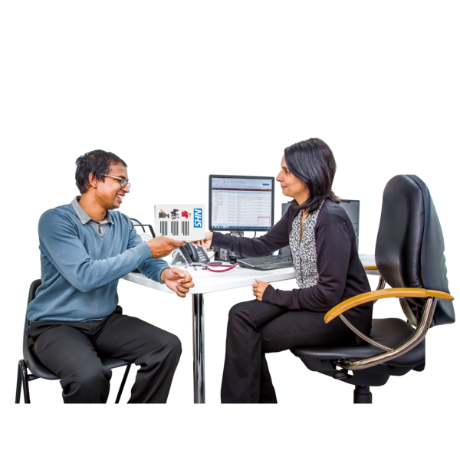


**Pānui māmā**

Ka aha i muri i tō tuku amuamu ki

Te Toihau Hauora, Hauātanga?



**Pānui māmā**

**Pānui māmā**

**Ko ōu mōtika hei mahi ratonga hauora, ratonga hauātanga rānei**

# Nā Te Toihau Hauora, Hauātanga

**Mō te aha tēnei tuhinga**

tēnei tuhinga Pānui Māmā.

E kīia nei hoki ko Te Toihau Hauora, Hauātanga ko **HDC**.

Ka tiakina e HDC ngā mōtika o te tangata e whakamahi ana:

* i ngā ratonga hauora
* i ngā ratonga hauātanga.

Kia kitea ētahi atu mōhiohio mō ōu mōtika he tuhinga Pānui Māmā e kīia nei ko:

# Ōu mōtika ina whakamahia ngā ratonga hauora, hauātanga rānei.

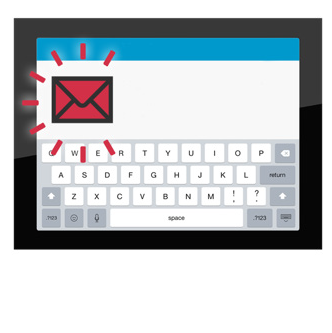
Ka kitea tēnei tuhinga Pānui Māmā i tēnei pae ipurangi **website: https://**[**www.hdc.org.nz/disability/**](http://www.hdc.org.nz/disability/) **easy-read-resources/**

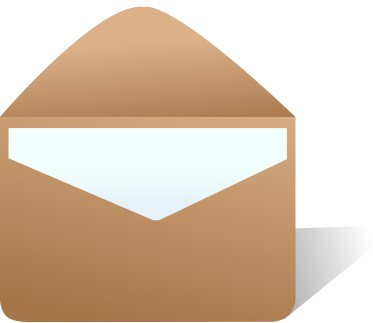
Ina tuku amuamu koe ki HDC ka tukuna ki tētahi **Āteha Amuamu**.

**Ko wai ka whakarite i tō amuamu?**



Ko te **Āteha Amuamu** te tangata ka whakarite i tō amuamu.

Ka tuhi atu te HDC ki a koe me te whakamōhio atu:

* i te ingoa o tō **Āteha Amuamu**
* he pēhea e whakapā atu ai koe ki tō **Āteha Amuamu**.

Ka taea te whakapā atu ki tō **Āteha Amuamu** ki te:

* + tuku mōhiohio atu anō ki tō

**Āteha Amuamu** mō tō amuamu

* + kōrerorero mō te whiwhi āwhina mai i tētahi **Kaitautoko** mai i **Ngā Kaitautoko**
  + me tuku pātai mō tō amuamu
  + whiwhi whakamārama.

Ka whakapā atu anō pea ētahi atu tāngata e mahi tahi ana me HDC ki a koe mō tō amuamu, pērā i:



* tētahi atu Āteha Amuamu

# he Kaimahi Aromatawai Amuamu.



Ka whakarite te Kaimahi Aromatawai Amuamu kia tiakina ngā mōhiohio mō tō amuamu, ā, he māmā te kimi.

Ka tukuna te whakatau whakamutunga mō tō amuamu e:

# Te Toihau Hauora, Hauātanga



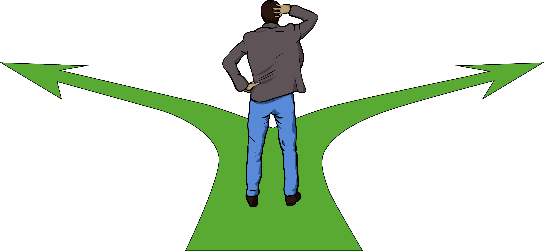
* tētahi o ngā **Toihau Tuarua** rānei.

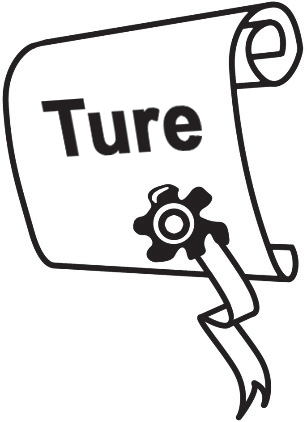


Ka tirohia e te HDC tō amuamu.

**Te tukanga aromatawai amuamu**

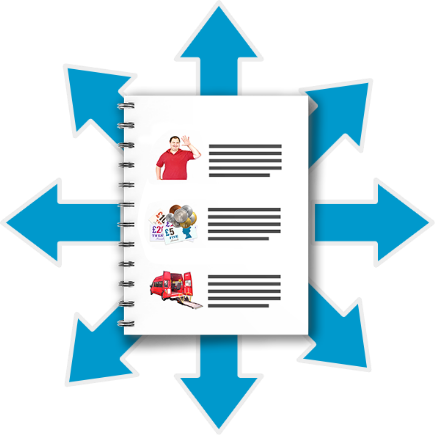
Ka whakamahia e HDC te **tukanga aromatawai amuamu** ki te:

* + rapu kōrero atu anō mō tō amuamu
  + whakarite ka aha i muri mai.

Ka mātua whakarite HDC e taea ai tō amuamu te tirotiro i raro i te ture e HDC.

I roto i te **tukanga aromatawai amuamu**

ko tā te **Āteha Amuamu** pea he:

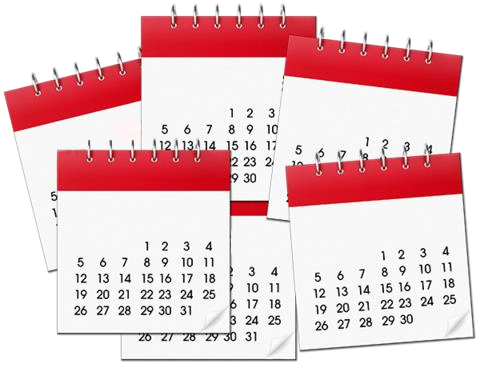
* tuku i tō amuamu ki te kaituku ratonga hauora, hauātanga rānei mōna tō amuamu



He tangata, he rōpū rānei te

kaiwhakarato hei whakarato hauora, hauātanga pēnei i ngā:

* rata/tākuta
* kainiho
* kaitohutohu
* whare hauora.
* tono mōhiohio atu anō mō tō amuamu ki te kaituku ratonga hauora, hauātanga rānei mōna tō amuamu
* tono ki a koe mō ētahi atu mōhiohio mō tō amuamu
* tono ki ētahi atu tāngata mō ētahi atu mōhiohio mō tō amuamu
* he pātai ki tētahi tangata e matatau ana ki ngā ratonga hauora, hauātanga rānei mō ngā ratonga e whiwhi ana koe.

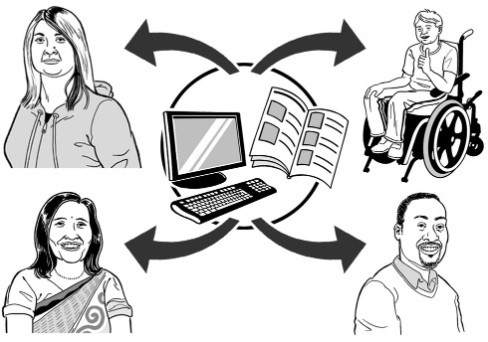
I te nuinga o te wā e kotahi tau te roa kia oti te tukanga aromatawai amuamu.

Ko tā tō **Āteha Amuamu** he:

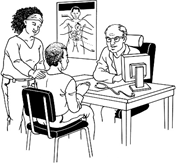
* whakamōhio haere i a koe mō tō amuamu
* whakapā atu ki a koe i ia 10 wiki mō ngā whakamārama hou.

Ko tā HDC Haratua pea he:

**Ngā mea ka taea me tō amuamu**

* tuku i tō amuamu ki tētahi **Kaitautoko** mai i **Ngā Kaitautoko** kia taea e te **Kaitautoko** koe te āwhina
* tuku i tō amuamu ki te kaituku ratonga hauora, hauātanga rānei mōna te amuamu

kia taea e rātou te:

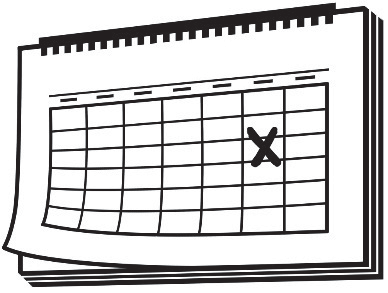
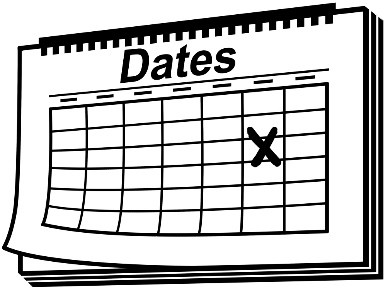
* raruraru te whakatika
* tuku whakapāha ki a koe.

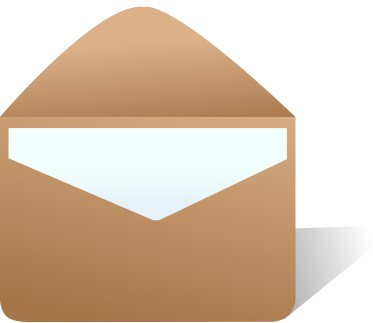
Ko tā HDC anō pea he:

* **Tūhura** i tō amuamu

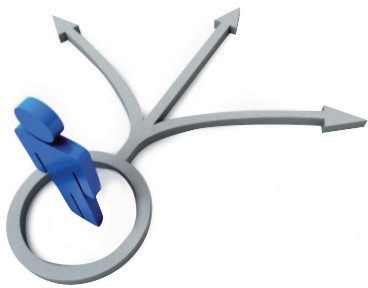
tirohia te **whārangi 15** hei pānui mō te tikanga o te mahi **tūhura**

* waiho mēnā:
* kua tirotirohia e te kaituku ratonga hauora, hauātanga tō amuamu, ā, kua whakaritea kētia e rātou

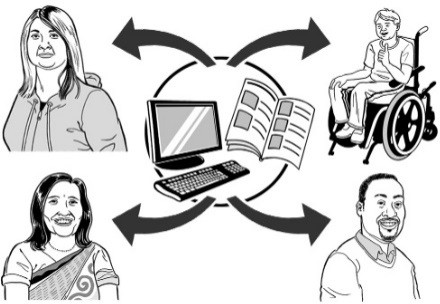
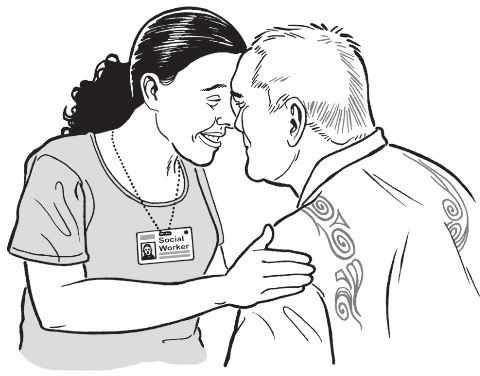


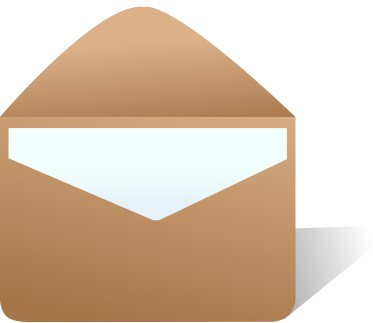
* nō mua noa atu te raruraru
* he pai ake te whakarite a tētahi atu i tō amuamu
* he take atu anō. Ka tuhi atu HDC ki a koe ki te whakamōhio atu i te pūtake.

Ko tā HDC anō pea he:

* tohutohu atu ki te kaituku ratonga hauora, hauātanga rānei kia:
* whakarerekētia te āhua o ā rātou mahi
* tuku whakapāha atu ki a koe
* kōrero atu ki a koe mō ngā wāhi ka taea e koe te tiki āwhina.

Ka tukuna pea e HDC tō amuamu ki:

* + Te Manatū Hauora
  + tētahi mana rēhitatanga
  + Te Mana Mātāpono Matatapu
  + tētahi Kaimātai ā-Rohe
  + tētahi atu rānei.

Ka tuhi atu HDC ki a koe ki te whakamōhio atu ka ahatia.

Ka whakatau pea HDC ki te **tūhura**

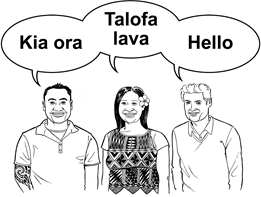
**Ngā tūhuratanga**

i tō amuamu.

He iti noa iho ngā amuamu ka pēneitia.

Ki te whakatau HDC kia **tūhuratia** tō amuamu ko te tikanga o tērā ka tirotirohia e HDC mēnā i whiwhi koe i ō motika, kāore rānei.

Mēnā ka **tūhuratia** ka tukuna e HDC tō amuamu ki tētahi **Kaitūhura**.



Ko te **Kaitūhura** he tangata tērā ka:

* whakakapi i tō **Āteha Amuamu**
* tuku pātai atu anō mō tō

amuamu

* kohikohi i ētahi atu mōhiohio mō

tō amuamu

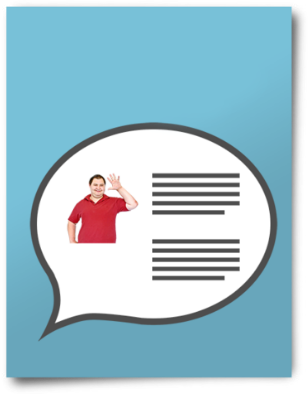
* kōrero ki a koe mō te

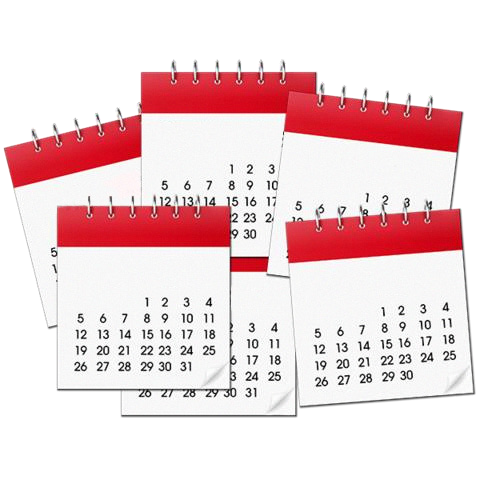
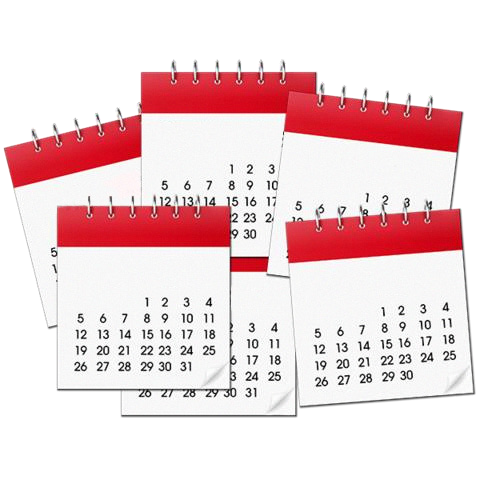
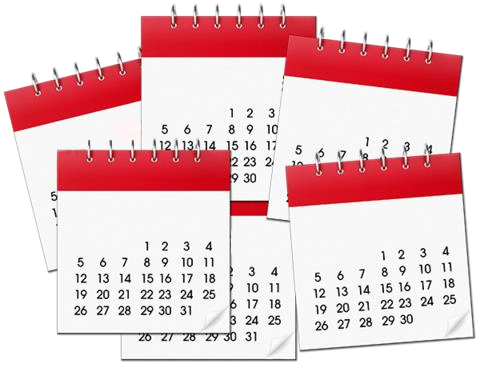
whakawātanga

* kōrero ki te kaituku ratonga hauora, hauā rānei mōna tō

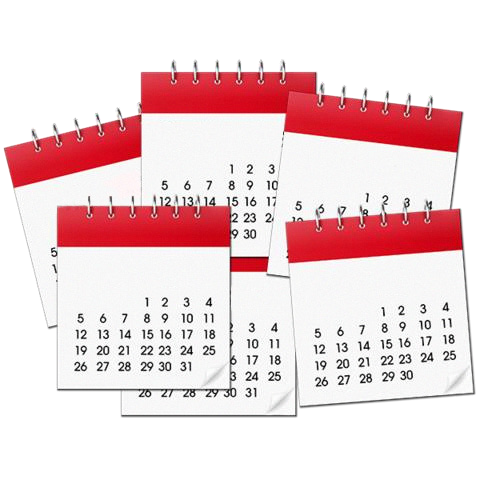
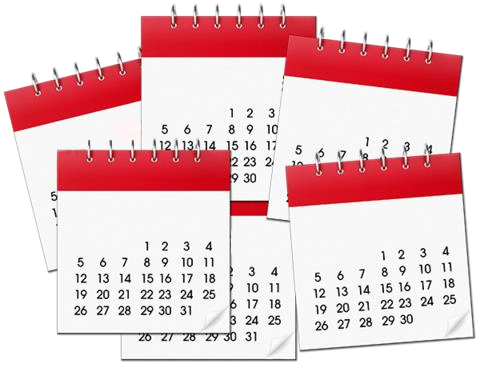
amuamu.

Mēnā kei te tirotirohia e tētahi **kaitūhura** tō amuamu ko te tikanga o tērā kei te **tūhuratia**.

Ina oti ana te **tūhuratanga**, ka whakamōhiotia koe e HDC mō ngā mea i kite rātou mō:



* tō amuamu
* ōu motika.



Ko ētahi **tūhuratanga** he tata ki te

**e rua tau** te roa.

Ka roa rawa atu te tūhuratanga ina tokomaha nga kaiwhakarato, ā, he maha hoki me nga take.

Kāore e taea e HDC koe te āwhina ki a whiwhi **paremata, whakahokinga moni** rānei koe.

Ko te **paremata** koinā te utu ka whiwhi moni koe mō tētahi mea.



**Moni**

I ētahi wā ka taea e te tangata i whara ai te whiwhi moni mai i a **ACC**. Me kōrero atu koe ki a **ACC** mēnā ki ōu whakaaro i whara koe i tētahi kaituku ratonga hauora, hauā rānei.

Ko te **whakahoki moni** ko tō utu i tētahi mea, ā, ka whakahokia ō moni ki a koe

Ka taea e koe te whakapā atu ki HDC:

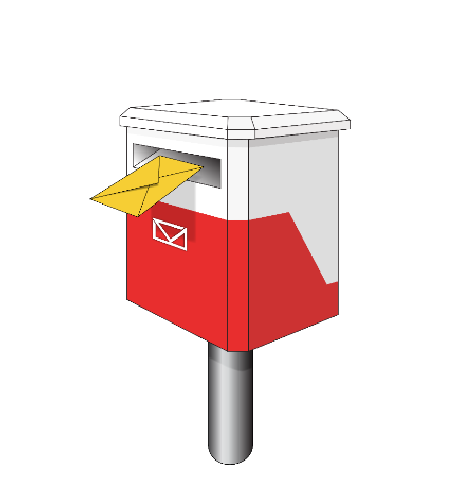
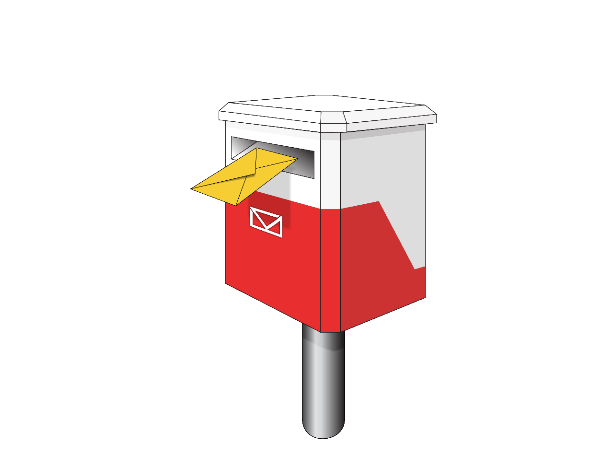
**Me pēhea te whakapā atu ki HDC**

* ki te rapu mōhiohio atu anō
* mēnā kei te māharahara koe.

Ka taea e koe HDC te waea atu i 0800 11 22 33.

Kāore he utu ki te waea atu.

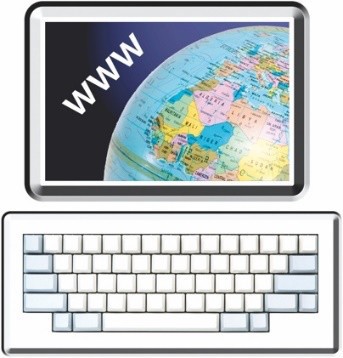
Ka taea e koe te īmēra atu ki HDC:



[hdc@hdc.org.nz](mailto:hdc@hdc.org.nz)

Ka taea e koe te tuku reta ki: Te Toihau Hauora, Hauātanga PO Box 1791

Auckland 1140

Ko te pae ipurangi o HDC **Haratua:** [**www.hdc.org.nz**](http://www.hdc.org.nz/)

Ko ēnei kōrero kua tuhia e te Te Toihau Hauora, Hauātanga.

Kua whakamāoritia ki te Pānui Māmā e te ratonga Make it Easy Kia Māmā Mai.

Kua rāhuitia katoatia ngā whakaahua o tēnei tuhinga Pānui Māmā ki tā ngā ture manatā me kaua e whakamahia ina kore e whakaaetia.





**2024**

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