



Mahi Tahī

Better Together

We welcome the carers of patients in our ward and we invite you to join us in a partnership to take care of your loved one.

Join our **Mahi Tahī** Better Together programme to become a **Kaimanaaki** Partner in Care.

**Kia aho matuahia te taketake,
kia tūwaerea te tau**

*When intuition replaces intellect,
knowledge turns to wisdom*



MIDCENTRAL DISTRICT HEALTH BOARD
Te Pae Hauora o Ruahine o Tairāroa

You have been identified as having a special relationship to a patient in our hospital, which makes you an important member of our healthcare team.

The knowledge and expertise you have about your loved one will positively inform the care and treatment they receive.

We value and support **Kaimanaaki** Partners in Care, and welcome you in all of our services.

We believe that together with our healthcare team and your loved one – your involvement will enhance their healthcare journey. Patients benefit from co-ordination, understanding, information sharing and co-operation between hospital staff and those who know the patient best.

Kaimanaaki Partners in Care can give comfort, help with care and provide emotional support, which can significantly aid recovery and wellbeing for our patients.

We welcome you to participate in the role of **Kaimanaaki** Partner in Care for your loved one during their hospital stay in ways that are comfortable for both you and your loved one – whether you are simply present, participating in care or helping with decision making.



Kaimanaaki Partners in Care can assist with many aspects of care for your loved one during their hospital stay. Involvement can include:

- Comfort and support, with extended visiting times or staying overnight
- Accompany and support them during investigations, assessments or procedures
- Assist them with their dressing, washing, eating and drinking
- Assist them with getting to the bathroom or walking in the hall
- Help with their physical therapy
- Prevent isolation and loneliness by promoting engagement and stimulation
- Participate in decision making and discharge planning
- Ask questions, keep track of and interpret information about their health
- Speak up to ensure the healthcare team is aware of any concerns or important information
- Watch out for changes in the patient's condition, and call for help when needed

Kaimanaaki Partners in Care will not be expected to do anything they are not comfortable with and will not be asked to complete any duties requiring clinical expertise.

Kaimanaaki Partners in Care:

- Will be welcomed by all as a Kaimanaaki Partner in Care and to be actively involved in the assessments and decision making about your loved one's care, treatment and in planning for the hospital discharge.
- Have a right, but not a duty, to be with the person they care for. They will be recognised as valuable partner and not someone who is simply visiting.
- Will be welcome on the ward whenever you like, and for as long as you and your loved one feel you need to be there.. Late and overnight visits will be accommodated and co-ordinated so as to ensure a positive and safe environment is maintained for everyone.
- Will be supported to contribute to their loved ones care in hospital – in order to nurture, not nurse.

- Will be supported with regular breaks to maintain their own health and wellbeing. Ward coffee and tea refreshments, kitchenette facilities, and free parking will be available to them for personal use, as well as bathrooms.

Mahi Tahī means to work together as one.

The **Mahi Tahī** Better Together programme is guided by this principle to work collectively with whānau, friends and caregivers to improve the patient journey. The value of manaakitanga underpins the existing relationship of whānau, friends and caregivers, and can be defined simply as hospitality, kindness, generosity and support.

MidCentral DHB's Māori Health Directorate Pae Ora has gifted the Mahi Tahī Better Together programme the following metaphorical concept resembling the characteristics of whānau, friends and caregivers.

Motu Rākau Mānuka

A grove of tea tree

The concept is based on the mānuka tree, which is known to many as a healing tree. This unassuming shrub might well be considered the backbone of Te Wao Nui a Tāne (the great forest or domain of the atua Tāne). Mānuka is the hardworking healer, tenacious yet humble, quietly supporting the land and the people in the background. Māori traditionally used mānuka for a variety of reasons.

In addition to Motu Rākau Mānuka, Pae Ora has given the following whakataukī, a traditional Māori proverb relevant to a **Mahi Tahī** Better Together programme outcome.

Kia aho matuahia te taketake, kia tūwaerea te tau

When intuition replaces intellect, knowledge turns to wisdom.