

INTRODUCTION

The Kaumatua Kuia Day Activity Programme offers a variety of therapeutic activities aimed at helping to stimulate or strengthen the wairua, hinengaro, tinana and whanau concepts of well-being

The rationale behind these specialised activities is to provide a very rich sensory experience that stimulates or awakens the mind and body by way of touch, sound, taste, colour and smell

The service specifically seeks to provide support for kaumatua and kuia suffering from neglect and/or dementia that may lead to elder abuse and neglect

Our programme operates 3 days a week, Tuesday to Thursday - 9.30am till 3.30pm. We are based at the Allan Brewster Leisure Centre in Papatoetoe on Tuesdays and The Manukau City Baptist Church on Thursdays. Kaumatua kuia are taken out for the day on Wednesdays

AM I ELIGIBLE FOR THE PROGRAMME?

To determine eligibility, an assessment screening will need to be carried out by our Specialist Cultural Assessor and the Service Co-ordinator. Certain criteria will be discussed with the client to determine whether eligibility will be met i.e.

- ◆ Mobility
- ◆ Special dietary needs
- ◆ Medication
- ◆ Medical issues
- ◆ Level of independence or dependency
- ◆ Locality

TE WHARE TAPA WHA MODEL

The service is delivered based on the four components of Maori health. Each component is linked allowing for a holistic approach to well-being



Te Taha Wairua *Spiritual well-being*

A recognition that the Maori view of spirituality is inextricably related to the well-being of the whanau



Te Taha Hinengaro *Mental well-being*

Conceptualisation of Maori knowledge; abstracting that knowledge, reflecting on it, engaging with it



Te Taha Tinana *Physical well-being*

Physical health cannot be dealt with in isolation from the other components



Te Taha Whanau *Whanau well-being*

Whanau involves kinship in the extended whanau. The whanau includes all vertical and horizontal kinship members of a whanau, hapu or iwi group

WHAT ACTIVITIES ARE OFFERED?

Some of the activities which we offer to kaumatua and kuia include:-

- ◆ Nga Korero ō ngā rā ō mua
- ◆ Nga Waiata (Song)
- ◆ Whakaari (Art)
- ◆ Ngahere (Bush Walk)
- ◆ Nga Wha (Hot Pools)
- ◆ Rongoa (Traditional herbal medicines)
- ◆ Mirimiri (Romiroimi)
- ◆ Ture Tangata (Social issues)

HOW WILL THE PROGRAMME BENEFIT ME?

- ◆ Korero i te reo me ona tikanga
- ◆ Kaupapa Maori processes
- ◆ Kaupapa Maori activities
- ◆ Marae based programmes
- ◆ Holistic approach to well-being
- ◆ Trained qualified staff

“Kaumatua, whanau, hapu and iwi will embrace and manaaki the journey ahead”



The triangle represents:
Te Maunga, Te Whenua, Tangata Whenua

The sun represents:
Healing and warmth

The sun's rays represent:
The "hands" of many carers

The four spirals represent:
Te Whare Tapa Wha
The four cornerstones of Maori Health

- ◆ Te Taha Wairua
- ◆ Te Taha Hinengaro
- ◆ Te Taha Tinana
- ◆ Te Taha Whanaungatanga

The encompassing circle represents:
The spiritual dimension which permeates
the whole of life by embracing the soul of
man

OFFICE HOURS

8.30am - 5.00pm
Monday to Friday

64 Mascot Ave, Mangere

PO Box 75 983
Manurewa
AUCKLAND

Phone: (09) 255 5470

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or
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AFTER HOURS CONTACT

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The KORU is derived from the native New Zealand fern frond.
In Maori culture, it stands for new beginnings, new life, growth & harmony.

Disability Support Services Trust



Kaumatua Kuia Day Activity Programme

*"Kia mau ki nga taonga tuku iho
oranga kaumatua
oranga kuia
mauri ora"*