

# Folau I Lagi-Ma

## *“Journey to Wellness”*

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# Aim

To work with 30 clients from Mangere Health Centre by the 18th of December 2015 with long term (physical and mental) health conditions to improve their overall EUROHIS Quality of life scale score by 2 points and achieve at least 50 percent progress towards their self-identified health goals.

# What is our point of difference?

Using a peer support specialist and occupational therapy approach to support people to make behavioural changes to incorporate their health knowledge into their daily lives.



# Why Peer Support and Occupational Therapy?

- Occupational therapy works to support healthy lifestyles and promote and restore health through enabling activities that are meaningful and important to the individual.
- Peer support offers hope, inspiration and possibilities to empower individuals to take responsibility for their own recovery and make meaningful life choices that enhance their wellbeing.
- **Both disciplines are holistic, recovery-focused and strengths-based in their approach.**

# Peer Support approach

- **Being fully present by using active listening skills and eye contact**
- Use reflective statements
- Use empathy and relating statements
- Use recovery language
- Use empowering language avoiding power robbing language
- **Honour the person as the expert**
- Ask open-ended questions
- Ask permission keeping it mutual
- Validating strengths
- Inviting Choices
- Pause to let the person think and speak
- Roll with resistance
- Use “I” statements



# What is Recovery?

- “Recovery is remembering who you are and using all your strengths to be all that you are meant to be.” (RINZ Peer Employment Training Manual 2013)
- Recovery is "a deeply personal, unique process of changing one's attitudes, values, feelings, goals, skills and/or roles. It is a way of living a satisfying, hopeful, and contributing life even with limitations caused by the [health conditions]. Recovery involves the development of new meaning and purpose in one's life as one grows beyond the devastating effects of [health conditions].“  
(<http://www.mhrecovery.com/definition.htm>)

# Case Study

- Sarai has a diagnosis of type 2 diabetes, high blood pressure and is morbidly obese. She has poor motivation, low self-esteem and is currently finding it difficult to cook and clean due to fatigue.
- During our initial joint meeting (OT and PSS) with Sarai, we discovered that Sarai lives alone but has the support of close friends and family members. Sarai spoke at length about her weight and believes she became this way and 'let herself go' when over twenty years ago both her parents passed away on separate occasions. She says she became severely depressed afterwards and experienced more lows than highs. As her weight increased she began to live a more sedentary lifestyle due to anxiety and panic when leaving the house as a result of fear around being judged and criticized. Sarai shared she is the only person in her immediate family that is obese.

- A friend comes in once a week to clean for her but Sarai would like to be able to do this independently. Her diet consists mainly of takeaways and says a friend who lives nearby drops in with her meals. Sarai would like to cut back on takeaway meals and be able to cook again. She completed a Business Administration course online about two years ago and her dream is to become an Accountant. She use to go to the Big Girls gym in Manukau and says she lost a lot of weight but stopped going due to financial constraints. Sarai is aware she needs to lose weight and wants to work towards achieving this. Sarai would like our support over the next 6 sessions .
- We identified Sarai's strengths as being self-aware, intelligent and hopeful.
- Sarai's self identified health/recovery goal is to lose 8kgs at the end of 10 weeks from today and would like to be able to cook one meal for herself at least three nights a week .

# The role of peer support

- Explore tools to increase and maintain motivation.
  - What's Sarai's vision for herself? Encourage her to write this down and put it somewhere where she can see it at least once a day.
  - Discuss with Sarai her past achievements. What motivated her to go to the gym? Who did she go with? How? How did exercise make her feel? Would she like to go again?
  - What or who inspires her, and why? What made her study?
  - Validate and amplify Sarai's strengths.
  - Encourage self-belief and resilience.
  - With Sarai's permission, share personal experience of recovery in a way that inspires hope.
  - Identified Sarai loves photos of family and friends and of the natural environment. Is open to reading motivational and inspirational quotes and put these up together with her photos around the home.

- Explore low impact exercise groups in the community.
  - It's not just about the exercise.
  - Engagement and dialogue.
  - Slowly gain confidence being in the community.
  - Reinforce self-belief and resilience.

OT interventions will include teaching anxiety management techniques and grading outings to experience success and increase self efficacy to assist with re-engaging in community, education around energy conservation and activity planning for cooking/cleaning, involving support people in interventions to encourage “doing with instead of doing for”, using tools such as a daily planner to increase extrinsic motivation.