

03

E tautokona e ACC



Te ako ki te noho me te wharanga roro



He pēhea te pānga o tētahi wharanga roro ki a koe, ā, me ngā mea ka taea e koe hei āwhina.

Te ako ki te noho me te wharanga roro

Koinei ngā whakaaro kua puta i te hunga he wharanga roro tō rātau mō ngā āhuatanga ki a rātau.

He uaua te whakaoranga mōu me te hunga e tata ana ki a koe. He nui ngā piki me ngā heke, mai i te māramatanga ki te pōuritanga.

Ka pēnei haere mō tētahi wā. Ka pōhēhē pea koe e aukatia ana tō huarahi ki tō ao o mua e ngā tauārai. I tua atu i ngā pānga ā-tinana o te wharanga roro, arā anō pea ngā pānga kare ā-roto, whanaungatanga hoki o te wharanga roro.

“E mōhio ana ahau ki ahau anō.... Kua rerekē ahau.”

“Kua rata ahau ko ahau tēnei ināianei.”

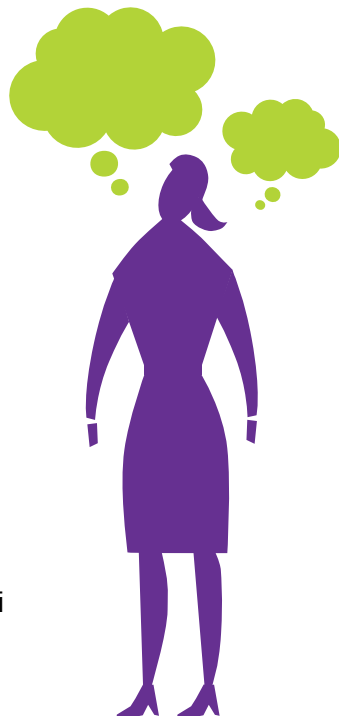
"He uaua i ētahi wā engari kei te haere tonu ahau."

Mai i tō wharanga roro i pātai pea koe ki a koe:

- Ka hoki mai anō te ora ki ahau?
- He aha i pā mai ai tēnei ki ahau?
- He whaitake anō te ora?

He pātai noa ēnei ka puta, ka mutu he pātai tika.

I ētahi wā ka kite koe ka whakamā, ka matakū, ka ngenge rānei koe i ngā rerekētanga ki a koe, ā, me ētahi atu whakaaro. Kia maumahara kāore ngā tāngata katoa i te mōhio ki ngā pānga o te wharanga roro nō reira kāore pea i te mārama ki ngā taumahatanga kei runga i a koe.



Ka pā mai pea ki a koe te:

- Whētuki - ka āpurutia koe e ngā mea kua pā mai
- Ahotea - ka āmaimai, pōkaikaha rānei
- Pāpōuri- ka pā mai te mōhio kua ngaro ētahi kaha
- Whakakāhore - ka kī koe ki a koe anō ka hoki anō koe ki tōu āhua o mua ā kō ake nei
- Riri - mai i te kārangī ki te nguha
- Whakapae - nō tētahi atu kē te hē
- Kaniawhea - ko te whakaaro kei te utaina e koe ngā taumahatanga ki runga i tō whānau, hoa hoki
- Whirinakitanga - kua kore koe e angitu ka taea anō e koe āu ake mahi te mahi
- Muhumu - kāore pea e taea e koe o mahi o mua te mahi
- Koretake - e whakaaro ana koe kāore o take
- Kei te rehurehu ngā whakaaro - kāore koe e kaha ki te āta whakaaroaro

I a koe e whakaora ana i a koe anō tērā pea:

- Kāore koe i te tau, kua kore kē te wairua toi whenua i roto i a koe
- Kua kore koe e rata ki tō whānau, hoa, hoa mahi rānei
- Ka momotu atu ētahi hoa o mua
- Ka noho mokemoke, taratahi hoki
- Ka riro tō mahi, ka uaua rānei te kawē i ngā mahi o tō tūranga
- Kua kore te hihiritanga, te wairua kakama rānei
- Ki ōu whakaaro he kaha rawa te tautāwhi a te tangata i a koe
- Kua uaua te mahi i ngā mahi pārekareka ki a koe i mua

Me aha ahau?

Me kōrero ki tō Kaiwhakahaere Kēhi, Rata, Kaitakawaenga, Rōpū Tautoko rānei mēnā kei te māharahara koe, kei te hiahia mōhiohio rānei. Ka taea pea e rātau koe te āwhina.

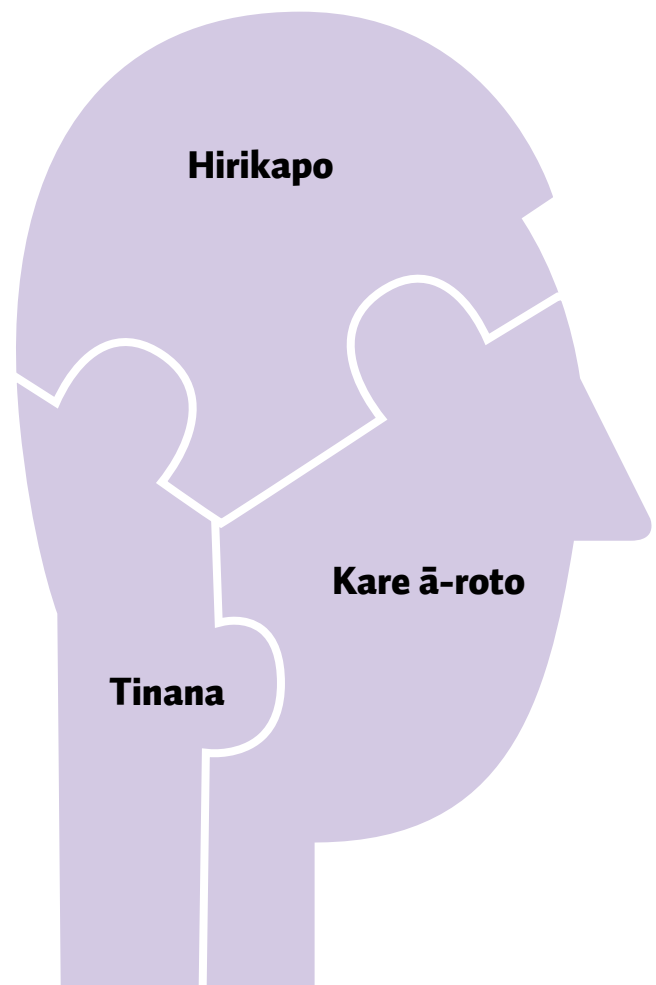


Te anga whakamua i tōu ao

Tērā pea ka mate koe ki te whakaaroaro anō mō ō hiahia i tōu ao nā te whakaoranga me te whakarata i a koe ki ngā rerekētanga nā te wharanga roro. Ka tino ora mai anō te maha o ngā tāngata he pāpaku te wharanga roro, engari me urutau pea ētahi he wharanga roro kino tō rātau ki tētahi ritenga hou, tētahi ao hou rānei.

He mea nui te whakaae ki ēnei rerekētanga kia pai ai tō anga whakamua me tōu ao. Hei whakatutuki i tēnei tērā pea me tangi koe mō ngā āhuetanga kua ngaro atu i a koe. Ka pā mai te pūkatokato i ētahi, ā, he āhuetanga hira tēnei o tō whakaoranga. Ka āwhina pea te whakaputa i ō whakaaro ki tō rata/kaitautoko rānei.

Me whakahāngai pea tō whānau me ō hoa i ō rātau āhua noho kia mārama, kia tautoko hoki i a koe.



He roa pea te wā i muri i tētahi wharanga kia tika mai anō ngā āhuetanga katoa.

Me pai te wairua

Me whai i ngā mahi hou kia pārekareka ai ō mahi ā-rēhia

- Me tiaki i a koe anō
- Me whai wā ki te mahi i ngā mahi pai ki a koe
- Me tono āwhina ina hiahia ana koe
- Me noho hauora mā te kai tōtika, korikori tinana, ā, kia nui te whakatā
- Akohia ngā tikanga parohe
- Kimihia ngā ratonga ka taea te āwhina i a koe
- Me noho tūhonohono ki ngā hoa tawhito, ā, me ngana ki te tuitui hononga hou
- Me haere ki tētahi rōpū tautoko hei tauira, tō Brain Injury Association o tō rohe
- Ka pai pea ki a koe te mahi i ngā mahi kāore anō kia whakamātauhia e koe



Me noho hauora mā te kai tōtika, korikori tinana, ā, kia nui te whakatā

Te titiro ki te anamata

He mea nui te mōhio ki tōu āhua i tēnei wā tonu me te tuku i tōu āhua o mua

Mā te wā ka:

- Rongo koe i te hari o te mahi tika
- Ka uru mai te wairua angitu i roto i te wā
- Me pārekareka ki ngā mahi kāore anō kia whakamātauhia e koe
- Me ako kia tino whai hua koe i tōu ao
- Me ako ki tō āhua hou

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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