



Health Navigator New Zealand website

Video transcript:

Ko te fakaititiga o te fīta mai te nofo tautahi i nā tino mātutua i Ōtara
(Making life less lonely for elderly Māori in Ōtara)

0:00

Ko toku igoa ko Mary Gush.

00:01

Ko au e hau i Ngāti Kuri
ma venā ona tau toku gafa ki Ngāti Paoa.

00:07

Ko te polokalame tenei e fakatele kui atu i te
Nofo Tūtokatahi (Independent Living)

00:11

Services Charitable Trust

00:14

ko he fakalāpotopotoga mo nā mātua pe ko nā fafine mātutua.

00:17

e aofia ai la te komiuniti pe ko te fakalapotopotoga a tagata Māoli
te tokalahiga, e aumau i Otara ma Papatoetoe.

00:22

Ko te fakalāpotopotoga e galue ai au
e fakatupe mai e latou he pāketi ma au

00:28

ko taku mea la e fai ko te takitakiga o nā polokalame kehekehe e fai

00:31

i te Ōtara Music & Arts Centre,

00:34

ma e lahi na galuega kehekehe e matou faia

00:38

e fuafua kautu lava ki te

mea e fofou kiei na mātua mātutua

00:43

Pe ko heā lava he mea

e initalehi kiei, pe ko te

00:46

hikitaga o te ola mālōlō pe heā lava,

00:50

e taumafai au ke fakatino te vāega tenā mō lātou.

I te taimi nei ko mātou e fai nā lehona i te lalāgaga o te titi tatao pe he fau ua.

00:52

E iei te mātou hokotaga

ma he ākoga tulaga muamua i te pitonuku tenā.

00:55

Mā e valakaulia mai ki mātou ki a lātou polokalame mahani,

01:00

hōhe vāega lava a

lātou e fakatutupu i te ākoga,

01:03

ve ko te kapa haka,

01:06

vahega kuka ma na tahi vāega venā.

01:08

Ko te aitia te faiakoga

ma au e fofou ke taumafai ke fakaohofia

01:11

ni lagona fakatupuna ki ona makopuna
i te va o na mātua matutua ma tamaiti laiti iēnei. Kae maihe lava,

01:16

e iei te hē tulaga manuia o te amio
i nā tahi fanau iēnei,

01:21

kae ko au e fakamoemoe lava ma
e venā foki na moemitiga ote faiaoga

01:24

e heai he hokotaga hili ake
ite hokotaga fakatupuna ki ona makopuna, te titi faitama ote tupuna ma te titi fai mātua ote
fanau.

01:28

E ono fau e latou nā uiga fakamāhāni i na hokotaga venei

01:33

atonu e fau ma fakamautū iēnei hokotaga.
I te vaitau o te Koviti,

01:37

na fakatekia lele au

01:41

i te taimi na ko mōlimaua ai ko iētahi tino mātutua
e hē iei ni hokotaga ki na tahi tino

01:46

e mafai ke hao ni vaiaho e tolu e hē iei he hokotaga

01:51

Ko te la na taumafai mālohi ai au ke fakamautinoa
ko au e fai lava ma vili kiei.

01:54

E venā foki ona afe au ki o lātou fale oi tuku na talipupuni foliga,

02:00

ma kō faia ni āifiga ke fakamomoli ma lātou.

02:06

Io, onapau lava e heki mafai ke auai
ma talanoa kiei i o lātou fale.

02:09

Na tukutonu lava e au i nā gutufaitotoka ō lātou fale,
kae e mua fakailoa la kiei.

02:15

Ko au e talitonu lava ko tenei polokalame
e fakatele nei e ki mātou

02:20

kua iei lele to na fehoahoaniga ite fakaititiga
o nā fakafitauli ve ko te tuku tiakia o nā matua matutua e mafua ai te fita ō lātou māfafau.

02:26

Ko te kehe ko o te fakamalieleloto –

02:27

te kehe o te lagona fialia. I te piliota o nā galuega iēnei

02:30

ko ni fakamanuiaga iēnei
ma e venā o na fakaali mai e nā matua te loto fakafetai.

02:35

Kua fakatuha toku fialia e vē ko au na malō i he Lotto.