|  |
| --- |
| **Kaumātua Mana Motuhake: A Pre-/Post-test Clustered Staggered Peer Education Intervention to help Māori Elders Work through Later-stage Life Transitions** |
| **Background/Objectives**Significant inequities exist between Māori (Indigenous peoples of Aotearoa/New Zealand) and non-Māori around poor ageing and health. The current research project takes a strengths-based approach that highlights the potential of kaumātua (elders) by asserting mana motuhake (autonomy, identity and self-actualisation). Specifically, this project utilises a ‘tuakana-teina’ (older sibling/younger sibling) peer-educator model, where kaumātua work with other kaumātua in relation to health and wellbeing. The objectives of the project are (1) to develop the capacity of kaumātua as peer educators, whilst having positive impacts on their sense of purpose, health and wellbeing; and (2) to enhance the health-related quality of life (HRQOL) and mana motuhake for kaumātua receiving the intervention. **Methods**The research is grounded in principles of kaupapa Māori (research by Māori for Māori) and community-based participatory research. The research design is a pre- and post-test, clustered staggered design. All participants completed a baseline assessment of health and wellbeing consistent with Māori worldviews. The participants were divided into two groups with the first group completing the intervention during the first half of the project and the second group during the second half. All participants completed post-test assessments following both interventions allowing comparison of the two groups along with repeated measures over time.**Results**We recruited 29 tuakana and 180 teina to participate in the intervention. Baseline measures of HRQOL indicate an average of moderate health and high levels of autonomy. Each tuakana then met with up to six teina for three conversations. The intervention and data collection will be complete by the end of 2018 and thus we will have data in-hand for presentation at the conference. Focus group conversations indicate that the intervention has been well received and enhancing of HRQOL and mana motuhake.**Discussion**The findings will provide an evidence base for the importance and relevancy of kaumātua knowledge to create contextually based and culturally safe age-friendly environments that facilitate engagement and participation by kaumātua for kaumātua. If the model is effective, we will seek to facilitate the dissemination and scalability of the intervention. **Keywords**Mana motuhake, kaupapa Māori, community-based participatory research, ageing, health-related quality of life |