

# I roto i Aotearoa, e tika'anga to'ou, me tā'anga'anga koe i te health, me kore ra, i te disability service



## Teia taua au tika'anga:

1. Te tika'anga, kia 'akangāteitei'ia.
2. Te tika'anga kia tau te 'ākono'ia'anga.
3. Te tika'anga 'akangāteitei'ia, e te tiratiratu.
4. Te tika'anga kia 'ākono meitaki 'ia, e kia tau te turu'anga ki to'ou anoano.
5. Te tika'anga kia 'akamārama meitaki 'ia te au mea te ka 'akakitekite'ia atu kiā koe.
6. Te tika'anga kia 'akakite'ia atu te au mea pouroa ka anoano'ia koe kia kite, no runga i to'ou 'ākono'ia'anga, e to'ou turuturu'ia'anga.
7. Te tika'anga kia 'iki, e kia 'akatika ki te turanga o to'ou 'ākono'ia'anga, e te turuturu'ia'anga.
8. Te tika'anga kia āru teta'i tangata turu iā koe.
9. Te tika'anga kia 'iki, me ka 'inangaro koe i te tomo ki roto te terēni'anga, e te kimikimi'anga kite— me kore ra, i te pāto'i.
10. Te tika'anga kia tuku i teta'i 'aka'apa'anga, e kia 'ākara meitaki'ia.

No teta'i atu 'akakitekite'anga no runga i to'ou tika'anga, 'akara'ia te kupenga uira a te Health and Disability Commissioner – [hdc.org.nz](http://hdc.org.nz)



## Me kāre koe e mareka ana i te turanga o to'ou 'ākono'ia'anga, ka rauka iā koe:

Tuatua atu ki te tangata, kāre koe e mareka ana, i te mea e, ka rauka pa'a 'ia rātou i te 'akatano i te manamanatā.

Pati atu ki teta'i o te kōpu tangata, me kore ra, ki teta'i taeake, kia tauturu iā koe i te ma'ani i teta'i 'aka'apa'anga.

Pati turu atu mei ko i teta'i Health and Disability Advocate, na roto i te tāniuniu'anga i te numero **0800 55 50 50**.

Tāniuniu'ia te numero **0800 11 22 33** no te tuku i teta'i 'aka'apa'anga ki te Health and Disability Commissioner, me kore ra, 'ākara'ia te [hdc.org.nz](http://hdc.org.nz).

