



**Working together in the ‘managing
and making my own decisions
about my health’ project**

Ko wai mātou? Who are we?



Things we will talk about:



- What this research is about
- Why this research is important
- How people with a learning disability are leading the research
- What we do to make sure everyone can take part
- What we have learned so far



Taunakitanga Takitini

3 projects about managing your own health, with:

- Māori
- Pasifika
- People with a learning disability

People with a learning disability:



- Have worse health than all other New Zealanders
- Have poor experiences at the doctor's and hospital
- Are often left out of making choices and managing their health and wellbeing



Leading the research:

- We prioritise the views of people with a learning disability
- The research team co-ordinates, guides, and manages
- An advisory group of people with a learning disability makes the decisions



A close-up, head-and-shoulders shot of a man with short brown hair and a light beard, wearing a bright blue button-down shirt. He is looking directly at the camera with a neutral expression. The background is a plain, light-colored wall with three circular recessed ceiling lights visible. In the bottom right corner, a portion of a framed picture is visible.

Jason

A portrait of a woman with short brown hair, wearing black-rimmed glasses and a vibrant pink shirt with a colorful floral pattern. She is looking directly at the camera with a slight smile. The background is a soft-focus indoor setting.

Nic McKenzie



**What we do to make sure that
everyone can take part**

What we do to be inclusive:

- Budget to cover costs
- Provide all of the support that is needed
- Make all information accessible
- Have strong routines





More things we do to be inclusive:

- Have regular breaks
- Take our time
- Check what everyone thinks
- Make meetings interactive and fun

You are viewing Patrick Doherty's whiteboard View Options

Recording...

Ben Healey

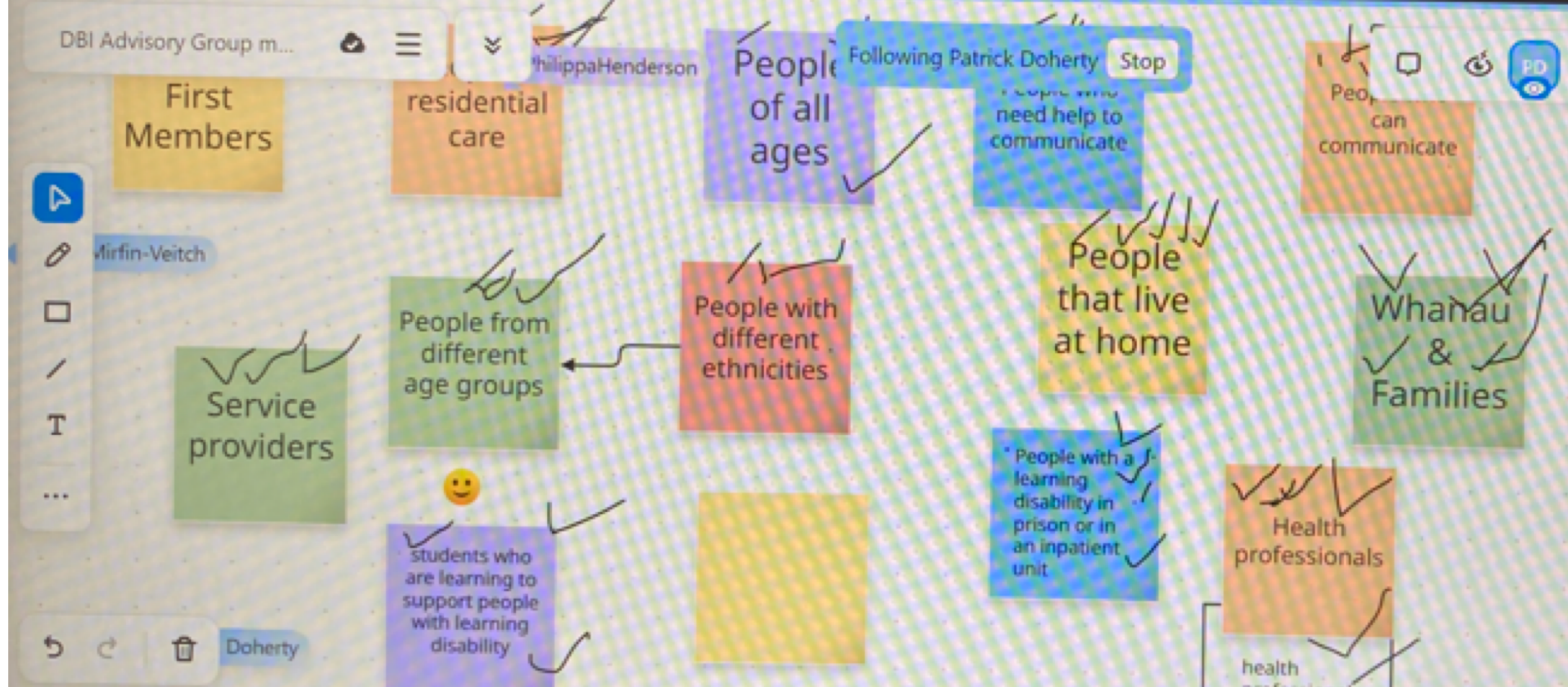
Nic McKenzie

Brigit Mirfin-Veitch

Philippa Henderson

Kris Roguski

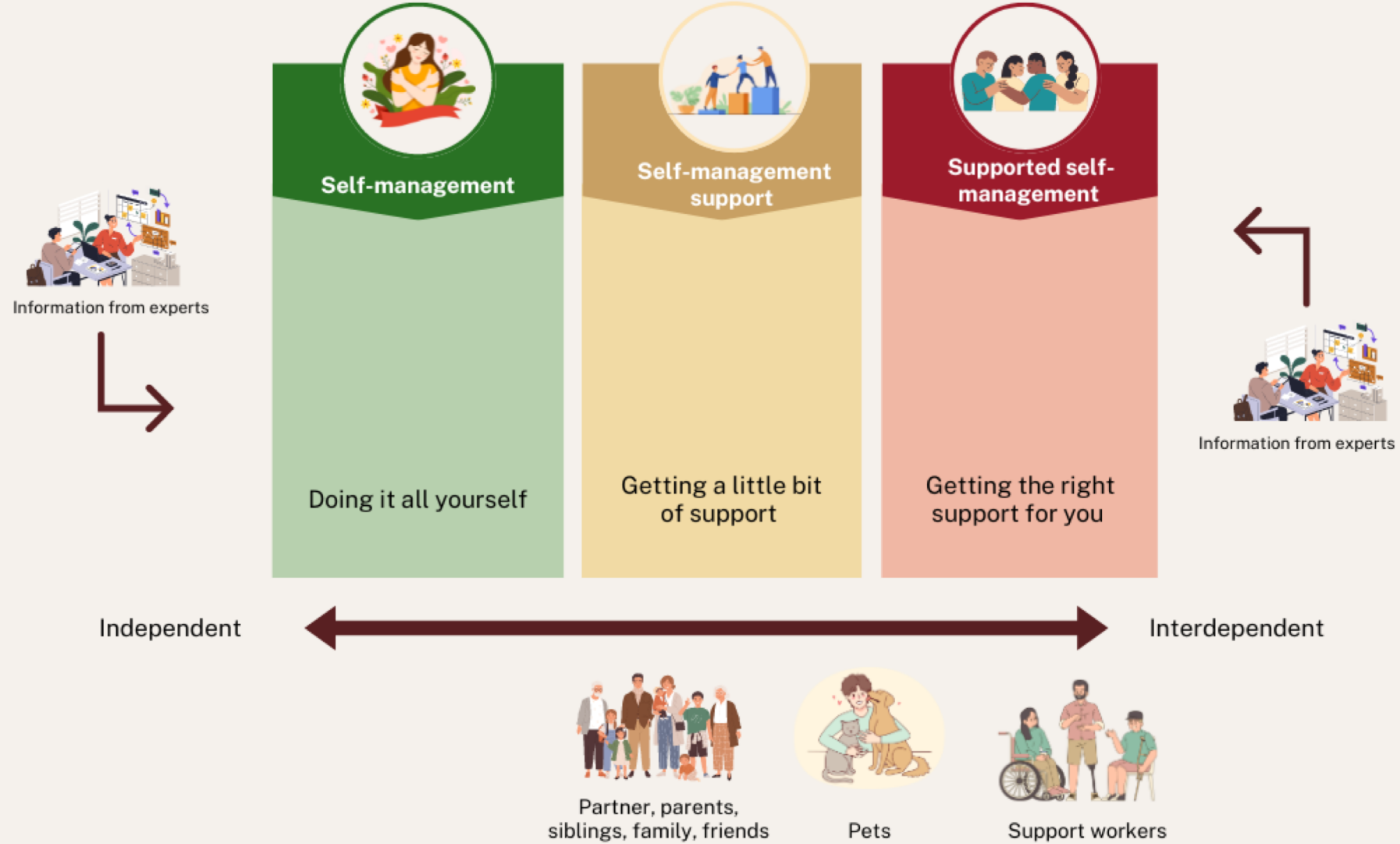
Pat





What we have achieved so far

Supported Self-Management



Supporters must be respectful, not judge, and ensure choice and control

We decided on our research questions:

- What does health and wellbeing mean to people with a learning disability?
- What helps people with a learning disability to have good health and wellbeing?



We made a plan for our research



1. Find out what health and wellbeing means to people with a learning disability, and how to achieve it
2. Develop new ways of supporting people with their health and wellbeing
3. Try out the new ways.



Summary

Kā mihi | thank you

