram: _____	Sopw/State/Zip: _____
Ai Adress: _____	Noun tengwa: _____
Sopw, State, Zip: _____	Email: _____
Tengwa: _____	
Ranin Upwutiw: _____	* Makkei pwan ion chon emweni tumwunun omw health nesokurun ei.
Email: _____	

**Toureochnun taropwe:** Ren ekkewe aramas mei wor apwangapwangen inisir ika aramas rese sinei fosun Merika, OHA mei tongeni awora ei taropwe non pwan ew sokkun napanap ren chiaku, epwe mesemong makkan, ika non makken braille. Kokori ewe Health Information Center won nampa 1-971-673-2411, 711 TTY ika [COVID19.LanguageAccess@dhsosha.state.or.us](mailto:COVID19.LanguageAccess@dhsosha.state.or.us).

Ei Taropwen Esinesin e kawor meren ewe Advance Directive Adoption Committee ren ponuwetan ewe Advance Directive Statute.