



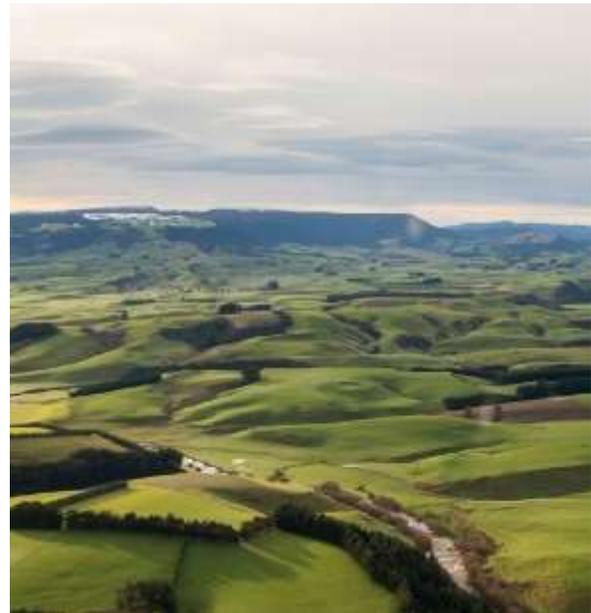
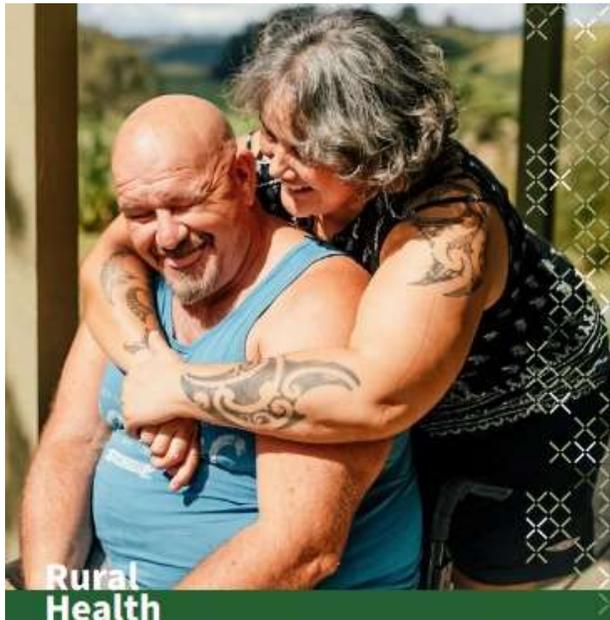
Te Kāwanatanga o Aotearoa
New Zealand Government



MINISTRY OF HEALTH



Summary of Rural Health Strategy 2024



Published: January 2024

What you will find in this document

Page number:



What is this document about?.....2



What is the Rural Health Strategy?4

What the Ministry already knew.....6



What the Ministry needed to know more about11



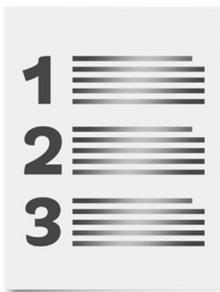
What are the priorities?.....17

Where to find more information.....31

What is this document about?



This Easy Read document is a **summary** of the **Rural Health Strategy 2024** from Manatū Hauora – Ministry of Health.

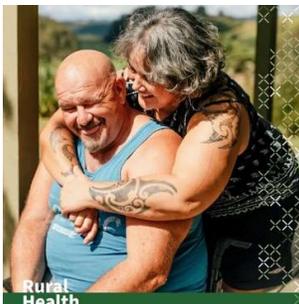


A **summary** is:

- shorter than the main report
- tells you the main ideas.



A **strategy** is a plan to make things happen over a long time.



In this document the **Rural Health Strategy 2024** will be called the **Strategy**.



Rural means places away from cities where not many people live.

In this document **Manatū Hauora – Ministry of Health** will be called the **Ministry**.

What is the Rural Health Strategy?



The Strategy sets out the priorities for rural health.



Priorities are things that are important to do.



The Strategy is a 10 year plan.

The Ministry wants to make sure people living in rural communities have lives that are:



- long
- and
- healthy.



The Ministry wants rural people to have health services that:

- meet their needs
- use their skills
- use what they know about their communities.

What the Ministry already knew



The Ministry had things it knew about rural people.



The Ministry used this information to make the Strategy.

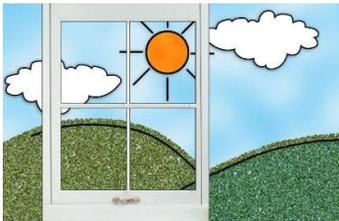


The Ministry knew 1 out of every 5 people in Aotearoa New Zealand lives in a rural area.

The Ministry knew the health of rural people is connected to:



- their work
- how much money they have
- the **environment**
- the services in the community.



Here the **environment** means things like:

- the weather
- animals
- the land people work on
- forests
- plants.



The Ministry knew the important things done in the community by:

- local groups
- iwi / tribes.



The Ministry knew these community groups:

- keep everyone together
- talk about health in their communities
- support rural people when things are hard
- do things when the Government cannot.





The Ministry knew rural people are often forgotten about when making health care services.



The Ministry knew rural communities:

- have worse health than people living in **urban** areas
- have more health needs because of people living there like:
 - Māori
 - the elderly.



Urban means places that have lots of people living there like:

- towns
- cities.



The Ministry knew that when health care is hard to get people will not get seen early for a health problem.



The Ministry knew that being far away from health services can:

- change what health care people get
- make it hard for whānau / families to be with people when they are getting health care.



What the Ministry needed to know more about



To make the Strategy the Ministry used information from:

- talking to rural communities
- talking to rural health services
- **research**
- what they knew about the health of different people.



Research means to look closely at something to find out more information.



The Ministry found out rural people cannot get health care because:

- there are not enough people working in rural health
- health care services are not provided in some places.



The Ministry found out rural people are worried about:

- **mental health** services
- **maternity** care
- **emergency** care.





Mental health is looking after how we:

- feel
- think.

Mental health services can be things like:

- talking to a counsellor
- taking medication
- going to hospital
- getting support from whānau / family.



Maternity care means health care for:

- pregnant people
- and
- babies.



Emergency care means getting health care when you:

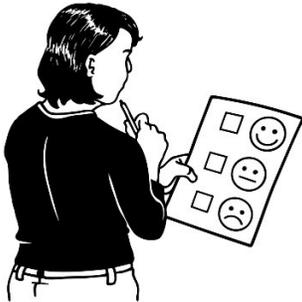
- have an accident
- are hurt very bad
- become very sick in a short time
- the sickness you have gets worse.





Emergency care means you might:

- go to an urgent care clinic
- have an ambulance come to you
- be taken to the hospital.



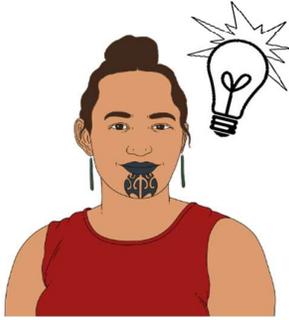
The Ministry found out that rural people want to have more say about their local health services.



Rural people want:

- more health care services closer to their homes
- rural health care services that work together better
- rural health care services that use **kaupapa Māori**.





Kaupapa Māori is the use of Māori:

- ideas
- knowledge
- skills
- values.

What are the priorities?

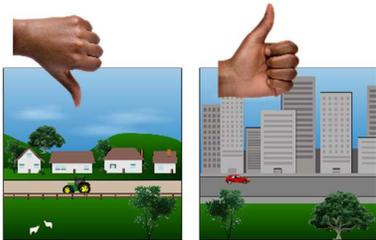


The Strategy sets out 5 priorities / important things.

Priority 1:



Priority 1 is about making sure rural communities are seen as important to get health services.



A lot of health services only work well in urban areas.

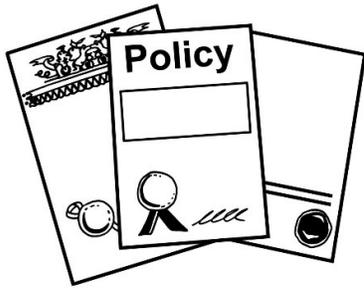


Rural communities need their health services to work in different ways because of:

- their needs
- the things that are different about each rural area.

Priority 1 is about making better decisions for rural health care services including:

- how the services work
- the **policies** that are made
- watching if these things are good for rural health
- health services working together better.



A **policy** is a set of rules that supports the decisions being made by:

- the Government
- an organisation.



Priority 1 is also about fixing other problems in rural health services if they happen in the **future**.



The **future** is a time that is yet to happen.



Priority 2:

Priority 2 is about **preventing** bad health for rural people.



Preventing means to:

- stop things happening
- or
- make things happen more slowly.



Priority 2 is about health services talking to rural communities about things like:

- living in healthy houses
- finding health problems early.



Priority 3:



Priority 3 is about making sure there are health services closer to where rural people live.

Priority 3 will make sure rural communities get:



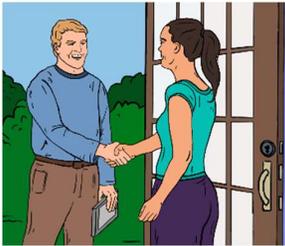
- more health services
- lots of different health services
- health services that work well together.



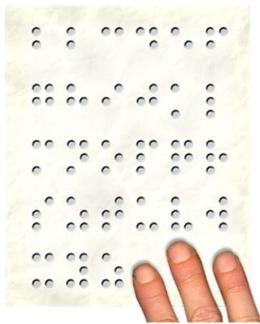


Priority 3 is also about making sure rural communities can get health services in different ways like:

- over the internet
- health care workers going to visit them at:
 - their homes
 - community centres
 - other nearby places.



Priority 3 is also about making sure rural health care is **accessible** for disabled people.



Being **accessible** might mean having:

- support people
- buildings that are easy to move about in
- interpreters for New Zealand Sign Language
- information that is easy to understand.
- information in formats like:
 - Braille
 - audio.

Priority 4:



Priority 4 is about making it easier for rural people to get to health care services that are not close to their home.



Priority 4 is about supporting rural people to travel to these health care services.



This means they will be not so stressed.



Priority 4 will also look at **digital** health care support for rural people.



Digital support can mean things like:

- email
- video meetings
- smart devices like:
 - phones
 - tablets
 - watches
- apps
- **alert buttons.**



An **alert button** is a device you can wear:

- around your neck
- on your wrist.

If you have an accident when you are on your own you can press the button to get someone to come to you.

Priority 5:

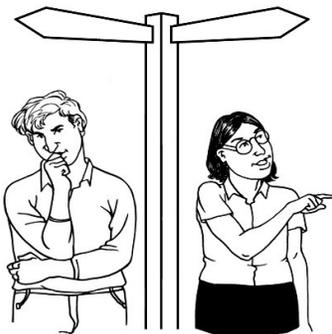


Priority 5 is about making sure there are lots more people working in rural health.



Priority 5 is about making sure people working in rural health:

- know their skills are important
- can work in lots of different places
- can do lots of different things.





Priority 5 is about:

- getting more rural people to work in rural health
- making more jobs in rural health that last for a long time.



Priority 5 is about making sure there is training for:



- all types of health care jobs including kaiāwhina / health care assistants
- rural health care workers to learn different things.



Priority 5 is about training people to do health care jobs that can only be done in rural areas.



Priority 5 includes training for hauora Māori / Māori health care workers.



Priority 5 is also about making sure health care workers have good wellbeing.

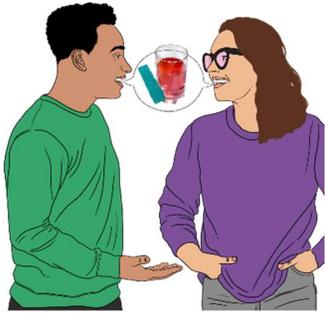


Wellbeing means being able to live a good life.

It may mean things like:

- having a place to live where you feel happy
- being with friends and family you are close to
- getting support when you feel sad.





Supporting the wellbeing of rural health care workers includes:

- sharing jobs
- making jobs easier with technology like:
 - the internet
 - smart devices.

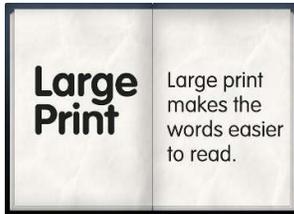


Where to find more information



The full Rural Health Strategy 2024 can be found at this website:

www.health.govt.nz/publication/rural-health-strategy



It is available in:

- large print
- audio
- Braille
- New Zealand Sign Language.



This website is not in Easy Read.



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