

KAUMĀTUA MANA MOTUHAKA PŌI: KOTAHITANGA RESEARCH NETWORK

April 2020

*Tēnā rā koutou katoa huri noa i ngā moutere o Aotearoa
whānui, nei rā ngā mihi mahana ki a koutou katoa i roto i ēnei
wā toimaha, arā, te mate urutā Korona.*

*Ko te tūmanako anō ia e tino piki ana ō koutou hauora i roto i
ō koutou kāinga maha.*

*E whai ake nei ētahi pītōpito kōrero mai i tēnā takiwā, i tēnā
takiwā.*

Provider Forum: Te Hiku Hauora

Te Hiku Hauora is a health service based in Kaitia and is involved with the Mātauranga Tuku Iho project. Te Hiku Hauora manage a free korikori kaumātua service which focuses on nutrition and activities for the elderly. The service is based on kaumātua needs and provides support such as, improving nutrition, increasing physical activity and to enhance social engagement.

The service offers weekly physical activities such as, hikoi, swimming, Taiji, line and waiata. For nutrition, our kaumātua wanted to focus on nutrition related diseases that they were challenged with such as, diabetes, arthritis, gout and heart disease. We ran workshops that covered, cooking classes, supermarket tours, recipes and reinforced this with physical activities.



Image Source: Te Hiku Hauora Health Promotion,
Nov 2019

Upcoming Events

- National Kaumātua Service Providers Conference:
- 10-12 Nov 2020, Whanganui (tentative based on COVID19 developments)

In This Issue

- Provider's Forum
- Research on kaumātua mirimiri programme, diabetes, indigenous health.
- Upcoming Events and Updates



Image Source: Te Hiku Hauora Health Promotion, Nov 2019

A pātai for other service providers:

How do we best support our kaumātua when in self-isolation?

Please contact:

Joanne Urlich, Te Hiku Hauora, joanneu@hauora.net.nz

COVID-19: Self isolation tips

First and foremost, keeping yourself safe, well and staying in contact with your whānau, friends and service providers are important during the COVID-19 lockdown.

Access to resources such as, food or essential supplies can be managed by contacting your whānau or service providers who can deliver shopping or resources to your residence.

It can be overwhelming and lonely while being in self-isolation. Below are some tips that you can use while in self-isolation.

- ♦ Ask a whānau member or friend: **how to set up** video-calls on your phone and computer and then connect frequently. You can use skype, ZOOM or Facebook messenger.
- ♦ Spend time on your hobbies such as reading a book, arts and crafts or music
- ♦ Try exercising at home to improve your mood; for example, dancing, instructional DVDs, Youtube videos, home equipment or even just walking.
- ♦ Binge watch a television series for a little indulgence.

For more information please contact:

Health Line: 0800 611 116

Weblink: <http://covid19.govt.nz> or <http://www.health.govt.nz>



Image Source: Te Hiku Hauora Health Promotion, Nov 2019

Research Study: Kaumatua Mirimiri Program

This study was an evaluation of the Raukawa Health service that provided a Kaumatua Mirimiri Programme in 2005. The aim of the programme was to help people (above 40 years old) recover from injuries and to increase access to additional services in Tokoroa.

The program was free, provided transport and followed tikanga Māori such as, a karakia before and after a mirimiri (massage).

The evaluation found that, kaumatua felt comfortable accessing the service because it valued their worldviews of tikanga, was flexible and they experienced health benefits such as, reducing blood pressure, stress or access to social support (Greg et al., 2005).



Image Source: Te Hiku Hauora Health Promotion,
Nov 2019

Research Study: Applying community-based participatory research to create a diabetes prevention documentary with New Zealand Māori.

This study investigated type 2 diabetes among Māori and their personal experience of the disease. Interviews were held to develop a better understanding of Māori diabetes and the barriers towards physical activities and healthy eating. Focus group discussions in the form of hui were also held to understand how Māori cultural beliefs influence behaviours.

The outcome of the study resulted in a diabetes prevention documentary that shared pūrākau and positive messages from whānau, kaumātua and health professionals about raising diabetes awareness, healthy eating and lifestyle changes to prevent diabetes (Framer et al., 2016).

Link to Documentary:

I want to walk with my moko:
Preventing type 2 diabetes.

[https://
vimeo.com/128753884](https://vimeo.com/128753884)

Research study:

Sharing Our Wisdom: A Holistic Aboriginal Health Initiative

This study investigated whether Aboriginal traditional health methods could improve health outcomes for an Aboriginal community in Canada. 15 Aboriginal elders from different nations across Canada shared their knowledge and experience about traditional health methods to develop the 7-health circle program.

The health circles were provided as workshops by aboriginal elders and focused on protocols, identify, health, traditional foods, emotional competence, medicine making, drumming circle, spirit and ceremony. One participant also shared their experience participating in the health circle,

“Participating in the circles has given me confidence in myself, my wellness, and my Aboriginal identity ... I learned that many people have struggled with Aboriginal identity” (p.123).

Overall, the study found that, participants improved their emotional and spiritual health through the knowledge and teaching of the health circles. (Howell et al., 2016).

Upcoming Events and Updates

- The National Kaumātua Service Providers Conference in Whanganui is TBC in light of COVID-19.
- The tuakana-teina project is moving along. We are on hold for now. Once lockdown is finished, we come down on alert levels and providers feel it is safe, we will begin recruiting kaumātua and look forward to running the workshops.
- The Mātauranga Tuku Iho project will start later this year and we are very excited to start this with service providers.
- We are interested in profiling each of the providers in the newsletters. It is a way to share some innovations, challenges or positive work that you are engaged in. Let us know if you have something to share.

Kāti ake rā e rau rangatira mā kua mutu ngā kōrero mō tēnei wā, ngā manaakitanga a te wāhi ngaro ki runga i a koutou, otirā, i a tatou katoa i te ao, i te pō

Citations

Farmer, A., Gage, J., Kirk, R., & Edgar, T. (2016). Applying community-based participatory research to create a diabetes prevention documentary with New Zealand Māori. *Progress in Community Health Partnerships: Research, Education, and Action* 10(3), 383-390. doi:10.1353/cpr.2016.0045.

Gregg, L., Rawiri, C. & Robertson, N. (2006). An evaluation of the Raukawa health services kaumātua mirimiri programme. Report prepared for Pinnacle Group Ltd and Raukawa Trust Board. Hamilton, New Zealand: Māori and Psychology Research Unit, University of Waikato.

Howell, T., Auger, M., Gomes, T., Brown, F. L., & Leon, A. Y. (2016). Sharing our wisdom: a holistic aboriginal health initiative. *International Journal of Indigenous Health*, 11(1), 111-132.

Let us know any thoughts you have for the newsletter or what we can be doing as part of the network.

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