

09



E tautokona e ACC



Waipiro me Ngā Whakapōauau



Te mōhio ki ngā pānga
o te whakapeto waipiro
me ngā whakapōauau i
muri i te wharanga roro.

Ngā pānga o te waipiro me ngā whakapōauau i muri i te wharanga roro

I muri i tētahi wharanga roro, ka whakaraerae ake tō roro ki ngā pānga o te waipiro me ngā whakapōauau, nō reira e whakahau ana kia kaua e kainga ēnei.

- Ka tere ake te whakaawe tō te waipiro me ngā whakapōauau i a koe, ā, he nui ake te pānga ki a koe i muri i tētahi wharanga
- Ka whakararuraru te waipiro me ngā whakapōauau i tō whakaoranga
- Ki te inu waipiro, te kai rānei i ngā whakapōauau ka piki te tūpono pā mai o tētahi rehu ohotata ruriruri
- Ko ngā uauatanga kua pā mai nā tō wharanga roro, ka tino hē rawa atu, ka tino kitea rānei e ētahi atu ina inu waipiro koe, te kai whakapōauau rānei

- Ka taea e te waipiro me ngā whakapōauau tō wā whakaora te whakaroa, ā, ka tūpono koe ki tētahi wharanga tuarua
- Ka whakapikihia e te waipiro me ngā whakapōauau ngā raruraru e pā ana ki te hīkoi me te kōrero nā tō wharanga roro
- Ka whakararuraru te waipiro me ngā whakapōauau i tō kaha ki te whakaaroaro me te ako mea hou
- Ka taea e te waipiro me ngā whakapōauau te whakararuraru i ngā rongoā, hei tauira, ngā rongoā ārai rehu ohotata
- He pēhi kare ā-roto te waipiro
- Ka whakaawe te waipiro me ngā whakapōauau i ngā toke o mua me te whakararu i ngā whakaaro, te aro mai, te pūmahara me te tuku whakatau

Nō reira he painga mōu kia:

- Kaua e inu waipiro, te kai whakapōauau rānei kia whakaorahia rā anō koe mai i tō wharanga roro
- Me iti, me kore rānei te inu waipiro ahakoa he inu tō whānau, hoa rānei
- Me whai ritenga mahi me te whakaware i a koe kia kore ai koe e inu nā te hongehongē
- Āraia atu ngā waipiro me ngā whakapōauau

Mēnā ki ōu whakaaro kei te raruraru koe me te inu waipiro, te kai whakapōauau rānei, me rapu āwhina mai i tētahi tumu kōrero, rata rānei.

Mā te inu waipiro, te kai i ētahi atu whakapōauau rānei i muri i tētahi wharanga roro ka nui ake te tūpono pā mai o tētahi atu wharanga me ngā mutunga iho kino ake.

Mō ia wharanga roro he nui ake te wharanga kino i te tuinga paku noa.

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:

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Kaiwhakahaere Kēhi:

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Rata:

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Ētahi atu whakapā:

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