

# Kia tuku amuamu mō te manaakitanga i riro mai i a koe

Ka tairanga, ka tiaki hoki Te Toihau Hauora, Hauātanga (HDC) i ngā motika a te tangata ki tā te Tikanga o Ngā Mōtika Kiritaki mō ngā Ratonga Hauora, Hauātanga e kī ai. Tae atu hoki ko te tuku whakatau amuamu mā tētahi huarahi tōkeke, tere, whakamana hoki.

## I mua i te tīmatanga

Ka kōrerorero pea tā mātou rōpū i tō amuamu me āu pūkete hauora ki te tangata, rōpū rānei i amuamutia ana e koe, tae atu ki tō rātou rangatira. Tēnā pea ka tukua tētahi kape o tō amuamu me ngā mauhanga rongoā e āhei ana rātou ki te urupare mai ki tō amuamu.

Ka hiahia āwhina? He kaitautoko hei āwhina i a koe ki te whakatatū tōtika i tō, me te tangata, rōpū rānei e pōuri ana koe, ka āwhina rānei te kaitautoko ki te tuku amuamu ki HDC. Waea atu ki 0800 555 050. *He ratonga utukore tēnei ratonga. Ka whiwhi āwhina anō hoki ki te tuku amuamu ki HDC mā NZ Relay. Kei muri o tēnei puka tuku amuamu ngā pitopito kōrero.*

Ka whakakīa tēnei puka ki te reo e hiahiatia ana e koe, mā mātou e whakapākehā.

Mēnā he tuhinga/whakaahua hei tautoko i tēnei amuamu, tēnā tāpirihia mai.

*Ka whakaaro nui tā mātou rōpū ki ngā amuamu katoa i runga i te ngākau tōkeke me te ngākau whakaute. Mārama ana mātou kua anipā pea koe, kua takariri rānei, engari kāore e pai kia tūkinotia ā mātou kaimahi, e kore e whakaaetia. Ka tuku pea mātou i tētahi kupu whakatūpato, ka waea atu ki te Pirihimana, ka whakahoungia rānei, aukati rānei i tō whai wāhi ki ā mātou ratonga mēnā ka tūkinotia ā mātou kaimahi.*

He mōhiohio tūmataiti kei tō mātou pae ipurangi [www.hdc.org.nz/privacy-statement/](http://www.hdc.org.nz/privacy-statement/).

## Mōu anō

Kōrero mai ētahi kōrero mōu anō.

Me whakaoti ngā mōhiohio e tohua ana ki te tohu (\*).

### Taku mōhiohio whaiaro

Taitara\* (Mr/Ms/Miss/Mrs/Mx/Dr/Other) \_\_\_\_\_

Ingoa tuatahi\* \_\_\_\_\_

Ingoa whānau\* \_\_\_\_\_

#### Ira\*

- Tāne
- Wahine
- Tētahi atu: Tuhia mai \_\_\_\_\_
- Kāore au e hiahia ki te whakautu
- Kāore au e mōhio

Rā whānau\* (Rā/Marama/Tau)

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#### Ōu tau\*

- Raro iho i te 15 tau
- 15 ki te 17 ngā tau
- 18 ki te 24 ngā tau
- 25 ki te 34 ngā tau
- 35 ki te 49 ngā tau
- 50 ki te 64 ngā tau
- 65 ki te 74 ngā tau
- 75 ki te 84 ngā tau
- neke atu i te 85 ngā tau
- Kāore au e hiahia ki te whakautu
- Kāore au e mōhio ki ōku tau

**Nō tēhea rōpū mātāwaka koe?\*** (Kōwhirihia ngā mea hāngai.)

- NZ European
- Māori
- Samoan
- Cook Island Māori
- Tongan
- Niuean
- Chinese
- Indian
- Kāore au e mōhio
- Kāore au e hiahia ki te whakautu
- Ētahi atu — Tuhia mai (arā, Dutch, Japanese, Tokelauan) \_\_\_\_\_

**He hauātanga tōu?\***

- Āe
- Kāo
- Kāore au e hiahia ki te whakautu

**Me whai āwhina koe i t/ētahi o ēnei e whai ake nei?\*** (Tohua mai ngā mea hāngai.)

- Tē kite atu, mau mōhiti
  - Tē rongō, mau pārongo
  - Tē hīkoi, piki arawhata rānei
  - Tē maumahara, te hihīwa rānei
  - Tē tiaki tinana (arā, akuaku whaiaro)
  - Tē mārama kōrero, mārama ana te tangata ki ahau, ahakoa ko tōku reo ake te kōrerorero
  - Kāore au e hiahia āwhina ki ēnei tū mahi
  - Kāore au e hiahia ki te whakautu i tēnei pātai
  - He mea anō e hiahia āwhina ana e koe? — Tuhia mai
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## He mate kia whai wāhi atu koe?\*

Hei tauira: ‘Pai atu kia nui te kupu o te tuhituhi’; ‘Me kaha te āta kōrero he waimaero nōku’; ‘E hiahia ana au ki tētahi kaiwhakamāori reo rotarota (NSL)’, ‘me iti te kaha o ngā rāiti i ngā rūma’.

- Kāo
- Āe — Tuhia mai \_\_\_\_\_

## E mōhio ana koe ki tō nama NHI?\*

Ko te nama Hauora ā-Motu he tohu motuhake kua hoatu ki ngā tāngata katoa e whakamahi ana i ngā ratonga hauora, hauātanga i Aotearoa nei. Ka kitea tēnei nama i tētahi reta mai i tō rata/tākuta, kei tētahi tūtohu rongoā rānei, kei te tapanga rongoa rānei. Mēnā kāore e taea te rapu kei te pai tēnā.

- Kāo
- Āe — Tuhia mai \_\_\_\_\_

## Aku whakapānga

Īmēra \_\_\_\_\_

Nama waea \_\_\_\_\_

## He aha te huarahi pai rawa hei whakapā atu ki a koe?\*

- Waea
- Īmēra
- Mēra
- Ratonga NZ Relay
- Tētahi atu — Tuhia mai \_\_\_\_\_

Kāinga\* \_\_\_\_\_

Paenoho \_\_\_\_\_

Tāone \_\_\_\_\_

Tātai Poutāpeta \_\_\_\_\_

## Tuhia mai e pā ana ki tō amuamu

Tokohia ngā ratonga i roto i te amuamu. Ki te tukutuku amuamu mō ngā tāngata neke atu i te tokorua, ngā rōpū rānei, tuhia mai i te wāhanga 'Kaiwhakarato Anō' a muri ake i tēnei puka.

### Te ingoa o te tangata/o te rōpū rānei i hoatu ai te ratonga\*

#### Te momo ratonga hauora, hauātanga rānei\*

- |  |   |
|--|---|
| <input type="checkbox"/> Rata/Tākuta                       | <input type="checkbox"/> Nēhi               |
| <input type="checkbox"/> Kaitiaki kāinga hauora, hauātanga | <input type="checkbox"/> Kaimahi tautoko    |
| <input type="checkbox"/> Ratonga hauātanga ā-kāinga        | <input type="checkbox"/> Kaihaumanu koiri   |
| <input type="checkbox"/> Hauora                            | <input type="checkbox"/> Tapuhi whakawhānau |
| <input type="checkbox"/> Hōhipera                          | <input type="checkbox"/> Tētahi atu _____   |

#### He aha tō whanaungatanga ki tēnei tangata/rōpū?\*

Arā, i mua, o nāianei rānei ko koe tētahi:

- |                                       |   |
|---------------------------------------|---|
| <input type="checkbox"/> Tūroro       | <input type="checkbox"/> Tangata whaiora/kaiwhakamahi ratonga |
| <input type="checkbox"/> Kaituku mahi | <input type="checkbox"/> Hoa ngaio                            |
| <input type="checkbox"/> Kaimahi      | <input type="checkbox"/> Tētahi atu _____                     |
| <input type="checkbox"/> Tūao         |   |
| <input type="checkbox"/> Kaikirimana  |   |

#### He aha te kāinga o tēnei tangata/rōpū?\*

Kāinga \_\_\_\_\_

Paenoho \_\_\_\_\_

Tāone \_\_\_\_\_

Tātai Poutāpeta \_\_\_\_\_

#### Ētahi atu ratonga (tuhia mai ā rātou ingoa)

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**Neke atu i te rua tau tēnei take?\***

Kāo

Āe

Mehemea e neke atu i te rua tau te take nei me tuhi mai i ngā take i takaroa ai tō tuku mai i tēnei amuamu.

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**Kua ngana koe ki te whakatatū tōtika i tō amuamu me te kaiwhakarato?\***

Kāo — Whakamārama koa i te take kāore koe i pērā.

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Āe — Tuhia mai ngā pitopito kōrero tae atu ki te whakaotinga. Tāpirihia he kape o ngā ĩmēra, reta rānei i tukua atu e koe, i tukua kē mai rānei e te tangata, te rōpū rānei, he kupu āpiti rānei mai i ngā hui.

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**Kua whakapā atu koe ki Ngā Kaitautoko hei āwhina i a koe kia whakatatūngia tō amuamu?\***

Kāo — Whakamārama koa i te take kāore koe i pērā.

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Āe — Tuhia mai ngā pitopito kōrero tae atu ki te whakaotinga. Tāpirihia he kape o ngā ĩmēra, reta rānei i tukua atu e koe, i tukua kē mai rānei e te tangata, te rōpū rānei, he kupu āpiti rānei mai i ngā hui.

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**Kua tukua atu he amuamu ki tētahi atu umanga mō tēnei take (arā, ACC, Te Kāhui Tika Tangata, Te Mana Mātāpono Matatapu, Ngā Pirihimana)?\***

- Kāo
- Āe — Tuhia mai ngā pitopito kōrero tae atu ki te whakaotinga.

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**Ka āhei mai ki te tuku i tēnei puka mā te poutāpeta, mā te īmēra rānei. Mēnā he pātai āu, whakapā mai ki a mātou:**

Waea ā-motu utukore: 0800 11 22 33

Poutāpeta: PO Box 1791, Tāmaki Makaurau 1140

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

Waea whakaahua: 09 373 1061

**Hei whakapā mai ki a HDC mā te ratonga NZ Relay, ratonga Seeflow rānei**

1. Me toro atu ki ratonga NZ Relay i <https://www.nzrelay.co.nz/index>.
2. Kōwhirihia te ratonga e pai ana ki a koe me ōu hiahia.
3. Hoatu te nama waea a HDC 0800 11 22 33 ki te kaiāwhina o NZ Relay assistant — 09 373 1060.
4. Hopukia he whitiata ka tuku mai ai ki [hdc@hdc.org.nz](mailto:hdc@hdc.org.nz), ā, mā mātou e whakapākehā māu. Ka āhei hoki koe ki te hopu whitiata NZSL i te pae ipurangi o Seeflow website i [www.seeflow.co.nz/direct](http://www.seeflow.co.nz/direct) ā, me kōwhiri ko Te Toihau Hauora, Hauātanga hei rōpū. Mā Seeflow tō whitiata NZSL e whakapākehā ka tuku mai ai ki a mātou.
5. Ka tūhono atu i a koe ki te tari o Te Toihau Hauora, Hauātanga.