

Culturally appropriate self-management support

Culturally appropriate self-management support is crucial to achieve the Manaaki Hauora – Supporting Wellness Campaign goal of making a difference to 50,000 people with long-term conditions in Counties Manukau.

Counties Manukau has a high number of Pacific Island people living with long-term conditions. There was a strong desire for language and culture-specific programmes from both doctors and patients to help Pacific people get the most out of the campaign’s self-management support initiatives.

Kia Kaha Ki Te Hauora, one of 17 project teams under the campaign, uses peer support to enable people to take control of their health. They have Tongan speaking peers who are now offering the Stanford Chronic Disease Self-Management programme based on a recently approved translation. Twenty-five Tongan graduates of the first course have now established a Tongan-speaking peer support group to help them understand how to live a healthier lifestyle and share, learn and empower each other to achieve their health goals in their own language and according to their own cultural values.