



## Health Navigator New Zealand Website: COVID-19 mental wellness support

A series of resources for people in Tāmaki Makaurau during the COVID pandemic and beyond.

### Video transcript: Leilani’s story

[Introduction]

Audio	Visual
<p>[Background music plays throughout the video]</p> <p>[Leilani is the speaker throughout the video]</p>	
<p>My name is Leilani Hoyt and I live with my mum, my husband Henry, and my two sons Hudson and Noah.</p>	<p>Leilani is sitting in front of a large green shrub. She wears a pink and black dress, black eyeglasses, and earrings that are clear with a red pattern inside.</p>
<p>I'm a carer for my elderly mum who's in her late eighties. She has chronic arthritis.</p>	<p>The scene continues, with Leilani sitting in front of a large green shrub, telling her story.</p>
<p>Also I care for my husband who had a stroke in 2018 and suffers with aphasia. So I care for those two as well as my sons.</p>	<p>Leilani stands inside her home with her son by her side. They are looking at a wall of family photographs, many of them older photos. Some photos are in colour and some are tinted or in black and white.</p>

Audio	Visual
<p>My youngest son Hudson is on the spectrum with global development delay, and my teenage son has social anxiety.</p>	<p>Leilani is sitting in front of a large green shrub, telling her story.</p>
<p>I think when you've got family members who have various health needs, and then you add in a lockdown, you add in COVID - it just makes those pressures even more.</p>	<p>The scene continues, with Leilani sitting in front of a large green shrub, telling her story.</p>
<p>And so I made sure that I had to check myself and see that I was OK, get outside, have a read or a book.</p> <p>I find that a great way of relaxing just to give myself a break for my own mental health and also be the best carer that I could be.</p>	<p>The scene continues, with Leilani sitting in front of a large green shrub, telling her story.</p> <p>Then we see Leilani and another woman sitting outside. They are each holding a paperback book, reading and chatting/laughing.</p> <p>The scene continues, with Leilani sitting in front of a large green shrub, telling her story.</p> <p>Then we see her younger son jumping on a trampoline in the garden.</p>
<p>I wanted to be there for my family. I wanted to be present and address their needs and make sure they were OK. But if I'm not OK, it will affect the way I care for them.</p>	<p>The scene continues, with Leilani's younger son jumping on the trampoline.</p> <p>Then we see Leilani sitting in front of a large green shrub, telling her story.</p>
<p>I think I appreciate people a lot more. Like I had friends and family who put our names down for food parcels.</p> <p>We were inundated with food packages and it really showed me the village that we had with support.</p> <p>People were ringing up checking that we're OK.</p>	<p>The other woman is sitting outside in the garden, smiling. She is chatting with Leilani, who is also sitting outside.</p> <p>The scene continues, with Leilani sitting in front of a large green shrub, telling her story.</p>

Audio	Visual
<p>There was time when I needed to take time and prayer. For me, health and wellbeing is not just your physical, not just even just your mental, but also your spiritual, and I felt really great peace in that.</p>	<p>In a close-up, Leilani is sitting outside, looking thoughtful. The scene continues, with Leilani sitting in front of a large green shrub, telling her story.</p>
<p>Through all the lockdown, I think the blessing has been that we've got to know each other more, that we appreciate each other, we appreciate those around us. And we don't take anything for granted anymore.</p>	<p>Leilani and her younger son are in the garden, digging with small spades in a raised garden bed.  Leilani plants a seedling in the garden bed.</p>
<p>All that kind of went to the next level after COVID. And so that's now where I'm at now, is at a real attitude of gratitude now. Yeah.</p>	<p>The scene continues, with Leilani sitting in front of a large green shrub, telling her story.</p>
<p>[Background music]</p>	<p>Credits are shown:</p> <ul style="list-style-type: none"> <li>• Te Whatu Ora   Health New Zealand logo</li> <li>• Health Navigator New Zealand logo</li> </ul>