



Kāpō Māori Aotearoa
New Zealand Inc.

Acknowledgement

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If you are interested in establishing a Rōpu Iti or wish to receive more information about the project and program

please contact:

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**KĀPŌ
KA AO
KA AWATEA**

***‘Breaking through the
Barriers***

***of
Isolation, Invisibility &
Exclusion’***



Kāpō Māori Aotearoa
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KĀPŌ, KA AO, KA AWATEA

'Breaking through the Barriers of Isolation, Invisibility and Exclusion'

Overview

Kāpō, Ka Ao, Ka Awatea is a regional community wellness focused programme designed with the explicit intent of enabling Māori kāpō and their whānau to move from the darkness and into the light, in other words, providing an environment that empowers Māori kāpō and their whānau to eradicate the barriers of isolation, invisibility and exclusion through the strengthening of whānau capacity which in turn will enable Māori kāpō and their whānau to realize their potential and move forward collectively and take their rightful place as contributing citizens within their whānau, local communities, Te Ao Māori and Aotearoa society.

Accordingly, the program offers Māori kāpō and their whānau a means (ngā rōpu iti) by which to come together and determine their own pathways with rangatiratanga retained through having overall control and responsibility in developing, leading,

maintaining and sustaining the direction and future of their group, their whānau and themselves.

The ultimate goal of the program is to support Māori kāpō and their whānau to attain whānau ora.

Program Structure

The core theme of the program's structure is the establishment of a network of 'Nga rōpu iti' (small support groups).

In accordance with the Kāpō, Ka Ao, Ka Awatea Model, the program parameters are:

- The size of each rōpu iti is restricted to a maximum of 10 people. When a group reaches this number the rōpu iti determine and establish a 'new' group;
- Rōpu iti members live in the same suburb or in close proximity to each other; and

- Rōpu iti hui are facilitated in the home of a group member.

The unique aspects of the model are:

- All rōpu iti facilitate their respective hui in accordance with the principles and practices of Kāpō Māori Aotearoa New Zealand Inc. and Te Ao Māori e.g. manaakitanga, whakapapa.
- Rōpu iti composition is flexible in that groups can be specific e.g. age, gender or generic e.g. mix of ethnicities, range of disabilities.
- Each Rōpu iti select their own facilitator as well as determine, collectively their goals, develop, implement and self-monitor their progress in achieving their goals.
- There is no restriction on the number of rōpu iti within a suburb.

Ahākoa kāore mātou i te kite kei te kite (*"We may be blind, but we have vision"*)