

# **Getting through together: health and disability worker perspectives**

## **Accessible transcript**

### **Visual**

**On a dark blue screen, white text reads 'Getting through together.' Green text beneath it reads 'Whāia e tātou te pae tawhiti.' Dr Ashley Bloomfield, the Director General of Health, stands in front of a green wall with a framed artwork with brown, yellow and red tones. He has short, light brown hair and wears glasses and a grey suit jacket over a light pink open-collared shirt.**

### **Audio**

(Ashley): Kia ora koutou katoa. As you take care of others in our health and disability system, it's very important that you also take care of yourselves and of each other. Remember, you can't be kind to others unless you are being kind to yourself. So, let's hear from some of those working in our services about how they take care of themselves. Kia kaha, Aotearoa.

### **Visual**

**Virginia Sissons from The Selwyn Foundation has long blonde hair and wears black glasses and a headset with a microphone. She has a brown cardigan on over a black top.**

### **Audio**

(Virginia): So, our staff, I guess, initially with the first lockdown, it was around supporting them with, you know, feelings of anxiety about coming to work and leaving their families at home. And I guess COVID was the big unknown.

### **Visual**

**Karen Lake from Ryman Healthcare sits in a room with postcards covering the walls. She has curly brown hair with a fringe and wears glasses and an orange cardigan over a brown top.**

### **Audio**

(Karen): Our staff members are phenomenal. I mean, they have their own issues going on at home, but they have stepped up, turned up, and they just keep going.

### **Visual**

**Henrietta Sushames from Capital & Coast District Health Board has short straight red hair with a fringe and wears a black tunic over a yellow collared shirt.**

### **Audio**

(Henrietta): We had lots of conversations about 'how's it going for you? How's it going with your family?' which I found really helpful.

### **Visual**

**Ali Hamlin-Paenga from Kahungunu Whānau Services wears a tight black beanie and tortoiseshell glasses. She wears a moss-green T-shirt with a thick black necklace and black oval earrings.**

### **Audio**

(Ali): We still had karakia every morning. Everybody was required to be at karakia. Didn't matter where you were, because nobody had any excuse to say, 'I can't be there' because everybody was technologically set up.

### **Visual**

**Leo Junior Apaipo from the consumer network sits in front of an indoor plant. He has short black hair and a short beard and moustache. He wears a deep purple hoodie with a stitched yellow emblem of Otago Māori Rugby and the words 'coaching staff'. He has a pounamu around his neck.**

### **Audio**

(Leo Junior): The psychological health of those that are in the front line is incredibly important too.

### **Visual**

**Denise Kingi-Uluave from Le Va has long layered dark hair. She wears glasses and a black outfit with a bright blue flower pendant.**

### **Audio**

(Denise): We are a culture that likes to serve. Our values are to serve and serve our communities and others. In order to be able to do that, we need to be top of our game. And so it's really important that we are able to look after our own well-being in order to be there for others.

### **Visual**

**Sarah Upston from Tū Ora Compass Health sits in front of a wall with a colourful artwork made up of cubes. She has short light brown hair and wears a cream and orange top and an orange scarf.**

### **Audio**

(Sarah): I think it's so important that we find a way to look after ourselves and each other within our teams.

(Henrietta): I think we always have to consider our own mental health, because we can't

be helpful to our colleagues or to the people around us if we're not looking after ourselves.  
(Virginia): Communicate, communicate, communicate. You can't do it often enough with the staff and with the residents and with families.

(Leo Junior): Huge props, tino mihi, to the kaimahi that were in the front line.

(Karen): What I'd say to people who have worked really hard throughout the response is thank you. You really are the true heroes in this situation.

## **Visual**

**A white screen with four logos. In black text, the logo for Pharmac. Te Pātaka Whaioranga. In blue and green text, the logo for the Health Quality & Safety Commission New Zealand. Kupu Taurangi Hauora o Aotearoa. The blue and green company logo comprises of three thin square blocks with white circles of differing sizes within them. The blue and black logo for ACC. Prevention, Care, Recovery. Te Kaporeihana Āwhina Hunga Whara. The black text logo for Te Kāwanatanga o Aotearoa. Beneath the logos, blue text reads 'Thank you to the Mental Health Foundation for its support.'**

Accessible transcript by Able.  
[www.able.co.nz](http://www.able.co.nz)