

# EXPERIENCES OF PSYCHOSOCIAL WELL-BEING IN AOTEAROA

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## Background

Psychosocial well-being is critical after stroke. It impacts on stroke outcomes and is often a marker by which people judge their quality of life and extent of recovery after stroke. However, it is not consistently addressed in stroke services.

This research programme seeks to understand what matters for psychosocial well-being after stroke in Aotearoa, how it is experienced and addressed in stroke services, and to identify how things may be done differently. The starting point for the research was two literature reviews to understand the core elements and enablers of psychosocial well-being in Aotearoa.

## Methods

Guided by He Awa Whiria (Braided Rivers model), we explored Māori and non-Māori experiences of life after stroke, as detailed in existing literature, examining how these experiences could inform understandings of well-being in Aotearoa.

**Review 1: A qualitative metasynthesis of stroke survivors' experiences of stroke** (Māori and non-Māori), drawing on 19 articles. Led by Felicity Bright (Pākehā). Analysis using reflexive thematic analysis.

**Review 2: A narrative review of whānau Māori experiences** of stroke, drawing on 6 articles and 5 theses. Led by BJ Wilson (Ngāti Tuwharetoa). Analysis using rangahau Māori approaches of noho puku (reflection), whanaungatanga (seeking connections) and kaitiakitanga (guardianship).

## Discussion

- Well-being is unique to an individual, deeply relational in nature, and influenced through connection with people, culture and community. All of which need to be supported.
- Cultural differences in well-being are evident. Well-being for Māori has wider integrations with whānau and culture, and is unique for each whānau.
- Many factors that enhance well-being are not currently supported in services. In fact, some may be negatively impacted by existing care practices and processes.
- This review can help clinicians and services reflect on how well-being is addressed and identify areas for discussion and support.

Scan this code to take you to our research website, where more information about our research is available. :



## General experiences of well-being in Aotearoa

### STRONG CONNECTIONS

Having strong connections with family, old friends and new friends who have also had a stroke, helps provide a sense of belonging.

### STABLE IN THE PRESENT

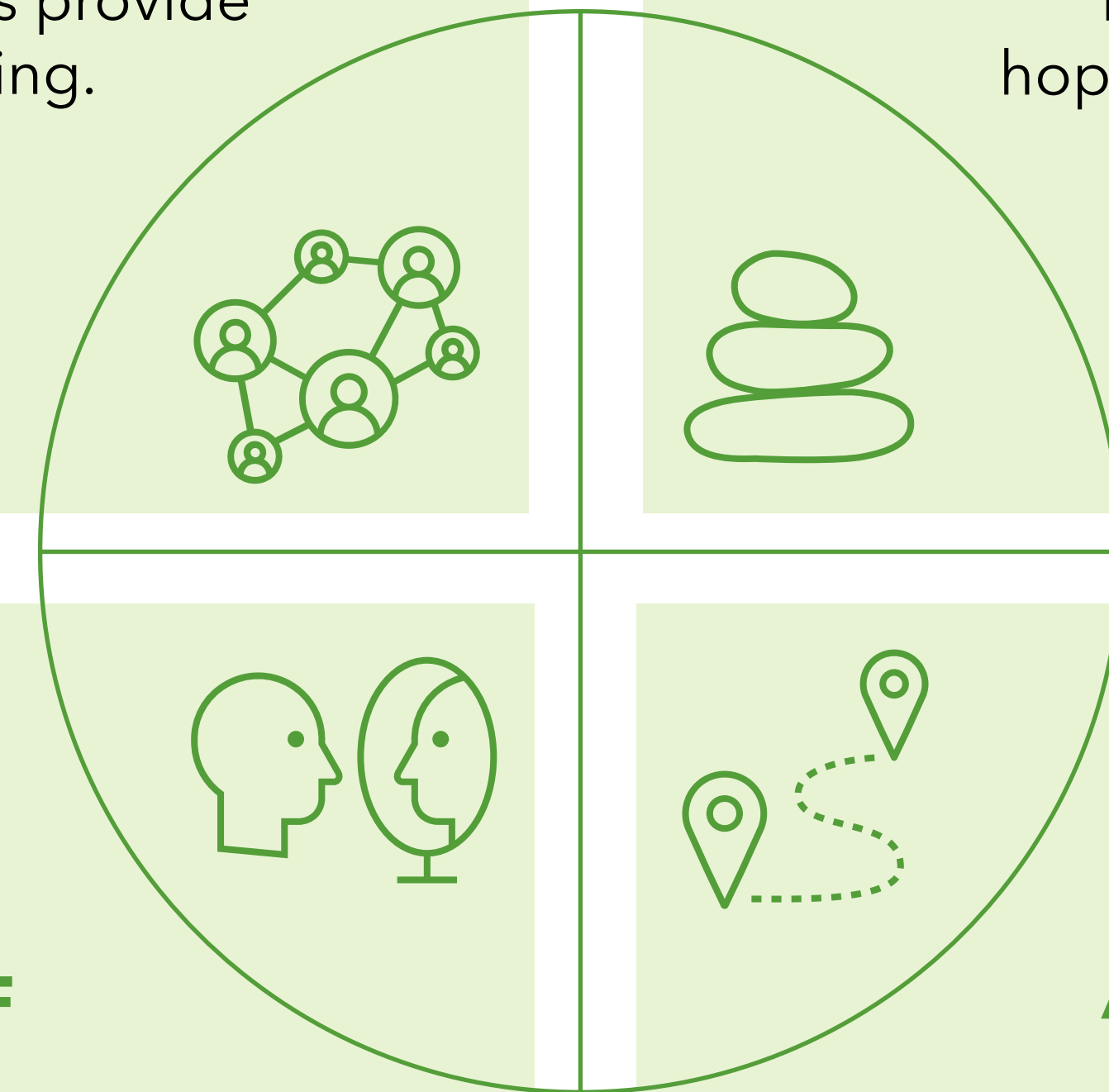
Having a general sense that things are okay at the moment helps people find balance, stability and hope amidst uncertainty, challenge and loss.

### SENSE OF SELF

Having a self-identity that reflects the past, present and future (who they were before the stroke, who they are now, and who they want to be) grounds people.

### A VISION OF THE FUTURE

Having a vision of a possible future, and a sense of moving toward this desirable future, gives people hope and purpose.



## Whānau Māori experiences of well-being

### WHANAUNGATANGA AND NGĀ HONO

Having a sense of connection and belonging within one's whānau and wider community, and places of meaning, supports well-being.

### WAIKUA AND MANA

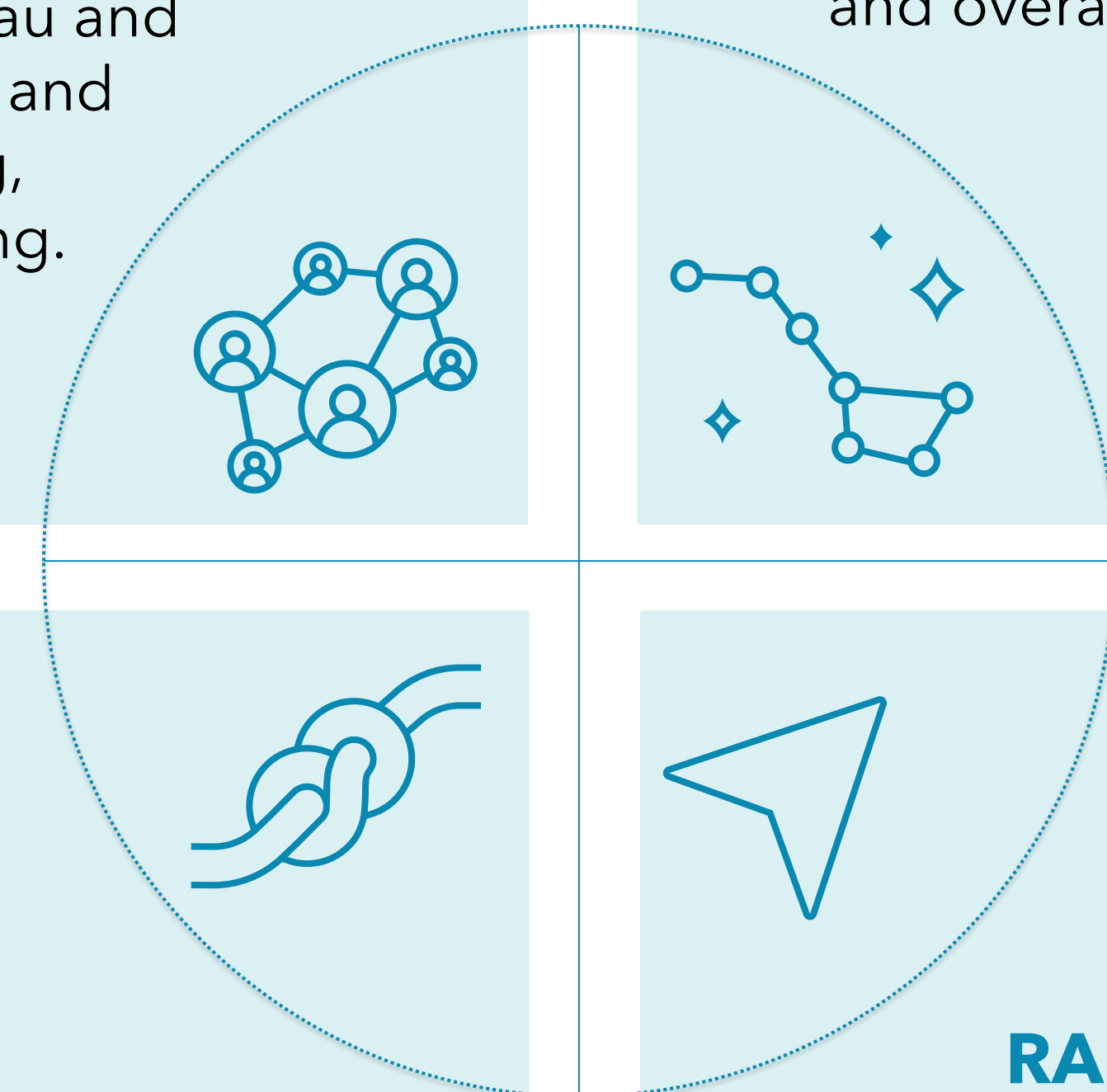
Having one's mana acknowledged and upheld influences the sense of waiikua and overall experience of well-being.

### KO AHAU

Feeling connected to one's personal cultural identity as Māori, and this being recognised and supported, helps ground people.

### RANGATIRATANGA

Whānau feeling a sense of autonomy and control over their health recovery journey enhances their personal and collective well-being.



We thank our advisor, Rukingi Haupapa (Te Arawa, Ngāti Whakaue) for identifying kupu that reflect the experiences of whānau Maori