




The HOPES project supports people along their wellbeing journey by improving health literacy, using supported decision-making, and addressing some of the known barriers to preventative health activities like GP visits, national screening programmes and vaccination programmes.

- H** HEALTH LITERACY
- O** OPEN ACCESS
- P** PEER VALUES
- E** EQUITY
- S** SUPPORTED DECISION-MAKING



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The HOPES project is funded by Te Whatu Ora (Health New Zealand), and delivered through the Otago Mental Health Support Trust.

INTENTIONAL PEER SUPPORT

Walking alongside you; listening and sharing experiences; supporting your wellbeing decisions and getting what you need to achieve wellbeing; focusing on hope, possibilities and what wellbeing looks like for you.



- We will learn about, and respect, your worldview, your perspective, and your decisions.



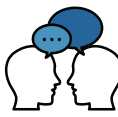
- We will listen to you and support you to find your own answers and to advocate for yourself.



- We will work with you to identify barriers to accessing preventative healthcare, including Covid-19 and the flu vaccination.



- When you go to access healthcare, we can provide support. This may include emotional support as well as practical support.



- We will reflect on the information about possible side-effects, and what to do if you experience them or other concerns you may have.



- We will sit with you after preventative health activities, and offer follow up support.



- We will talk about how you can use health literacy skills like understanding the information you use to make decisions about your health, to participate in and advocate for your own future healthcare.



- We will reflect on our time together, and on the experience of taking positive actions for our health and wellbeing.