

## TAHA TINANA

Physical

### Environmental and Physical Wellbeing

Helping us cope well with stress and boosting resilience.

## TAHA HINENGARO

Thoughts and Feelings

### Mental Wellbeing

The thoughts, feelings and behaviours that are vital to emotional and mental wellbeing.

## TAHA WAIRUA

Spirituality

### Connection and Spirituality

Our spiritual wellbeing, that we feel connected and included.

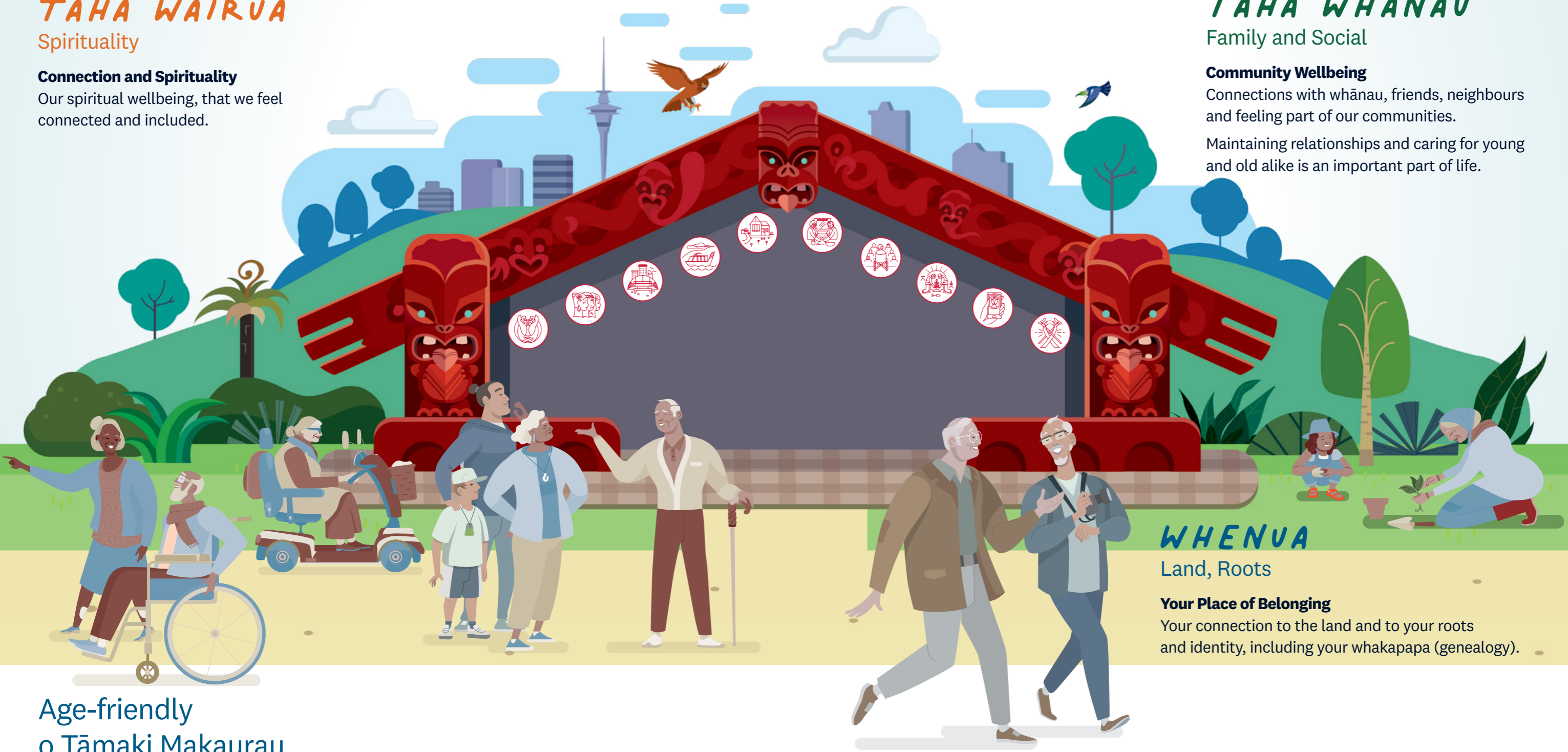
## TAHA WHĀNAU

Family and Social

### Community Wellbeing

Connections with whānau, friends, neighbours and feeling part of our communities.

Maintaining relationships and caring for young and old alike is an important part of life.



Age-friendly  
o Tāmaki Makaurau

## WHENUA

Land, Roots

### Your Place of Belonging

Your connection to the land and to your roots and identity, including your whakapapa (genealogy).

### Whanaungatanga

A relationship through shared experiences and working together that provides people with a sense of belonging.

### Wairuatanga

Spirituality, sense of identity and uniqueness – the holistic wellbeing of an individual.

### Rangatiratanga

Autonomy, control, self-determination and independence.

### Kaitiakitanga

Guardianship.

### Manaakitanga

The process of showing respect, generosity and care for others.

# Age-friendly Tāmaki Makaurau/Auckland Framework



## KAUMĀTUA

We are tangata whenua, and our unique cultural identity, tikanga and world view are recognised, respected and guaranteed.



## CULTURE AND DIVERSITY

We are respected and able to stay connected, active and engaged in our culture, identity and customs.



## TE TAIAO – THE NATURAL AND BUILT ENVIRONMENTS

We live in healthy natural and built environments that provide public amenities that are safe and encourage us to stay active.



## SOCIAL PARTICIPATION

We have places to go, things to do and people to meet outside our homes to keep us active, stimulated, connected and healthy.



## RESPECT AND SOCIAL INCLUSION

We are visible; our decisions, diversity and experience are respected and appreciated.



## CIVIC PARTICIPATION AND EMPLOYMENT

We have an active role in our community for as long as we choose regardless of our background, health and abilities, or first language.



## TRANSPORT

We can get where we want to go in a comfortable and timely manner regardless of our abilities, mode of transport, income, time of day, weather or season, and distance to our destination.



## HOUSING

We have a healthy, comfortable and secure home where we belong regardless of whether we rent, own a place or live on our own or with others.



## COMMUNICATION AND INFORMATION

We can easily find information and support in our community in ways that suit us regardless of our abilities, channel or medium preferences, or first language.



## COMMUNITY SUPPORT AND HEALTH SERVICES

We can proactively stay well and get wellbeing support when we want it regardless of our income or where we live.

