



Tō whakarauoranga



Kia tino whaihua mai
i tō kopounga me ngā
whakamaimoatanga.

Kāore koe i te noho taratahi

He maha ngā pānga pea o te wharanga roro ki a koe, ā, ka hiahia pea koe ki te kite i ngā tāngata rerekē maha ka taea te āwhina i a koe.

Ka taea e ēnei tāngata tō whakarauora te āwhina



Mā tō Rata, tō Kaiwhakahaere Kēhi rānei koe e tuku atu ki ēnei tāngata, ratonga rānei, mā te kōrerorero i a koe.

Me whakareri koe mō ngā kopounga

Ina haere koe ki ngā kopounga he pai tonu te heri i tētahi kaitautoko o te whānau, hoa, nō tētahi rōpū tautoko pērā i te Brain Injury Association. Kia maumahara ki te whakatā i mua me muri o ngā kopounga.

I mua

- Me rapu he aha ka taea mōu e te tangata e haere ana koe ki te kite
- Me tuhi e koe ō pātai ka heri atu
- Me tuhituhi ngā kōrero e hiahia ana koe ki te tuku
- Me whakarite he kaitautoko hei taraiwa kei ngenge



I te kopounga

- Me pātai koe mēnā kāore koe e mārāma
- Me pātai ki tō kaitautoko kia āwhina me ngā pātai
- Tuhia ngā whakautu, mōhiohia rānei, me pātai atu ki tō kaitautoko māna e mahi, kia pai ai tō tiro tiro ā muri ake
- Me tono i ngā tārua o ngā pūrongo, reta rānei
- Me tono kia tuhia mai ngā mōhiohia kia pai ai te pānui ā muri, te whakaatu rānei ki te whānau, hoa rānei

I muri

- Me whakarite kopounga atu anō mēnā me kōrero anō koe mō tēnei
- Me tiro tiro i ō tuhipoka me ngā kōrero i tukuna mai ki a koe
- Me kōrero mō te kopounga me tō kaitautoko e heria atu e koe hei whakarite i mārāma ki a koe ngā kōrero katoa
- Kia maumahara, ka taea e koe te haere ki te rapu whakaaro atu anō

Me tuku pātai

Putā noa i tō whakaoranga, ka whakahaerehia ngā aromatawai hei tiro tiro i tō anga whakamua me te tautuhi i ngā uaua e pā mai ana. Kātahi ka taea e tō rōpū whakaora koe te tohutohu mō ngā rautaki tika hei whakarite i tēnei uauatanga.

Kia maumahara, kei a koe te tika kia mōhio mō ngā otinga o ō aromatawai.

He aha te hua ki ahau o te aromatawai?

Ina haere koe mō tētahi whakamātautau, aromatawai rānei ka taea e koe te pātai:

- He aha te kaupapa, ā, he aha te take e mahia nei?
- Ko wai kei te whakahaere?
- E hia te roa?
- He aha ngā momo whakamātautau / tūmahī hei tūmanakohanga māku?
- Āhea whiwhi ai ahau i ngā whakahokinga kōrero?
- Ka pēhea taku whiwhi i ngā whakahokinga kōrero? (arā, mā te pūrongo, waea, kanohi ki te kanohi)
- He aha te hua ki ahau o te aromatawai?

Kia maumahara kei a koe te tika ki ngā mōhiohia mōu me tō whakaora. Me tono mō tō pūrongo.

- Me tono tētahi tārua o tō pūrongo
- Me pātai āhea ka wātea mai
- Me pātai mā wai e tuku mai he tārua ki a koe



Anei te rārangi o ngā tāngata ka taea pea te āwhina i a koe:

Rata - he tuku tautoko hauora, ā, ka taea hoki koe te tuku atu ki ētahi atu ratonga, mātanga rānei mō ngā āwhina.

Rata Mate Roro - he arotahi ki te whakatau me te whakamaimoa i ngā mate o te roro, pūroro, aho tuaiwi, ngā io me te mahi.

Rata Mātai Roro - he aromatawai i te pānga o tētahi wharanga roro mō te tukanga whakaaroaro (pērā i te pūmahara me te whakaaro whaitake).

Kaimātai Hinengaro - ka āwhina i a koe kia tau tō wairua ki ngā rerekētanga kua pā mai.

Nēhi Whakarauora - ka mahi tahi me koe me tō whānau ki te āwhina i a koe kia eke koe ki tō tino hauora, oranga hoki mā ngā rautaki whaitake.

Kaihaumanu Whakamahi Tinana - ka tiroiro ki te āhua o tō whakahaere i a koe i ia rā i te kāinga me te mahi, ā, ka whakaatu pea i ētahi mahi hou, te tūtohu rānei i ngā utauta hei āwhina i a koe.

Kaitakawaenga Wharanga Roro - he tuku mōhiohio, mātauranga, taunakitanga me te tautoko i a koe me tō whānau.

Kairomiromi - ka āwhina i te tinana kia mahi pai anō i muri i tētahi wharanga roro. Ka aromatawai me te whakamaimoa i tō tūranga, nekehanga, tū tika, kaha uaua me te rongō, te tau o te tinana me te pakari tinana. Ka taea anō te tuku tohutohu ki a koe mō ngā āwhina me ngā tāhuiwi.

Tauwhiro Pāpori - ka taea e rātau koutou ko tō whānau te āwhina ki te whakahāngai ki ngā rerekētanga āhua noho, whanaungatanga, āhuatanga mahi me ngā mahi ā-rēhia.

Kaiwhakatika Reo Kōrero - ka āwhina i a koe ki te kōrero, horomi, whakarongo me te mārama ki te kōrero, ō raruraru rānei e pā ana ki te pānui me te tuhituhi. Ka āwhina i a koe ki te whakawhitihiti me ētahi atu i ngā āhuatanga pāpori.

Tumu Kōrero / Kaitohutohu Mahi - ka āwhina i a koe ki te kimi i ngā whai wāhitanga me ngā tautoko mā te whakauru haere i a koe ki te mahi.

Kaiwhakahaere Kēhi - ka tohua pea e ACC, te kaiwhakarato rīanga tūmataiti rānei ki te whakariterite i ngā ratonga mō te putanga pai rawa mō tō whakaoranga.

Mō ētahi atu mōhiohio

Ka āwhina pea ētahi atu mātārere o tēnei punipuni i a koe, me whakapā atu rānei ki tō Brain Injury Association, ACC, Te Manatū Hauora, ngā Disability Resource Information Centre rānei.

Mō ētahi atu mōhiohio haere ki: www.brain-injury.org.nz

Aku whakapā hira:

Brain Injury Association:

Rata:

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Kaiwhakahaere Kēhi:

Ētahi atu whakapā:

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E tautokona e ACC



Te Kaporeihana Āwhina Hunga Whara

