

## The Pae Ora ki Waitaha project

### Developing services that support people/whānau to stay well and take greater responsibility for their own health and wellbeing

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#### About the project

Pae Ora ki Waitaha is a Canterbury health system project to improve how we deliver services so we can fulfil our health system's first strategic objective of 'Services that support people/whānau to stay well and take greater responsibility for their own health and wellbeing'.

We've made vast improvements in developing people/whānau centred services by working collaboratively through an alliance approach. However, there are still further gains to be had in delivering on our first strategic objective.

Health services and systems can do a lot to support people to stay well. For example, through:

1. Understanding and knowing people/whānau well, including behaviours, skills, and their environments
2. Having skilled health professional teams across the health system that are willing and able to support people to make positive changes
3. Having effective and accessible "healthy lifestyles" type interventions such as smoking cessation programmes
4. Providing information on ways to enhance health and wellbeing that is easy to access
5. Having systems and process that support the above
6. And then by being good role models by having a health promoting environment

#### Who is leading this project?

The purpose of the Population Health and Access Service Level Alliance (PH&A SLA) is to provide advice and recommendations to the Canterbury Clinical Network's Alliance Leadership Team on innovative and integrative ways of providing care, and recommend ways the system can adapt to continuously and equitably improve outcomes.

A working group, called Pae Ora ki Waitaha, which sits under the PH&A SLA has been established to lead this piece of work.

#### What stage is the project at currently?

The first stage of the project is seeking to better understand what it would look like if the Canterbury health system fully supported people/whānau to stay well and healthy.

This will be achieved through public engagement sessions, called community conversations, and by carrying out a survey. In addition to the findings from these two channels, the working group will also review past consultations to see what communities have already told us.

The initial engagement process will focus on hearing from priority groups - those that currently experience inequitable access to health services and inequitable health outcomes: Māori; Pasifika; culturally and linguistically diverse (CALD); people with lived experience of a disability; older persons; youth, rainbow communities, and those living rurally.

Once the first stage is completed, analysis of the information will inform the identification of ways the Canterbury health system can better meet support people to stay well. A set of principles will be developed to inform decisions on where the system will invest to support populations with highest need.

## Brief timeline

What is planned in 2021 is to start a staged approach to development.

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Stage 1: Establish foundations First half of 2021	Community conversations Surveys Review of past consultations
Stage 2: Develop a plan Second half of 2021	Using the information from Stage 1 and continuing to work with health system and community stakeholders, a plan will be formed that will identify key areas that can be developed and improved.  This plan will be based on the notions that existing resources will be re-aligned to the delivery of the future state  When Stage 2 has been completed, a draft plan will be presented to the Canterbury Clinical Network's Alliance Leadership Team for discussion and endorsement.
Stage 3: Implement plan	The plan will then be implemented using Canterbury health system alliance methods and a design approach. Given the scope of this work, a phased approach may be required to progress implementation.
Stage 4: 2022	Using learning from Stage 1, 2 and 3, the working group will consider integration of this work with the current condition-specific programmes, post-acute rehabilitation, and Falls Prevention programmes.

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## More information

To find out more or contribute to the project please contact Koral Fitzgerald, CCN Senior Project Facilitator, at [koral.fitzgerald@ccn.health.nz](mailto:koral.fitzgerald@ccn.health.nz)