

5 Things in 5 Minutes



01. Whakatau | Help me feel welcome

- ☐ Introduce yourself
- ☐ Explain your role
- ☐ Acknowledge my whānau

Did I introduce myself to everyone present?

02. Whanaungatanga | Connect with me

- ☐ Learn one thing about me beyond my stroke
- ☐ Share something about yourself
- ☐ Use my preferred name

Did I make a connection?

03. Mana Motuhake | Protect my voice

- ☐ Speak directly to me
- ☐ Give me choices
- ☐ Acknowledge my competence

Am I clear on how this person wants to be cared for?

04. Manaakitanga | Show care and respect

- ☐ Slow down
- ☐ Give me time
- ☐ Protect my dignity

What might improve our communication?

05. Wairuatanga | Understand what gives me strength

- ☐ Ask what matters to me
- ☐ Ask who supports me
- ☐ Recognise cultural and spiritual needs

Did I identify the important people, and confirm what matters to them?