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E tautokona e ACC



Te Whakarite i te Wharanga mō te Whānau me ngā Hoa

Me pēhea tō āwhina i te whakaoranga o tētahi tangata i whara tōna roro, ā, me pēhea te tiaki i a koe anō i taua wā anō.



Te Whakarite i te Wharanga mō te Whānau me ngā Hoa

Ka āpurua pea te whānau me ngā hoa o te tangata i whara te roro i ngā rerekētanga kei te kite rātau ki te tangata e arohaina e rātau.

Ngā pānga ki ngā whanaungatanga

Ka tau mai pea ngā pēhitanga o ngā whāititanga ā-tinana, ā-hirikapo, ā-kare ā-roto hoki mai i te aituā ki te whānau me ngā hoa nā te nui ake o te ahotēa me te pau o tō wā.

Ka māmā ake pea te mārāma me te whakarite i tētahi wharanga tinana e mārāma ana te kitea e mōhio ai koe i whara te tangata. Engari, ka uaua ake pea te mārāma, te whakaae me te whakarite i ngā rerekētanga o te whanonga o te tangata, ōna kare ā-roto me ōna whakaaro i te mea kāore e kitea, engari i te nuinga o te wā he nui ake te pānga ki ngā whanaungatanga me te whānau me ngā hoa.



Ngā pānga hirikapō, whanonga me te kare ā-roto

He nui ake pea te whāititanga o ngā pānga hirikapō, whanonga me te kare ā-roto o tētahi wharanga roro me te uaua ake ki te whakaae me te whakaeke i ngā wharanga tinana, mō te tangata i whara me tōna whānau, hoa hoki.

I te nuinga o te wā ko te whānau o te hunga i whara te roro kei roto i te wairua whakakāhore e noho ana, ā, e uaua ana te whakaae kua rerekē te āhua o tō rātau whanaunga. Ka kitea noatia ai tēnei mēnā kāore i te kitea ngā wharanga tinana nui.

E pōhēhē ana pea koe kua 'whakakapīhia' pea te tangata e mōhio ana koe me tētahi tangata kē, ā, ka uaua pea ki a koe te whakarite i tēnei 'rirongā' o te tangata e mōhio ana koe.

Ka taea e koe tō whanaunga i whara tōna roro te āwhina, mā te mōhio mārāma ake ki te āhua o te pānga o tētahi wharanga roro ki te āhua ngākau, whanonga me te tuakiri o te tangata.

Mō ngā mōhiohio āmiki e pā ana ki tēnei, tirohia te pepameka tau 6

Ko ngā tohumate o tētahi wharanga roro pērā i te rūhā, te iti ake o te aro mai ka pōhēhētia i te nuinga o te wā he tohu māngere, he kore e hihiri, he tohu rānei kāore i te tino whakapau kaha te tangata i whara. Hei tauira, ki te kore e tino anga whakamua ka whakapae kāore te tangata i te whakapau kaha, ko te pōhēhē rānei kua kore ia e hihiri.

Nō reira, ka tuku kupu whakamanawa pea ngā hoa me te whānau ki a ia 'kia kaha ake'. Kei runga pea tēnei i te wairua āwhina ki te whakahihiri i a ia engari kāore pea he hua o tēnei i te mea ko te mutunga atu pea ka tukituki, ka rūhā, ka piki hoki te ahotēa.

Te mārama ki ngā rerekētanga o te āhua ngākau me te whanonga

Kitea noatia ai te anipā, pāpōuri me ngā rerekētanga whanonga i muri i tētahi wharanga roro.

He pānga hoki tō ngā rerekētanga ki ngā hoa me ētahi atu o te whānau kua hūkokikoki i tēnei. He roa pea te wā mō te katoa kia rata ki ngā rerekētanga nō reira me manawanui me te tautoko tētahi i tētahi i roto i tēnei.

Ka taea te wharanga roro te whakaawe i te whanonga

He pānga tō te wharanga ki ētahi wāhanga o te roro ki te kaha o te tangata ki te whakahaere i tōna āhua ngākau, whanonga hoki.

He mea nui kia mōhio ko te wharanga roro te pūtake o tēnei, nō reira me tika koe me te ū ki te whakatau i ngā tikanga mō tōna whanonga, ā, me pēhea te manaaki i a koe. Ehara te wharanga roro i te takunga mō ngā whanonga kino.

He aha ngā mea ka taea e koe te āwhina

Me whakatītina i te noho motuhake me te whakapāhunu i te nui rawa o te whirinakitanga

Me whakatītina te whānau i te tangata kia nui rawa atu āna mahi mōna, i roto i ngā whāititanga o te wharanga roro. Mā tēnei ka tipu te angitu ki a ia me te piki o tōna kiritau me te whakaiti i te wairua takarita ki te kore e eke ngā hiahia kutikuti.

Me whakatakoto tikanga

Me mārama ki te whakatakoto i ngā mea kāore e rata ana koe mō te wāhanga ki a koe. Ahakoa ehara te wharanga roro i te takunga, me mōhio koe ki ngā rerekētanga o te whanonga ka puta.

Me whakapā atu ki ngā rōpū tautoko wharanga roro ā-rohe

He rerekē ngā kōwhiringa rōpū tautoko o tō Brain Injury Association. He āwhina ngā hui ā-rōpū mō te takawaenga i ngā tāngata kia mōhio ai rātau ki tō rātau whanonga me ō rātau whāititanga, mā te tūhonohono ki ētahi atu e ōrite ana ngā āhuatanga.

Te tiaki i a koe anō

Te mōhio ki ngā whāititanga onāiane i o tō whanaunga.

Me āhukahuka kua kore pea e taea e ia ētahi o ngā mahi i mahia e ia i mua. Me whai wā kia mārama koe ki tōna wharanga kia taea e koe te whakarite ōna hiahia me te tautoko i tōna whakarauoranga.

'Kaua e Kati' ō kare ā-roto

Me tuku i a koe anō kia pāngia e te pōuri. I ētahi wā he āwhina kei te tumu kōrero ngaio mō te whakarata i a koe ki ngā rerekētanga o tō whanaunga me ngā tūranga o te whānau. He whaihua anō pea ngā rōpū tautoko.

Me wehe he wā 'Mōku'

Kia kaha ki te whai wā mōu anō kia noho pakari ai koe ki te tautoko i tō whanaunga kua whara. Kāore e taea e koe ētahi atu te tiaki ki te kore koe e tiaki i a koe anō!



Mā wai e āwhina?

Ka taea pea e ngā Mātanga Hauora me te Brain Injury Association o tō rohe koe te tautoko me te tuku tohutohu.

Me pēhea tā rātau āwhina?

Kaimātai Hinengaro

Ka taea te mahi tahi me te whānau whānau me te tangata i whara te roro, hei āwhina kia mārama ai ki ngā rerekētanga o te whakaaro, kare ā-roto hoki. Ka taea e ia koe te āwhina ki te whakarite i ngā rerekētanga me te ako me pēhea te tino tautoko i te whanaunga.

Tauwhiro Hapori

Ka taea te tuku tautoko ki ngā mema o te whānau me te āwhina i a koe ki te rapu i ngā rauemi hapori e wātea ana ki a koe.

Rata

Ka āwhina i te whānau me ō rātau hiahia hauora. Ka taea e tō rata koe te tuku ki ngā Mātanga Hauora me te tūtohu i ngā ratonga tautoko hei āwhina pea i a koe.

Brain Injury Association

Ka taea te tuku tohutohu ki a koe mō te wharanga roro, te āwhina kia mārama ai koe ki te tukanga whakarauora me te tuku i ngā ratonga taunaki. Ka whakahaerehia e ngā rōpū ā-rohe ngā rōpū mā te whānau me ngā tāngata hoki e noho ana me tētahi wharanga roro.

He pai tonu te kōrero ki ētahi atu, ahakoa he Mātanga Hauora, tō whānau, hoa rānei, hei whakaputa i ō whakaaro me te whiwhi tautoko.

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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E tautokona e ACC



Te Kaporeihana Āwhina Hunga Whara

