C:\Users\Prue\AppData\Local\Microsoft\Windows\INetCacheContent.Word\hdc logo.tif

**Ka aha i muri i tō tuku amuamu ki   
Te Toihau Hauora, Hauātanga?**

****

****

**Ngāwari te Pānui**

**He motika ōu**



He motika ōu ina whakamahia e koe he ratonga hauora me te hauā i Aotearoa.

E kīia ana ēnei motika ko **Ngā Tikanga a   
Te Toihau Hauora, Hauātanga**.

Ki ētahi atu tāngata ko **Ngā Tikanga Motika**.



I ētahi wā kāore i te pai ngā ratonga hauora, hauā rānei e whiwhi ana te tangata.

Mēnā ka pērā ka taea e koe te:

* C:\Users\Prue\AppData\Local\Microsoft\Windows\INetCacheContent.Word\hdc logo.tifkōrero atu ki tētahi atu mēnā kāore   
  koe i te rata
* tuku amuamu ki **Te Toihau Hauora, Hauātanga**.

Ka mātua whakarite **Te Toihau Hauora, Hauātanga**:

* ka whiwhi koe i ō motika
* ka pai te manaaki i a koe ina whakamahia e koe ngā ratonga   
  hauora, hauā rānei.

**Ko wai ka whakarite i tō amuamu?**

Ina tuku amuamu koe ki **Te Toihau   
Hauora, Hauātanga** ka tukuna ki tētahi   
**Āteha Amuamu**.

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

Ka tuhi atu te **Te Toihau Hauora, Hauātanga** ki a koe me te whakamōhio atu:

* i te ingoa o tō **Āteha Amuamu**
* he pēhea tō whakapā atu 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 **Kaitaunaki** mai i **Ngā Kaitautoko**
* me tuku pātai mō tō amuamu
* whiwhi whakamārama.

C:\Users\Prue\AppData\Local\Microsoft\Windows\INetCacheContent.Word\hdc logo.tifKa whakapā atu anō pea ētahi atu tāngata e mahi tahi ana me **Te Toihau Hauora, Hauātanga** ki a koe mō tō amuamu, pērā i:

* tētahi atu Āteha Amuamu



* he Kaimahi Aromatawai Amuamu
* ētahi atu tāngata mai i **Te Toihau Hauora, Hauātanga**.

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

Ka tukuna te whakatau whakamutunga mō tō amuamu e:

C:\Users\Prue\AppData\Local\Microsoft\Windows\INetCacheContent.Word\hdc logo.tif

* **Te Toihau Hauora, Hauātanga**

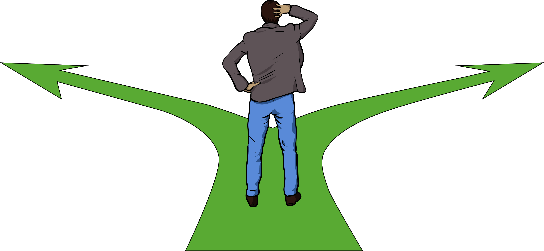
**tērā rānei**

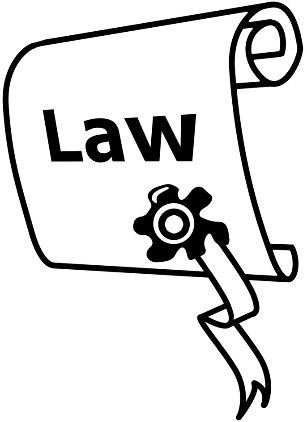
* tētahi o ngā **Toihau Tuarua**.

**Te tukanga aromatawai amuamu**

C:\Users\Prue\AppData\Local\Microsoft\Windows\INetCacheContent.Word\hdc logo.tifKa tirohia e te **Te Toihau Hauora, Hauātanga** tō amuamu.

Ka whakamahia e **Te Toihau Hauora, Hauātanga** te **tukanga aromatawai amuamu** ki te:

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



Ka mātua whakarite **Te Toihau Hauora, Hauātanga** ka taea i raro i te ture tō amuamu te tirotiro e **Te Toihau Hauora, Hauātanga**.

I roto i te **tukanga aromatawai amuamu** ko tā te **Āteha Amuamu** pea he:

* tuku i tō amuamu ki te kaituku ratonga hauora, hauā rānei mōna tō amuamu
* tono mōhiohio atu anō mō tō amuamu   
  ki te kaituku ratonga hauora, hauā 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, hauā rānei mō ngā ratonga e whiwhi ana koe.



I te nuinga o te wā he **6 marama** te roa ka oti te **tukanga aromatawai amuamu**.

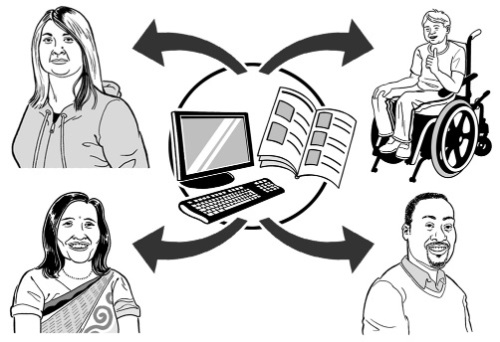
Ko tā tō **Āteha Amuamu** he:

* whakamōhio haere i a koe mō   
  tō amuamu
* whakapā atu ki a koe i ia 2 marama   
  mō ngā whakamārama hou.

**Ngā mea ka taea me tō amuamu**

C:\Users\Prue\AppData\Local\Microsoft\Windows\INetCacheContent.Word\hdc logo.tif

Ko tā **Te Toihau Hauora, Hauātanga Haratua** pea he:

* ****tuku i tō amuamu ki tētahi **Kaitaunaki** mai i **Ngā Kaitaunaki** kia taea e te **Kaitaunaki** koe te āwhina
* tuku i tō amuamu ki te kaituku ratonga hauora, hauā rānei mōna te amuamu   
  kia taea e rātau te:
  + raruraru te whakatika



* + tuku whakapāha ki a koe.

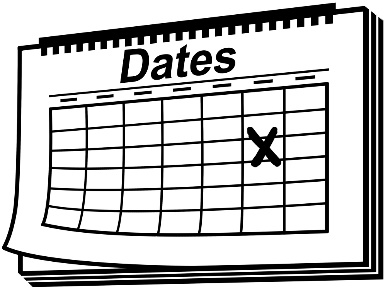
C:\Users\Prue\AppData\Local\Microsoft\Windows\INetCacheContent.Word\hdc logo.tif

Ko tā **Te Toihau Hauora, Hauātanga**anō pea he:

* **Tūhura** i tō amuamu

tirohia te **whārangi 15** hei pānui   
he aha te tikanga o te **tūhura**

* waiho mēnā:
  + kua tirotirohia e te kaituku ratonga hauora, hauā tō amuamu, ā, kua whakaritea kētia e rātau



* + nō mua noa atu te raruraru
  + he pai ake te whakarite a tētahi   
    atu i tō amuamu



* + he take atu anō. Ka tuhi atu   
    **Te Toihau Hauora, Hauātanga**ki a koe ki te whakamōhio atu i   
    te pūtake.

C:\Users\Prue\AppData\Local\Microsoft\Windows\INetCacheContent.Word\hdc logo.tif

Ko tā **Te Toihau Hauora, Hauātanga Haratua** anō pea he:

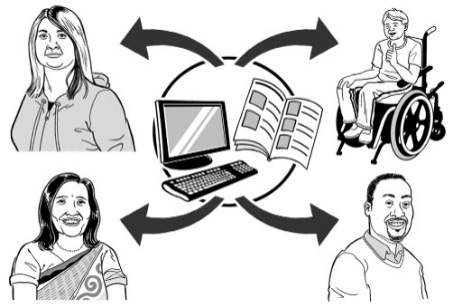
* tohutohu atu ki te kaituku ratonga hauora, hauā rānei kia:
  + whakarerekētia te āhua o ā   
    rātau mahi
  + tuku whakapāha atu ki a koe



* kōrero atu ki a koe mō ngā wāhi ka taea e koe te tiki āwhina.

C:\Users\Prue\AppData\Local\Microsoft\Windows\INetCacheContent.Word\hdc logo.tif

Ka tukuna pea e **Te Toihau Hauora, Hauātanga** tō amuamu ki:

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



Ka tuhi atu **Te Toihau Hauora, Hauātanga**   
ki a koe ki te whakamōhio atu ka ahatia.

**Ngā tūhuratanga**

C:\Users\Prue\AppData\Local\Microsoft\Windows\INetCacheContent.Word\hdc logo.tif

Ka whakatau pea **Te Toihau Hauora, Hauātanga** ki te **tūhura** i tō amuamu.

He iti noa iho ngā amuamu ka pēneitia.



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





Mēnā ka **tūhuratia** ka tukuna e   
**Te Toihau Hauora, Hauātanga** 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 tō **tūhuratanga,** ka whakamōhiotia koe e **Toihau Hauora, Hauātanga** mō ngā mea i kite rātau mō:

* tō amuamu
* ō motika.



Ko ētahi **tūhuratanga** he tata ki te **6 marama** te roa.



Ko ētahi **tūhuratanga** he tata ki te **18 marama** te roa.



**Moni**

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

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



Kāore e taea e **Te Toihau Hauora, Hauātanga** koe te āwhina ki te whiwhi **paremata,** **whakahokinga moni rānei**.



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

**Me pēhea te whakapā atu ki   
Te Toihau Hauora, Hauātanga**

C:\Users\Prue\AppData\Local\Microsoft\Windows\INetCacheContent.Word\hdc logo.tifKa taea e koe te whakapā atu ki **Te Toihau Hauora, Hauātanga:**

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

Ka taea e koe **Te Toihau Hauora, Hauātanga** te waea atu i 0800 11 22 33.

Kāore he utu ki te waea atu.



Ka taea e koe te īmēra atu ki **Te Toihau Hauora, Hauātanga** i:

hdc@hdc.org.nz



Ka taea e koe te pōhi reta atu ki: Te Toihau Hauora, Hauātanga  
PO Box 1791  
Auckland 1140



Ka taea te tuku waea whakaahua ki   
**Te Toihau Hauora, Hauātanga** i   
(09) 373 1061.



Ko te paetukutuku a **Te Toihau Hauora, Hauātanga Haratua**:

www.hdc.org.nz

****

**He mea whakamāori ēnei mōhiohio kia Ngāwari te Pānui   
e People First New Zealand Inc. Ngā Tāngata Tuatahi**