

Pacific cultures: Building blocks for a socially-engaged and co-created approach to brain health

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National
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Challenges

AGEING WELL

Kia eke kairangi ki te
talkaumātuatanga



Overview

Commissioned research by
Ageing Well NSC, 20 months
to April 2024

- Background
- Aim
- Design: QI & Qn
- Results
- Next steps
- Implications
- References
- Acknowledgements



Background

Brain disorders such as TBI, Stroke, Dementia, Mental health, a key concern.

Diagnosis largely based on western concepts not easily transferred into the holistic perspectives of wellness and wellbeing.

Knowing what supports, services and community initiatives would be appropriate for development and implementation into practice and policy warrants investigation.



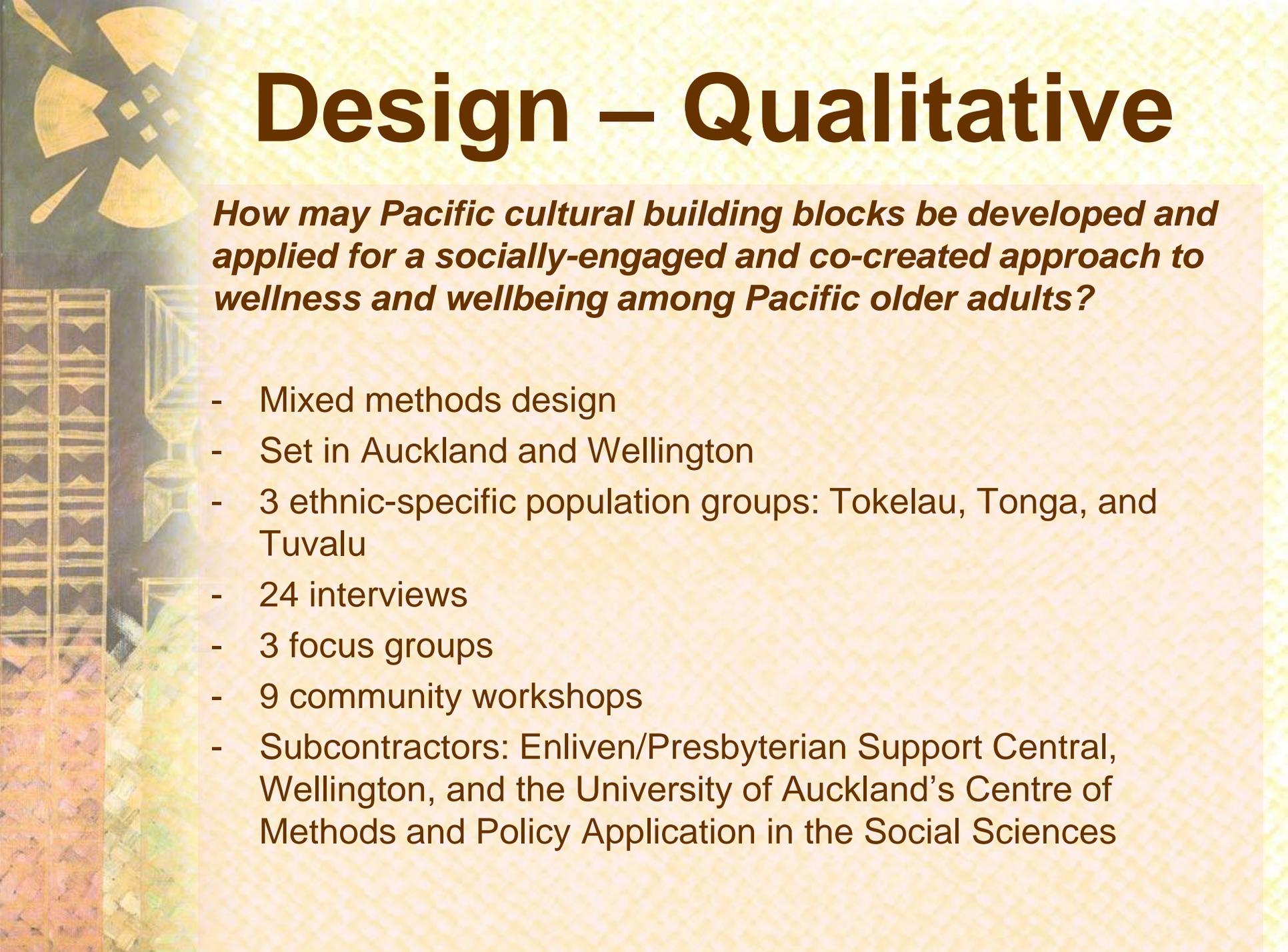
Aim

Investigate how Pacific older adults



- engage with wellness and wellbeing service providers;
- participate in wellness and wellbeing services and social contexts;
- how such engagement and participation impacts their wellness and wellbeing;

Work with available data sets to define cohort and determine the experiences of target groups to optimizing their wellness and wellbeing.



Design – Qualitative

How may Pacific cultural building blocks be developed and applied for a socially-engaged and co-created approach to wellness and wellbeing among Pacific older adults?

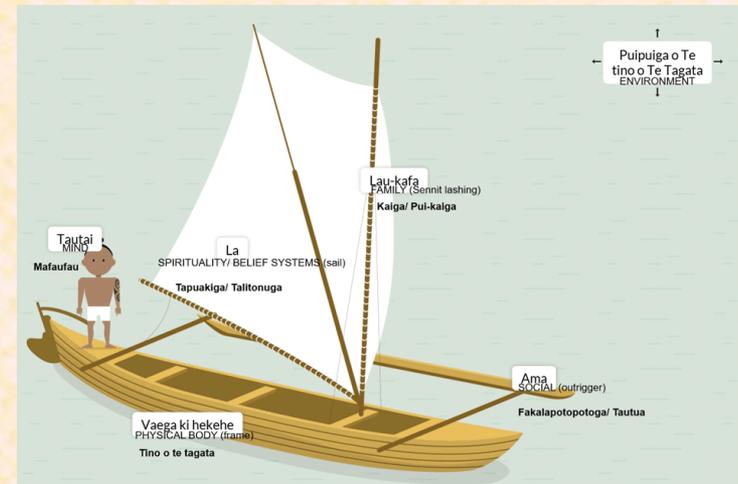
- Mixed methods design
- Set in Auckland and Wellington
- 3 ethnic-specific population groups: Tokelau, Tonga, and Tuvalu
- 24 interviews
- 3 focus groups
- 9 community workshops
- Subcontractors: Enliven/Presbyterian Support Central, Wellington, and the University of Auckland's Centre of Methods and Policy Application in the Social Sciences

Design – Qualitative

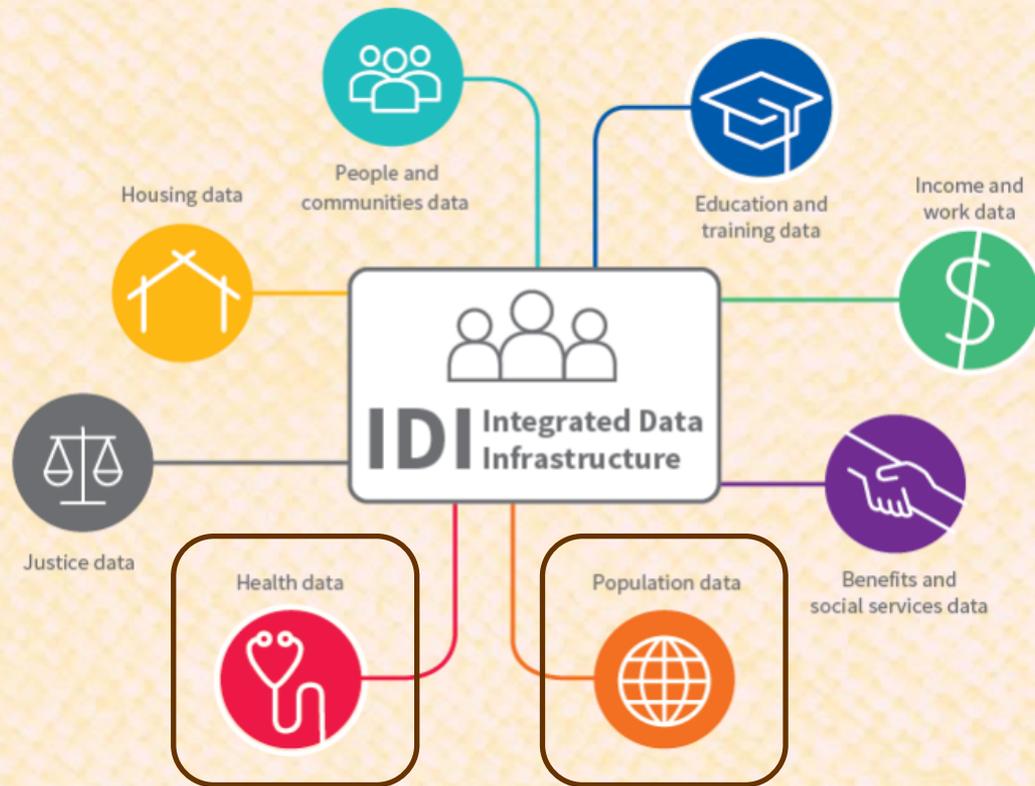
Create a discrete collection of data and resources to understand what is currently happening and what the enablers and challenges are to supporting the wellness and wellbeing of Pacific older adults.

Study augmented by talanoa and Pacific health models/conceptual frameworks:

- Te Vaka Atafaga
- Fonua
- Ola lelei



Design – Quantitative

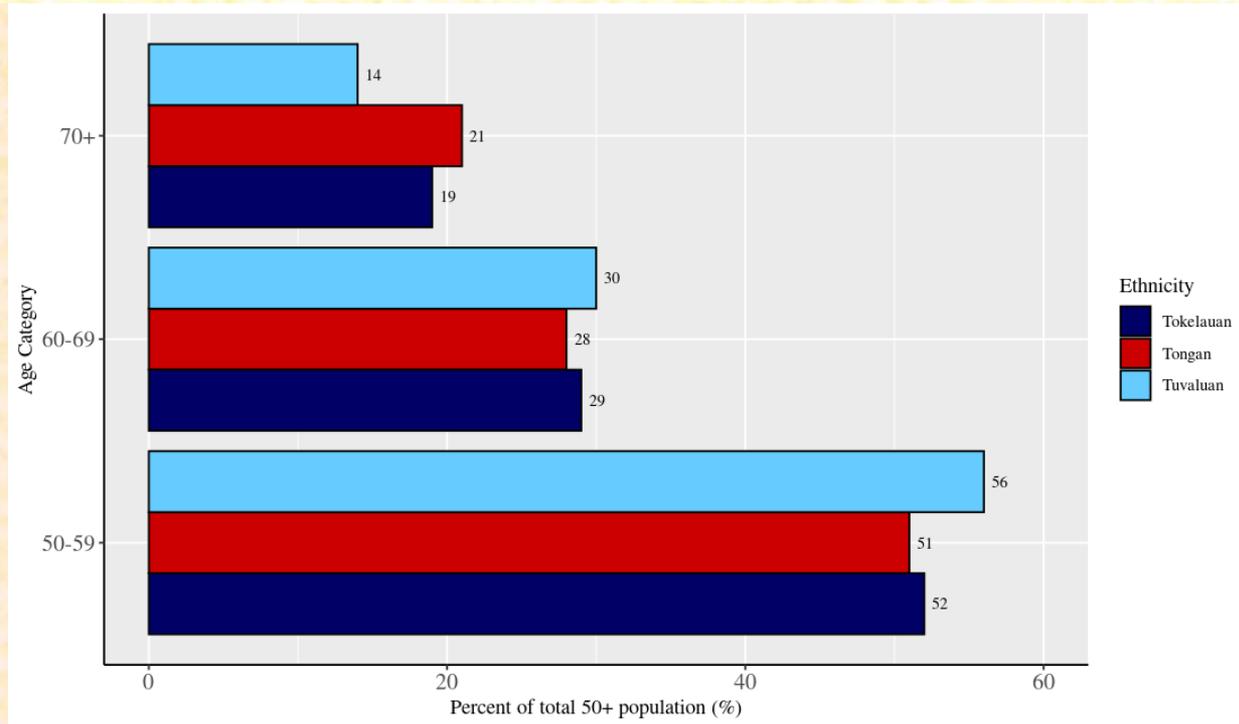




Design – Quantitative

Population & demographics	Health datasets
<p>Census 2018</p> <ul style="list-style-type: none">• Ethnicity• Age	interRAI
	Pharmaceutical Collection
	Hospitalisations (Private & Public)
	Mental Health Data (PRIMHD)
	Chronic Conditions

Results

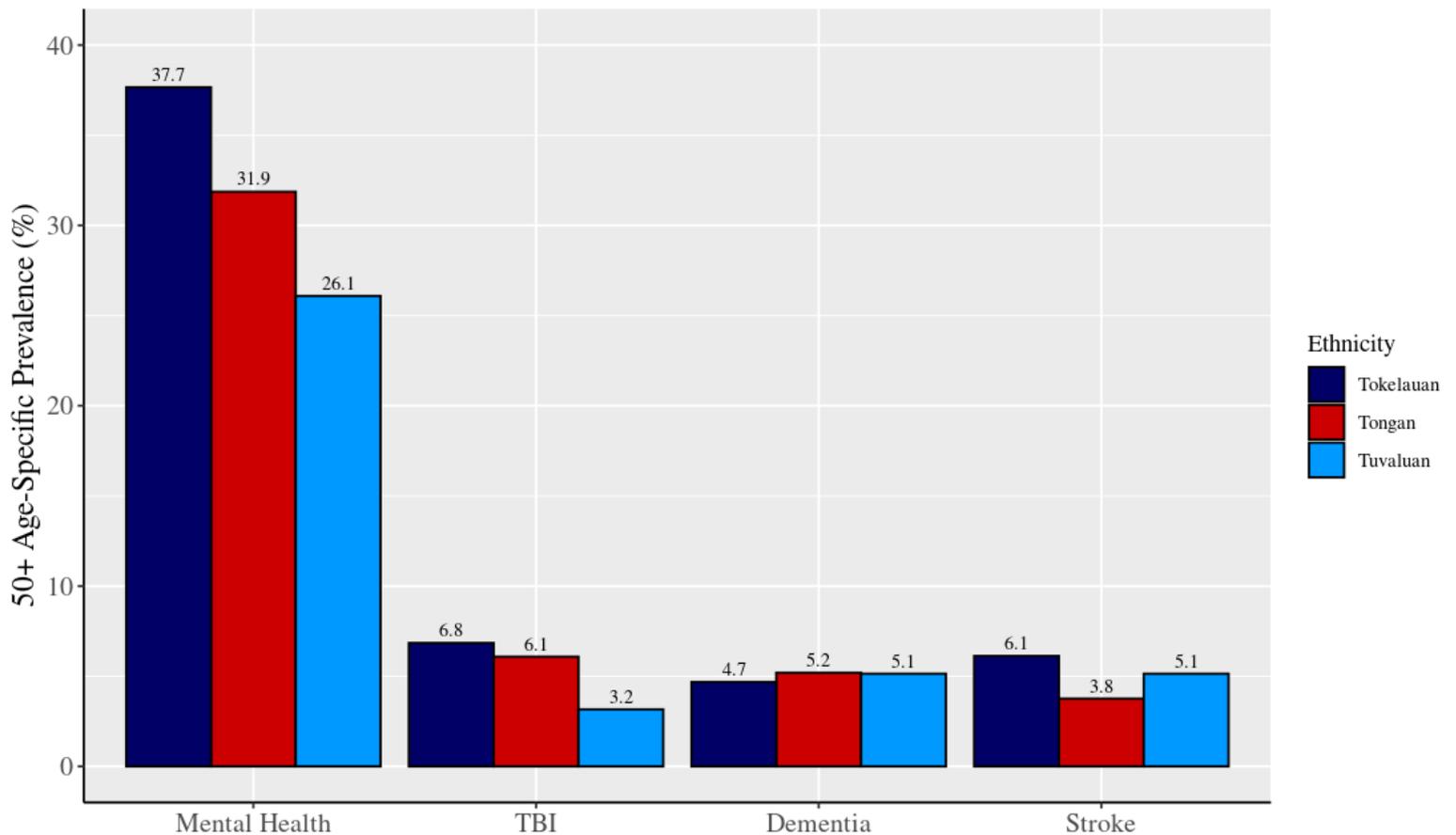


Median age

- Tokelauan: 20.50 years
- Tongan: 21.40 years
- Tuvaluan: 18.30 years

Results

Lifetime prevalence of four brain-related conditions within the 50+ age group among our three ethnic populations: Tokelauan, Tongan, and Tuvaluan.



Next steps

- Extent of service use i.e. number of events, long term v instance cases
- Complete data collection and analyses
- Disseminate results



Implications

- Inclusion of small population groups in critical dialogue for better outcomes
- Data essential to inform policy and practice



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Acknowledgements



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