

<b>Title</b>	<b>Explain wellness management within the context of whānau</b>		
<b>Level</b>	<b>3</b>	<b>Credits</b>	<b>4</b>

<b>Purpose</b>	People credited with this unit standard are able to: explain wellness management within the context of whānau; identify and explain ngā mātāpono that supports whānau wellness; and identify local resources to support whānau wellness.
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<b>Classification</b>	Te Ara Hou ki te Ora > Whānau Ora
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<b>Available grade</b>	Achieved
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### Guidance Information

- 1 **Definition**  
*Whānau Ora* is about empowering whānau to take control of their future: to be self-determining (cohesive, resilient and nurturing); confidently participating in te ao Māori; to be living healthy lifestyles; to be participating fully in society; and to be economically secure; with initiatives that add value, build upon the strengths and capabilities that lead to better outcomes for whānau, hapū, iwi and hapori.
- 2 *Managing whānau wellness* for this unit standard may include but is not limited to – financial literacy, social literacy, health literacy, cultural safety, cultural competence physical wellness.
- 3 *Ngā mātāpono* refers to – manaakitanga, kaitiakitanga, pūkengatanga, rangatiratanga, whanaungatanga, te pono me te tika.
- 4 *Ngā kare ā-roto* may include but are not limited to – emotions, feelings, inner thoughts, heartfelt thoughts and anger management.
- 5 Descriptions, explanations, and observable actions can be presented in a number of ways that may include but are not limited to – kōrero, titiro, whakarongo, tuhituhi, whakaari, waiata, and haka presentations.
- 6 Legislation relevant to this unit standard may include but is not limited to – Health and Safety at Work Act 2015; Treaty of Waitangi Act 1975. Legislation accessed at [www.legislation.govt.nz](http://www.legislation.govt.nz).
- 7 Resource support may include but is not limited to: He Whakaputanga o te Rangatiratanga o Nu Tireni (1835). Accessed at <https://www.archives.govt.nz/discover-our-stories/the-declaration-of-independence-of-new-zealand>.

Te Puni Kōkiri (2016). *Whānau Ora Outcomes Framework*. Wellington: Te Puni Kōkiri. Accessed at <https://www.tpk.govt.nz/docs/tpk-wo-outcomesframework-aug2016.pdf>.

Te Tiriti o Waitangi (1840). Accessed at <https://www.archives.govt.nz/discover-our-stories/the-treaty-of-waitangi>.

Waitangi Tribunal (2011). *Ko Aotearoa tēnei: a report into claims concerning New Zealand law and policy affecting Māori culture and identity. Te taumata tuatahi*.

Wellington: Waitangi Tribunal. Accessed at <https://waitangitribunal.govt.nz/publications-and-resources/waitangi-tribunal-reports/>.

8 All sources of information must be acknowledged.

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## Outcomes and performance criteria

### Outcome 1

Explain wellness management within the context of whānau.

#### Performance criteria

1.1 Behaviours and actions that lead to whānau wellness are explained.

Range evidence of three behaviours and actions is required.

1.2 Ngā kare ā-roto that affect whānau wellness are described.

### Outcome 2

Identify and explain ngā mātāpono that supports whānau wellness.

Range may include but is not limited to – manaakitanga, whanaungatanga, kaitiakitanga, rangatiratanga, te pono me te tika, pukengatanga; evidence of two is required

#### Performance criteria

2.1 Ngā mātāpono are identified and how they support whānau wellness is explained.

### Outcome 3

Identify local resources to support whānau wellness.

#### Performance criteria

3.1 Resources shows contact details of local whānau ora services, Māori or non-Māori support agencies.

Range agency name, address, contact details; evidence of four agencies in your area is required.

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<b>Planned review date</b>	31 December 2027
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**Status information and last date for assessment for superseded versions**

Process	Version	Date	Last Date for Assessment
Registration	1	28 September 2017	31 December 2024
Review	2	26 January 2023	N/A

<b>Consent and Moderation Requirements (CMR) reference</b>	0226
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This CMR can be accessed at <http://www.nzqa.govt.nz/framework/search/index.do>.

**Comments on this unit standard**

Please contact NZQA Māori Qualifications Services [mqs@nzqa.govt.nz](mailto:mqs@nzqa.govt.nz) if you wish to suggest changes to the content of this unit standard.