

Te Kete Haerenga Your journey to wellbeing kete

Made by Kiwis, for Kiwis living with health conditions

How Te Kete Haerenga works

Te Kete Haerenga has 2 colour-coded sections:

Who am I?

• This is first because you are the most important! You are a person who has a health condition. You are not your condition.

About my health and making a plan for change

- Information that your healthcare team has provided that supports your health and wellness.
- Making a plan for change based on how your life looks now, and how it can be even better.

Information and resources

There are more Te Kete Haerenga fact sheets and resources on page 26. These can be downloaded for free at **hn.org.nz/kete**



QR codes and links to more information

Most of our pages have links to more information through QR codes or simply visit **hn.org.nz/kete**

Acknowledgements

Health Navigator NZ would like to thank Pat Flanagan for her expertise leading this project. We are also very grateful for guidance and input from Health Literacy NZ, our Whānau Ora Voices of Experience Network (WOVEN), the Make Ready design team and the extensive clinical and consumer communities who assisted in the development of this resource.

This booklet has been developed with support from the Ministry of Health.

Ngā mihi nui kia koutou katoa.

Te Kete Haerenga features some of our New Zealand birds. These birds have been chosen for their characteristics that will help you on your journey.

Kārearea (New Zealand falcon)

The kārearea will help guide you on your journey and symbolises boldness, forward looking and assertiveness.

Other birds that will help you on your journey include:

Kōtare (kingfisher)

The kōtare will guide you towards sources of information and resources. Some of the characteristics of the kōtare are watchfulness, awareness and knowing when to act.

Miromiro (tomtit)

The miromiro will give you tips and reminders along the way. They are known as observant little birds.



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March 2022 Previously known as Take Charge

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Who am I?

This section is all about you and making a plan for change.

About me

Name

What is most important to me?

What do I love doing?

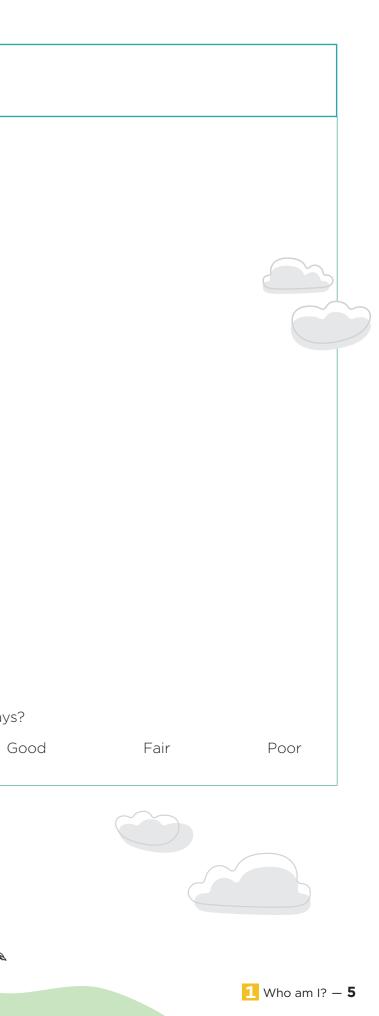
How do I relax and unwind?

Overall, how would I describe my life these days? Excellent

Very good

Your experiences, beliefs and the people around you all make you who you are. There are also things you would like to do and people you would like to see more of.

> Take some time to think about this question: where am I right now?



How I see myself right now



The wheel on the next page looks at your physical, mental, social and spiritual wellbeing.

For each statement, if **it's going well**, mark one of the dots closer to the statement.

If it's not going well, mark one of the dots closer to the middle.

There are no right or wrong answers. You might be surprised at what you discover.

Remember, this is about you being unique; no one else is like you.

What's important and what's going well?

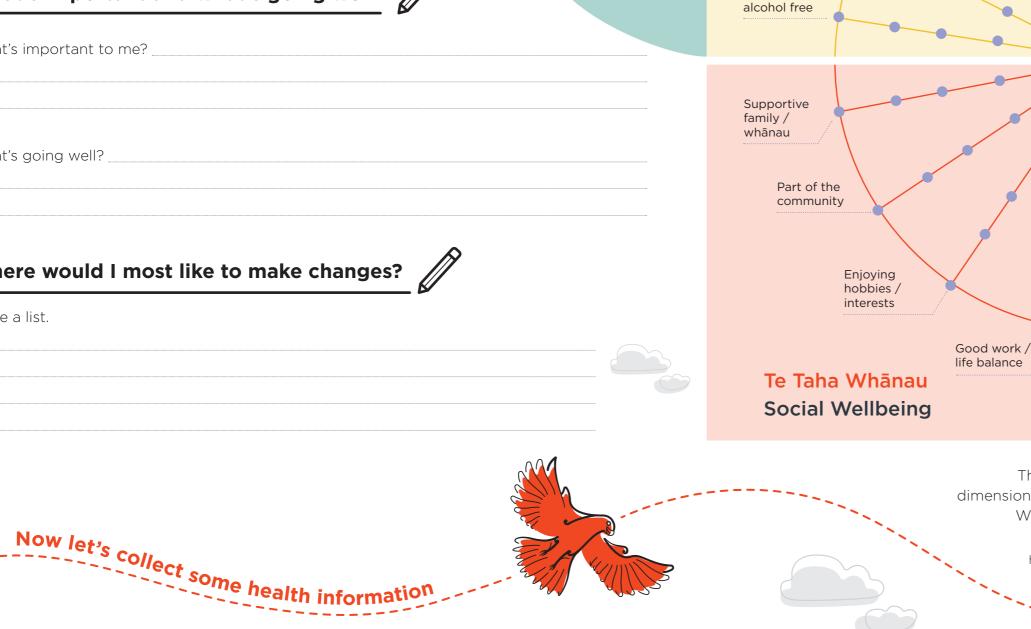


What's important to me?

What's going well?

Make a list.

Where would I most like to make changes?



Remember – areas

of strength help us

work on areas of

challenge

Te Taha Tinana

Good housing

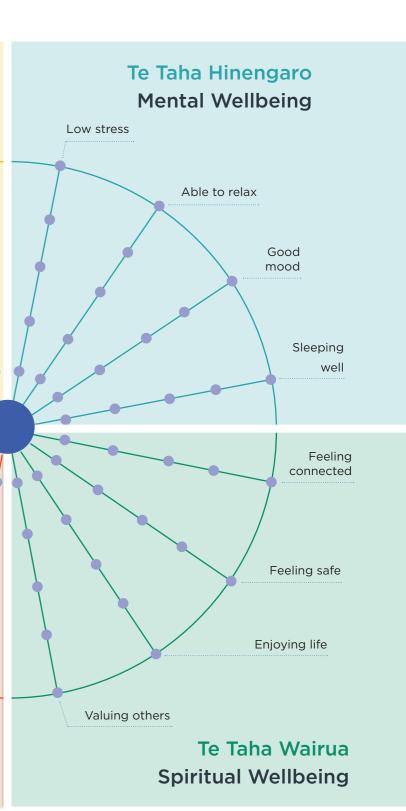
Smoke free

Drug /

Physical Wellbeing

Eating healthy food

Being active



The four sections of this wheel are consistent with the four dimensions of Māori wellbeing as described in Te Whare Tapa Whā. We like Te Whare Tapa Whā because it works for everyone.

> https://www.health.govt.nz/our-work/populations/maorihealth/maori-health-models/maori-health-models-te-whare-tapa-wha

> > 1 Who am I? – **7**





What are all my health conditions, short term and long term? (Include any disabilities and issues you have as a result of your conditions).

In general, I would say my health is (circle one): Excellent Very good Fair Good Poor My health conditions and ongoing issues: What conditions or issues am I managing really well? What do I think I could do better? What changes have my healthcare team suggested? My allergies and medical alerts: 2 About My Health – 9

My health

Information your healthcare team has provided that supports your health and wellness and your plan for change.





It's always easier when you work as a team



My medicines

You may take a number of medicines. Sometimes your medicines or doses are changed, so it's important to keep an accurate and up-to-date list.

There are a number of ways you could do this. You could take all your medicines to your next appointment, take a photo, or ask your support team or pharmacist to help you.

Include everything you are taking such as rongoā, other traditional medicines, eyedrops and over-the-counter medicines such as Lemsip or paracetamol.

Which of your medicines do you believe are working really well?
Are there any medicines you choose not to take sometimes? Why?
Are there any medicines you have stopped taking? Why?
What side effects would you like to talk about?

Everyone forgets to take their medicines from time to time. Which medicines do you forget to take and how often?

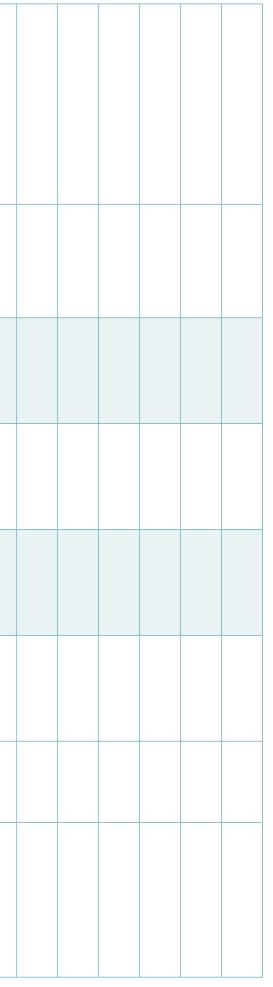
Your healthcare professional can simplify how you take your medicines. This can include changing the timing of them, using blister packs, or a reminder app on your phone. Would this help? Yes No

For more information, visit hn.org.nz/kete/medicines

Don't worry, everyone forgets sometimes!

	Questions					
C,						
	Bed					
& dose	Dinner					
Times	Lunch					
	Morning					
Strength	and amount					
Source on the M	Medicine name(s)					
	Strength Times & dose	Morning Lunch Dinner	Strength and amount Times & dose Morning Lunch Dinner Bed	Strength and amount Times & dose Morning Lunch Bed Morning Lunch Bed Morning Lunch Bed Morning Lunch Bed	Strength and amount Times & dose Annus Lunch Bed Morning Morning Bed	Strength amount Times dose Monning Monning Mhatis it for? Monning Lunch Bed Bed Monning Lunch Bed Bed Image: Strength Image: Strength Bed Bed Image: Strength Image: Strength Image: Strength Bed Image: Strength Image: Strength Image: Strength Image: Strength Image: Strength Image: Strength Image: Strength Image: Strength Image: Strength Image: Strength Image: Strength Image: Strength Image: Strength Image: Strength Image: Strength Image: Strength Image: Strength Image: Strength Image: Strength Image: Strength Image: Strength Image: Strength Image: Strength Image: Strength Image: Strength Image: Strength Image: Strength Image: Strength Image: Strength Image: Strength Image: Strength Image: Strength Image: Strength Image: Strength Image: Strength Image: Strength Image: Strength Image: Strength Image: Strength Image: Strength Image: Strength

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Talk with your doctor, nurse or pharmacist before stopping any medicines.

What I'm tracking



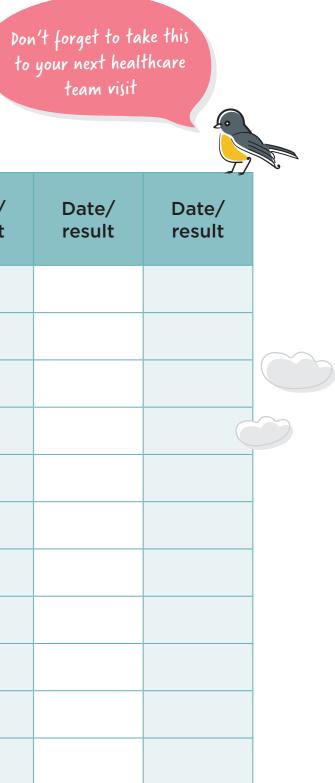


Here you can record your lab results and other things that affect your health. At the top are some common things but you can cross them out and add what you like such as pain or peak flow. You can find some of this information in your patient portal, or ask your healthcare team.

Name:	Aim/Range	Date/ result							
Blood pressure									
Cholesterol									
HbA1c (diabetes number)									

What do you think about your results?	
What questions do you have?	
What else have you noticed?	









Who is in my healthcare team?

My General Practice is:

Address:

Where I go after hours:

My pharmacy is:

Who I can call in an emergency:

My patient portal is: ManageMyHealth / Health365 / MyIndici / ConnectMed / Vensa

Phone:

Phone:

Phone:

My support team is: (include family/whānau, friends, specialist, nurses & so on.)

Name:	Role:	I can visit/ call/ text/ use social media:

Helpful services

Healthline 0800 611 116 for free advice from trained registered nurses.

Depression Helpline 0800 111 757 or text 4202 to talk to a trained counsellor about how you are feeling.

Phone or Text 1737 to talk to a trained consellor for support with grief, anxiety, distress or mental wellbeing. Available 24/7.

Anxiety Line 0800 ANXIETY (2694 389) to talk to a trained therapist for support with all forms of anxiety. Available 24/7.

Take this to your next appointment and do your part for the team

Talking to my healthcare team

Communication is the key to being part of a team. It's a partnership. If your team doesn't know, it's hard for them to partner with you. Make sure that you tell them everything that is concerning you.

- You are welcome to bring a support person to your appointment if it helps you.
- Please ask if you need an interpreter/translator to help you.
- Let your healthcare professional know if they are not explaining things clearly, or if you are having any problems with your treatment or medicines.

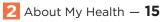
Remember, your team is here to support you and make things easier for you!

The box below can be used to write down any progress, changes or questions you have become aware of. Together, you and your healthcare team are experts in getting the best results for you.





• Let them know if there are other non-health related things that are concerning you.



Thinking about change

Step 1: Stages of change



Change can be hard. You may not be sure where to start, or you may have tried to make changes in the past and not been successful.

Have you thought about making changes to your health and wellbeing?

Do you or your family and whanau have any concerns about making changes to your health and wellbeing?

Not sure where to start?

1. Think about any changes you are already making. What stage of the change model are you at? (If you have more than one change, write down each one)

2. Look back at your answers on page 6. Are there any changes you would like to make? If yes, list them here:

3. What stage do you think you are at for each one?



1. I haven't even thought about it I wasn't aware it was a problem or issue.

2. I'm starting to think about it

I've started to think about it, but I'm not ready to make a change.

3. I'm getting ready to make changes I'm planning how to do it.

4. I'm doing it

I'm attempting to make changes and am getting the help I need.

5. I'm sticking with it

I'm feeling good about the changes I've made and can stick with them.

6. I'm slipping back

I'm finding it hard to keep going.

Step 2: Finding out what is getting in the way/could help

Ask yourself, am I ready to make a change? Answer these questions.

What will be good about making these changes?	
What worries you about making these changes?	
What would be good about not making any changes?	
What worries you about not making any changes?	

For more information on problem solving, visit hn.org.nz/problem-solving



When you have made changes to the past, what has worked? What hasn't?





Step 3: When you have decided to change - make a plan



Now it's time to pull all of the information and ideas together and start making a plan.

Start with a goal, it can be anything that you would like to achieve that is important to you. When you decide on what you will do to work towards your goal, try to make it:

- Specific not vague.
- Measurable so you know you are doing it.
- Achievable if it's too hard you won't manage it.
- Realistic if it's not possible you might not even get started!
- Trackable something you can record over time and see how you're doing.

Here's an example:

Goal: Hemi wants to be able to kick a football around with his mokopuna/grandson.

Actions: He needs to be fitter and lose a bit of weight to achieve his goal.

Chosen action: Hemi decides to go for a walk five times each week, after breakfast, for 15 minutes. He will keep a diary to track his progress and his wife will go with him to keep him motivated.

Confidence: He is fairly sure he can do this so rates his confidence as 8 out of 10.

If a big change feels too much, break it down into a set of steps. Small steps are a great way to start.



For more copies, visit hn.org.nz/kete



My action plan goal:										
Why do I want to do this?										
How will this help?										
What could I do to achieve this:										
My action plan:										
How much or how often will I do this?										
When will I do this?										
Who can help me:										
	$\overline{(\cdot)}$	1 0	7	4	F C	-7	0	0 7	10 ($\overline{\hfill}$
low confident am I that I can do this:	0				56					9
Things I am not ready to do yet:										
What might stop me achieving these goa	als or ma	aking	the	se c	hang	es?				

18 – 2 About My Health

My shared plan

This is where my team and I record key issues, goals and actions for the next 12 months.

Key issues can be anything that's important to you, such as current health conditions, any issues you or your healthcare team want to highlight, social issues, etc. /issues

	Goals and actions	Aim or range	Action or steps to take	Who is going to do this? (Me/family/healthcare team)	Progress/i
-					
-					
-					
-					
-					
-					
-					
-					
-					
-					
-					



For more copies visit



Am I doing ok, am I on track?

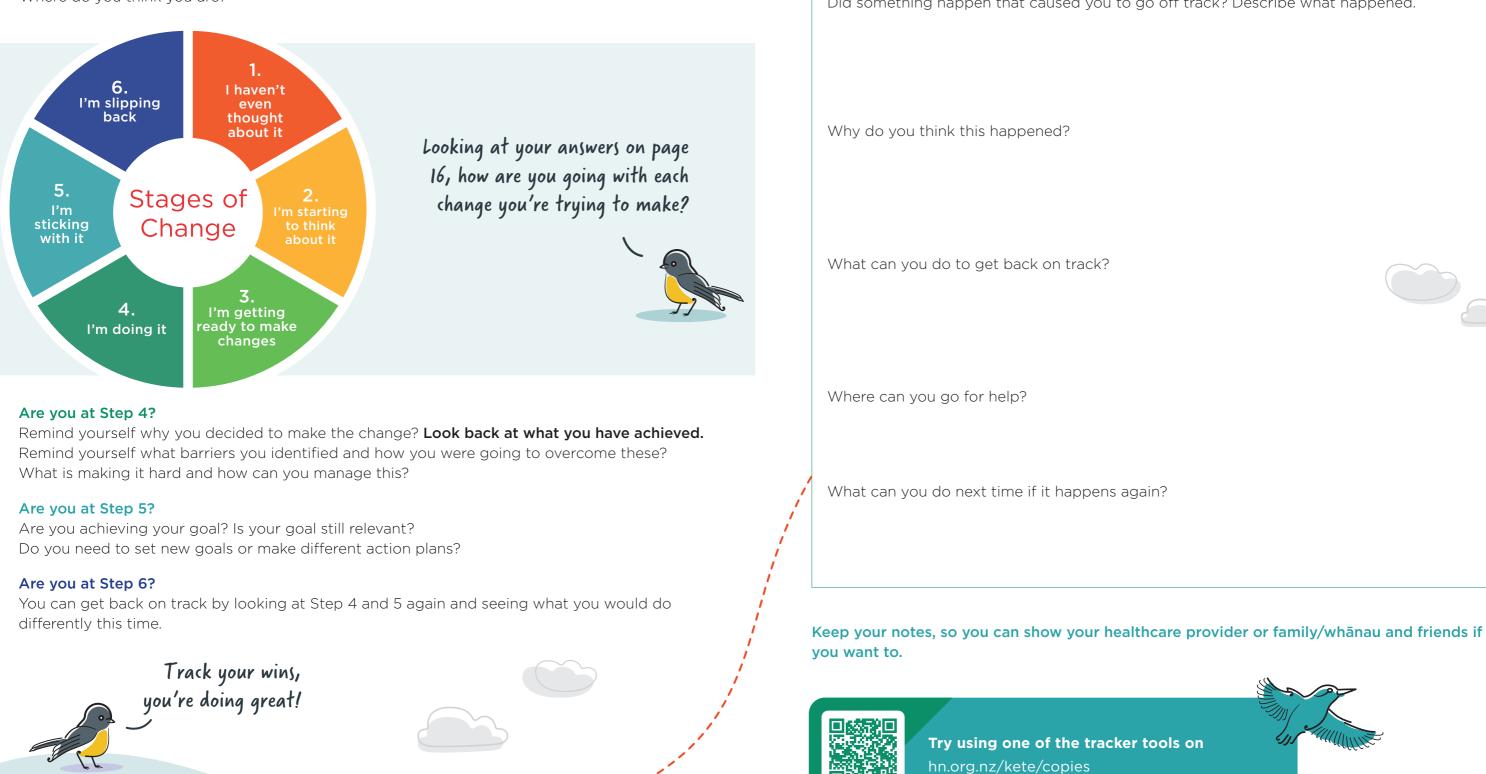
Each week check you are on track.

Not sure? Look at the stages of change model below.

Where do you think you are?

What do I do if I go off track?

Sometimes writing down what happened and knowing how you got off track can stop you from doing the same thing again. Try it.





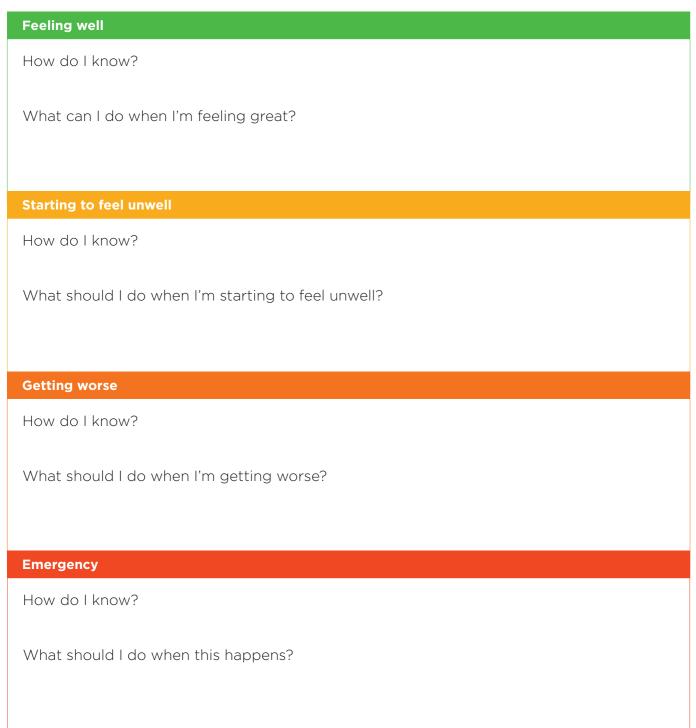
Did something happen that caused you to go off track? Describe what happened.



What to do when I'm unwell

This is also known as an acute plan or emergency plan. If you already have a plan, attach it here.

▶ When you become unwell, this can be scary. The good news is you can do something about it by being prepared and making a plan.



You can find another copy of this plan on the back cover for easy reference.

Patient portals

Accessing your health information online.

Patient portals are secure online sites provided by GP clinics where you can access your health information 24/7. Actearoa New Zealand portals are Health365, ManageMyHealth, MyIndici, ConnectMed and Vensa.

Patient portals let you:

- request repeat prescriptions and book appointments
- receive reminders and recalls from your healthcare team
- send and receive secure messages to and from your healthcare team
- see your lab results and clinical notes
- see your current diagnoses and medical conditions
- see the medicines you are on
- see your immunisation and vaccination history.

Not all GP clinics will offer all of these services. Clinics can choose which services to offer through their patient portal.

Advance care planning

Being prepared and thinking about my future.

An advance care plan is a document that outlines the medical treatments you would like if at some stage in the future you are too unwell to speak for yourself.

Advance care planning is for everyone. You may want to plan for a sudden health crisis or because you have a life-threatening illness or long-term condition. You may choose not to plan at all.

Start the conversation by talking/korero with your family and whanau about what you would like to happen if you are very unwell and not able to speak for yourself.

Take the time to talk about it now, plan ahead and avoid the pain and distress of family and whanau having to guess what you would want.

An advance care plan allows you to record:

- what's important to you and who you want involved in decisions about your treatment and care
- how much treatment you want and when you want to stop if you become very sick
- where you would like to be cared for.

Talk to your GP if you are interested in making an advance care plan.









For more info, visi hn.org.nz/acp





More Te Kete Haerenga resources and information

There are many more fact sheets and resources available for you to choose from. These resources are available to download for free at hn.org.nz/kete

The best thing about Te Kete Haerenga is that like any kete (kit or bag) you get to choose what you put in and what you take out based on what is useful and works for you.

Here are links to some topics that may interest you.



hn.org.nz/kete/pain

Getting more sleep sleep better at night.



Coping with fatigue



hn.org.nz/kete/fatigue

Managing medicines



Coping with stress

feeling and five ways to



Notes

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▶ When you become unwell, this can be scary. The good news is you can do something about it by being prepared and making a plan.

Feeling well

How do I know?

What can I do when I'm feeling great?

Starting to feel unwell

How do I know?

What should I do when I'm starting to feel unwell?

Getting worse

How do I know?

What should I do when I'm getting worse?

Emergency

How do I know?

What should I do when this happens?



Learn more at: hn.org.nz

In emergencies, dial 111