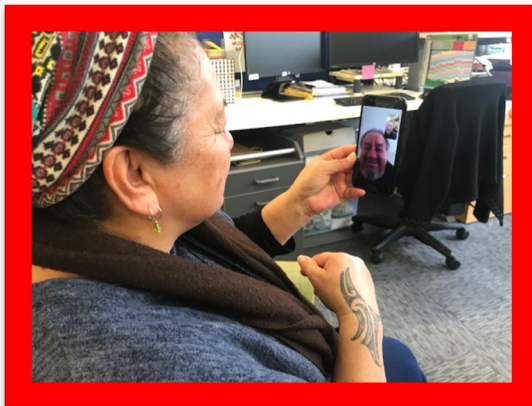


# KAUMĀTUA MANA MOTUHAKE PŌI: KOTAHITANGA RESEARCH NETWORK

July 2020

*Tēnā rā koutou katoa huri noa i ngā moutere o Aotearoa whānui, e haere tonu ana te mihi matakuikui ki a koutou katoa me te mihi whakamāharo kua puta ō tatou ihu ahakoa tēnei nanakia, arā, te mate urutā Korona. Me tuku whakaaro ki te tini o ō tatou whanaunga kua mene ki te pō ka tika, nō reira, haere koutou, haere ki te kāpunipunitanga o te wairua ki reira okioki ai. Kāti, me hoki anō ki a tātou te hunga ora, ngā waihotanga a kui mā, a koro mā. He karere, he pānui tēnei tuinga hei whakamōhio atu i a koutou ngā momo rangahau e hāngai pū ana ki a tātou te iwi Māori.*



## Provider Forum: Connecting pāhake during Covid-19 - Story from Tui Ora, Taranaki

Koroua and kuia across Waitara and New Plymouth embraced technology during the Covid-19 lockdown, with often hilarious results.

A group of 13 pāhake, who participate in the Tui Ora Koroua and Kuia Early Intervention programme, were taught how to use their smartphones to keep in contact with their whānau and friends.

After many phone calls by their Programme Co-ordinator Ngareo Akariri to check on their health and to set them up on social media, a Facebook Facetime was organised for pāhake so they could meet and share technology tips. For further kōrero about this kaupapa, turn to page two.

Image Source: Tui Ora, June 2020

## Upcoming Events

- *Vision for ageing in Aotearoa Conference 1-2 Oct 2020, Wellington.*
- *Ngā Pae o Te Māramatanga International Research Conference 15-19 Nov 2020, The University of Auckland*

## In This Issue

- Provider's Forum
- Research on sleep, loneliness, tuakana-teina and gout
- Upcoming Events and Updates

## Story continues:

### Connecting pāhake during Covid-19 - Story from Tui Ora, Taranaki.



“Some had never been on Facetime, so to see each other on their phones was a surreal experience. They were so excited, they were talking over each other and didn’t know how to mute; one had her phone facing down on the table the whole meeting. It was hilarious,” says Ngareo. “I learnt from then on to have Facetime lessons in small manageable groups of four.”

These technology lessons and tasks to help pāhake get comfortable using their smartphones were beneficial to their wellbeing.

“We wanted to make sure our pāhake didn’t feel alone, especially for those who live alone. Being stuck inside can be daunting, especially when you are used to being out and seeing people. We wanted to keep them communicating and we were really pleased so many wanted to use this technology,” says Ngareo. “One even made a video of his garden, it was awesome.”

During the lockdown Ngareo regularly called pāhake to see how they were doing. In addition, Tui Ora provided them with Whānau Ora hygiene packs and necessary food items like fresh fruit and bread.

### One koroua shares his experience of the Tui Ora programme:

*“Now I’m up with the times, I’m pretty fast now”, says Michael. “I post stories on Facebook and can see what people are up to. I can also go to hui on Facebook Live. Its amazing!”*

### Research Study:

#### Self-reported sleep problems and their relationship to life and living of Māori and non-Māori

This was a New Zealand longitudinal study that was completed over 5 years and focused on elderly that experienced sleep problems. The study recruited 421 Māori (aged 79-90) and 516 Non-Māori (aged 84-86). The study found that both groups experienced common sleep problems that impacted their daily lives. Some sleeping problems included, insomnia, pain and change in room temperature. The study concluded that sleep is important for aging well and that adequate sleep can improve physical and mental health for elderly people (Gibson et al., 2020).



Image Source: Kāmatua Mana Motuhake orientation workshop, June 2018

## Research Study:

### Loneliness increases the risk of all-cause dementia and Alzheimer's disease.

This was a longitudinal study based in Sweden over the course of 20 years that focused on elderly experiencing loneliness. The study aimed to identify whether loneliness increased the risk of older people developing dementia. The study recruited 1,905 participants and the main question was "do you often feel lonely". The study found that perceived loneliness is a risk factor for developing dementia but not Alzheimer's disease and that early interventions can help older people manage loneliness (Sundström et al., 2020).



Image Source: Kāmatua Mana Motuhake orientation workshop, June 2018

## Research Study:

### Improving gout education from patient perspectives

This research study investigated Māori and Pākeha education about gout and participant experiences with primary care services. Nine focus group discussions were held with 69 Māori and Pākeha participants. The study found, that there were gaps in education and treatment about gout such as, limited information about gout diet or gout triggers.

One participant shared their own experiences with gout:

*"It's a learning experience: mussels and beans were the main two that set me off" (Māori participant)*

Overall, the study found that both Māori and Pākeha participants required better access to education resources (Rolston et al., 2018).

## 5 tips for managing gout:

- Reduce your diet of seafood, beer and fizzy drinks
- Drink plenty of water
- Be active: walk, swim or go to the gym
- Medication: Keep taking it, to help reduce your gout
- If you do get gout: Wear comfortable shoes e.g. not too tight and that are cushioned

## Research Study:

### **Kaumātua Mana Motuhake: peer education intervention to help Māori elders during later-stage life transitions.**

This research study was based on the impacts of the tuakana/teina intervention on kaumātua. This intervention was co-designed with Rauawaawa Trust to ensure that kaumātua needs were met such as, including Māori values and tikanga throughout the research session. The intervention involved tuakana having conversations with up to six teina and providing information related to health and social services. The study found positive effects of participating in the intervention including increased support, enhanced cultural identity and reduced trouble paying bills. One koro offered his thoughts about the programme:

*I think this program is awesome; in the way that it has woken or enlightened me. (Tau, 68, male)*

This study was the initial results that have informed the current tuaka/teina research (Oetzel et al., 2020).

***Kāti ake rā e rau rangatira mā ko te tūmanako anō ia kua whai hua ā koutou tiro tiro mai ki tēnei karere, pānui. Ngā manaakitanga a te wāhi ngaro ki runga i a koutou, otirā, i a tātou katoa i te ao, i te pō. Mauri ora.***

## Updates

- The National Kaumātua Service Providers Conference in Whanganui is TBC in light of COVID-19.
- The tuakana-teina project is moving along. We will be recruiting kaumātuas 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.

## Citations

- Gibson, R, et al. (2020). Self-reported sleep problems and their relationship to life and living of Māori and non-Māori in advanced age. Journal of the National Sleep Foundation, doi: <https://doi.org/10.1016/j.sleh.2019.11.002>.
- Oetzel, J. G et al. (2020). Kaumātua Mana Motuhake: peer education intervention to help Māori elders during later-stage life transitions. BMC Geriatrics, 20, 186.
- Rolston et al. (2018) Improving gout education from patients' perspectives: a focus group study of Māori and Pākehā people with gout. Journal of Primary Health Care 10, 194-200.
- Sundström et al. (2020). Loneliness increases the risk of all-cause dementia and Alzheimer's disease. The Journals of Gerontology: Series B, 75(5), 919-926.

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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