

What is Whānau Ora?

It is a holistic way of supporting Whānau in self-managing and taking responsibility for their economic, social and cultural development. It is to empower Whānau to build capacity.

What is “Te Ara Whānau Ora?”

Te Ara Whānau Ora was created by the Whānau Ora Leadership Group in August 2010. Translated, it means “the pathway to Whānau well-being”.

It is a journey and a process. Through discussion and documentation with both individuals and Whānau, a holistic overview of where the Whānau is ināianeī (now) and where it could be in the future (ākuaakeneī) is obtained.

What is a Te Ara Whānau Ora Navigator?

Kaimahi work alongside Whānau to identify their moemoea, strengths and their chosen pathway to Whānau Ora. Through coaching, advocacy and brokerage of services, Navigators are able to support Whānau to achieve Whānau Ora.

What are the benefits for Whānau in participating in the Te Ara Whānau Ora process?

Whānau are empowered to determine their own pathways to Whānau Ora. In essence, they become the “CEOs” of their own lives!

How is information held and how can we get access to it?

A copy of Te Ara Whānau Ora is given to the Whānau representative and one is kept within the organisation as per the Privacy Act requirements.

Can Whānau opt out at any time?

Yes, Whānau can withdraw at any time, either as individuals or as a Whānau. This is a Whānau led process.

TE ARA WHĀNAU ORA

is about a journey and a process

It consists of the following four components:

- 1. Genogram** – pictorial way of identifying whānau members which may include other information such as health conditions/hapū and iwi links etc
- 2. Nga Moemoea**
Whānau dreams and aspirations
- 3. Te Whare Tapa Whā** - four parts to health
Te taha Wairua
The capacity for faith and wider communion
Te taha Hinengaro
The capacity to communicate, think and feel
Te taha Tinana
The capacity for good physical health and a healthy environment
Te taha Whānau
The capacity to belong, care and share
- 4. Te Ara** – The pathway: 6 areas of well-being
 - ✚ Whānau self-management
 - ✚ Healthy Whānau lifestyle
 - ✚ Full Whānau participation in society
 - ✚ Confident participation in te ao Māori
 - ✚ Economic security and wealth creation
 - ✚ Whānau cohesion



Te Ara Whānau Ora is a process where priority is placed on:

- 1. Whānaungatanga**
Ensuring meaningful connections and engagement occur between the Whānau, the Navigator and the Service Providers within the rohe.
- 2. Tino Rangatiratanga**
Empowering Whānau to self-determine their own pathways to Whānau Ora.
- 3. Pathways**
Enabling Whānau to achieve Whānau Ora with agreed pathways and timeframes.

It is envisaged that Whānau after having been through Te Ara Whānau Ora, will be able to use the written material again to guide themselves when monitoring their own progress towards Whānau Ora.

What is the role & rights of Whānau in the process?

The Whānau are at the forefront of this journey and process. The Whānau determine their own destiny. Whānau rights are covered under the Governmental Acts and the organisation policies and procedures as a consumer.

How will sensitive information be gathered, used, shared and who owns it?

The Whānau determine what is shared and how it will be interpreted, unless the safety of any person(s) is compromised.

What processes are in place to comment, compliment and/or to complain?

Discuss this with your Whānau Ora Navigator. If more clarity is required, please contact the respective General Manager of the Provider.

TE ARA WHĀNAU ORA Providers & Navigators

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HE PUNA HAUORA INCORPORATED



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WHAT DOES WHĀNAU ORA REALLY MEAN?

The 3-letter word 'ORA' attracts some 359 interpretations, ranging from the process of regeneration and revitalisation; to a soundness of body and mind; the concept of safety; the practice of a living faith; the spark of life; and a solid standard of living.

It is about being enraptured with life; knowing that life is precious – he matahiapo te ora.

It is about survival; the capacity to thrive, to be whole.

We might say to one another - and we do - *kia piki te ora* – to encapsulate our desires for the restoration of good health and wellbeing. Or we might greet one another – *kia ora* – meaning we wish you the fullness of life.

It can be as big and exhilarating and as exciting as what we might well wish it to be.

Whānau Ora then, in its most simple expression, about building and maintaining the capability of Whānau to be self-managing.

We know that the great majority of our families have an amazing capacity to live healthy lifestyles; to participate fully in society; to nurture one another, and to be resilient no matter what comes their way.

Whānau Ora is about ensuring that all families and Whānau can be supported to be the best that they can be; to be self-managing and to take responsibility for their own economic, social and cultural development.

The goal is greater self-reliance; it is about fostering interdependence – honouring our roles and responsibilities as members of a collective. It is the recognition of self-belief – that Whānau can do for themselves.

For too long, there has been confusion over the role of the state in relation to families. Government must never become the de facto head of the family by replacing vital functions that we would expect families to do for themselves in caring for their wellbeing as a whole.

At the heart of the approach is the support to build Whānau capability, to strengthen Whānau connections, to support the development of Whānau leadership and to enhance best outcomes for them.

(Hon. Tariana Turia, 6 May 2010)

TE ARA WHĀNAU ORA The Pathway to Whānau Well-being



“Whānau Ora” (2011)
Toi Kaimahi – Joanne Henare
(Ngati Wehi Wehi/Ngati Tukorehe/Ngati Mutunga)