

# Rarangi Tohutohu o te Waka Kakarauri

## Engaging Māori in Advance Care Planning Conversations

*He kaupapa hauora puta noa, ma te waka Kakarauri e kawē.  
Kakarauri wairua time, the ending of darkness and the beginning of light, or vice versa. Ka huri.  
Te Waka Kakarauri acknowledges the conversations that are important for future health and end of life care needs.*

*Haere ki te po nui, te po roa, te po whaka uu ai ta koutou moe.  
Kia puta ki te whei ao, ki te ao marama.*

### Kaihautu

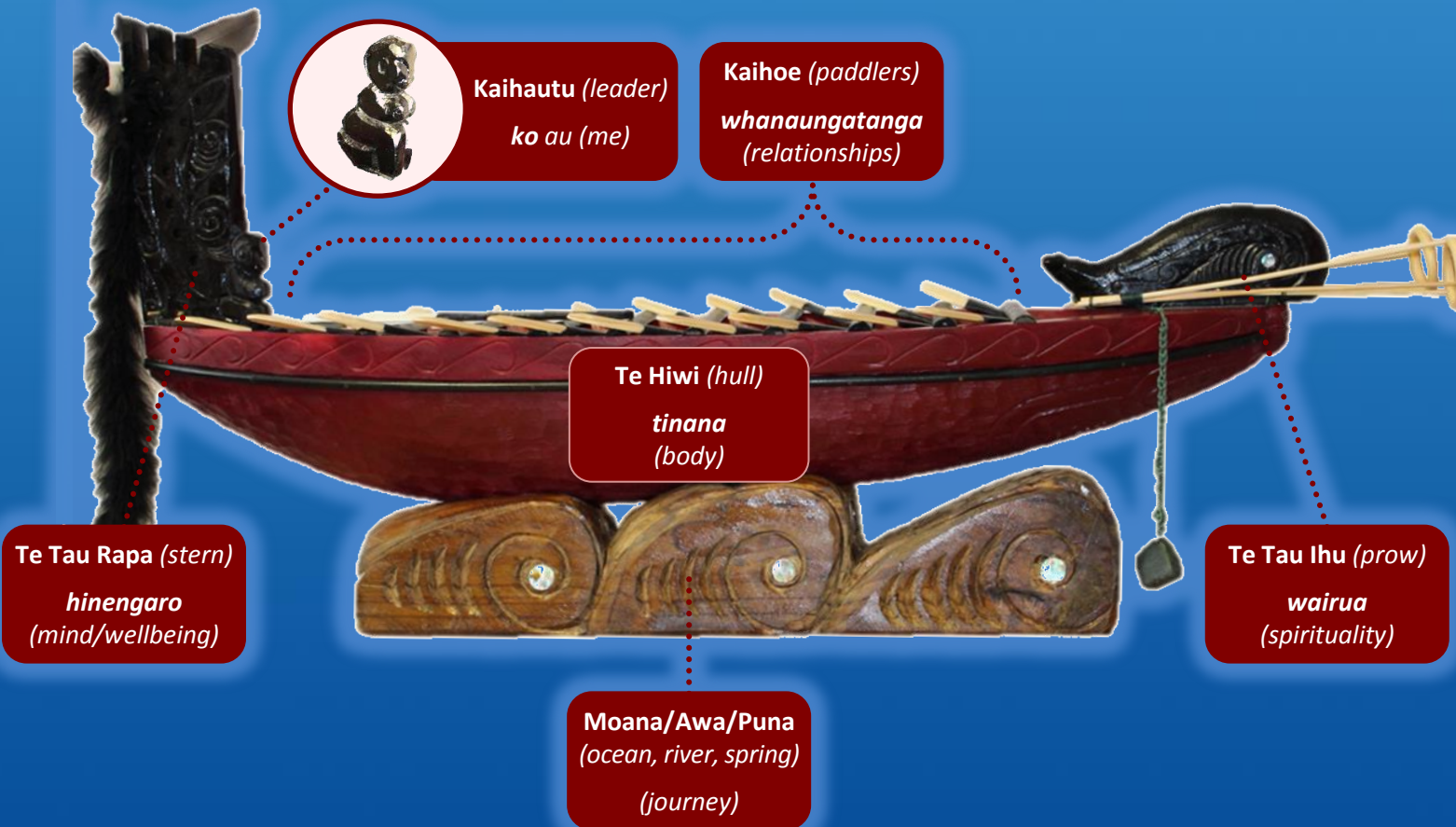
The leader of the waka is at the centre of the advance care planning process and is in charge of navigating their journey

### Te Tau Rapa

The stern of the waka ensures safe and steady progress and represents hinengaro: thoughts, feelings and behaviour vital to the Kaihautu's well-being

### Te Hiwi

The hull of the waka represents the tinana: the body and physical well-being of the Kaihautu that needs to be honoured



### Kaihoe

The paddlers of the waka include whānau members and health care workers who are journeying with and alongside the Kaihautu

### Te Tau Ihu

The prow of the waka opens the way to the future and represents the wairua or spiritual elements important to the Kaihautu in their advance care planning journey

### Moana/Awa/Puna

Like the ocean, river or spring, the advance care planning process is fluid and continually evolving and can change depending on circumstances

*He Waka Kakarauri is comprised of several parts to assist with advance care planning conversations. The model encourages the Kaihautu, along with their whānau and health care team, to think about what is important to them in relation to each part of their waka, and what they would like their Kaihoe to know about their preferences when they are unwell or can no longer speak for themselves.*

