



# MAP

Mobility Action Programme

*... a pathway to  
better wellbeing*



## *What is MAP?*

- MAP = Mobility Action Programme is free programme lasting up to three months for people who have painful joint or muscle problems.
- MAP provides free physiotherapy, exercise, education and support.
- The programme is tailored to your individual needs.
- It is available in Wairoa, Napier, Hastings and Central Hawke's Bay.

## *Who can take part in MAP?*

If you:

- Are Māori or Pacifica and live in Hawke's Bay or
- You live in Wairoa, Maraenui/ Onekawa, Tamatea, Flaxmere, Camberley or Takapau

And you:

- Have had joint pain for more than three months
- Do not qualify for ACC

# MAP

*find your way to less pain  
and better mobility.*

## MAP will help you...

- Experience less pain
- Take part in more activities
- Receive quality advice, care and support to achieve your goals
- Meet other people with similar experiences
- Learn how to better manage your condition
- Achieve your employment goals

**Physiotherapy** includes an initial one-on-one assessment, followed by goal setting, advice and physiotherapy treatment.

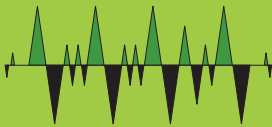
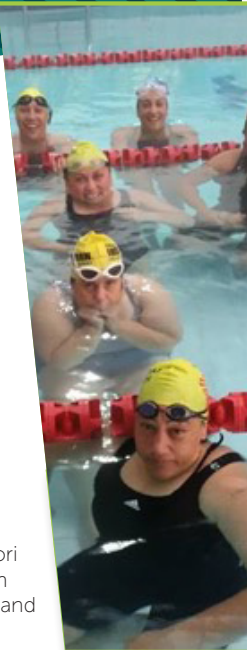
**Tailored exercise programme** with Mananui Māori Healthy Lifestyle Collective is developed based on your needs and will work with you, your whānau and your physiotherapist to design a ten week activity programme.

Mananui can also help you access other health and social services.

Organisations involved in the Mananui Collective are: Iron Māori, Patu Aotearoa, Ampt Fitness, Hīkoi Koutou, Evolution Fitness, Te Taiwhenua o Heretaunga.

**Education and support** with the Stanford Self Management Programme. This is a six to eight week education and support programmes of weekly workshops where you will learn how to:

- Resolve pain, fatigue and isolation
- Use medications effectively
- Engage with family, friends and health professionals to gain their support



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If you think MAP may be right for you phone **0800 662 7746** for more information.

