

# TĀKU REO, TĀKU MAURI ORA

## MY VOICE, MY LIFE – THE CONSUMER SELF-ASSESSED OUTCOME MEASURE

### Development of Tāku Reo, Tāku Mauri Ora

#### What is the Tāku Reo, Tāku Mauri Ora measure?

A self-assessed tangata whaiora/service user outcome measure for use by tāngata whaiora/service users in New Zealand mental health services.

#### Why was it developed?

Tāngata whaiora/service users wanted a tool that helped individual reflection and informed personal development.

#### Who was involved in developing it?

A tangata whaiora/service user led team of independent and university-based researchers developed the tool. A tangata whaiora/service user reference group guided the project. Maori were also represented in the reference group, and amongst expert advisors and the researchers.

#### Why develop another service user outcome measure?

A review of measures and literature (Gordon et al, 2004) demonstrated consumer outcome measures available at the time did not fully meet the needs of tāngata whaiora/service users in New Zealand.

#### How was it developed?

A preliminary measure was developed. It was based on the results of the literature review and review of other consumer outcome measures. The preliminary measure underwent a series of trials and refinements. It was subjected to psychometric testing and thematic analysis. See the summary and full report for more detail on this process.

### Use of Tāku Reo, Tāku Mauri Ora

#### What kind of information does it ask?

The measure has 65 questions. They are divided among 11 domains. There are a further 14 questions for Maori tāngata whaiora. The domains reflect areas that tāngata whaiora/service users across various cultures identified as important for recovery. Some examples are relationships, day-to-day life, physical health and culture. There are a total of 79 questions.

#### Who can use it?

It was designed for use by adults with experience of mental illness. It can be completed independently or with someone helping. Tāngata whaiora/service users can complete it on a number of occasions over time. This may assist personal reflection and recovery planning.

#### When will Taku Reo, Taku Mauri Ora become available?

Both the report and the measure are available for download on Te Pou's website, [www.tepou.co.nz](http://www.tepou.co.nz). The tool has not been validated as an outcome measure. Some work has been done on reliability and validity in a convenience sample of service users. The use of Tāku Reo, Tāku Mauri Ora as a measure of change requires further testing, especially in community settings and to further assess sensitivity to change. It can be used for personal reflection to assist with tangata whaiora/service user personal recovery. It can also assist conversations between tangata whaiora, their family and mental health service workers.

#### Key contact

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For the most up to date information on this project please visit [www.tepou.co.nz](http://www.tepou.co.nz)

Gordon, S., Ellis, P., Haggerty, C., Pere, L., Platz, G. & McLaren, K. (2004). *Preliminary Work Towards the Development of a Self-Assessed Measure of Consumer Outcome*. Auckland: Health Research Council of New Zealand.



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