

## Hirikapo: Te Aro, Whakaaro Tapatahi me te Pūmahara



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Te mārama ki te pānga o  
te tūkinu o ētahi wāhanga  
o te roro ki tō aro mai,  
whakaaro tapatahi me  
te pūmahara.

# He aha te hirikapo?

Ko te hirikapo te āhua o tā tātau whakamahi i ō tātau roro ki te whakaaro me te ako. Mēnā kua tūkinohia te roro ka whai pānga ki ō tātau pūkenga whakaaro.

I te tuatahi kāore pea e tino kitea ēnei hei raruraru ā-tinana, ā-kōrero rānei, engari nā ngā rerekētanga hirikapo ka uua ake te hoki ki te mahi, te mahi i ngā mahi o ia rā me te whakawhanaunga.

## He pēhea te pānga o ngā raruraru hirikapo ki te tangata i tana noho o ia rā?

### **Ka pā mai pea ngā raruraru pūmahara:**

- Kia maumahara ki ngā mea ka kite koe, engari kua ngā mea ka rongu koe
- Ka wareware i waiho e koe ngā mea ki hea

### **Ka uua pea ki a koe te whakaaro tapatahi me te aro mai:**

- He uua te noho ki tētahi mea kotahi i te wā kotahi - ka rere pea ō whakaaro ina mātakitaki pouka whakaata, ā, ka ngaro i a koe te kaupapa o te whakaaturanga

### **Ka uua pea ki a koe te whakaraupapa tika i ngā mea:**

- Ka mahue i a koe ētahi upane hira i tētahi mahinga, pērā i te wareware ki te rau paura hopi ina horoi kākahu

### **Ka hiahia pea koe ki te mahi i ētahi mahi engari he uua te tīmata:**

- Ka pau te nuinga o te rā i mua i te pouaka whakaata, ā, kāore koe i te hiahia mahi i ētahi atu mahi
- He maha ngā mea hei mahi engari ka tata te pau te rā e oti ai te mea tuatahi

### **Ka whakaioio pea koe:**

- Ka kōhukihuki i ngā rerekētanga ohorere ki tō ritenga mahi
- Kāore i te rata te whakamātau i ngā mea hou
- Ka toka ngā whakaaro ki tētahi huatau kotahi

### **Ka uua pea tō mārama ki ngā āhuatanga:**

- Ka uua tō whai i ngā kōrerorero
- Ka uua te huri ki tētahi atu take kōrero
- Ka roa ake te mārama ki ngā mōhiohio ā-waha, ā-tuhi rānei
- Kua kore e pai te pānui
- Ka rangirua ki ngā kupu, tau rānei e ōrite ana te whakahua

### **Ka uua pea tō ako i ngā āhuatanga:**

- Ka hoki atu, hoki atu pea te whakaatu i taua mea kotahi ki a koe
- Kāore pea e mārama ki a koe ngā āhuatanga ina whakamāramahia atu ki a koe
- Ka uua ake pea te kimi i ngā wāhi hou

### **Ka uua pea tō whakaputa i te tikanga o ō kōrero / te whakaputa i ō whakaaro**

- He uua ki te 'tae ki te matū o te kaupapa' o tētahi kōrero
- Ka uua te kimi i ngā kupu e hiahia ana koe, ā, me whai wā koe ki te whakautu
- Ka manawarau i ngā āhuatanga, ā, kāore e titiro kanohi ki te kanohi
- Ka uua te whakahuihui i ngā whakaaro kia mārama ai

### **Ka iti ake tō takatū:**

- He uua te kimi mea
- Ka tāhapa i a koe ngā kopounga me te wareware ki te whakariterite i ngā mea me heri e koe



# Ngā mea pea ka āwhina

Anei ētahi whakaaro hei whakamāmā rawa atu i tō ao.



## Ngā rarururu pūmahara

- Tuhia ngā mea e hiahia ana koe ki te kōrero i ngā kopounga
- Whakamahia he puka tuhituhi, rātaka rānei hei tuhi i ngā mea, ā, me kawē haere e koe
- Whakamahia ngā maramataka me ngā papatuhi hei whakamaumahara i a koe ki ngā mea me maumahara koe
- Ina whakarite kopounga me whakauru i te rā, wā, wāhi me te ingoa o te tangata
- Whakamahia he pūoho kia neke ai koe ki ngā mahi whai ake hei whakaoti māu
- Me waiho ngā mea ki te wāhi ōrite
- Me whakarite ngā mōhiohio kia māmā ake ai te maumahara
- Me tāruarua ngā mōhiohio kia māmā ake ai te maumahara
- Me whakaharatau i ngā mea kua ako koe
- Whakamahia ngā nuka / tīwhiri:
  - Me whakaaro ā-kite i roto i tō hinengaro mō te mea e ngana ana koe ki te maumahara
  - Whakamahia ngā reta tuatahi o ngā mea e ngana ana koe ki te maumahara hei ārahi i a koe
  - Whakamahi huarite
  - Whakamahi raraunga tae
  - Me waihanga ngā rerenga kōrero ka whakahua hei āwhina i a koe kia maumahara



## Te whakamahere, te whakariterite rānei i ngā mahinga

- Whakaritea ō ritenga mahi - Mahia ngā mahi i te wā ōrite o te rā i ia rā pērā i te kai i ō pire i te 9:00 am, te whai i tētahi raupapa rānei mō ō mahinga pērā i te kai i ō pire i muri i te parakuihi, te moe rānei i muri i te tina
- Me tiki hoa hei āwhina i a koe ki te whakarite i ō ritenga mahi o ia rā
- Tuhia ngā upane mō te mahi i tētahi tūmahi me tētahi
- Mākahia ngā mahi ina oti ana
- Puritia ngā mea katoa mō tētahi runaruna, tūmahi rānei ki te wāhi kotahi
- Me whakarite ka whai wā koe ki te mahi i ngā mahi kia tika
- Kōwhiria ngā runaruna e pārekareka ana
- Kōwhiria ngā rauemi pārekareka hei pānui



## Me whitiwhiti kōrero me ētahi atu

- Mēnā kāore koe i te mārāma me pātai atu ki te tangata kia tuaruaia te kōrero, me whakapuaki anō rānei
- Me kī atu ki ngā tāngata me whai wā koe ki te whakaaroaro
- Me tūtaki ki te whānau me ō hoa i te wā e mataara ana koe, i muri i te whakatā hoki



## Te whakaaro tapatahi me te aro mai

- Whakaitia ngā whakapōrearea - kimihia he wāhi āio, whakamahia ngā puru taringa, me pāpaku, weto rānei te wairehi / pouaka whakaata.
- Kia tūpato i ngā tohu rūhā – ko tētahi o ngā tino pūtaka o te koretake o te whakaaro tapatahi ko te rūhā. Kaua e tino roa rawa ki tētahi tūmahi kotahi noa iho. Me rite tonu te whakatā.
- Me karanga i tētahi whakamatuatanga - Ina āpurua koe, me kimi putanga koe i taua āhuatanga.
- Me mahi kia kotahi te mahi i te wā - Ki te whakamātau koe ki te mahi kia neke atu i te kotahi tētahi mahinga, kātahi ka uaua rawa atu te whakaoti i ngā mahi.
- Me whai wā ki te whakaaroaro me te tuku whakatau - Kaua e pukā ki te tuku whakatau. Me kī atu ki ngā tāngata kia tuku wā ki a koe ki te whakaaroaro.
- Me whakamahi i ngā pūkenga whakarongo - me tuku pātai, whakarāpopoto, me kōrero anō i te kōrero mai a tētahi atu i roto i āu ake kupu.
- Whakahāngaitia mai tō āhua noho - ka mate pea koe ki te huri i tō āhua noho pērā i te karo i ngā wharekai turituri, ngā rohe toa tāuhi rānei. Me whakarite ngā mahinga i tētahi wā e iti ake ngā whakapōrearea. Taraiwahia tō waka i ngā wā e iti ana ngā waka i te huarahi, ā, ina kāore e pokea ana ngā toa.

## Ngā Āwhina ā-Waho Whaitake:



Maramataka - whakaritea ngā hui e heke iho ana, ka tuhi i ngā rā hira



Me waiho he pene rākau me tētahi puka tuhi i te taha o te waea mō ngā karere waea



Rātaka - tuhia ngā mea kua oti i a koe me ngā mahi me oti i a koe i ia rā



Me waiho ngā mahere whenua, wātaka mō ngā pahi/ikiiki tūmatanui ki tētahi wāhi pai



Ngā arowhai o ngā mahi - mākahia ia mahi ka oti i a koe



Ngā maramataka pātū me ngā whakamahere - me waiho ki tētahi wāhi ka kitea pērā i te kūaha o te pouaka mātao



Ngā tau waea me te puka wāhi noho - tuhia ngā whakapā katoa ki tētahi wāhi kotahi



Whakamahia ngā pūwhakarite hangarau pērā i ngā pouaka pire



Ngā whakamahara waea pūkoro

## 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](http://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

