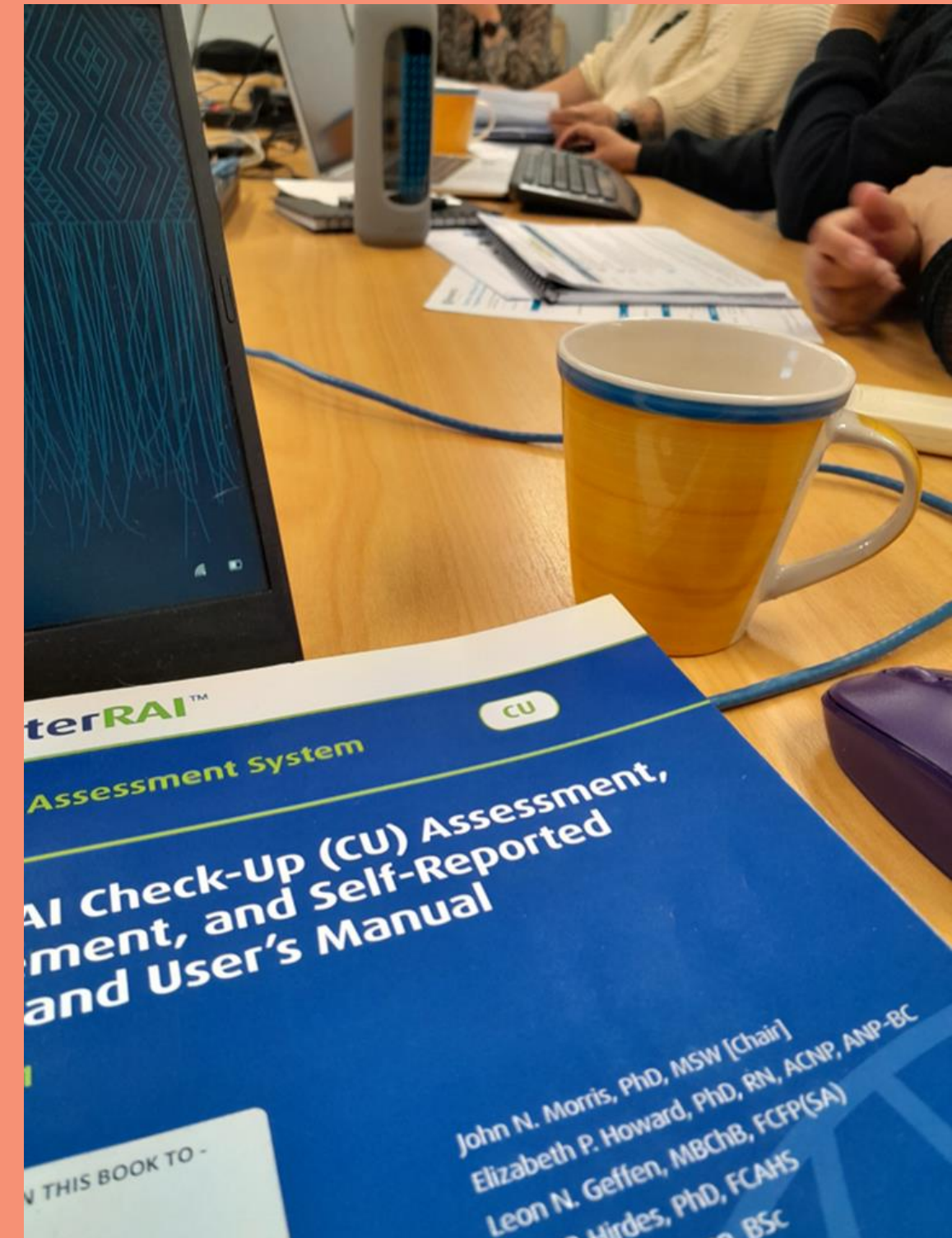


Health navigators facilitate comprehensive wellbeing assessment and care planning for Indigenous elders using self-report tool

Project team





MANDATED ASSESSMENTS

Access to public aged care services

Trained assessor

Variable availability regionally & nationally



CHECK-UP SELF-REPORT (CUSR)

Own perspectives of health and wellbeing

PAEĀRAHI

Whānau Ora navigator

Care coordination, navigation and advocacy



Paeārahi
facilitated CUSR
completion and
care coordination
with 50 older
Māori




Modifications to CUSR tool

Te reo and values

Paeārahi training

Engaged steering group

Co-developed intervention

Values/Uara:	Colour code:	Description of meaning
Whakawhānautanga		Whakawhānautanga is about forming and maintaining relationships and strengthening ties between kin and communities.
Manaakitanga		Manaakitanga means the process of showing respect, generosity and care for the people who use services, their whānau and communities. It also means to show respect and care for their information and stories.
Rangatiratanga		Self determination

Section B: Thinking and Communication							
2	How often is memory a problem for you (Do you forget appointments, where you are, what you have already said)? Whakamohio mai	0. Never 1. Rarely 2. Sometimes 3. Most of the time 4. Always					

Intervention - facilitated completion

At home or over phone

Paeārahi embedded in primary care practice

Support for care planning

Generally acceptable and feasible

Median age= 65.3years
66% female
28% lived alone; 58% with spouse or child
33 minutes to complete
No withdrawals

18% COPD
6% dementia
6% CHF
24% diabetes

*People with previous interRAI/awaiting assessment excluded from study

Scales and CAP scores suggest unmet need - 28% referred to GP

Scales and CAPS

30% 3+ on self-rated mood scale
38% 2+ on pain scale (daily pain)
46% cardioresp CAP triggered
68% mood CAP triggered
10% falls risk CAP triggered

I think it's really important for people to understand the value added role of paeārahi. And I think once the understanding is out there, then there'll be this willingness to embrace

Perceived to improve health care access
Embedding in clinical practice important
Training requirements similar to other assessors

It's like a Pākehā assessment so when you are completing that assessment, you look through a [Western] lens and think about what's available in the Pākehā system. So you close your world off.



Recommendations

Further exploration of CUSR

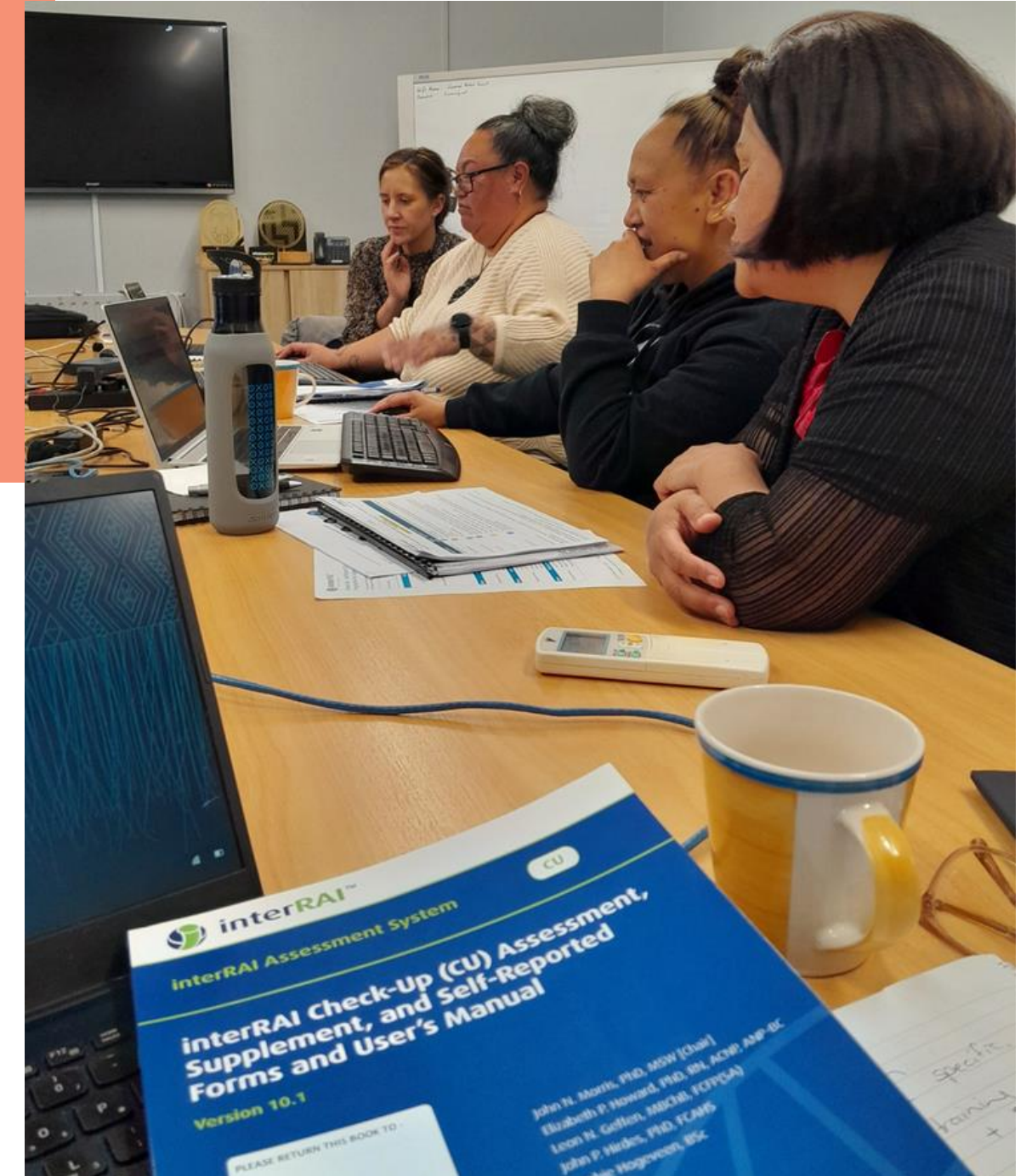
- clinical oversight
- other populations, particularly for rural/long NASC wait time
- monitor quality of care and outcomes
- self-completion as gateway to primary care access/NASC



Recommendations

Paeārahi assessment process and tikanga valued

- inherent in practices
- ?need for reo/values in CUSR
- CUSR alone would not have been accepted



Recommendations

Expanded workforce utilisation

- embedded in supportive clinical team
- socialisation of paeārahi role
- appropriate training in aged care services and interRAI
- ?flexibility in administration ('word-for-word')
- May be benefit in short 'screener' with subsequent full assessment

