

### **Whānau Ora case study:**

Anne is a 32 year old single parent with a five year old daughter. The father of Anne's daughter left her two weeks before the birth. Raising a child as a single parent has not been without its share of financial and emotional difficulties. Poor confidence and a history of depression have impacted on Anne's ability to gain employment and to provide a better quality of life for her and her daughter.

The Domestic Purposes Benefit is Anne's main source of income. To alleviate the pressures of single parenting, her whānau offer her additional financial support and sometimes care for their mokopuna. Over the past few years, Anne's relationship with her daughter's father has gradually improved. Once a month, the daughter spends weekends with her father and his new partner and on special occasions she spends time with her father's whānau.

Having left high school with low level qualifications, it was a considerable step for Anne to undertake tertiary study. Two years ago she successfully completed a computer course. Initially optimistic about her job prospects, her enthusiasm has begun to wane as more time passes and she is still unemployed. Her other concern is being able to secure after school care for her daughter if she finds work. She is becoming increasingly withdrawn and is displaying signs of slipping into depression again.

A local social services provider runs a holiday programme for children and Anne receives a flyer in the mail and decides to get in contact to see if her child can get into the programme. The provider, picking up on Anne's depression, organises a home visit to follow up with her. The home visit is facilitated by a whānau practitioner who looks to provide a whānau assessment and plan.

#### A Whānau Ora practitioner could work with Anne to:

- identify and draw on wider family members for further support (e.g. financial support, household support, childcare)
- engage with the wider family members to identify opportunities to foster and encourage Anne's interests in cultural and/or social activities
- engage with employment and training providers to support her quest to gain employment and work with her to build her confidence to re-enter the labour market
- support her to engage with Work and Income New Zealand to ensure that she is receiving her entitlements and appropriate support to regain entry to part-time or full-time work
- encourage her to engage with health services to support her to address her depression
- liaise with local providers of out of school care assistance to support her to engage appropriate child care support; and
- link Anne with other mothers in the area to provide the opportunity for support in parenting and childcare, networking with other mothers and engage her in social, cultural or sporting interests.