Life Skills Services

Whanau and their children in need of intensive support: Holistic service guidelines

Purpose: To assist family/whanau to identify the their goals as the experts in their own lives

Sources: The Whanau Rangatiratanga Measurement Framework (SUPERU 2015)

The Family Wellbeing Framework (SUPERU 2015)

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|  | **Possible Actions/Aspects for client consideration** | **Possible interventions as appropriate to client goal achievement** |
| Whanau can access and express their culture and identity in ways that are meaningful to them | Explore/facilitate/refer |  |
| Whanau are connected and support each other to succeed | Explore/facilitate/refer | Counselling (in-house/refer)  Facilitate family connections |
| Whanau are safe | Physical safety: Explore/refer  Environmental safety: Explore/mentor- coach | Violence free strategies  Kaitiakitanga  Housing advocacy/support |
| Whanau can care for themselves (and for others) | Explore/mentor-coach | Counselling (in-house/refer)  CAMHS – referral/support/advocacy  Drug and alcohol education  Legal advocacy |
| Whanau are able to access and trust institutions | Explore/mentor-coach | Advise/support |
| Whanau are able to live well | Explore/mentor-coach | Nutritional guidance  Cooking healthy, low cost meals  Meal Planning  Growing food  Shopping economically and effectively  Home routines  Home repairs  Parenting  The importance of exercise  Understanding Diabetes  Accessing healthcare  Education guidance: The importance of pre-school/school  Healthy homes and Home heating  Understanding Drug and Alchol impacts  Smoking cessation  Oral health |
| Whanau are able to achieve their aspirational goals | Explore/mentor-coach | Build belief in ability to develop dreams and aspirations  The art of achievable goal-setting  Support and facilitate to identify goals and actions  Tools for reviewing and refreshing goals |
| Whanau are resilient and able to overcome adversity | Explore/mentor-coach | Build general confidence and sense of identity  Support to build wider whanau/hapu/iwi connections |
| Whanau are able to enjoy economic security | Explore/mentor-coach | Budgeting  Seeking employment  Training as pathway to employment  Subsidy advocacy  Understanding credit |
| Whanau can navigate barriers to success | Explore/mentor-coach | Healthcare advocacy  Seeking employment  Employment law basics |
| Whanau can access necessary resources | Explore/mentor-coach | Manaakitanga/Reciprocity  Understanding community resources  Kaitiakitanga |