

Ko au tēnei

This is me



Helping you know me, beyond my stroke

[Add your photos here]

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Partnered with



Waipapa
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01. PEPEHA



Tōku Pepeha My story

Ko _____ tōku Maunga

Ko _____ tōku Awa

Ko _____ tōku Waka

Ko _____ tōku Iwi

Ko _____ tōku Hapū

Ko _____ tōku Marae

Ko _____ tōku Tīpuna

Ko _____ ahau

02. ABOUT ME



Ko au tēnei
This is me

My name/What I'd like to be called:

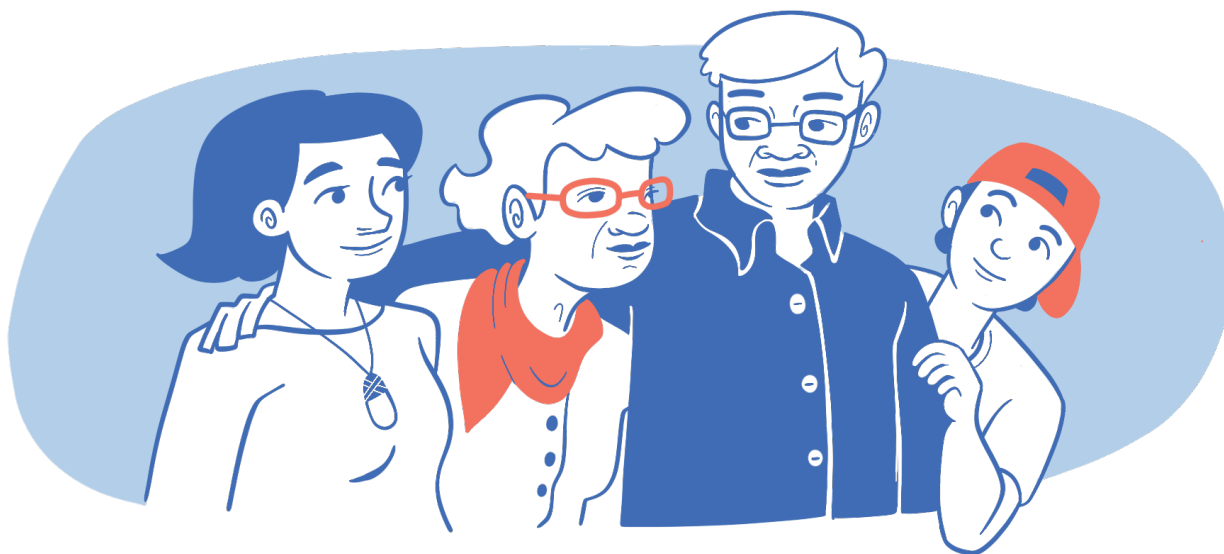
Important people in my life:

Places that are important to me:

What helps me feel comfortable:

What makes me feel anxious or overwhelmed:

03. WHĀNAU & SUPPORT



Tōku whānau **My whānau**

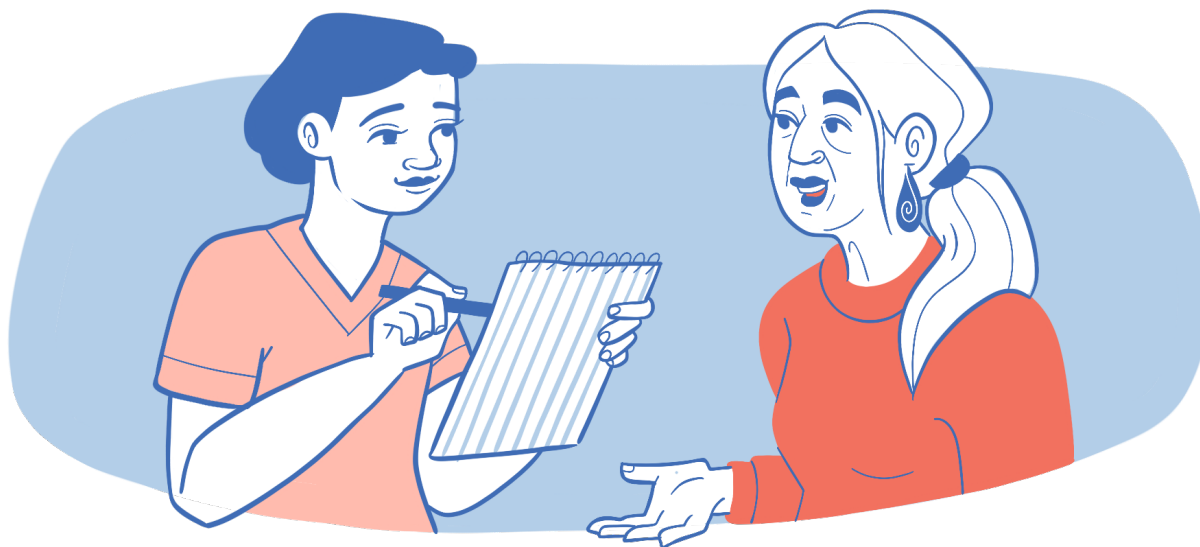
People I want involved in my care:

How my whānau can support me:

How staff can support my whānau:

Important contacts:

04. COMMUNICATING WITH ME



Āwhinatia taku kōrero Help me communicate

Please:

- ☐ Give me time to respond
- ☐ Use simple words
- ☐ Use pictures or gestures
- ☐ Speak directly to me
- ☐ Ask one question at a time
- ☐ Write things down
- ☐ Check I understand
- ☐ Explain medical terms

Communication is hard when:

- ☐ I am tired
- ☐ There is lots of noise
- ☐ I feel stressed
- ☐ Too many people talk
- ☐ Questions are rushed

Things that help me communicate:

The person who helps me make decisions is:

05. WHAT MATTERS TO ME



He aha ngā mea nui ki ahau?
What is important to me?

Things that help me feel like myself:

Things I enjoy:

What's important to me right now:

Things I want staff to know about me:

What gives me strength:

06. CULTURAL & SPIRITUAL SUPPORT



Tikanga me ngā tikanga wairua **Cultural and spiritual support**

Language preference:

- ☐ English
- ☐ Te reo Māori
- ☐ Other: _____

Cultural practices important to me:

Spiritual or religious supports important to me:

How to maintain my dignity and help me feel respected and safe:

NOTES

NOTES

07. FOR STAFF



Communication advice for everyone **Mana-Enhancing Interactions**

Ask yourself: Did I ..?

- Introduce myself?
- Make a connection?
- Speak directly to the person with the stroke?
- Acknowledge their competence?
- Go slowly?
- Give time to respond?
- Include whānau?
- Find out what really matters?
- Make sure they know how to contact me?