

Ngā Kōrero Hauora: Personal Health Journeys

Visual Health Journeys
April 2022



Visual Health Journeys

Resource:

This is a series of ten visual, illustrated health journeys, corresponding to ten different people who are living with long-term conditions. Seven of the stories focus on living with Type 2 diabetes.

These visual journeys were designed and illustrated by Samantha Haehae. They depict the verbal health journeys that these ten people have shared with Oyster Workshop.

Purpose:

The resource can be shared as individual stories or as a set. Each story provides a depth of understanding about the health journey of that particular person. These visual stories are a helpful learning and empathy tool for healthcare professionals and others in the health sector who may not be aware of the complex circumstances that can impact a person's broader health situation and lifestyle choices. They also highlight some key health service interactions – both positive and negative – in people's health journeys, including touchpoints that could have led to different results if approached or managed differently.

The people who shared their health journeys were also hopeful that this resource will shine a light on the realities they have endured, so that other people will realise how devastating it can be when long-term conditions are not managed well – but also how possible it is to 'live well' with these conditions by accessing the right type of support, understanding, and practical tools for lasting lifestyle and mindset changes.

Approach:

The people involved in Ngā Kōrero Hauora are not personas – they are real people who have chosen to openly share their health journeys, and this resource reflects what aspects and events they chose to share. The ten visual health journeys therefore offer valuable snapshots and insights and a certain depth of understanding, but do not represent the full and complete health journey of each person.

Representation:

Each visual story represents the key themes, situations, people, and events that were described by the person sharing their health journey. Each visual journey includes a brief description of the person, their illustration of their health journey with a focus on their long-term condition(s), any system levers that stand out from their journey, and their motivation for sharing their health journey with others through Ngā Kōrero Hauora. The illustrations are loosely based on the people involved but are not intended to be an exact likeness. There is also a set of motifs in each journey that represent six key guiding values and traits that stood out as influencing and impacting each person's own health decisions, lifestyle choices, and overall health journey.

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Cont...

These stories are especially relatable culturally for Māori and Pacific people, and medically/emotionally for people living with the same long-term conditions as those described in the visual health journeys.

With ten diverse stories, there are many other relatable elements:



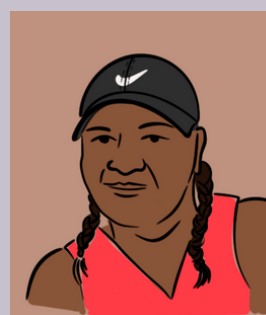
Barry's story is likely to resonate with people who work night shifts, people who have lived on fast food and takeaways for a long time, and people who are frustrated by the use of medical jargon to explain health conditions and treatments.



Bev's story is likely to resonate with people who live with a disability or mobility and access challenges, people who find that services do not adequately accommodate their needs, and people who may be wondering how to live well and engage fully in opportunities when living with a disability and/or multiple long-term conditions.



Geoff's story is likely to resonate with people who work long hours and would not usually make time for self-care and learning about nutrition, and people who tend to be dismissive of advice from health professionals and find it difficult to follow rigid medication and nutrition plans.



Jorja's story is likely to resonate with people who are born with a health condition, people who have had a surgical implant and multiple surgeries, and women who are raising many children while working and find it hard to dedicate time to nutrition and exercise.



Kane's story is likely to resonate with young people diagnosed with a long-term condition, people who have significant duties to others in their family and community, and people who feel they always need to look after others first before themselves.



Karina's story is likely to resonate with women who have had postnatal complications, people who are living with multiple long-term conditions and struggling with constant medication changes, and people who are frustrated at constantly having to self-advocate for a surgery they urgently need.



Losia's story is likely to resonate with people who were very active in sports but have had an injury and are finding it difficult to move forward with their health, and people who want to be healthier and more active so they can spend quality time with their children and be a good role model for them.



Papua's story is likely to resonate with people who migrated to Aotearoa New Zealand and experienced different health systems, women who are busy working and caring for children and never have time to cook nutritious meals for themselves, and older people who strive to self-manage and live independently but still need some additional support, equipment, and care at times.



Paty's story is likely to resonate with women who have developed gestational diabetes during pregnancy, people who have tried to follow nutrition and exercise plans but struggled to lose weight, and people who are wanting to reduce their medications safely but are not sure how to achieve that.



Phil's story is likely to resonate with people who have grown up on takeaways, people who have a food addiction or overwhelming food cravings, and people that are in hospital for other health issues and have been advised to lose weight to address those other issues.

Ngā Kōrero Hauora presents the real-life 'ups and downs' of personal health journeys for people with long-term conditions, and especially Type 2 diabetes. Across all ten health journeys are stories of loss, frustration, and devastation – but also resilience, obligations as role models to others, learning, growth, and hope.