Cultural considerations for health professionals caring for kaumātua - Māori identity and strength-based approaches

Video transcript

**Audio**

When caring for kaumātua, it's important to understand Māori as a people. Māori identity is determined by each individual kaumātua and groups, like their whānau.

**Visual**

The visuals begin with a softly lit title card. The background is a gentle blend of purples, evoking calm and dignity. The Te Tāhū Hauora logo appears prominently alongside the video title: “Cultural considerations for health professionals caring for kaumātua – Māori identity and strength-based approaches.”

Next, the screen transitions to a warmly lit room where a group of kaumātua sit together in a semi-circle, singing from blue songbooks. Sunlight filters through sheer curtains, creating a peaceful, communal atmosphere. Their expressions are engaged and joyful, highlighting the strength of shared cultural practices and the importance of connection.

The next visual in this segment shows a trio of kuia sitting on a couch, laughing with each other while participating in a light-hearted activity. One holds a poi. Their relaxed body language and shared laughter reflect deep bonds and a sense of comfort within their environment, reinforcing the message that identity is deeply rooted in personal experience, cultural practice, and collective relationships.

**Audio**

Māori identity is shaped by whakapapa, bloodlines. Whānau, family. Whenua, land. And the unique journeys each person and their whānau have walked.

**Visual**

The scene opens in a dense, lush native forest with sunlight filtering through tall tree trunks. The foreground is filled with vibrant green ferns, softly lit by dappled sunlight. As the narration mentions “Māori identity is shaped by whakapapa, bloodlines. Whānau, family. Whenua, land,” the forest image remains onscreen. Overlaying the forest scene, bold white text fades in on the left-hand side, listing the kupu Māori: “Whakapapa,” “Whānau,” and “Whenua.” To the right of each kupu, smaller grey text translates the words into English: “Blood lines,” “Family,” and “Land.” The text appears over a subtle translucent blue gradient, which softly blends into the forest background without obscuring it.

**Audio**

Māori identity is shaped by whakapapa, bloodlines. Whānau, family. Whenua, land. And the unique journeys each person and their whānau have walked.

**Visual**

An elderly Māori woman wearing glasses and traditional tā moko on her upper arm warmly embraces a visitor who is wearing a hoodie. They are surrounded by a welcoming home environment, with cultural elements in the background such as a framed portrait of an ancestor and dried harakeke in a vase.

In the next scene, a Māori healthcare worker in uniform is seated beside an elderly Māori man in a wheelchair. She holds his hand gently and is speaking to him, making eye contact and leaning in attentively. The kaumātua wears a hat and glasses and listens calmly.

**Audio**

Some kaumātua speak te reo Māori and live by tikanga and matauranga Māori, while others may not. This may be by conscious choice or because of factors like colonisation.

**Visual**

The visual begins with a warm, light-filled room where three older women are seated comfortably together. The women are smiling and waving a poi, participating in what appears to be a fun and gentle exercise session. The woman in the centre, wearing glasses and a purple cardigan, is smiling warmly at another kuia beside her, who is also smiling. Behind them, a man in a straw hat and glasses listens quietly, holding a photo album. The on-screen text briefly defines tikanga as “Cultural practices” and mātauranga as “Ancestral knowledge”.

**Audio**

It is important to explore with kaumātua and whānau what their unique needs are.

**Visual**

An elderly man wearing a straw hat, blue striped shirt, and padded vest sits in a chair holding a framed photo. A woman with grey hair tied back in a ponytail leans in close, engaging with him warmly. To the man's left, another woman with grey hair, glasses, and a visible arm tattoo sits beside him, watching attentively. A white mug and a leafy green plant in a terracotta pot are placed on the table in the background, in front of soft light filtering through sheer curtains. The scene conveys a quiet, intimate moment of connection between the kaumātua, his whānau and care worker.

**Audio**

A strengths-based approach is about basing our understanding of kaumātua on who they are as a person and their values, experiences, and strengths.

**Visual**

A male nurse is assisting an elderly man wearing a blue beanie, helping to cut food on a plate while standing beside him. They are indoors at a wooden table with a colourful placemat, and the setting is a care home kitchen.

In the next scene, a different kaumātua is seated in a wheelchair outdoors. A female nurse stands beside him, warmly holding his hand and smiling. She looks off into the distance while he beams with joy, wearing a straw hat and sunglasses. The natural daylight and relaxed body language suggest mutual trust and a supportive relationship built on respect.

**Audio**

When we view kaumātua through this lens, we are better able to contribute to their flourishing. When assessing or planning care, start by recognising their strengths.

**Visual**

We see a female nurse walking alongside a kuia with grey hair and a purple cardigan. They are moving through a lush garden space filled with green foliage and ripening citrus fruit. The kuia is gently holding onto the caregiver's arm for support, and the two are engaged in warm conversation. The shot is framed with out-of-focus leaves.

In the second shot, the kuia and the caregiver walk closely side by side, both leaning in gently toward the citrus tree.

In the third shot, we see a close-up of the kuia’s hand reaching into the foliage to pick a small, bright orange fruit.

**Audio**

Ask yourself, what values, experiences, and strengths does the kaumātua bring with them? How can I include these in care to best support their flourishing.

**Visual**

The scene opens on an orange tree, its branches dense with glossy green leaves and clusters of ripening fruit.

As the narration begins, a translucent teal overlay gradually appears on the right side of the frame, providing a background for the onscreen text. The text reads, “What values, experiences and strengths does the kaumātua bring with them? How can I include these in care to best support their flourishing?”.

**Audio**

As care providers, our role is to uphold kaumātua mana by respecting whakapapa and tikanga affirming identity and walking alongside rather than ahead.

**Visual**

The visuals begin with a warmly lit scene in a room where three people are gathered. An older woman with grey hair and glasses is sitting and holding a photo album. She is speaking with a man seated in a wheelchair. He is an older gentleman wearing a straw hat, glasses, and a blue puffer vest over a checked shirt. Standing between them is a nurse, wearing a beige uniform and name badge, smiling as she gently places a hand on the man's shoulder and wraps her other arm around the older woman. They are all engaged in a calm and friendly conversation, creating a moment of connection and respect.

Following this, we move outdoors. An older woman is walking outside with the aid of a walker. She is wearing a purple floral top and sunglasses. On either side of her are two women, one is the nurse seen indoors, and the other is another woman dressed in a dark dress with a green heart-shaped pendant. They both gently support the woman, walking alongside her across a grassy area, clearly providing encouragement and physical support while maintaining her independence.

The next scene shows a wide view of a peaceful lake landscape. The video then transitions to a purple and blue gradient background with the logo for “Te Tāhū Hauora | Health Quality & Safety Commission” prominently displayed. The words “Learn more in the Frailty Care Guides” appear on screen, along with the website address “www.hqsc.govt.nz.”

The video ends.