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









Rauawaawa Tuakana Orientation, 2017

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



Te Korowai o Hauraki Tuakana Focus Group, 2022

Approaches

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

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









Te Korowai o Hauraki Tuakana Pilot, 2018

Central Aim

To determine whether the tuakanateina programme enhanced kaumātua social and health outcomes.



Rauawaawa Tuakana Orientation Programme, 2018

Method

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



Rauawaawa Kaumātua Olympics, 2019

Improvements for Teina

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



Te Korowai Hauora o Hauraki dissemination hui, 2023

Intangible Support for Teina

- Manaaki Care
- Wairuatanga Spiritual Connection
- Māoritanga Cultural Connection

Tangible Support for Teina

- Strengthening teina knowledge
- Meeting teina needs.



Rauawaawa Tuakana Teina Orientation, 2018

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.

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









Illustrations by Gavin Mouldey © gavin@dittybox.co.nz, 2022

Manaaki - Care

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



Illustrations by Gavin Mouldey © gavin@dittybox.co.nz , 2022

Reretahi - Coordination

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



Illustrations by Gavin Mouldey © gavin @dittybox.co.nz 2022

Mahitahi - Working together

- Enhancing carer and whānau wellbeing
- Enhancing service coordination.



Illustrations by Gavin Mouldey © gavin@dittybox.co.nz, 2022

Emerging concerns

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

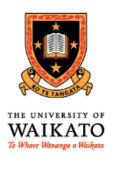
Tuakana-Teina with Whānau Carers of Kaumātua Living with Mate Wareware

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







JANA XXX

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

Ngā puna mātauranga (pools of knowledge)

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



Te Korowai Hauora o Haurai dissemination hui, 2023

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

rangimahora.reddy@rauawaawa.co.nz

Kaumātua Mana Motuhake Pōi research partners























