

# Sauni e Puipuia Oe mai I Faiga Faagaoi Tau Tupe!

O faiga faagaoi tau tupe, e mafai foi ona ta'ua o le faileagaina tau tupe, e tupu lea tulaga pe a solia e nisi le tulafono e ave faanana pe faaoga sese ai au tupe po o mea totino mo lo latou lava lelei. E mafai ona faia leni tulaga ia te oe e se tasi e te iloa, e pei o se uo po o se tasi o lou aiga, po o se tagata ese e te le iloa. Ae ui i lea e iai mea e mafai ona e faia e fesoasoani e puipuia ai one.



## IA SAUNIUNI! *Atonu e te fia faatinoina mea nei:*

- Ia saina mo le tuuina tuusa'o o au tupe maua (mo se faaitaiga, o penisione ma le saogalemu e mafai ona tuu sa'o i lau tusi tupe i le faletupe). Fesootai atu i lau faletupe mo se fesoasoani.
- Mo se fesoasoani i le faatonuina o au peimeni tau saogalemu, ia faafesootai atu le Ofisa o le Saogalemu.
- Faataga na o se tasi e te maufaatuatuaina na te vaaia au tupe.
- Ia faamauina lau fuafuaga mo lau esetete (o le atoaga lea o au mea totino aemaise i le taimi o lou maliu). Ia filifili lelei tagata e te faafaigaluegaina e fesoasoani ia te oe e faia au peleni. Talanoa i se loia e fesoasoani e faatino nisi o mea nei pe a talafeagai ai:
  - Se uili e fai a'o lo o soifua pea, pe afai fo'I ni faatonuga mo togafitiga i taimi o faalavelave faafuasei.
  - Faia se faatulagaga e malupuipua ai au mea totino a'o lo o soifua pea e mafai ona toe teuteuina pe faaleaogaina foi.
  - Faia se faatulagaga ma se loia e tofia se tasi o lou aiga po o sau uo e te talitonuina e fesoasoani i tausiga faa-le-soifua-maloloina ma/po o le faatonutonuina o au mea totino. Ia tofia se tasi e te talitonuina e faia filifiliga tau soifua maloloina ma vaaia au mea totino mo oe i le taimi e te mana'omia ai.
  - Fai se uili.
  - Afai ua manaomia lou alu i se nofoaga mo se tausiga faaumiumi, ia malamalama i mea e te ono filifili e fai ma au aia tataul. Ia asiasi atu i le uepisaite leni **[www.medicare.gov/quality-care-finder](http://www.medicare.gov/quality-care-finder)**



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[www.napca.org](http://www.napca.org)

## IA FAATUMAUNA AU FESOOTAIGA!

Ia faaauau ona fesootai ma isi, o le tu toatasi mai i ia fesootaiga o le a faigofie ai ona aafia oe i faiga faatogafiti mai i tagata pepelo. Ia talanoa atu i tagata o lou aiga, uo, ma tagata ofisa e te talitonuina e fesoasoani e fai au fuafuaga mo lou lumana'i.

## E LE GATA I LEA, ATONU E TE FIA FAATINOINA MEA NEI:

- Ia faamaopopo sau vaega o fesootaiga e pei o ou aiga, uo, tua'oi ma isi e mafai ona e mafuta i ai.
- Ia tumau pea lou auai I mea o lo o tutupu, ia iai pea ia te oe le naunau i mea o lo o faaalu ai lou taimi. Ia auai atu ma mafuta I le nofoaga e faatasi ai tagata matutua ma nisi lava nofoaga ma faalapotopotoga faapena.
- Ia mafuta atu i isi tagata matutua, ia kolo i ai e siaki ma talanoa faaleuo i ai ma feasiafia'i pe a mafai.



## O LE LIPOTIA O LE FAILEAGAINA PO O LE LE TAUSIAINA, E AO ONA FAATINOINA MA E FAIGOFIE ONA FAI.

O polokalame e pei o le Auaunaga mo le Puipuia o Tagata Matutua ma le Polokalame a le Sui o le Malo mo Tausiga Faaumiumi o lo o iai mo le fesoasoani atu.

Ia talanoa atu i se tagata ofisa e te talitonuina mai i ina ia fesoasoani ia te oe e faia se ripoti pe fia maua fo'i nisi faamatalaga faaopopo.



**IA LIPOTIA!  
AFAI O SE  
FAALAVELAVE  
FAAFUASE'I,  
KOLO LE 911.**



Connecting You to Community Services

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Mo faamatalaga faaopopo, asiasi atu i le Nofoaga Tutotonu Faa-le-Malo mo le Fo'ia o le Faileagaina o Tagata Matutua i la latou uepisaite leni:  
<https://ncea.acl.gov/faq/index.html>

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