



Community capacity building-
Caring for Kaumatua: a
community-based action
research project.

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The community

- Elders:
 - Kaumatua in Australia
 - Over 10,000 individuals
 - Same health statistics as Indigenous people
 - No access to specialized services
 - Poor access to Maori-appropriate aged care



The community: younger people

- Unemployment in Maori community
- Poor access to university

Community-based action research:

Kete Tuatea

- Maori culture community group
- Significant number of younger people
- Wanted to increase community ability to care for Kaumatua
- Strong commitment and vision for their community
- Strong leadership in this group



The program

- Designed a 'caring for Kaumatua' course
- 3 days interactive workshops including skills and knowledge of aging process, nursing requirements, Maori culture, language, tikanga

Community-based action research:

Nga Kaumatua

- Australian 'kapa haka' festival
- 57 Kaumatua volunteers
- 'Cared for' in Kaumatua section by the CfK graduates



The carers

- 45 volunteers took the 'caring for Kaumatua' course
- Staffed the Kaumatua section at the national festival
 - Assistance with meals, ADLS, transport, etc





- Kaumatua really enjoyed their time at the festival
 - Increased cultural/community inclusion
 - Allowed them to participate when they might not otherwise
- CfK participants
 - We negotiated entry into further studies
 - Increased their confidence in tikanga Maori
- Kete Tuateke
 - Increased their ability to serve their community
- University partners
 - We were able to be a part of this process, and make a difference in the Maori community

Outcomes & outputs





Why was this successful...

- Clear vision and mission
 - Maori host organisation and partner organisation
- Action planning and community based
 - Values as demonstrated by community
- Strong, committed leadership
 - Privilege the voices of and in community
- Mobilising resources
 - Funds sourced for workshop, kaumatua area, transport, AND scholarships for potential students
- Feedback to all community partners
 - Use of radio, newsletters, haka
- Technical assistance as decided by the community
 - Offer the workshop skills using clinical and cultural humility
- Making outcome matter
 - Important to the community



COMMUNITY ACTION THROUGH COLLABORATION AND SERVICE

You can make a difference – be the difference you want to make!