

# Te Ara Pai

## Stepping Stones to Wellness

### Overview of Model and Services

# Background

- Why was change necessary?
  - Increased recovery focus.
  - Increased numbers of people living in their own homes.
  - Large numbers residential beds and long LOS
  - Inconsistent service models across sector

# Te Ara Pai: Stepping Stones to Wellness



*Peer Partnership - Identity - Belonging*



Ara Tika

Whānau

Mātauranga

Whānaungatanga

Hapūtanga

Wairuatanga

Te Hononga

Te Ao Marama

Te Oranga

Mauriora

Whānau Ora

# First 3 Services

- Navigation
- Home Based Support Services
- Housing Facilitation

# Navigation

- Works with person, whanau, and clinical providers.
- Helps with goal identification.
- Good knowledge of community resources.
- Supports person to access what is needed.

# Personalised Plan

- Document
- Collaborative development
- 12 Domains
- Actions – access to services
- Review

# Home Based Support Services

- Based in a persons home.
- Extended hours service.
- Household tasks, personal cares and medication support.
- Support varies from role modelling to teaching and skill development to prompting.

# Housing Facilitation

- Increases pool of available housing stock.
- Accommodation finding service
  - Data base of accommodation
  - Knowledge eg WINZ
- Tenancy Support
  - Education
  - Communication
  - Referral

# Next Steps

- Personal Connections
- Health
- Skills for Life
- Occupation
  - Whanau
  - Peer Support

# Questions

