



Mahitahi Hauora

Your Kaitiaki Nurses

Te Warati Ututaonga-Pawa
Kaitiaki Nurse Navigator
Mobile: 021 921 873
Email: tewaratiu@mahitahihauora.co.nz
Te Warati works across the Hokianga,
Mid North, and Far North areas.

Judith Hall
Kaitiaki Nurse Navigator
Mobile: 021 810 827
Email: judith.hall@mahitahihauora.co.nz
Judith works across the Whangārei,
Kaipara, and Bream Bay areas.

Tiakina Te Kaitiaki *Caring for the Carer*

*E hara taku toa i te toa takitahi,
engari he toa takitini kē.*

*My strength does not come from me
alone but also from others.*

Mahitahi Hauora PHE
28-30 RUST AVE, PO BOX 1878, WHANGĀREI
PHONE (09) 438 1015 FAX (09) 438 3210
WWW.MAHITAHIHAUORA.CO.NZ

The Tiakina Te Kaitiaki service supports informal carers of whānau/family members with a life limiting condition.

The aim is to support the carer's overall wellbeing, to allow them to continue in their vital caring role.

This service is FREE



What does the Tiakina Te Kaitiaki service offer?

- Kanohi ki te kanohi (face to face) meeting with the Kaitiaki Nurse Navigator
- Work with you, the carer, to find out what matters to you and develop a plan. This could include spiritual, wairua and cultural needs
- Help the carer with referrals to other agencies and supports
- Encourage use of your own networks – like whānau, social groups, voluntary services – as well as developing new networks
- Follow up kōrero (contact) – by phone or kanohi ki te kanohi (face to face)
- Support and advocacy

Who is eligible for Tiakina Te Kaitiaki?

This service is for you if you care for whānau, a family member or friend with a life limiting condition.

Who can refer?

- Carers and whānau can self-refer
- Referrals also come from your doctor, nurse, iwi provider and hospital