

Kaumātua Mana Motuhake: A Research Journey

- Tuakana-Teina peer-education with kaumātua
- Kaumātua carers experiences during the COVID-19 pandemic
- Tuakana-Teina for whānau carers of kaumātua living with mate wareware

Presenters:

- Pare Meha, Rauawaawa Kaumātua Charitable Trust
- Mary Simpson, University of Waikato

On behalf of our Community-University research team

National
SCIENCE
Challenges



THE UNIVERSITY OF
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Te Whare Wānanga o Waikato



The Issue

“Māori experience systematic disparities in health outcomes, determinants of health, health system responsiveness, and representation in the health sector workforce”

Russell et al. 2013



Rauawaawa Tuakana Orientation, 2017

Approaches

A mana motuhake strengths-based approach to assist kaumātua in addressing their health and social needs through a tuakana-teina, peer-education programme.



Te Korowai o Hauraki Tuakana Focus Group, 2022

Tuakana-Teina peer-education with kaumātua

Investigators:

- Principal: Prof. Brendan Hokowhitu, University of Queensland
- Co-PIs: Prof. John Oetzel, University of Waikato, and Rangimahora Reddy, Rauawaawa Kaumātua Charitable Trust



Central Aim

To determine whether the tuakana-teina programme enhanced kaumātua social and health outcomes.



Te Korowai o Hauraki Tuakana Pilot, 2018

Method

Surveys, tuakana orientation programme, conversations between tuakana and teina, and focus groups.



Rauawaawa Tuakana Orientation Programme, 2018

Improvements for Teina

- Health-related quality of life (7%)
- Needing help with daily tasks (10%)
- Life satisfaction (8%)
- Addressing housing problems (8%).



Rauawaawa Kaumātua Olympics, 2019

Intangible Support for Teina

- Manaaki – Care
- Wairuatanga – Spiritual Connection
- Māoritanga – Cultural Connection

Tangible Support for Teina

- Strengthening teina knowledge
- Meeting teina needs.



Te Korowai Hauora o Hauraki dissemination hui, 2023

Conclusion

Both tuakana and teina kaumātua reported that a strengths-based tuakana-teina, Kaupapa Māori programme significantly improved their health and social outcomes. It was a cost-effective programme.



Rauawaawa Tuakana Teina Orientation, 2018

Health Equity and Wellbeing Among Older People's Caregivers During Covid-19

Kaumātua carers' experiences during the COVID-19 pandemic

Investigators:

- Principal: Prof. Vanessa Burtholt, University of Auckland
- Associates: Rangimahora Reddy and Pare Meha, Rauwaawa Kaumātua Charitable Trust, and Associate Prof. Mary Simpson, University of Waikato



Manaaki - Care

- Carers responding to changing care situations
- Whānau and responding to changing care situations
- Connecting with whānau, Te Ao Māori and protective elements.



Reretahi - Coordination

- Offers of support services
- Too much of a good thing?
- Managing with less and without services.



Mahitahi - Working together



- Enhancing carer and whānau wellbeing
- Enhancing service coordination.

Emerging concerns



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- Some whānau carers were more isolated than others
- Implications for providers and coordination
- Calls to action - future preparedness.

Tuakana-Teina with Whānau Carers of Kaumātua Living with Mate Wareware

Co-designing a Māori culture-centred whānau carers tuakana-teina/
peer-educator programme: Communicating with kaumātua living with mate
wareware

Investigators:

- Principal: Associate Prof. Mary Simpson, University of Waikato
- Co-PI: Rangimahora Reddy, Rauawaawa Kaumātua Charitable Trust, and Prof. John Oetzel and Associate Prof Sophie Nock, University of Waikato



Ngā puna mātauranga (pools of knowledge)



Rauawaawa whānau carers - past, present, and future, 2017

- *Kaupapa Māori subsuming community-based participatory research*
- *Whānau carers' mātauranga*
- *Learnings from a tuakana-teina programme*
- *Research-informed knowledge about communicating effectively.*

He pātai – Questions

- Prof. John Oetzel, University of Waikato
- Assoc. Prof. Mary Simpson
- Assoc. Prof. Sophie Nock
- CE Rangimahora Reddy, Rauawaawa
- Pare Meha, Rachel Warbrick, DaphneVasea, Rachael Owen, Geraldine Boyd



Te Korowai Hauora o Haurai dissemination hui, 2023

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Kaumātua Mana Motuhake Pōi research partners

