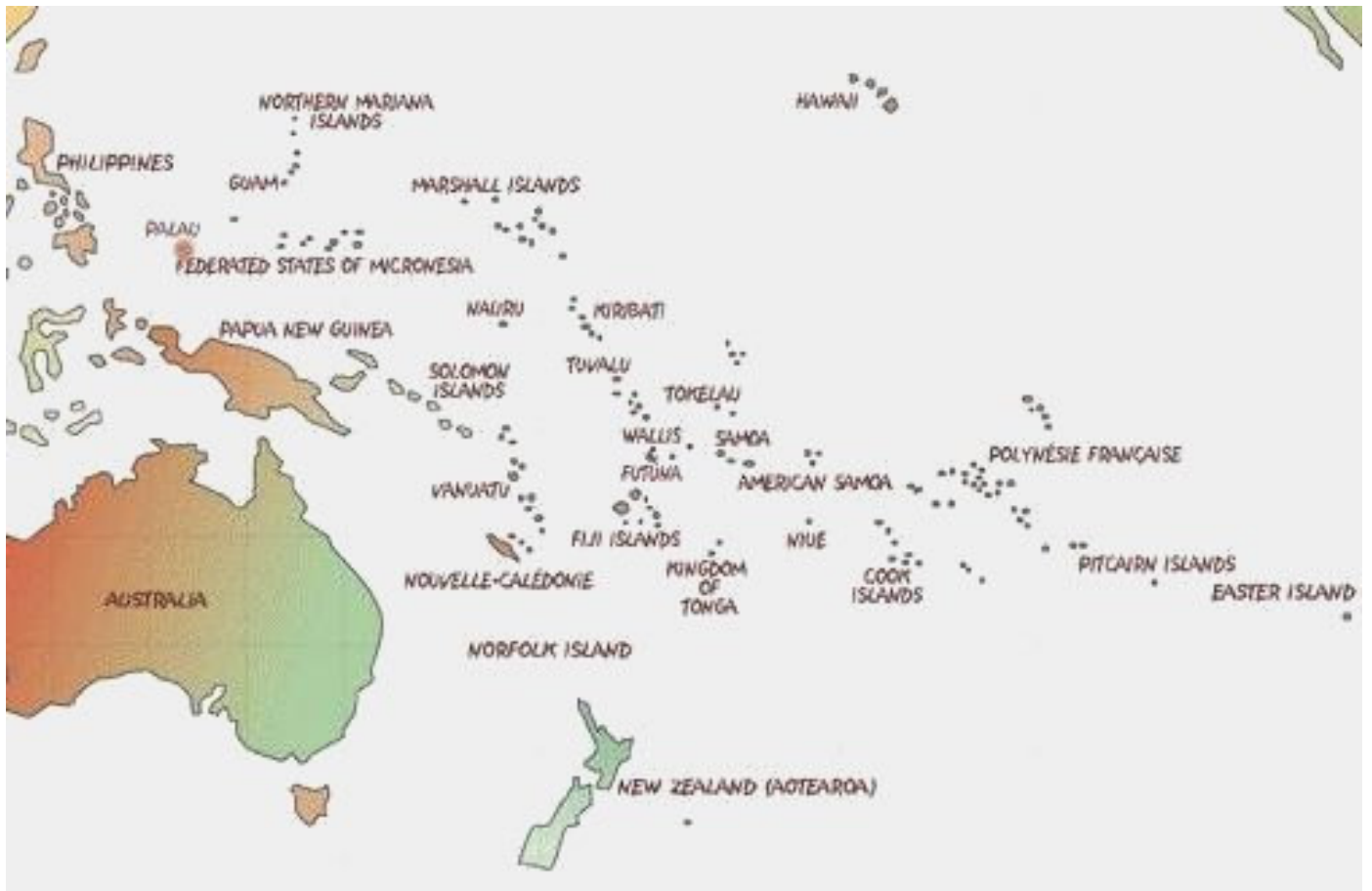


Tokelauan Culture Profile



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Community Partners Program***

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Tokelauan Culture Profile

Thanks is given to the following people:

Consy Iosefo
Anna Kelemete

... and to all those persons who have provided comment about this profile.

Disclaimers

This profile is a synthesis of information from a range of sources believed to be reliable. Diversicare gives no warranty that the said base sources are correct, and accepts no responsibility for any resultant errors contained herein or for decision and actions taken as a result and any damage.

Please note there may be costs associated with some of the resources and services listed in this profile.

INTRODUCTION.....	4
BACKGROUND.....	5
Migration Experience.....	5
Australian Statistics.....	5
FAMILY.....	5
Family structure.....	5
Attitudes to residential care.....	5
PERSONAL HYGIENE.....	5
Bathing and dressing.....	5
PENSIONS.....	6
LEISURE AND RECREATION.....	6
Social groups.....	6
Books.....	7
Music and dance.....	7
RELIGION.....	7
Profile.....	7
Important days.....	7
FOOD AND DIET.....	8
HEALTH.....	8
DEATH AND DYING.....	8
Palliative Care.....	8
Death and Dying.....	8
LANGUAGE.....	8
KEY WORDS.....	10
Additional resources.....	13
Correction / Addition Form.....	14

INTRODUCTION

This profile of the Tokelauan culture community is one of the projects undertaken by the Community Partners Program (CPP). The Community Partners Program aims to promote and facilitate increased and sustained access to aged care support services by culturally and linguistically diverse communities with significant aged care needs.

Funded by the Commonwealth Department of Health and Ageing, the project in Queensland is managed by Diversicare under the auspice of the Ethnic Communities Council of Qld Inc.

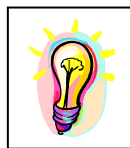
Population trends within Australia are increasingly characterised by a diversity of people, languages and culture. Coupled with this trend is an ageing population, also with a rich diversity of languages and cultures.

It is not surprising then, that residential aged care service providers are faced with increasing demands for culturally responsive facilities and care.

This profile aims to assist by enhancing:

- staff knowledge of the cultural and linguistically diverse needs of persons from a Tokelauan background. It also seeks to facilitate the professional competence and development of staff in the provision of culturally inclusive care; and
- the organisation's compliance with the Residential Care Standards and National Aged Care Standards as they pertain to the issue of cultural and linguistic needs.

The profile provides useful information about a range of topics, resources including books, articles, audio-video aids, services, and so on.



This symbol is used to indicate a 'tip', which **YOU**, as the caregiver of a person who was born in Tokelau, may find useful in your day-to-day support of that person.

In an effort to maintain the accuracy of this profile and improve its contents, for all stakeholders, we encourage readers to complete the feedback form on the last page to inform us of any inaccuracies or other resources available. It is considered that this feedback will assist us maintain a user relevant and quality resource.

Yours Sincerely

Margaret Hess
Director

Dearne Mayer
CPP Project Officer

BACKGROUND

Migration Experience

Tokelau is a group of three atolls in the South Pacific Ocean, approximately half way between Hawaii and New Zealand. Tokelau has a population of approximately 1,515 (2001 census) and has a land area of 12 square kilometres.

Tokelauans are Polynesians and they have strong cultural links with Tuvalu and linguistic, family and cultural links with Western Samoa.

Originally settled by Polynesian emigrants from surrounding island groups, the Tokelau Islands were made a British protectorate in 1889. They were transferred to New Zealand administration in 1925 and Tokelau is a self-administering territory of New Zealand and as such Tokelauans are citizens of New Zealand.



Australian Statistics

Statistics on the number of Tokelau-born people residing in Australia is unavailable, however in Townsville there are approximately 250 who are either Tokelau-born, or the children or Tokelau-born residents.

FAMILY

Family structure

The traditional way of life and community remains mostly untouched in Tokelau because of their geographical isolation. *Faka Tokelau* means the "Tokelauan Way". Families are very close and there is a system of sharing and obligation to care and assist all family members. The strength of community, its system of sharing and great respect for elders is evident in the community in Australia.

Attitudes to residential care

Tokelauans wish to care for their aged relatives at home, indeed believing it's the duty of the aged person's children, especially the females, to perform this caring role. Tokelauans consider it inappropriate to place an elderly relative in a nursing home. Even in caring for the person at home, relatives may not readily accept outside services to assist in the person's care.



If you need help to provide culturally appropriate care, the assistance of the PICAC Project Officer is available free of charge to your agency or the resident. This service is restricted to the greater metropolitan Brisbane and Townsville. For more information on PICAC contact Diversicare on 07- 3849 1099.

PERSONAL HYGIENE

The routines and preferences surrounding the following personal hygiene activities greatly impact on the person's sense of self, pride, dignity and confidence.

Bathing and dressing

It is important for a Tokelau-born person to have a woman assist with bathing or dressing of an older woman. However, for a Tokelau-born man it may be appropriate for an older, mature woman to assist with bathing and dressing. There can be exceptions however, with an older woman's sons assisting with bathing

and dressing if no daughter available. Having a son bath their elderly mother is seen as preferable to having a female stranger do this task.



It is important each person's preferences in their dress, bathing, grooming etc are established as part of their care or support plan.

PENSIONS

As citizens of New Zealand, Tokelauans may be eligible for a partial or full pension payment from that country. Australia has a reciprocal arrangement in place with New Zealand regarding the payment of pensions. The Australian Government supplements that payment if it falls below the level of the Australian pension.

Problems with Centrelink can arise for the person if he/she fails to notify Centrelink of any increase in the foreign pension amount. In this situation the Australian supplement is reduced according to the increase amount. Failure to notify Centrelink can result in a debt and fine being imposed by Centrelink.



Check your local telephone directory for your local Centrelink office

LEISURE AND RECREATION

Many Tokelau-born people enjoy playing kilikiti, a style of cricket, which is their national sport. A bat is constructed of a three-sided piece of wood and a rubber ball is used. Kilikiti is also played to celebrate special days in the Tokelauan calendar with teams divided by boundaries, committees and associations. Tokelau-born people also play introduced sports such as netball, rugby and volleyball. Source: Tokelau Council of Ongoing Government

Men, women and children enjoy plaiting and weaving with coconut fronds. Also, the telling of folk tales by grandparents and parents to their children is enjoyed daily.

Social groups

Two social groups meet in the Townsville and Thuringowa area, providing such things as Dance group performing at community events, schools etc and weaving classes, arts, crafts. Contact details are:



Tokelau Islander Cultural Society of Townsville Inc
 President: Joseph Kelemete
 Ph 4751 6820
 Postal address: c/- 19 Wood Street, Mundingburra, 4812

Tokelau Townsville and Thuringowa Community Association
 Contact: Consulata Iosefo
 Phone: 4775 1588

Books

While there are a limited number of books about Tokelau and the Tokelauan culture available from the State Library only one is in Tokelauan. It would be helpful to contact either of the social groups listed above for resources in Tokelauan. It is important to note however that some elderly Tokelau-born people can also read Samoan.



Every council library in Queensland borrows from the Qld State Library. You can do a search of the State Library resources (which will list the resource, type of resource and call number) by going to the following web address:
<http://www.slq.qld.gov.au/find/cat>

Music and dance

The common form of dance is the Fatele, which is performed at major events and village gatherings. The Fatele is performed in a group beginning with a stanza that is repeated to an increased pitch and tempo. Singing is usually accompanied by a pokihi (wooden box) and an apa (biscuit tin).

(Source: Tokelau Council of Ongoing Government)



The above information can assist in developing diversional therapy activities eg art and craft activities, music, cooking preferences or games. However, YOU need to check with each individual his or her preferences.

RELIGION

Profile

The religion practiced by Tokelau-born people largely depends on the atoll they were born on although Catholicism and Protestantism are most dominant. Jehovah Witness is a newly emerging religion for some Tokelau-born people and their families.

People from Nukunonu are predominately Catholic, Atafu predominately Congregational Christian Church of Samoa and Fakaofu having both religions present. Sunday is traditionally devoted to church attendance with work forbidden on this day.

Important days

Festivity	Month / Date	Customary practices
New Years Day	January 1 st	How this day is celebrated varies, ask your client how they wish to observe this day.
Waitangi Day	February 6 th	New Zealand's national day commemorates the signing of the Treaty of Waitangi on February 6, 1840. Under the terms of the Waitangi Treaty, the Maori people agreed to accept British sovereignty. They in turn were granted citizenship and land rights
Good Friday		No meat is consumed. Attending church is important
Easter Sunday		Attending Church is very important. There is absolutely no work to be done this day.
Tokehega Day	September 3 rd	Treaty of Tokehega delineates the maritime boundary between Tokelau and America Samoa. The Swains Island, was considered part of Tokelau but was annexed to the United States of America as part of American Samoa.
Christmas Day	December 25 th	Attendance at a church service is important.



YOU need to establish each person's religious preferences and link him/her into a local minister of that religion and/or observe religious rituals as appropriate.

FOOD AND DIET

The traditional diet consisted of fish, coconut products, breadfruit, poultry and pork cooked traditionally in an earth oven (*umu*) or more recently on kerosene stoves.

Kaleva made from fermented coconut sap, is a popular alcoholic drink and is also used in food recipes.

The following shops in Townsville stock some Tokelauan foods:



The Asian Supermarket
Shop 3/116 Charters Towers
Road
Hermit Park Qld 4812
Phone 07 4772 3997

Jeannie's Corner Store
39 Dearness Street
Garbutt Qld 4818
Phone 07 4779 5170

HEALTH

Western medicine has long been available in Tokelau. When ill, Tokelauans will seek hospital advice first. The acceptance of pain relief is an individual one at times influenced by the person's religious faith.

The gender of the health professional can be an issue for Tokelau-born people and for women particularly who should be offered the choice of a female health professional where ever possible.

When a Tokelau-born person is in hospital it is culturally appropriate for family to maintain a 24 hour vigil at their bedside eg. Often three or more relatives will sleep in the same room as the patient during their hospital stay.

DEATH AND DYING

Palliative Care

The diagnosis of a terminal illness is best delivered by a close family member, rather than to the Tokelau-born person directly. Most Tokelauans will prefer to be cared for by their relatives, especially female relatives, in their home, or the relative's home. This is an important time for the family to be together and care for their loved one.

Death and Dying

It is important to many Tokelau-born people nearing death to have all of their children and grandchildren visit them - even if these relatives live in Tokelau. Traditionally a dying Tokelauan would have a special last meal of turtle, and permission for this last meal would be sought from the elders.

On the person's death there is an evening of mourning followed generally by a church service, which includes many traditional songs calling the ancestors to come and take their relative. This ceremony is followed by a short wake then the burial that is followed/ended with a feast. Cremation is considered inappropriate.

LANGUAGE

Tokelauan is spoken, which is related to Tuvaluan and Samoan, and there are dialect differences among the three atolls. While Tokelauan is taught in schools, some Tokelauans also speak Samoan.

Tokelauan language is used in different ways according to the level of formality of the occasion and who is present.

Many older Tokelauan people do not have or speak English extensively, if at all.



YOU need to be aware that just because the elderly person

could once could speak English, this does not mean a) they necessarily spoke it fluently or extensively OR b) they have retained these skills as he/she aged OR c) that it is their preferred language as speaking English can be tiring to the elderly – as they are engaging in a translation-type of process.

Where a person speaks Samoan, the following agency has a language guide that targets health and everyday activities and is available at a cost from:

**HENDRIKA (HEalth aND Rapport
Interactive K~~o~~m~~m~~unication A~~i~~d)**

P O Box 326, Beaudesert, Qld, 4285,
phone (07) 55446606

KEY WORDS

Greetings	Tokelauan words (bold = where to place emphasis)
Hello	malo /Talofa
Welcome	taloha ni
Good morning	manuia te taeao
Good evening	afiafi
Good day	aho
How are you?	ea mai koe?
Yes	lo
No	heai
Please	fakamolemole
Thank you	fakafetai
My name is ...	ko toku igoa ko ...
Good bye	tofa
What is your name?	ko ai to igoa?

Useful lead in sentences	
Would you like..?	E fofou koe ...?
Do you want ...?	E fofou nei koe / Ko koe e fofou ke ...?
Are you.....?	Ko koe / koutou e ...?
Can I get you?	Tago la au kaumai / Kavatu la e au ...?

Emotional states	Na lagona / fakalogoaga
Happy	fiafia
Sad	fakanoanoa
Tired	vaivai
Good	lelei
Bad	kino
Love	alofa
Hat	fili (ita)
Sick	tauale
Ill	he malohi
Well	malolo

Conditions	Fakalogoga
Warm	mafanafana
Hot	vevela
Cold	malulu
Windy	havili
Sunny	laofie
Loud	leolahi
Quiet	malie
More	lahi
Less	taikole
Too	atili / lahi atili
Hungry	fia kai
Thirsty	fai inu
Up	luga
Down	lalo
Wet	huhu
Dry	mamago
Big	fuaefa
Little	taigloe

Body parts	Vaega ote tino
Leg	vae
Foot	alofi vae
Toes	muamua vae
Arm	lima
Hand	alofi lima
Fingers	muamua lima
Face	fo foga
Head	ulu
Teeth	nifo
Throat	fai
Eye	mata
Hair	lalu
Chest	fatafata
Stomach	manava
Bowels	nofoaga
Bladder	kona

Activities	Mea fai
Television	televihe
Radio	leitio
Video	ata vitio
Telephone	telefoni
Music	muhika
Book	tuhi
Magazine	nuhipepa
Knitting	niti
Church	faleha / fale tapuaki

Directions	Fakahino ala
Right	taumatau
Left	agavale
Come	hau
Go	fano
Sit	nofo
Stand	tu
Lie down	takoto ki lalo
Stand up	tu ki luga
On	ola / pe
Off	fakaola / tape
Inside	loto
Outside	fafo

Rooms	Na potu
Bed	hofa (moega)
Bedroom	potu moe
Toilet	va va
Shower	fale takele
Dining room	potu kai
Home	kaiga
House	fale
Table	laulau
Chair	nofoa

Clothing	Lakei / Na kie
Dress	kofu
Skirt	laulavalava
Trousers	kofuvae loloa
Underpants	kofuvae loto
Shirt	kofutino
Jacket	kofu mafanafana
Cardigans	katikeni
Pullover	kofu fai pulou
Hat	pulou
Glasses	mata la (mata faitau)
Pyjamas	kofumoe
Sock	totini
Shoe	hevae

Drinks	Na vai inu
Tea	lauti
Coffee	kofe
Beer	pia
Wine	uaina
Soft drink	fagu inu
Water	vai
Juice	vai inu
Milk	huhu

Sugar	huka
-------	------

Meals	Vaikaiga
Breakfast	meakai ote taeao
Lunch	meakai ote aoauli
Dinner	omoe
Morning tea	ti ote taeao
Afternoon tea	ti ote afiafi
Supper	ti ote po

Food	Maekai
Bread	falaoa
Bread roll	falaoa fualoa
Toast	pagugu
Butter	pata
Jam	hiamu
Cake	keke
Biscuit	mahi
Cake	keke tao
Meat	kakano manu
Chicken	moa
Fish	ika
Fruit	fualakau kaina
Vegetables	fualakau fai meakai
Salt	mahima
Pepper	pepa

Utensils	Kope ote umukuka
Knife	naifi
Fork	tui
Dessert spoon	hipuni kai mea huamalie
Spoon	hipuni
Teaspoon	hipuni ti
Glass	ipu malamalama
Cup	ipu ti
Dinner plate	ipu kai
Bread & butter plate	ipu feoloolo
Bowl	ipu hupo / ipu loloto

Personal activities / items	Meat au kite tino
Bath (ie to take a bath)	takele
deodorant	mami / mea manogi
Electric razor	tafi uila
hairbrush	palahi ulu / helu
talcum	pauta fakamanogi
Wheelchair	nofoa tavale / nofoa toho

Special occasions	Fakatahiga fakapitoa
Happy birthday	manuia to aho fanau
Merry Christmas	kilihimahi manuia / manuia te Kilihimahi
Easter	eheta
Happy New year	manuia te Tauhaga Fou

Relations	Na kaiga
Father	tamana
Mother	matua
Grandfather	tupuna tamana
Grandmother	tupuna matua
Husband	avaga
Mister	tamaloa
Mrs	fafine
Son	ataliki
Daughter	afafine
Children	fanau / tamaiti

Additional resources

Diversicare Resources

Cultural Diversity Resource Directory for Residential and Community Care Agencies, 2005. Lists all known resources under chapter headings of – Communication, Cultural background, Health and Personal Care, Lifestyle, Legal, Management, Resources. Phone Margaret Hess, Director, Diversicare for these resources on 07-38491099

Useful Websites

Western Australia

www.health.wa.gov.au/mau/

New South Wales

www.mhcs.health.nsw.gov.au/health-public-affairs/mhcs/resources/index.html#top

Victoria

www.healthtranslations.vic.gov.au/bhcv2/bhcht.nsf/CategoryDoc/PresentCategory?Open

Federal Government

www.ageing.health.gov.au/publicat/multilin.htm
www.ageing.health.gov.au/publicat/pubindex.htm

Cross Cultural Health Program (USA)

www.xculture.org/resource/order/index.cfm?Category=Articles

Centre for Culture Ethnicity and Health - Video Catalogue

http://www.ceh.org.au/video_catalogue.htm

Alzheimers Australia

www.alzheimers.org.au/content.cfm?categoryid=14

Alzheimer's Australia NSW

www.alzheimers.org.au

Queensland Health – Multicultural Health Publications

www.health.qld.gov.au/publications/restop/master.asp?Rec=40&frmHealthTopic=MulticulturalHealth

Queensland Transcultural Mental Health Centre

www.health.qld.gov.au/pahospital/qtmhc/multilingual_resources.asp

Cancer Foundation

<http://www.cancerindex.org/clinks13.htm>

Nutrition Australia

www.nutritionaustralia.org

Information Lines

Aged and Community Care Information Line: 1800 500 853
Carelink: 1800 052 222

Libraries

Organisations must be registered to borrow

Diversicare Phone: (07) 3846 1099
Blue Care Phone: (07) 3377 3327
St Lukes Nursing Service Phone: (07) 3421 2846
Queensland Transcultural Mental Health Centre Phone: (07) 3240 2833
HACC Resource Unit Phone: (07) 3350 8653
Alzheimers Association Phone: (07) 3857 4043

Correction / Addition Form

Please complete the following page if you are aware of either incorrect details or you know of additional resources that should be included.

Correction

Listed item	Correction
Title: Page:	

Additional Resources / contact

Contact details	Description of resource
Title: Publisher: Address: Phone: Website:	(include whether Person contact, Book, tool, video, article, course)

Send this form:

Post	Fax
Diversicare P O Box 5199 West End Qld 4101	Attention: Margaret Hess Diversicare FAX: 38461107

Thank you for your assistance in keeping this document current