

ASSESSMENT OF OLDER MĀORI

The New Zealand Guidelines Group has developed a best practice, evidence-based guideline providing recommendations for appropriate and effective processes for assessment of personal, social, functional and clinical needs in older people. This document summarises the information and recommendations for assessment of older Māori.

The multidisciplinary guideline development team Māori subgroup included: Keita Dawson, Sandie Kirkman, Daphne Marshall and Hēmi Ririnui-Horne. Details of other members of the team, the team's backgrounds and the institutions they are representing are available in the full document.

Effective assessment of older Māori is essential, as life expectancy is lower and levels of disability are higher in Māori than in the general population. Social and cultural changes have led to a breakdown in the traditional structures for providing for older Māori. Also, disability may be under-reported for Māori because of the tendency to measure health by the ability to participate. Increasing the Māori trained workforce in all aspects of care, including assessment, is essential to improving the well-being of older Māori.

Assessment services must be equally available to older Māori who do not have Māori-specific programmes available, or who choose not to access them.

Why Assess?

'Proactive assessment' of older people is a preventive assessment for needs in multiple domains. Currently there is little consistency of assessment across New Zealand and little evidence on the effectiveness of current practice. A nationally consistent standardised assessment process using standardized tools is essential to ensure equity of care and effective resource allocation.

A proactive assessment would have the aim of detecting problems at an early stage in order to initiate interventions designed to improve health, reduce disability and functional decline, improve social participation and improve the older person's quality of life.

Proactive Assessment

A preventive assessment tests for unmet needs in different domains (including physical and mental health, functional performance and social functioning).

- Proactive assessment of older Māori should be comprehensive and multidimensional. An holistic model such as *Te Whare Tapa Wha* or a similar model should be used.

The Assessment Processes For Older People Guideline and summaries have been endorsed by:



Complete endorsement list available in full guideline.



- The assessment process should be actively offered to older Māori, rather than relying on people in need initiating contact with services.
- The assessment process should use standardised tools and standard methods of collecting, reporting and comparing data.
- The proactive assessment process should be used as an opportunity for health promotion, disease prevention, treatment, and care management.
- All decisions should be made collectively with the older person's whānau or hapū.

Assessment of Older Māori with Complex Needs

People with 'complex needs' have multiple health, functional and/or social problems, vulnerable health, or are at risk of functional decline and/or hospital admission.

- A comprehensive, multidimensional assessment should be available for older Māori with complex needs. An holistic model such as *Te Whare Tapa Wha* or a similar model should be used.
- Assessment must be supported by resourcing for interventions to address the needs identified.
- Assessment must be supported with regular follow-up.
- Comprehensive assessment should result in an ongoing treatment, rehabilitation and care plan that includes strategies to encourage implementation of the plan. All decisions should be made collectively with the older person's whānau or hapū.

Carers' Needs

Carers include all people caring for older people and older people caring for others.

- Assessment of carers should be linked with the assessment of the older people they care for.
- Carers should be assessed for health, training and support needs.

When Should Older Māori be Assessed?

- Assessment should be made available at age 55 for older Māori.
- Proactive assessment should occur, if the older person has not been screened in the last six months, when risk factors are identified by a screening, or when the older person comes to the attention of primary health care or social services, including through social presentations such as relating to a change in living circumstances or caregiver or family/whānau request.
- Attendance at an ED should trigger an assessment that is initiated prior to discharge.
- A comprehensive assessment should occur when triggered by a proactive assessment; or when an older person is referred to or receiving secondary health care services, including acute care; or when they are referred for comprehensive assessment by primary health care, social services, community workers, carers, or family/whānau.

Where Should Assessment Take Place?

- Screening and assessment of older Māori should usually take place at the home of the older person and their whānau.
- Assessment of older Māori within hospital settings or in residential care should be initiated in that setting, but if the person is to return home, all assessments should include a home visit by a trained assessor.
- A rural network of assessors should be developed for assessment of non-urban-dwelling older people.

Assessor Skills and Support

- Assessors should have specialist training in the assessment process.
- Assessors should have had training to enhance their sensitivity and awareness of culture-specific issues.
- Assessors of older Māori should be mature Māori assessors with the following attributes:
 - well-known and respected within their community
 - fluent in te reo Māori me ona tikanga where the older person and/or their whānau prefers its use
 - good communication skills, including the ability to facilitate the older person's communication with other health professionals
 - good interpersonal and relationship management skills
 - sensitivity to the older person's beliefs and attitudes
 - awareness of spiritual aspects of the person's care
 - of the same sex, whenever possible, as the person being assessed.
- Where a Māori assessor with the necessary skills is not available, assessment should be by a trained assessor supported by someone with those attributes.
- Assessors should be part of or have easy access to a multidisciplinary team (MDT) for support and specialist expertise. For details of MDTs, see the full guideline.

Assessment Tools

(See the full guideline for details of assessment tools.)

Any national screening and/or assessment tool should be modified in collaboration with the developers to meet the needs of older Māori in New Zealand, and piloted prior to use.

After Assessment

- Any screening and/or assessment must be performed, monitored and evaluated systematically.
- Any screening and/or assessment must be supported by appropriately planned, adequately resourced, timely further interventions for treatment/care for older persons identified by the screening or assessment as in need.
- Regular follow-up should form part of the process of assessment of older Māori.

Special Considerations

- Assessment programmes for older Māori should be actively offered rather than being made available and expecting older people to initiate contact.
- All staff involved in screening, assessment and treatment of older people (including ED staff) should undergo training to enhance their sensitivity, knowledge and skills in dealing with older people and their issues.
- An assessment of the older person's likelihood of following the recommendations should be made, and strategies should be initiated to support implementation of the recommendations by both the older person and health care and social service professionals.

For details, see the full guideline available at www.nzgg.org.nz

People living in the community aged 70 years and over
Māori and Pacific people aged 55 years and over
People with pre-existing disabilities aged 55 years and over

Assessment of people with potential needs:

<p>People aged 65 years and over Māori aged 55 years and over Pacific people aged 55 years and over People with pre-existing disabilities aged 55 years and over</p>	}	<p>If referred from a primary health care service</p> <p>If a risk factor is identified</p> <p>If referred by self/carers/whānau/community workers</p>
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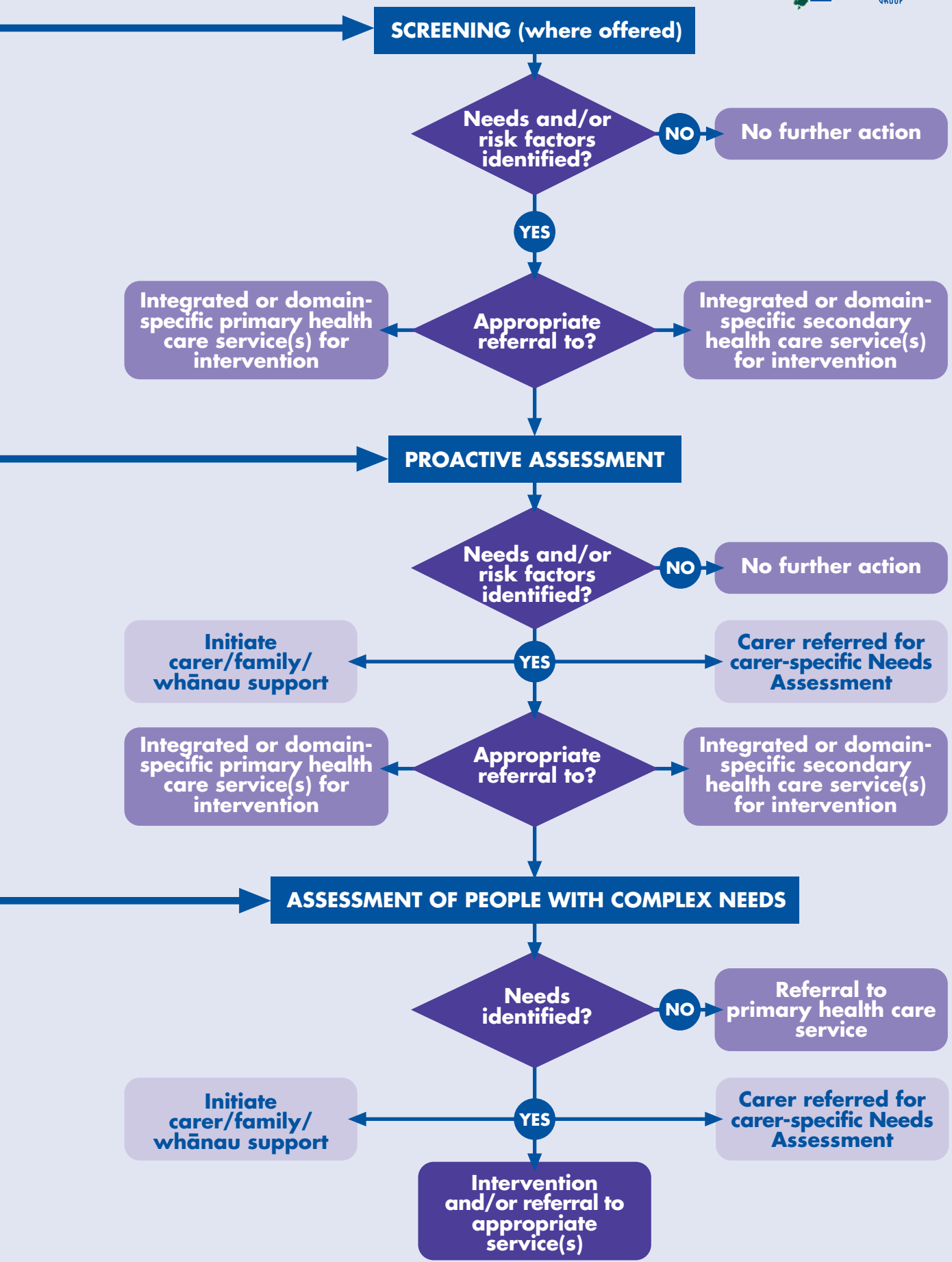
Assessment of people with known needs:

<p>People aged 65 years and over Māori aged 55 years and over Pacific people aged 55 years and over People with pre-existing disabilities aged 55 years and over</p>	}	<p>If referred from a primary health care service</p> <p>If in secondary care</p> <p>If referred by self/carers/whānau/community workers</p>
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Domain: a broad area of health and/or well-being such as 'mental health' or 'physical functioning'.

Integrated service: a single entry service providing interventions and support in multiple domains.

OLDER PEOPLE ALGORITHM



DOMAINS OF ASSESSMENT

Areas of need of most importance to older people

- personal care
- social participation
- control over daily life
- food
- safety

Domains and dimensions

These are areas in which impairment can be detected at an early stage.

Physical health and functioning

key dimensions: chronic illness, continence, nutrition, gait, mobility, cardiac conditions, gastrointestinal conditions, pulmonary conditions, cerebrovascular conditions, co-morbidities, ADLs and IADLs (including self-care and domestic abilities), iatrogenic disease (specifically due to polypharmacy), sexual functioning, speech and language impairment, dental/oral health, vision and hearing

Mental health and functioning

key dimensions: anxiety, depression, other mental illness, cognitive functioning, dementia, substance abuse, iatrogenic disease due to polypharmacy, emotional well-being

Social functioning

key dimensions: financial status and management, housing, family/whānau support/contact, social networks, social activities and support

Presence and roles of carers, especially informal carers

Risk factors

- aged 75 years or older
- socially isolated and/or living alone
- divorced/separated, never married, single or widowed
- recently bereaved
- has no children
- has poor or limited economic resources
- recently discharged from hospital
- presenting at an emergency department
- recent change in health status with an impact on capacity for independent living
- has multiple disorders or illness
- cognitively impaired
- depressed
- poor self-perceived health
- high or low body mass index
- at the lower extreme of functional impairment
- low physical activity
- taking 3 or more prescription/non-prescription medications
- impairment in sight or hearing
- carer showing signs of stress/change of carer
- carer requests an assessment for the older person

Also consider:

- alcohol, tobacco and/or substance use
- abuse of the person by another

AROTAKE I TE KAUMĀTUA MĀORI

Kua puta ake nei i te New Zealand Guidelines Group āna tohutohu taki arotakei ngā take tangata, take iwi, takatūrangā, take hōhipera hoki mō te kaumātua, arā, he tohutohu ēnei i runga i ngā taunakitanga, he tauira hoki ēnei tohutohu hei whai mō te hunga ngaio i roto i ēnei mahi. Kua whakarāpopotohia iho nei āna tohutohu arotake i te kaumātua Māori.

Ko ngā Māori o te rōpū mahi i ēnei tohutohu ko: Keita Dawson rātou ko Sandie Kirkman, ko Daphne Marshall, ko Hēmi Ririnui-Horne. Kei roto ngā kōrero whānui mō ia mema o te rōpū me ō rātou rōpū ake i te whakaputanga tuhituhi katoa.

Me tika anō ngā arotake i te kaumātua Māori inā hoki ngā tatau he poto ake ō rātou oranga, ka mutu he nui ake ō rātou raruraru i ō te pākehā. Nā ngā rerekētanga o te noho ā-iwi i te ao hurihuri nei kua rerekē te tiaki i te kaumātua Māori. Koia anō kāore pea e tino kitea ngā raruraru o te Māori inā tiro noahia ana te takatū o te tangata hei tohu i tōna ora. Kei te whakapakaritanga o te hunga kaimahi Māori ki ngā pūkenga kaitiaki me te arotake, e piki ai te ora o te kaumātua Māori.

Me āhei anō ēnei ratonga arotake ki te kaumātua Māori kāore kē he kaupapa hauora Māori, kāore i te toro rānei ki āua kaupapa.

Hei Aha Te Arotake?

Ko te 'arotake takatū' i te kaumātua te arotake haukotu puta noa i ētahi wāhanga katoa. Hei tēnei wā kāore i te tapatahi ngā arotake puta noa i te motu, ka mutu iti noa iho ana te kitea o te hua i ngā mahinga ake o nāiane. Me eke ki te taumata ngā mahi arotake, mā ngā taonga arotake, e tika ai te tohatoha i ngā rauemi.

Ko tā te arotake takatū he haukotu i ngā raruraru pūhoho tata, kia piki tonu ai te hauora, kia kore ai e nui ngā raruraru tinana, kia ururu tonu ai hei tangata mō te iwi, kia piki hoki te ora ki te kaumātua ake.

Te Arotake Takatū

Whakamātautau ai te arotake takatū i ngā kaupapa hei whakaeke tonu mō ia wāhinga (tae atu ki te hauora tinana, hauora hinengaro, te tū tika ā-iwi, ā-tangata hoki).

- Me whānui, me eke panuku hoki te arotake takatū i te kaumātua Māori. Me whai tētahi tauira hoki pēnei i te *Te Whare Tapa Whā*.
- Me takatū hoki tēnei arotake ki te hunga kaumātua, kaua e riro mā rātou kē ngā arotake e whaiwhai ake.

Kua whakamanatia te 'Puka Taki Arotake Tikanga Kaumātua' e:



The Royal Australian and New Zealand College of Psychiatrists - New Zealand Branch



Ko te rārangi kaitautoko kei te puka taki kē



- Me tapatahi anō hoki te arotake, te kohikohi kōrero, te rīpoata me te whakatauriterite i ngā kōrero.
- Ka pai hoki te arotake takatū hei whakatairanga kōrero hauora, haukoti mate, me te whakahaere tiakitanga.
- Me whakatau ngātahi ngā take katoa me te whānau, hapū rānei o te kaumātua.

Arotake i te Kaumātua Māori e Raruraru Tāmi ana

Ki te hunga 'raruraru tāmi' kua nui kē ngā raruraru hauora, raru oranga/oranga-ā-iwi, kua heke rānei te hauora, kua hōhiperatia rā anō rānei.

- Me whānui, me eke panuku hoki te arotake i te Kaumātua Māori e raruraru tāmi ana. Me whai tētahi taura pēnei i te *Te Whare Tapa Whā*.
- Me whai rauemi hoki ngā arotake hei haukoti i ngā hiahia kua oti te tautuhi.
- Me rite tonu hoki te hokihoki atu ā muri o te arotake.
- Tōna tikanga mā te eke panuku o te arotake, ka hua ake tētahi mahere kia haere tonu ngā mahi tiaki, whakaora me te tiakitanga, me ōna rautaki hei āwhina i te whakatinana i te rautaki. Me whakatau ngātahi ngā take katoa me te whānau, hapū rānei o te kaumātua.

Arotake Kaitiaki

Ko ngā kaitiaki ko te hunga tiaki ana i te kaumātua, ko te kaumātua tiaki rānei i te kaumātua.

- Me arotake anō hoki te hauora, te akoranga me ngā tautoko mō te hunga kaitiaki.
- Me arotake anō hoki ngā hiahia o ngā kaumātua kaitiaki i te hunga hauā ā hinengaro me ērā atu hauātanga.
- Me tuitui hoki te arotake i te kaitiaki, ki te arotake i te kaumātua e tiakina ana e rātou.

Mō Āwhea Arotakea Ai Ngā Kaumātua Māori?

- Me āhei mai mō te arotake te kaumātua Māori 55 tau neke atu.
- Me arotake takatū te arotake mehemea kua ono marama kāore he tirohanga, kua kitea rānei he aha i tētahi tātaritanga, kua tohua rānei te kaumātua e tētahi ratonga hauora tuatahi, ratonga takiwā rānei, koia rānei ka tonoa e te kaitiaki, e te whānau rānei, koia kua rerekē rānei te nohonga o te kaumātua.
- Inā tae ki tētahi ED me arotake anō i mua i te tukunga.
- Me arotake eke panuku hoki inā tohua ake e te arotake takatū; inā tonoa rānei te kaumātua ki tētahi ratonga hauora tuarua, tiaki arotau rānei; inā tonoa rānei e te ratonga hauora tuatahi, ratonga takiwā rānei, kaimahi takiwā rānei, e te whānau rānei.

Ki Hea Arotakena Ai?

- Me tātari me arotake te kaumātua Māori i roto tonu i tōna kāinga, hāunga ērā i te tari pūoho tata (ED).
- Me arotake te kaumātua noho hōhipera ki roto tonu i te hōhipera, ki te whare tiaki rānei e tiakina mai ana ia, me he ka whakahokia te kaumātua ki tōna kāinga, me peka rā anō tōnā kāinga e tētahi kaiarotake.
- Me whiriwhiri hoki he kaiarotake noho tuawhenua, hei arotake i te kaumātua noho tuawhenua.

Ngā Kaiarotake

- Me āta whakangungu ngā kaiarotake ki ngā mahi arotake.
- Me ako hoki ngā kaiarotake e piki ai ō rātou mōhio ki ngā rerekētanga o ngā take-ā-iwi.
- Ko ngā kaiarotake i te kaumātua Māori, me pakeke Māori, ka mutu me:
 - tangata i mōhiotia i roto i tōna takiwā
 - matatau ki te reo Māori me ōna tikanga mehemea he pai ake te reo Māori ki te kaumātua/whānau rānei
 - pai ki te whakawhitiwhiti kōrero, tae noa ki te whakawhiti kōrero a te kaumātua ki ōna kaitiaki
 - pai ki te tangata, ki te whakahoahoa hoki ki te tangata
 - aronui ki ngā whakapono me ngā āhuatanga o te kaumātua
 - aro ake ki ngā take wairua o te kaumātua
 - tāne ki te tāne, wahine ki te wahine inā taea ana.
- Mehemea kāore anō he Māori hei kaiarotake, me tautoko te kaiarotake e tētahi tangata mātau ki te reo Māori me ngā tikanga Māori, ā, e mōhio whānuitia ana hoki ia i roto i te takiwā.
- He mema te kaiarotake nō tētahi rōpū pūkenga hei toro atu māna ki te kimi arotake ki tua atu anō, ki tētahi atu wāhanga matauranga kē.
- He mema hoki te kaiarotake nō tētahi rōpū pūkenga hei tautoko hei pūkenga hoki mōna. Tirohia ngā tohutohu katoa.

Taonga Arotake

(Tirohia ngā tohutohu katoa mō ngā taonga arotake.)

Me āta whakarite ngātahi hoki ngā tātaritanga/taonga arotake me ngā kaihanganga, e eke ai ki ngā take kaumātua Māori i Aotearoa, ka mutu, me whakamātautau hoki i mua i te putanga ki te iwi.

Muri i te Arotake

- Me mahi tātaitia ngā mahi tātari, arotake rānei.
- Me tautoko ngā arotake ki ngā rauemi, me ngā ritenga tōtika mō te hunga kaumātua e tohua ai e te tātaritanga e te arotakenga rānei.
- Ko te hokihoki atu anō me noho anō hei wāhanga nō te arotake tika i te kaumātua Māori.

Aronga Motuhake

- Ko ngā hōtaka arotake kaumātua Māori me tukutuku rawa ki te kaumātua, kua e riro māna kē e kimi mai.
- Ko ngā kaimahi katoa e whai pānga ana ki te arotake i te kaumātua Māori (tae ki ngā kaimahi ED) me whakangungu rawa rātou ki te mātauranga tiaki kaumātua me ngā take whai pānga.
- Me haerehoki tētahi arotake ki te āhei o te kaumātua ki te whai i ngā tohutohu o te arotake, me whakarite hoki ētahi rautaki hei āwhina i te whakatinanatanga o ngā tohutohu e te kaumātua tonu me ōna kaitiaki.

Mō ngā kōrero katoa, tirohia ngā tohutohu katoa kei www.nzgg.org.nz

TIKANGA AROTAKE KAUMĀTUA

**Te hunga 70 tau neke atu e noho ana i waenganui i te hapori
Ngāi Māori me ngā whanaunga o te Moana nui a Kiwa, 55
tau neke atu**

Te hunga hauā 55 tau neke atu

Arotake i te hunga he hiahia hauora pea ō rātou :

**Te hunga kaumātua 65 tau neke
atu**

**Ngāi Māori me ngā whanaunga
o te Moana nui a Kiwa, 55 tau
neke atu**

Te hunga hauā 55 tau neke atu

Te hunga tono mai i tōna
ratonga hauora tuatahi

Te hunga pūoho tata

Te hunga tono mai nā rātou
anō/te kaitiaki/te
whānau/te kaimahi takiwā
rānei

Arotake i te hunga pōraruraru:

**Te hunga kaumātua 65 tau neke
atu**

**Ngāi Māori me ngā whanaunga
o te Moana nui a Kiwa, 55 tau
neke atu**

Te hunga hauā 55 tau neke atu

Te hunga tono mai i tōna
ratonga hauora tuatahi

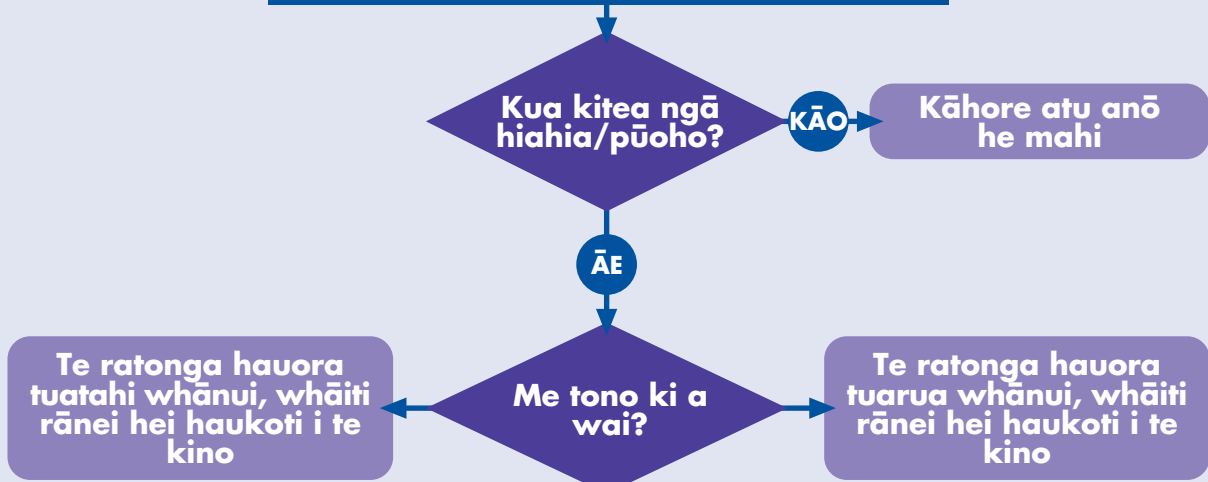
Mehemea kei te ratonga
hauora tuarua

Te hunga tono mai nā rātou
anō/te kaitiaki/te
whānau/te kaimahi takiwā
rānei

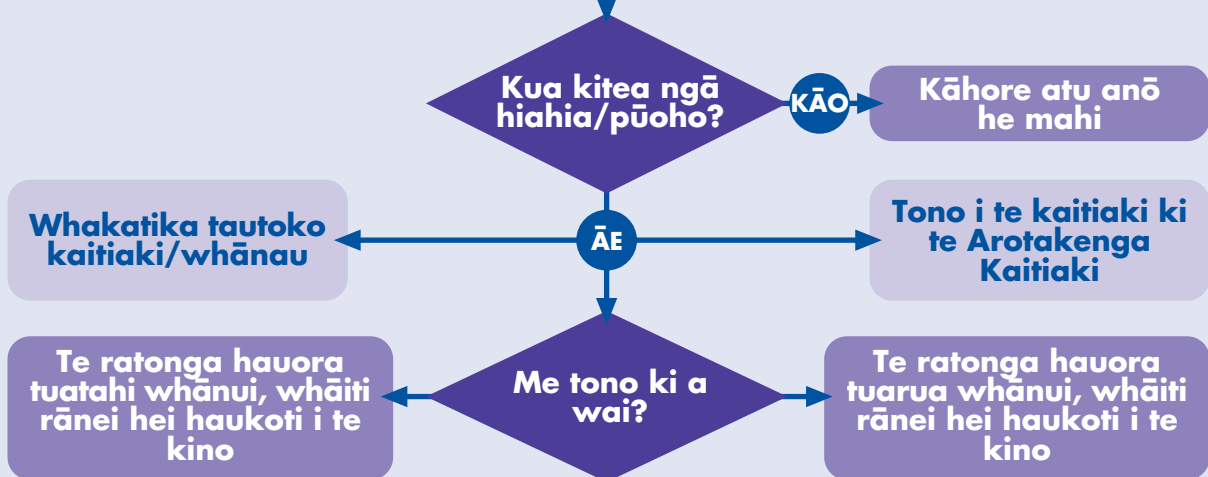
Wāhanga: he wāhi whānui o te hauora, pēnei 'te hauora hinengaro' te 'hauora tinana' rānei.

Ratonga pūtahi: he ratonga pūtahitanga haukoti hei tautoko i ētahi wāhanga katoa

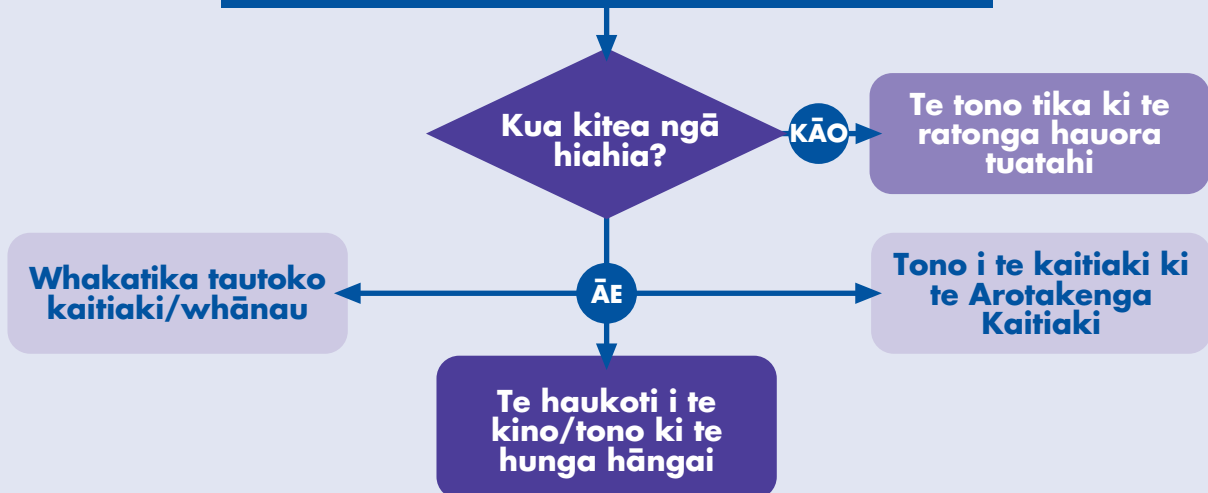
TE TĀTARI (ki ngā rohe kua whakaritea)



TE AROTAKE TAKATŪ



AROTAKE I TE HUNGA PŌRARURARU TĀMI



WĀWĀHINGA AROTAKENGA

Ko ngā wāhinga hāngai nui ki te kaumātua

- tōna tiaki i a ia anō
- tōna uru ki ngā mahi ā-iwi
- tōna ngana o ia rā
- te kai
- te haumaruru

Ngā wāwāhinga

He wāhinga ēnei e kitea wawetia ai te tūpono raruraru.

Hauora tinana

tinu wāhinga: mate nui, te puru mimi, kai hauora, te tūāoma, te takatū-ā-tinana, raruraru manawa, raruraru puku, raruraru pukapuka, mate ioio roro, mate hāere tahi, ADLs me ngā IADLs (te tiaki i a ia anō me ngā mahinga ā-whare), mate pānga (nā te nui o te kai rongoā), te ai, raruraru kōrero reo, hauora waha/niho, te titiro me te whakarongo

Hauora hinengaro

tinu wāhinga: hēmanawa, pōuriuri, pōraruru hinengaro anō, hinengaro tōtika, pōrangī, mate kai kino, mate pānga (nā te nui o te kai rongoā), ngākau tau

Takatū i te iwi

tinu wāhinga: whāinga moni me te whakahaere moni, te whare, tautoko whānau, ngā hoa, kaupapa whakahoahoa me ngā tautoko

Tūranga mahi, inā hoki ngā mahinga kāore i te utua

Ngā whakatūpato

- neke atu i te 75 ngā tau
- he mānuka tūtahi
- tūranga mārena
- he aituā i te whānau inā noa nei
- kāore he tamariki
- kāore i te whai rawa
- kātahi anō ka puta mai i te hōhipera
- kua tae atu ki te wāhanga pūoho tata o te hōhipera
- kua rerekē te tūranga hauora inā noa nei, ā, i pā tēnei āhua ki te noho takitahi
- he nui ngā raruraru hauora
- he tapepe te hinengaro
- pōuriuri
- kāore i te pai te hauora ki tāna titiro
- he mōmona rawa, whīroki rawa rānei te tinana
- e iti noa ana te pōrarururu takatū a te tinana
- he iti ngā whakakorikoringa tinana
- e 3 neke atu rānei ngā momo rongoā kai
- pōraruru ana te kite, te whakarongo rānei
- tāmia ana i te mahi/rerekē rānei te mahi
- he mea tonu arotake te kaumātua e te mahi

Hei whakaaro anō

- inu waipiro, kai hikareti/taru kino rānei
- te whakahāwea e tētahi atu

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