Whaikaha
Ministry of Disabled People

Scan for NZSL name

New Zealand Disability Strategy 2026 to 2030:

Goal and actions for health

Published: December 2025

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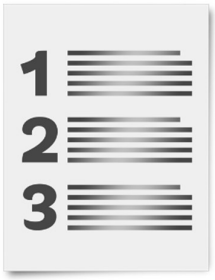
About this Easy Read

This Easy Read is a **summary** of the **goal** and **actions for health** from the **New Zealand Disability Strategy 2026 to 2030**.

The **New Zealand Disability Strategy** tells the Government how to make things better for disabled people in Aotearoa New Zealand.



A **summary** is:

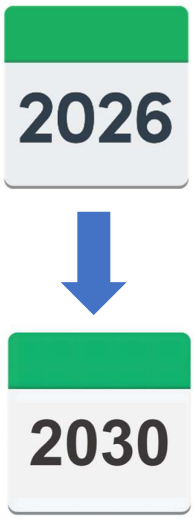
- shorter than the full document
- tells you the main ideas.

Te Kāwanatanga o Aotearoa
New Zealand Government

In this Easy Read where it says **we / our** this means the New Zealand Government.

Here a **goal** means how we want things to be.

Actions are things we will do as part of meeting a goal.



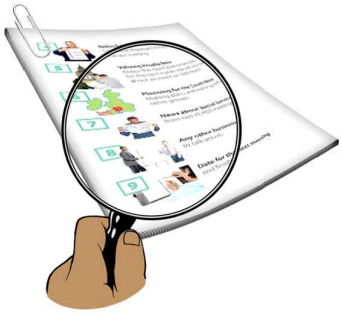
The New Zealand Disability Strategy 2026 to 2030:

- is the third disability strategy made for New Zealand
- will go for 5 years.

In this Easy Read the New Zealand Disability Strategy 2026 to 2030 will be called the **strategy**.

The strategy has:

- a **vision** and **principles** that will show the Government what to do
- 5 **priority outcome areas**:
    - education
    - employment
    - health
    - housing
    - justice



- a monitoring approach which is the ways the Government will check how well the strategy is being done.

Here **vision** means ideas about what things should be like.

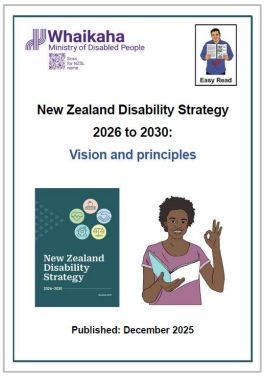
Here **principles** are ideas / beliefs that tell us:

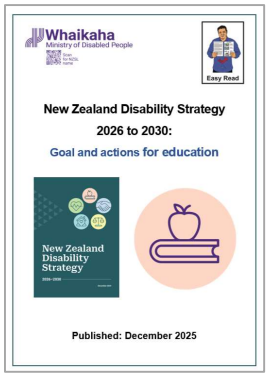
- what we should do
- how we should do things.

Here **priority outcome areas** are the things that are most important to work on in the strategy.

You can read the full strategy at our **website**:

https://shorturl.at/CCvma





There are 6 Easy Read summaries of the strategy which are:

- Vision, principles, and other key information

- Goal and actions for education
- Goal and actions for employment
- Goal and actions for health

- Goal and actions for housing
- Goal and actions for justice.

You can find all the Easy Read summaries of the strategy at this **website**:

https://shorturl.at/VDFhw

Health goal

Health means being well in our:

- bodies
- minds.

The health system works to support people to keep well.

The health system includes things like:

- hospitals
- medical centres / family doctors
- dentists
- pharmacies.

The goal is for disabled people to have the best:

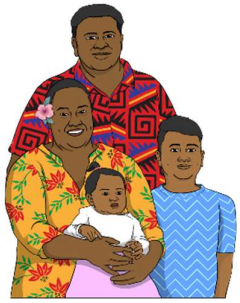
- health
- **wellbeing**.

Wellbeing means you can live a good life.

Wellbeing is about what is important to you.

Disabled people will be able to make decisions about the healthcare they need for:

- themselves
- their whānau / families.



What success in health means

1. Success in health for disabled people is when the health system works to give them a better **quality of life** so they can **thrive.**

Here **quality of life** is if you:

- feel well
- can enjoy your life.

Here **thrive** means disabled people can:

- live good lives
- do the things they want to do.

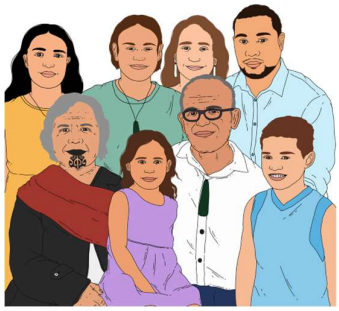
2. Success in health for disabled people is when they have **self-determination**.

Self-determination means people:

- have choice and control over their own healthcare
- are given information to make good decisions about their own health
- are listened to.

Self-determination can also mean disabled people get support with making decisions from someone like a:

- whānau / family member
- friend or carer.



3. Success in health for tāngata whaikaha Māori / Māori disabled people is when they are supported through **te ora o te whānau** by:

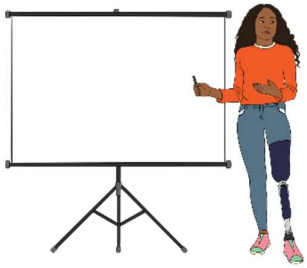
- understanding Māori are part of a bigger group
- understanding that whānau / family are part of making their healthcare decisions
- making sure health decisions are about what the person wants.

Te ora o te whānau means the health of whānau / family.

4. Success in health for disabled people is when there is a health system that is:

- accessible – people can use it easily
- equitable – people can get support from services just like everyone else
- inclusive – everyone can use the services.

The people working in the health system need to:



- have health services that work well for disabled people
- have training about how to work with disabled people
- give very good care

- change how they do things to meet different needs.

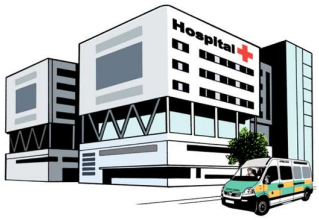
5. Success in health for disabled people will mean making sure **data** about disability is collected.

Data is information that shows what groups of people:

- are doing
- need.

This data will be used to make the health system better for disabled people.

6. Success in health for disabled people will be when disabled people are part of decisions about making the health system better for them – **Nothing about us without us**.

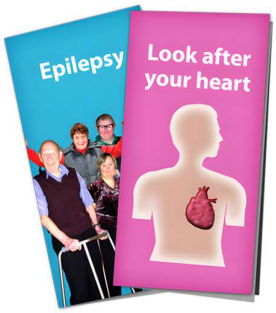


Nothing about us without us means disabled people should be part of decisions about:

- their own healthcare
- changes to the health system.

Health actions

1. **Review / look at the health system to make it work better for disabled people.**



We will review / look at all parts of the health system like:

- how people get information about their healthcare

- how decisions about healthcare are made

- accessibility to our buildings / services

- the technology we use like computers.

We want disabled people to take part in making decisions about their own healthcare by using:

- self-determination
- **supported decision making**.

Supported decision making is when a disabled person is supported to make decisions about their own life.

2. Give healthcare workers training in how to support disabled people.

This will support healthcare workers to provide services that:

- include disabled people
- are safe for people from different cultures
- are easy to use.

3. Support disabled people to work in the health system.

Government agencies will find ways to train disabled people so they can work in all parts of the health system.

This means making sure disabled people can be part of:

- giving advice about the health system
- planning the health system
- leading the health system

- checking how the health system is working.

4. Get more information about disabled people.

Getting better information about who is disabled will:

- let people in healthcare know more about disabled people
- give us better ways to know how disabled people are getting on
- keep their information:
    - protected / safe
    - **private**.

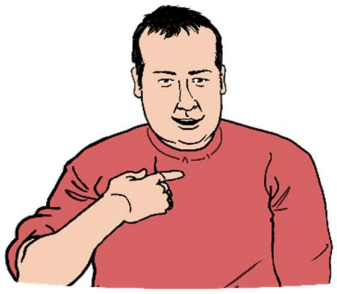
Here **private** means you

- are allowed to know how your information is used
- can control who can see your information.

Private also means no one can see your information without your permission / you saying they can.

5. Put accessibility needs under the National Health Index.

Disabled people should be able to link their accessibility needs to their **National Health Index** information.

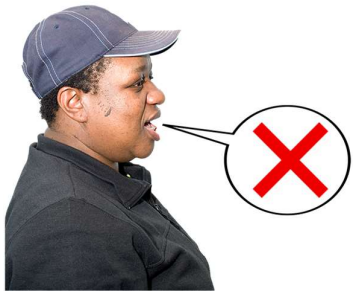


The **National Health Index** is:

- a number given to each person using the health system in New Zealand
- also called the NHI number.

NHI 1234567

Each person has a different NHI number.



Linking access needs on the National Health Index will mean:

- disabled people will not have to keep telling healthcare providers about their needs
- healthcare providers will be able to meet more access needs.

Linking access needs on the National Health Index needs to be done in a way that:

- works well for disabled people
- lets disabled people be in control of their own information.

This information has been written by the Ministry of Disabled People – Whaikaha.

It has been translated into Easy Read by the Make it Easy Kia Māmā Mai service of People First New Zealand Ngā Tāngata Tuatahi.

The ideas in this document are not the ideas of People First New Zealand Ngā Tāngata Tuatahi.

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