



Ngā Rerekētanga: Whanonga, Āhua Ngākau me te Tuakiri



Nā te tūkinō i ētahi wāhanga o te roro ka rerekē pea te tuakiri, whanonga me te āhua ngākau.

Nā te tūkinō ki te roro ka rite tonu ngā huringa o te whanonga, āhua ngākau me te tuakiri o te tangata.

Ka uaua pea te kite me te mōhio ki aua rerekētanga, ā, ka tino whakaawe pea i ngā whanaungatanga me ētahi atu. He pānga anō pea o ngā urupare a te whānau me ngā hoa ki ēnei rerekētanga ki te whanonga a te hunga he wharanga roro.

Ko ngā rerekētanga whanonga / tuakiri e tino hāngai ana ki te wharanga roro

- Kārangī
- Rerekē te āhua ngākau
- Kua kore e kamakama
- Kaniawhea
- Kua iti te hiahia ai
- Whakamomori / ahotea
- Pōrarutanga
- Muhumu
- Manawa rere
- Kua hē te whanonga / kare ā-roto
- Kua kore e mārama ki ngā tikanga a te tangata
- Mārō
- Kaiapa
- Kua iti te mōhio ki tōna āhua

Kua kore koe e kaha ki te pupuri i ō whakaaro:

- Ka hūkokikoki, ā, kua nui haere ake ō tangi
- Ka nui ake te kangakanga
- Kua kata mō te kore noa iho
- Ka anipā, ka pōuri i ētahi wā
- Ka tere te rerekē o ō kakare

Ka tere wheke

- Ka uaua te pupuri i tō riri
- Ka tere ake te kōhukihuki me te kārangī i te mea kua kore e taea e koe ngā mahi i mahia e koe i mua

Ka iti ake pea te angitu, te noho motuhake rānei

- Kua iti te angitu ki te mahi i āu ake mahi
- Kua mate ki te whakawhirinaki ki ētahi atu me te whai tautoko atu anō hoki
- I ētahi āhuatanga he tino rerekē - ka angitu AKE pea koe, ā, me ako koe ki te whakawhirinaki ki ētahi atu mō ngā tautoko ina hiahiatia ana



Ka pā mai ngā rerekētanga e pā ana ki te whakaputa i ō whakaaro

- Te kōrero me te kore whakaaro i te tuatahi
- Te pekepeke haere o ngā take i a koe e kōrero ana
- He uaua ki te 'tae ki te matū o te kaupapa' o tētahi kōrero
- Ka iti ake te kōrero, ā, kua wehe mai i a koe anō, tērā rānei
- He tāmi i ngā kōrororero - he nui ake te kōrero me te kore e whakarongo ki ētahi atu
- Kua kore e rongō i te ia kōrero, 'ka hē rānei te rongō i te kōrero'

Te Hihiritanga me te Wairua Kakama

Ka uaua pea te tīmata i ētahi mahi, ā, ko te pōhēhē pea o te tangata he rangirua, he māngere, he makihoi koe.

He pēhea te pānga o ngā rerekētanga o te whanonga me te tuakiri ki ō mahi o ia rā?

- Ka tere noa iho pea te pōkeka, anipā rānei
- Ka riri noa iho koe mō ngā take iti noa, ā, ka whiuwhiu kōrero, patupatu rānei pea koe, ā, ka āwhiti i muri mai
- Ka takahi noa pea koe i ētahi atu, ā, ka hē pea te whakamāori i ō kōrero
- He uaua pea te whakarongo, kāore pea koe i te mōhio kāore koe i te whakarongo ki ētahi atu
- Ka rerekē noa tō āhua ngākau, ā, ka pā mai te wairua pāpōuri
- Ki ētahi atu, he kaiapa, he kaiapo rānei tō āhua
- Ka raruraru pea ngā āhuatanga whakawhanaungatanga me ngā whanaungatanga
- Kua kore pea ngā hoa e hiahia ki te kitekite haere i a koe

Ka iti noa iho tō kaha ki te kite i ēnei raruraru, āhuatanga rānei nā tō wharanga roro.

Kei tō toke o mua o tō roro te mahi mō te tiroiro me te mōhio ki tō whanonga. Ki te tūkinohia, marū

Mēnā kua pā mai he wharanga roro kāore pea koe e mōhio ki te pānga o ō kōrero ki ētahi atu Kāore pea koe e kite i ngā tohu whakawhitiwhiti, ā, ka hē ō mahi. Ko te mutunga atu ka hē te whanonga - pērā i ngā kōrero paki hē, kōrero taihemahema, ngā tono hemahema rānei.

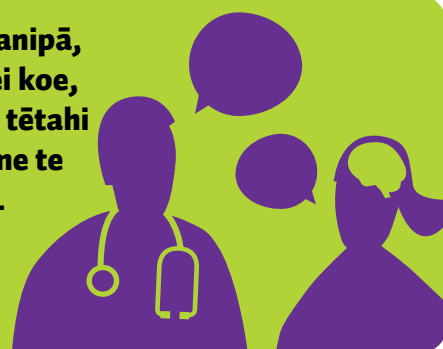
rānei tēnei wāhanga, ka raruraru pea te pupuri i tō āhua ngākau, whanonga hoki. I ētahi wā kua kore pea koe e kite, e mārāma rānei, ā, ko te mutunga atu pea he:

- Uaua te whakaae kua whai pānga te wharanga roro ki a koe, ki tō āhua noho o mua
- Kāore koe i te kite kua rerekē kē koe
- Ka pōhēhē pea koe kei te pai koe me te kore e mōhio e pēhea ana ngā whakaaro o ētahi atu

Ka kite pea koe i te pānga kino o tō wharanga, engari kāore pea koe i te kite i ngā pānga i te wā e pā mai ana. Hei tauira, kei te mōhio pea koe ka tāmi koe i ngā kōrororero, engari kāore pea koe i te mōhio ki tēnā āhuatanga i a koe e kōrororero ana.

Kei te mārāma koe ki ō raruraru, engari kāore koe i te mōhio ki te pānga ki tō ao: Kei te mōhio pea koe ki tō āhua whakangongo, engari kāore i te whakaae ka whakaiti i tō kaha ki te taraiwa, te hoki rānei ki te mahi. (Tirohia te pepameka mahi me te ako.)

**Mēnā kei te anipā,
pāpōuri rānei koe,
me kōrero ki tētahi
kaitautoko me te
kite i tō rata.**



Ngā mea ka taea te āwhina

- Mā tētahi ritenga auau ake ka āwhina kia nui ake tō whakahaere i tōu ao
- Me kōrero ki tētahi ngaio hauora - tō rata, nēhi, kaihaumanu, tohunga hinengaro rānei
- Ako me pēhea te whakarite i te kōhukihuki
- Me whakarite kei te mārama o kaitautoko matua ki tō wharanga, ā, me pēhea te āwhina i a koe
- Me whakarongo ki ngā kōrero mai a ētahi atu
- Me ako me pēhea te kite i ngā pūtake kia taea e koe te karo, te whakahaere rānei
- Me tonu āwhina
- Me mātua mahi i ngā mahi pārekareka



Me whakaako pea te whānau me ngā hoa kia mārama ake ki ngā huringa o te tuakiri, whanonga hoki nā tētahi wharanga ki te roro.

Tirohia te pepameka 3 'Te Ako ki te Noho me te Wharanga Roro' mō ētahi atu mōhiohio.

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

