

# Ngā Whāriki Kōrero

A kaupapa Māori resource for whānau with communication difficulties  
caused by stroke

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- Speech Science and Te Kupenga Hauora Māori, The University of Auckland
- All participants including stroke survivors, whānau members, SLTs and Stroke Foundation community stroke advisors
- Māori health managers and advisors
- NZSTA
- Te Whaawhai Taki
- Illustrations by Carol Green ([carolgreen.net](http://carolgreen.net))
- And many many more...

# Communication problems after stroke

- Speech
  - Dysarthria
  - Apraxia
- Language
  - Aphasia
- Social communication
  - Cognitive communication disorder



# Background

In a series of interviews undertaken with Māori whānau with aphasia (McLellan et al 2014) and with SLTs (Brewer et al 2015) both groups revealed that SLT service delivery for Māori with stroke was in need of improvement



# Interviews/focus groups

- A second set of interviews and focus groups in rural and urban areas
  - Māori whānau with stroke-related communication disorders
  - SLTs
  - Stroke Foundation community stroke advisors
- Discussions with Regional Māori Health, Bay of Plenty DHB
  - Amohaere Tangitu, Lani Marama and colleagues



# Interviews/focus groups

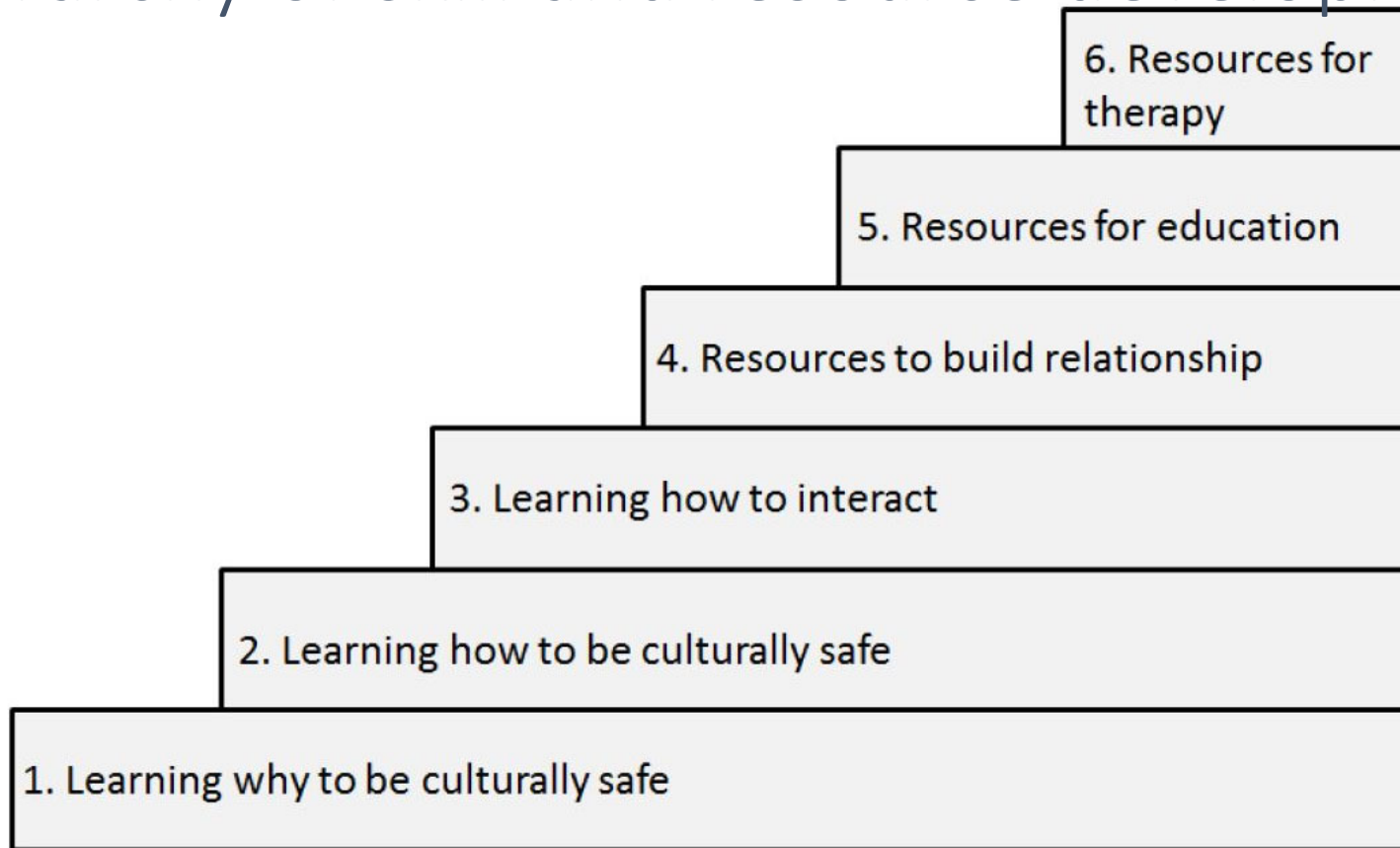
- Discussed:
  - The service provided for Māori with stroke-related communication disorders
  - Ideas for how this could be improved



“Can I ask a question about the resource that you were talking about? Were you going to be looking into a resource about, I don’t know, that could help with communication or with more- like ‘cos it seems like a lot of the issues are settling back at home and services and that kind of organisation. I don’t know, organising the family and everything” (Renée, SLT)



# A hierarchy of skill and resource development



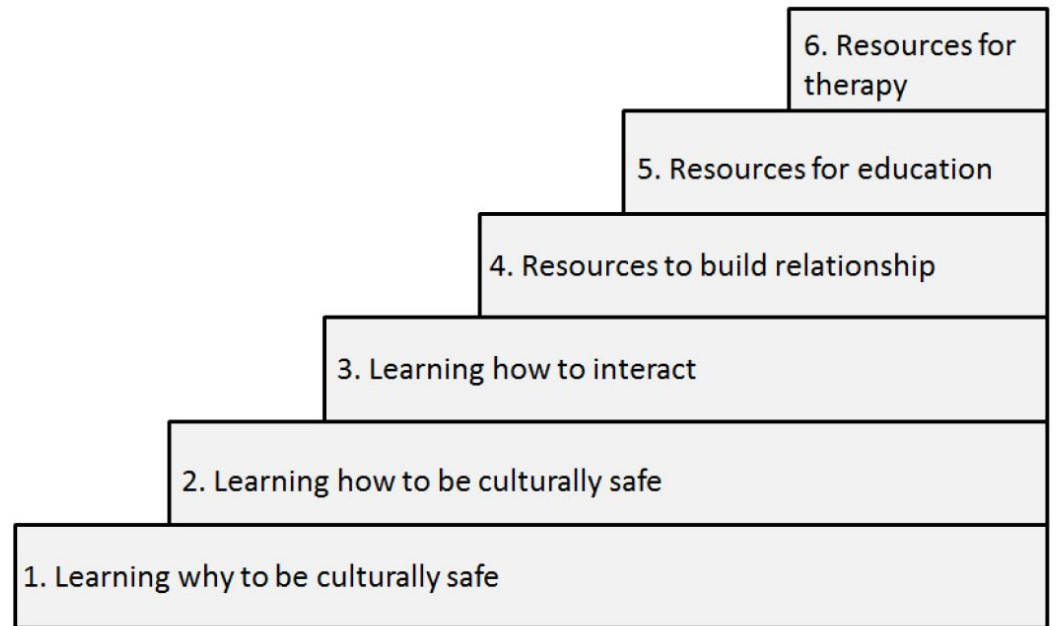
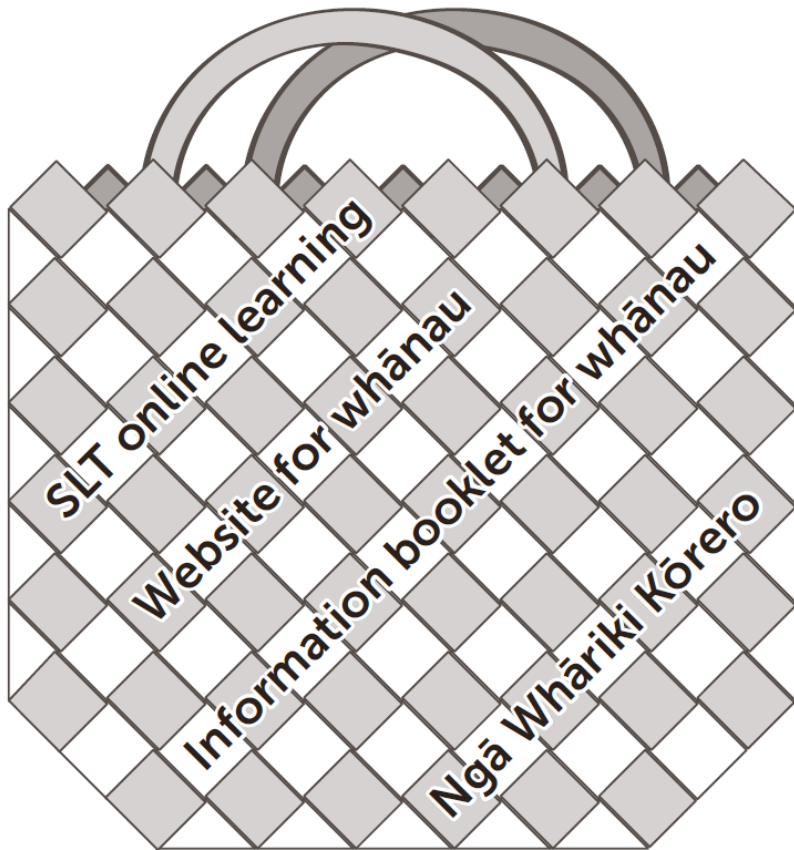
Brewer, K. M., McCann, C. M., & Harwood, M. L. N. (2016). The complexities of designing therapy for Māori living with stroke-related communication disorders. *New Zealand Medical Journal*, 129(1435), 75-82.

Poutama idea from Waimirangi Andrews.

# Nationwide vs Iwi-Specific

- Impossible to make just one kaupapa Māori resource
- Mātauranga-ā-iwi
- Tailor the resource to suit your region





# SLT online learning

- Module One:
  - foundational knowledge around the historical and socio-political context for Māori
  - health inequities
  - social determinants of health
  - racism
  - te Tiriti o Waitangi
  - cultural safety
  - power inherent in the role of the SLT



# SLT online learning

- **Module Two:**
  - specific information about therapy for Māori stroke survivors and whānau
  - suggestions for working with Māori Health colleagues



# Website and booklet for whānau

- [stroke.blogs.auckland.ac.nz](http://stroke.blogs.auckland.ac.nz)

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## Communication After Stroke:

Information and support for Māori whānau with communication difficulties caused by stroke

By Karen Brewer, Clare McCann and Matire Harwood



# Example pages

## Problems finding the right word to say

Lots of stroke survivors have **problems** finding the **right word** to say. This is often called “wordfinding difficulties”.



*I talk with Edna a lot, but she gets too frustrated, can't get those words out. She's saying turn the TV off instead of saying turn the sound down, it's turn the tap or something like that.*

**Toto**  
Husband of Edna, stroke survivor

In this example, if Toto knows what Edna meant he could just say “Turn the TV down? Sure, I’ll do that”. If he doesn’t understand he could say “You said turn the TV off. Did you mean that or something else?” It is not helpful to make Edna keep trying until she says it right.

Living with the effects of a stroke, or caring for a whānau member, can be isolating. Here some whānau share their experiences.



*You certainly find out who your friends are. She had quite a huge circle of so called friends but finished up with one good one.*

**Les**, husband of Juliana, stroke survivor



*And it's just one of the things that we have to accept is caring for her at home actually is a form of isolation from other people.*

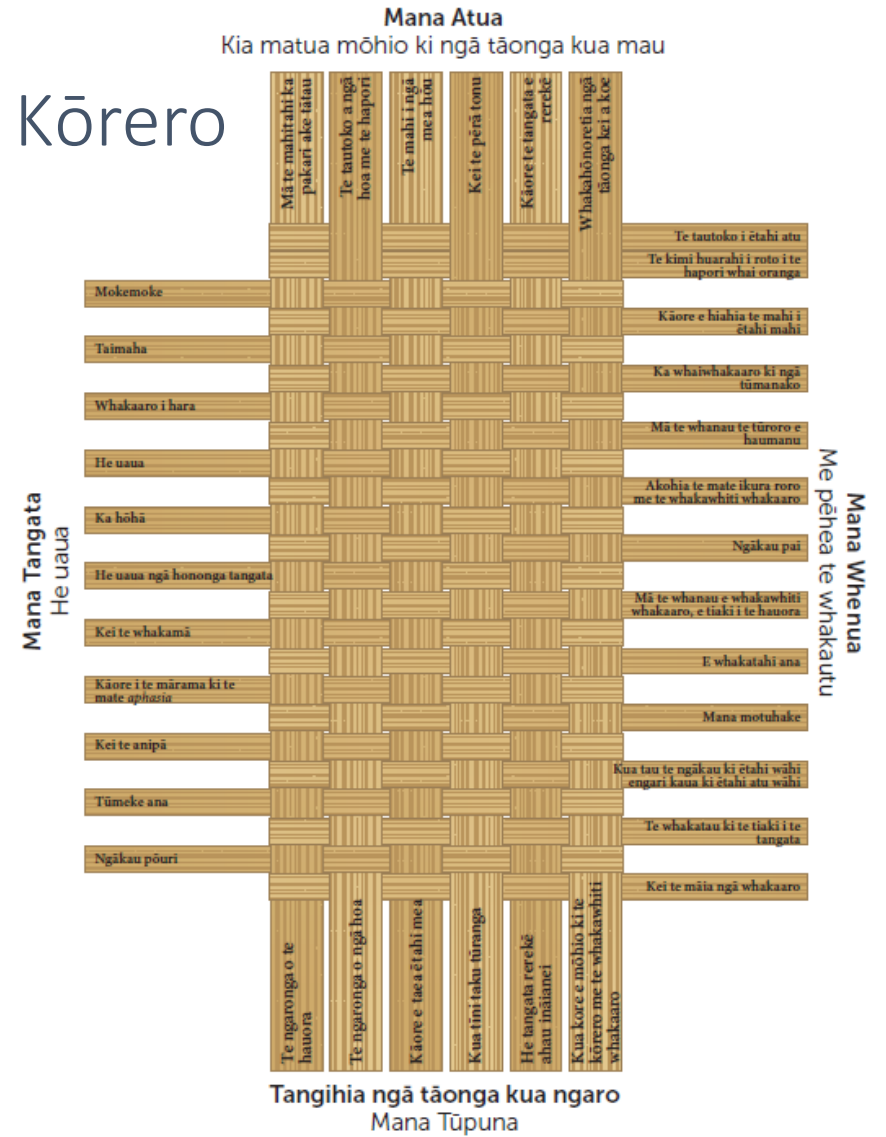
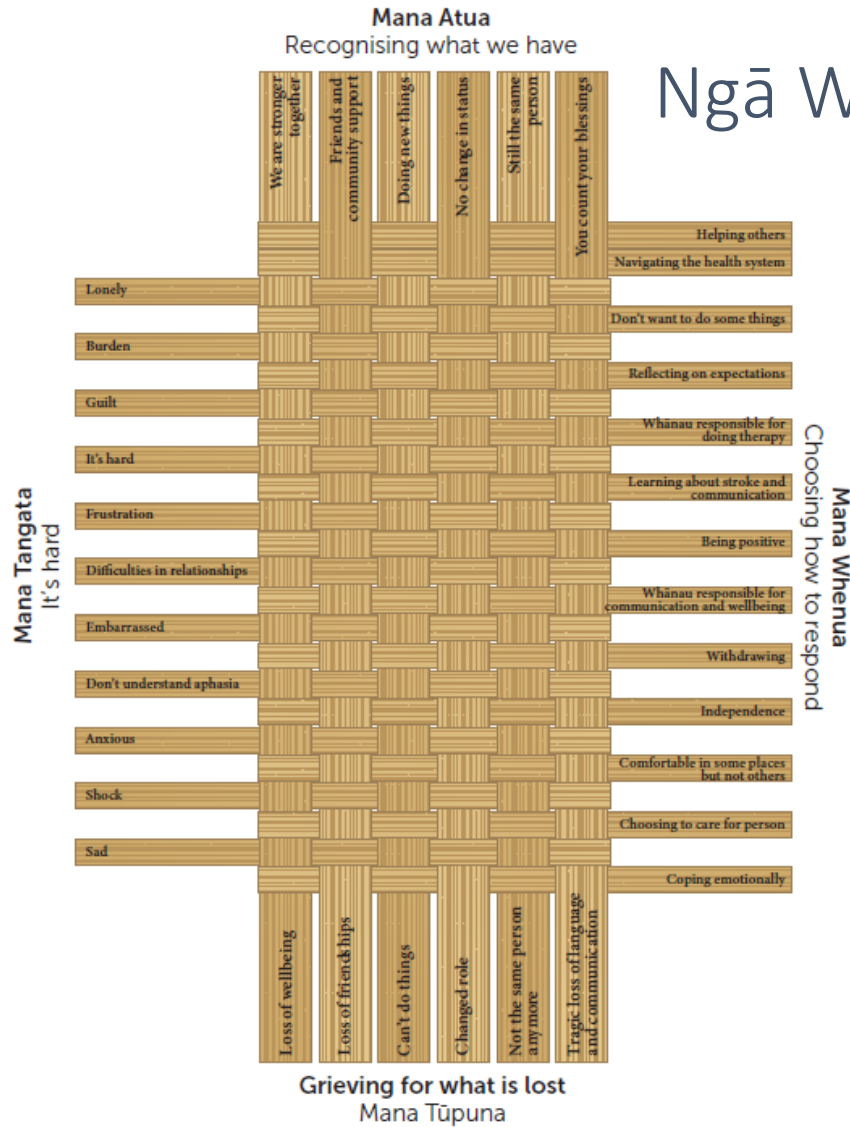
**Kathy**, daughter of Gloria, stroke survivor



*I want to go back to work. It's a boring life staying at home. It sucks man! Dunno why people, dunno how people enjoy staying at home. I find it so boring man.*

**Peter**, stroke survivor

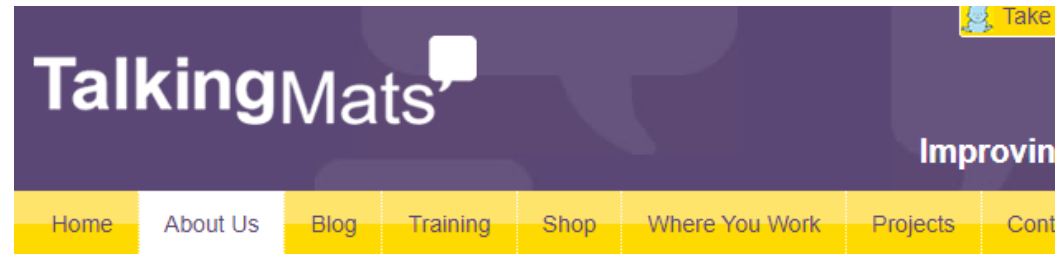
# Ngā Whāriki Kōrero



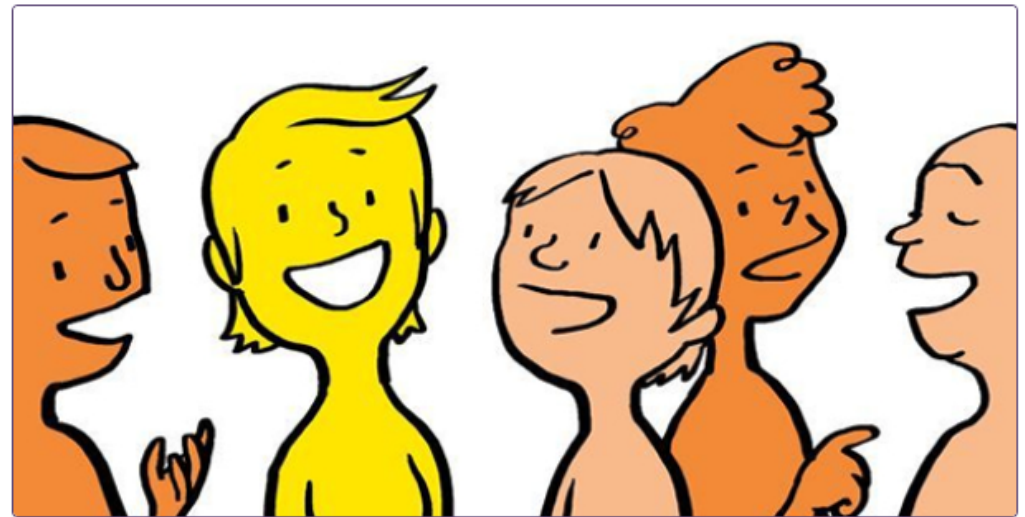
# Ngā Whāriki Kōrero

www.talkingmats.com

- Must complete Talking Mats training before using this resource
  - <https://talklink.org.nz/talking-mats-courses>
  - <https://www.talkingmats.com/training/online-training/>
- “You can’t show that to a Nanny”



## About Talking Mats



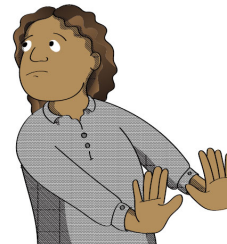
Talking Mats Limited is a social enterprise whose vision is to improve the lives of people with communication difficulties, and those close to them, by increasing their capacity to communicate effectively about things that matter to them.

# Ngā Whāriki Kōrero

- Topic



- Top scale



# Ngā Whāriki Kōrero

- Options
  - Bilingual, turn card over for other language



doing things I used to do



te mahi i aku mahi i mua

Ahpsajia



understanding aphasia

Ahpsajia



he aha tēnei mate  
"aphasia"?



whānau wellbeing



oranga whānau

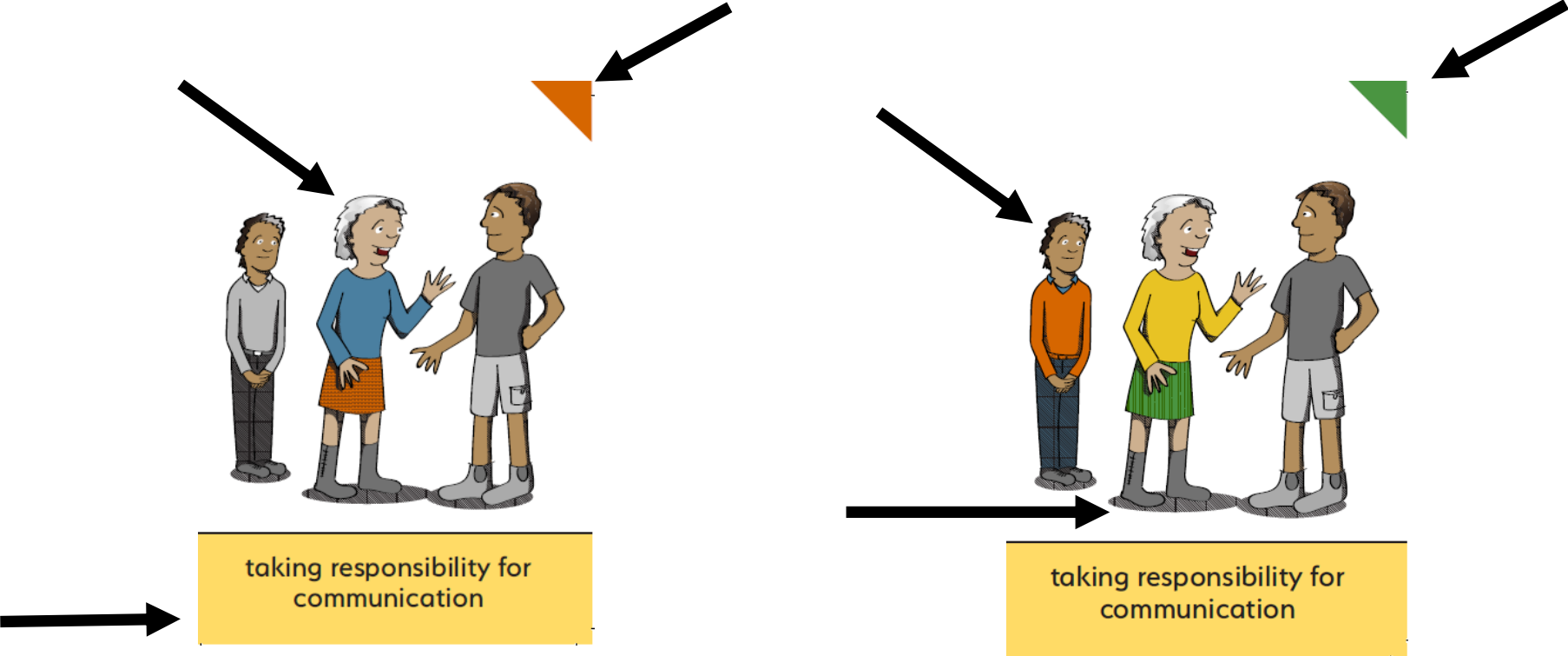


frustration



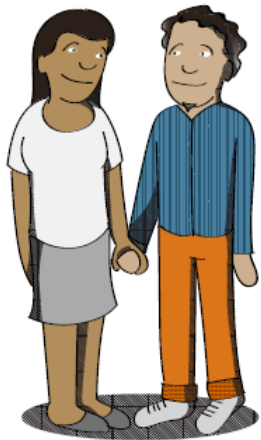
he muhumuhu

# Features of the “options” cards

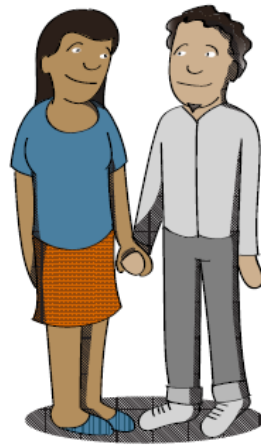


# Features of the “options” cards

- Relationship with partner



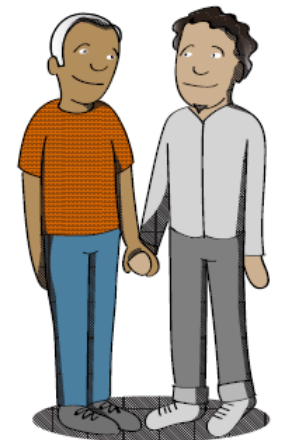
te hononga me te  
hoa rangatira



te hononga me te  
hoa rangatira

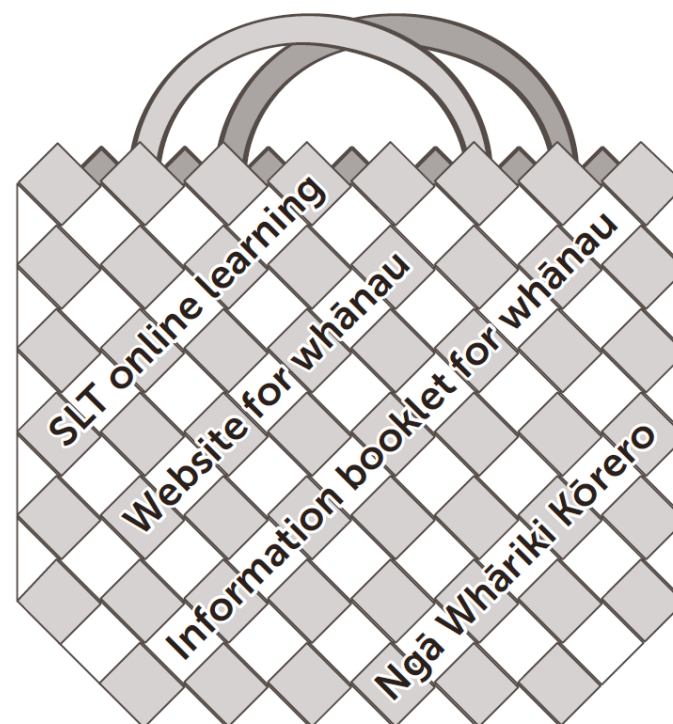
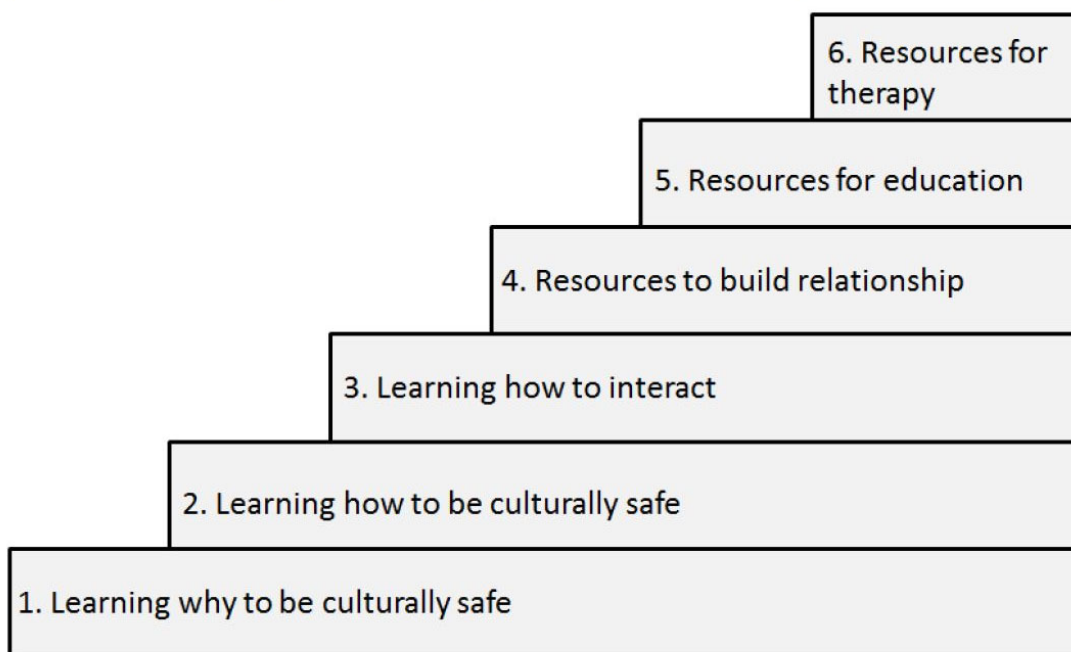


te hononga me te  
hoa rangatira



te hononga me te  
hoa rangatira

# Remember the poutama and the kete



## Where can I get this?

- pdfs available on Karen's website  
<https://stroke.blogs.auckland.ac.nz/nga-whariki-korero/>
- Initial print run (July 2020) distributed for free to all DHBs and other interested parties
- Email Karen to request hard copies if you, or someone you know, will use them. [k.brewer@auckland.ac.nz](mailto:k.brewer@auckland.ac.nz)

# Kōrerorero

- He aha ō koutou whakaaro?
  - How might you use this in your mahi?
  - Could this be useful for professions other than SLT?
  - Could this be useful for people other than stroke survivors?
- 
- If you, or your clients, come up with an innovative use for Ngā Whāriki Kōrero or if you would like to share a story about using the resources, please email: [k.brewer@auckland.ac.nz](mailto:k.brewer@auckland.ac.nz)