

# LONG COVID SERVICES:

## WHĀIA TE PAE ORA

Take an integrated hauora approach

A service that integrates traditional and alternative healing practices with conventional medical care.

Rongoā Māori.  
Alternative therapies.  
Grief counselling.

## WHAKAMUTUA TE TAUMAHATANGA PŪTEA

Protection from the financial burden of being unwell

## TIAKINA NGĀ POUĀWHINA

Support the supporters

Services to support those who care for us.

Counselling & mental health support.  
Support groups.  
Family counselling.

## KORE WAHAKATOIHARA

Address Systemic violence

## KAWA WHAKARURUHAU

Are culturally safe

## URUNGITIA TE HAERENGA

Steer the journey

A dedicated service with health-trained navigators to help us journey through the system.

Personalised, referral management, follow-up, resource coordination, advocacy.

## WHAKARAWE RAUEMI

Provide practical support

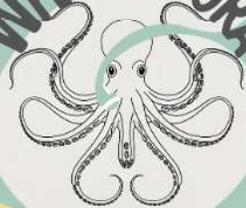
## HĀPAI TE KAUPAPA

Raise the profile

Raise awareness and provide education.

Facilitate support groups.  
Educational resources, available online too.  
Guidelines for primary care practice.  
What are our options?

# WHĀNAU ORA



The wheke is symbolic of a centralised service that extends into other areas of support. The tentacles move, reflecting the movement of people out and back to the core services.  
Te wheke also reflects the model of whānau health nā Dr Rose Pere.