

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:

1 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.

2 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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1

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

Good

Fair

Poor

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? _____

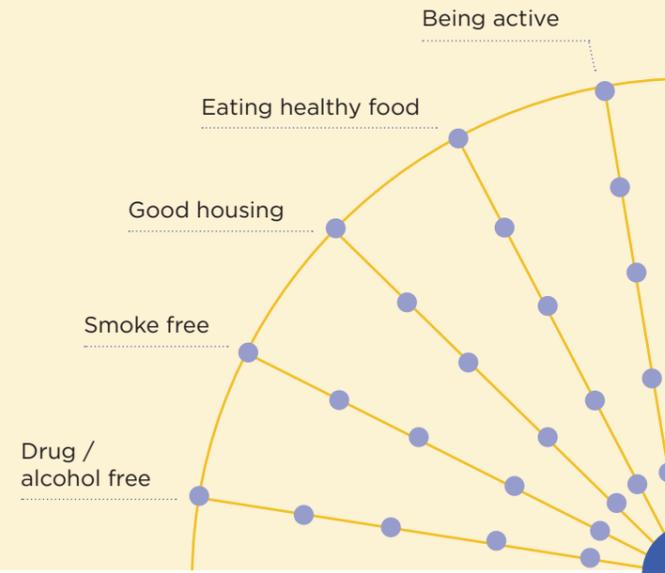
Where would I most like to make changes?

Make a list.

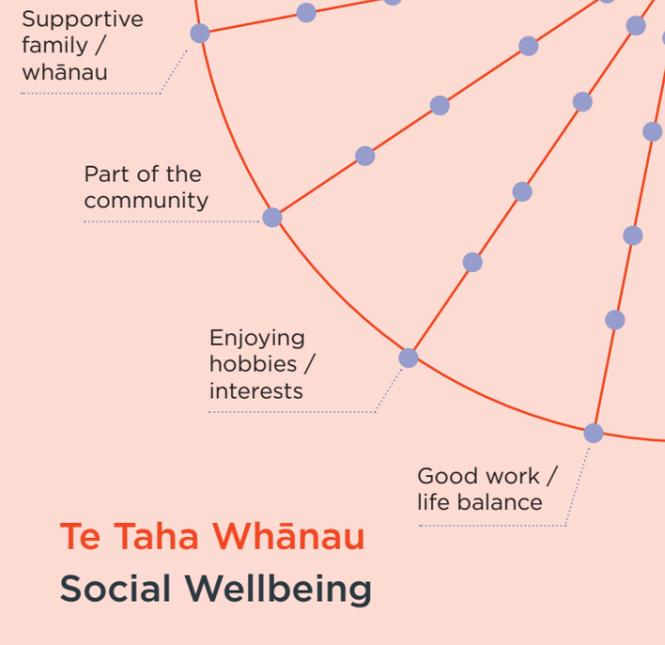
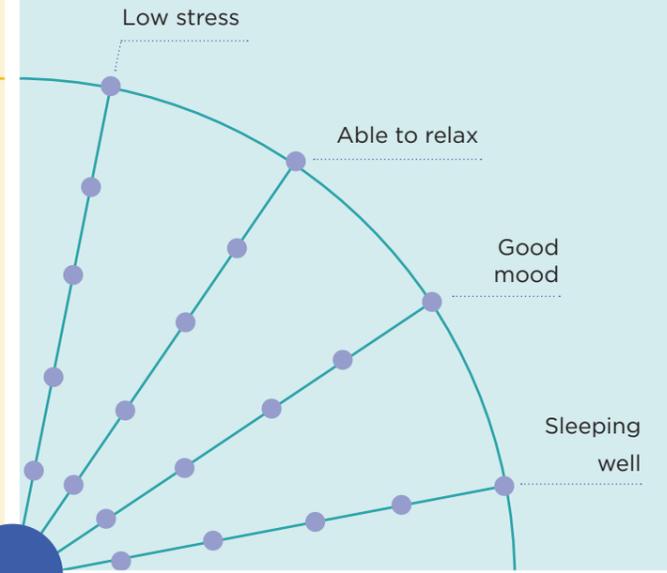
Remember – areas of strength help us work on areas of challenge



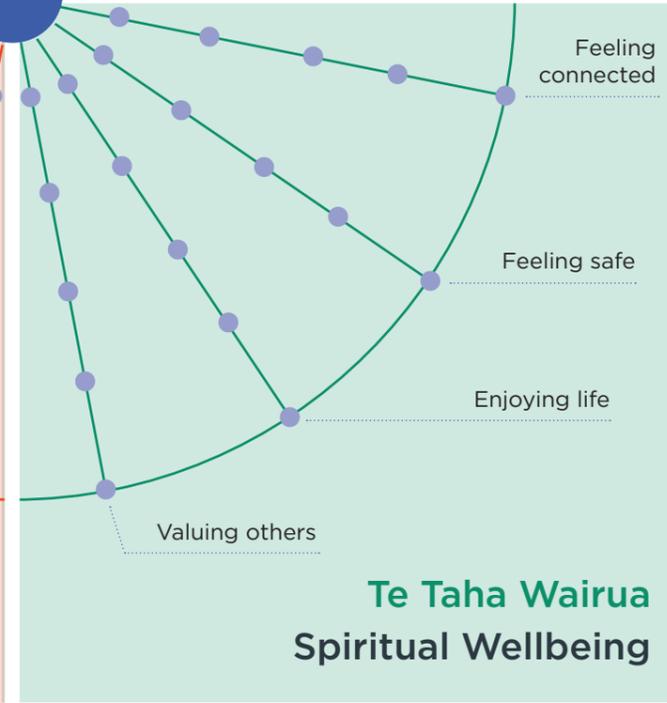
Te Taha Tinana Physical Wellbeing



Te Taha Hinengaro Mental Wellbeing



Te Taha Whānau Social Wellbeing

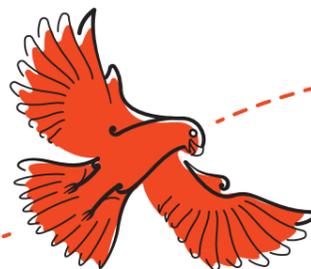


Te Taha Wairua Spiritual Wellbeing

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/maori-health/maori-health-models/maori-health-models-te-whare-tapa-wha>

Now let's collect some health information



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 health conditions

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

Good

Fair

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:

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.



Don't forget to take this to your next healthcare team visit



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? _____



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



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?

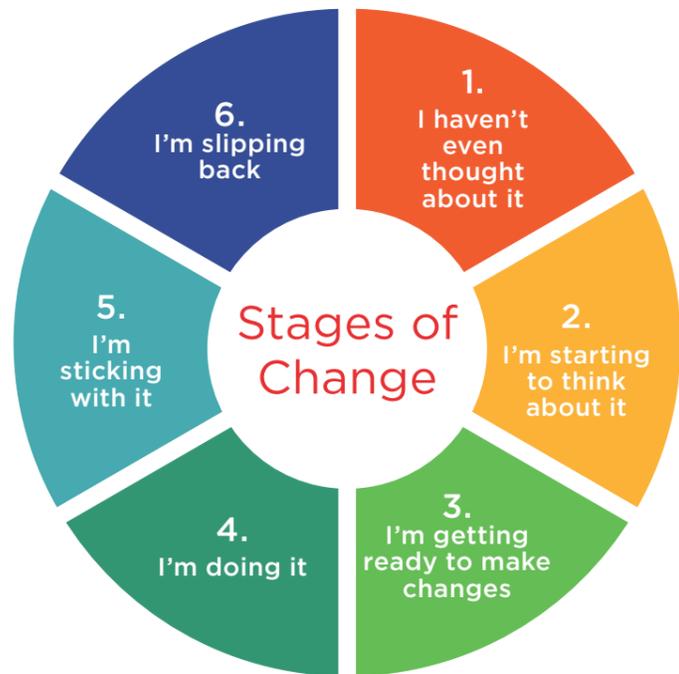
Do you or your family and whānau have any concerns about making changes to your health and wellbeing?

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



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



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



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.

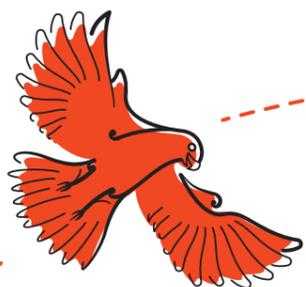
Here's an example:

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: What is my goal and action plan?



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: _____

How confident am I that I can do this: ☹️ 1 2 3 4 5 6 7 8 9 10 😊

Things I am not ready to do yet: _____

What might stop me achieving these goals or making these changes? _____

You are more likely to be successful if your confidence level is 7 or more. If you are less confident, you might like to make your action plan easier.

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?



Looking at your answers on page 16, how are you going with each change you're trying to make?



Are you at Step 4?

Remind yourself why you decided to make the change? **Look back at what you have achieved.**

Remind yourself what barriers you identified and how you were going to overcome these?

What is making it hard and how can you manage this?

Are you at Step 5?

Are you achieving your goal? Is your goal still relevant?

Do you need to set new goals or make different action plans?

Are you at Step 6?

You can get back on track by looking at Step 4 and 5 again and seeing what you would do differently this time.

Track your wins, you're doing great!



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.

Why do you think this happened?

What can you do to get back on track?

Where can you go for help?

What can you do next time if it happens again?



Keep your notes, so you can show your healthcare provider or family/whānau and friends if you want to.



Try using one of the tracker tools on hn.org.nz/kete/copies





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.

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?

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. Aotearoa 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.

For more info, visit
[hn.org.nz/
patient-portals](http://hn.org.nz/patient-portals)



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/kōrero with your family and whānau 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 whānau 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, visit
hn.org.nz/acp





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