

Kaumātua managing life-transitions through tuakana-teina/peer-education *From intervention to impact and implications*

Presenters:

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Research Impact: Realising the Potential Conference

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Dunedin Public Art Gallery

**Kaumātua
mana
motuhake**



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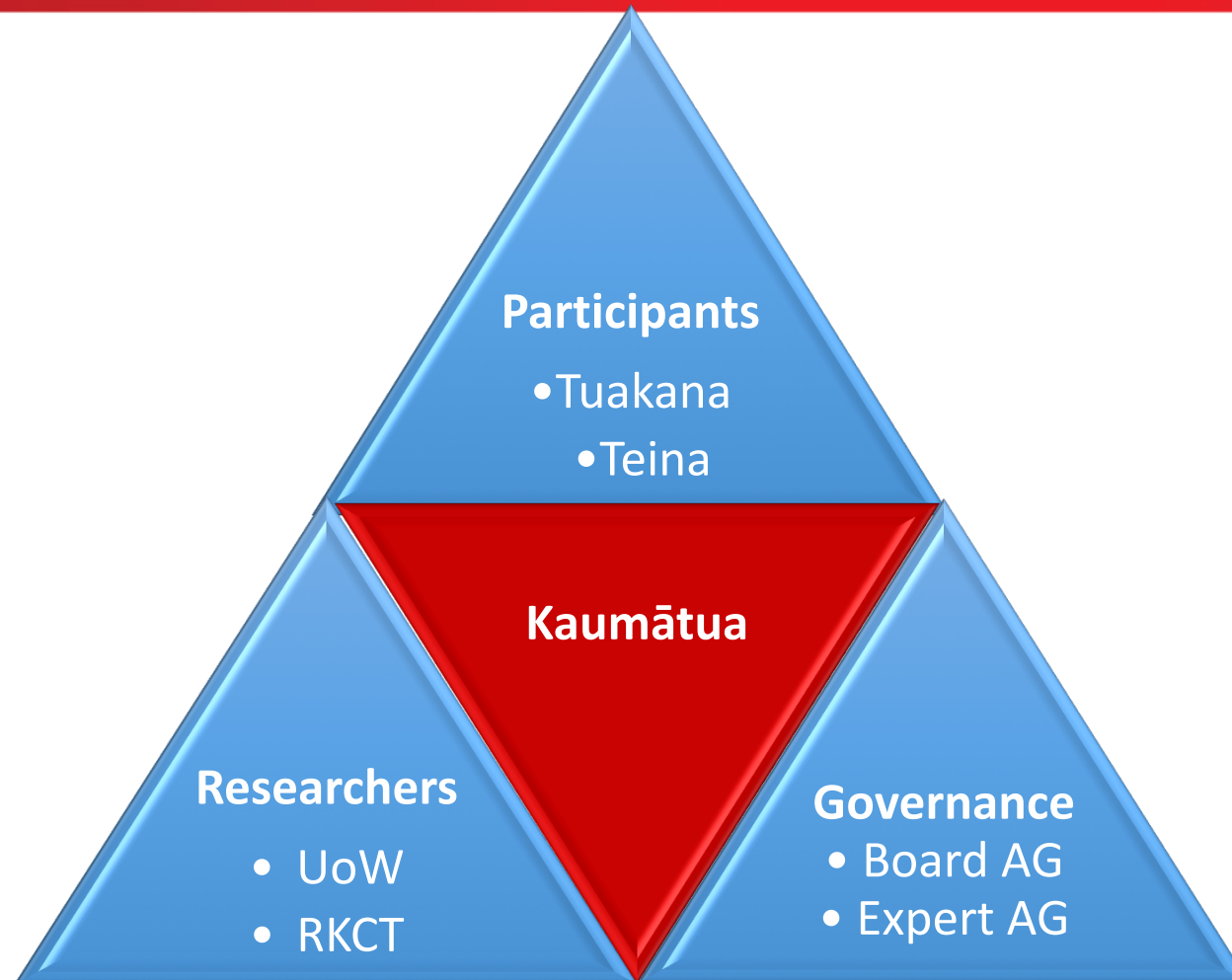
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Kia eke kairangi ki te
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The Big Picture

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Objectives

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- Hauora Māori: To enhance the social and health outcomes for kaumātua receiving training and intervention.
- The ‘for-kaumātua-by-kaumātua’ principle recognises the continuing value and contributions that kaumātua make to society.
- The strengths-based approach centralises kaumātua mana motuhake—kaumātua potential, capacity, and ability.



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He aha te kaupapa o tēnei rangahau?

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What is the purpose of this research?

To ...

- Enhance the capacity of kaumātua as tuakana (peer educators)
- Enhance the lives of kaumātua
- Determine scalability



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Tuakana Orientation Programme

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Whakataukī

Nāu te rourou, nāku te rourou, ka ora ai te iwi.

With your basket and my basket the people will live.



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Culture-centred and kaumātua-driven

**Kaumātua
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motuhake**

- 1. Te Ao Māori:** Foundation and format
 - Framework: Te Korekore, Te Pō, Te Ao Mārama
 - Wānanga: Karakia, whanaungatanga, whakatauki, kai
- 2. Evidence-based:** Peer support makes a difference
 - Tuakana-/teina works in education settings
 - Affirmational, Cultural, Emotional, Informational
- 3. Kaumātua driven:** Information requested
 - Resource kete

*“Experienced”
kaumātua
working with
kaumātua who are
“in the experience”
or have
“potential to
experience”*



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Tuakana Orientation Programme Structure

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Wānanga

- Becoming tuakana/peer supporters.
- Introducing values, purpose and tuakana role
- Engaging knowledge and mana of kaumātua
- Using communication skills
- Integrating knowledge



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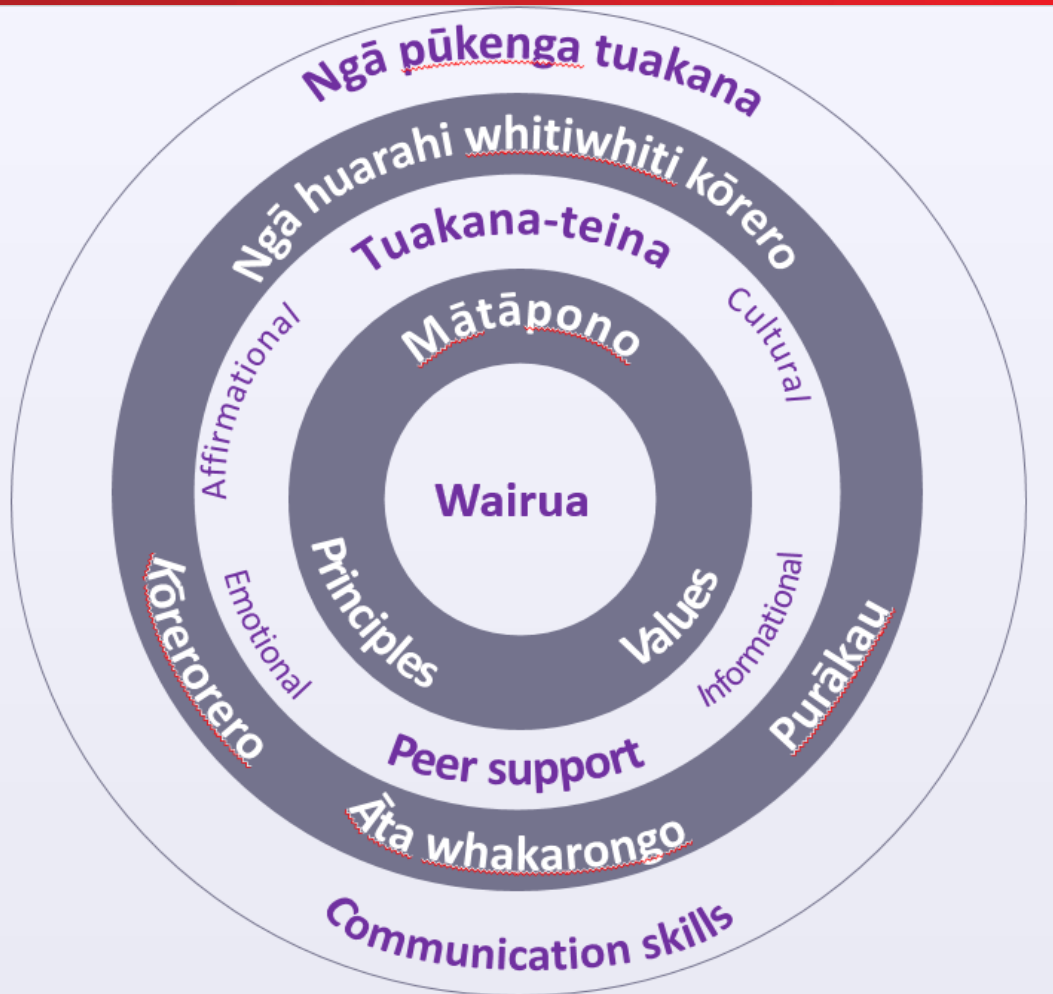
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Tuakana-teina/Peer-support Relationship

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- **Wairua** is the heart of the relationship
- **Matapono** are the pou of the relationship
- **T-t support** embodies the relationship
- **Ngā huarahi whitiwhiti kōrero (communication)** binds the relationship
- **Ngā pūkenga tuakana (specific skills)** strengthen what each brings to the relationship



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“Hei manaaki nga Kaumātua”
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Impact for kaumātua

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Tuakana role

- “we shouldn’t tell teina what they should do, they should come up with their own solutions and we are just there to help them make those decisions”
- Te reo me te tikanga
 - “not knowing te reo ...it shatters my confidence”
 - “I liked the facilitator using Maori and English ... she make it very clear understanding regardless if we can understand Māori or not”



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Connectedness for kaumātua

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- “The whanaungatanga is powerful because it allows you to hear yourself and after that whanaungatanga it is very comforting and needed at the start”
- “I feel this is a spiritual journey, here we are sitting around a table sharing information and its quite unbelievable what we are discussing and where this programme will take us”



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Implications

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Context

- Shrinking workforce and growing older population

Intervention

- Kaumātua helping kaumātua

Outcomes

- Tuakana identifying opportunities for change
- Teina “who would have thought at this age we’d have tuakana”
- Researchers working alongside kaumātua
- Doctoral students “real life impact...not just another assignment” “taking it back to my marae”

“the vision and value of this programme makes me, an ordinary person, be able to do extra-ordinary things”



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Kaumātua Mana Motuhake

Funded by Ageing Well National Science Challenge

Principle Investigators

Prof Brendan Hokowhitu
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and

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Rauawaawa Kaumātua Charitable Trust

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