

Title	Describe key concepts of whānau managing wellness		
Level	3	Credits	4

Purpose	People credited with this unit standard are able to: explain wellness within the context of whānau; identify and explain ngā matapono to support whānau wellness; and identify resources in your area that can support whānau wellness.
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Classification	Te Ara Hou ki te Ora > Whānau Ora
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Available grade	Achieved
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Guidance Information

1 Definitions

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 already present in the whānau, and lead to better outcomes for whānau.

Managing whānau wellness for this unit standard refers to anger management, financial literacy, physical wellness.

Matapono refer to – manaakitanga, kaitiakitanga, pukengatanga, rangatiratanga, whanaungatanga, te pono me te tika.

Ngā kare ā-roto refers to *emotions, feelings. Inner thoughts, heartfelt thoughts*

2 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.

3 Legislation relevant to this unit standard may include but is not limited to the Treaty of Waitangi Act 1975; Health and Safety at Work Act 2015; and any subsequent changes.

Outcomes and performance criteria

Outcome 1

Explain wellness within the context of whānau.

Performance criteria

- 1.1 Identify and explain three behaviours and actions that lead to whānau wellness.
- 1.2 Describe ngā kare ā-roto that affect whānau wellness.

Outcome 2

Demonstrate knowledge of ngā matapono to support whānau wellness.

Range manaakitanga, whanaungatanga, kaitiakitanga, rangatiratanga, te pono me te tika, pukengatanga;

Performance criteria

2.1 Matapono that exist in your whanau wellness are identified and explained.

Range evidence of two is required.

Outcome 3

Identify resources in your area that can 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 six agencies in your area is required.

Planned review date	31 December 2022
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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	N/A

Consent and Moderation Requirements (CMR) reference	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 if you wish to suggest changes to the content of this unit standard.