

Te Whare Tapa Wha

https://www.health.govt.nz/system/files/documents/pages/maori_health_model_tewhare.pdf

Maori Health Model



- Te Whare Tapa Wha- the values of Maori Health
- If a value is missing with the individual's experience or damaged in some way, a person may become unbalanced and subsequently unwell.
- There is a lack of these values in Western Culture health care.

Taha Tinana

- The capacity for physical growth and development.
- Good physical health is needed for maximum development.
- Physical- support from external environment, spirit and family.

Taha Warua

- The capacity for faith and wider communication.
- Health- is related to unseen and unspoken energies.

Taha Whanau

- The capacity to belong, to care and to share where individuals are part of wider social systems.
- Family provides a lot of strength, holds the ties to their history, culture and ancestors.

Taha Hinengaro

- The capacity to communicate, to think and to feel mind and body- which are inseparable.
- Thoughts, feelings and emotion- key to the body and soul.