

I Aotearoa, he motika ōu ina whakamahia e koe he ratonga hauora, hauā rānei i Aotearoa.



Health and Disability Commissioner
Te Toihau Hauora, Hauātanga



Kei a koe:

1. te motika kia whakautehia koe
2. te motika kia tika te whakarite i a koe
3. te motika kia tū rangatira, motuhake hoki koe
4. te motika ki ngā manaakitanga me ngā tautoko pai e ū ana ki ō hiahia
5. te motika kia kōrerohia atu koe ki te āhuratanga e mārama ai koe
6. te motika kia whakamōhiotia koe ki ngā mea katoa me mōhio koe mō ō manaakitanga, tautoko hoki
7. te motika ki te tuku kōwhiringa mō ō manaakitanga, tautoko hoki
8. te motika ki te whiwhi tautoko
9. te motika ki te whakatau mēnā ka hiahia koe ki te whakauru ki ngā whakangungu, whakaako, rangahau rānei
10. te motika ki te tuku amuamu

Mēnā kāore koe i te rata ki ngā ratonga me ngā tautoko i whiwhi koe, ka taea e koe te:

- Kōrero ki te tangata kāore koe i te rata
- Tono ki tētahi o te whānau, he hoa rānei kia āwhina i a koe ki te tuku amuamu
- Waea ki **0800 55 50 50** ka tonu mō tētahi Kaitaunaki Hauora me te Hauātanga
- Waea ki **0800 11 22 33** ki te tuku amuamu ki Te Toihau Hauora, Hauātanga

