HEALTH & DISABILITY COMMISSIONER
TE TOIHAU HAUORA, HAUĀTANGA

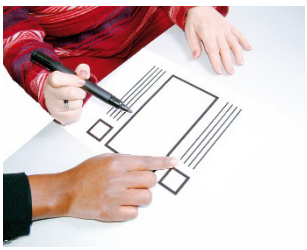
Taku Uruhauora

Tēnā whakaritea kei a au
Taku Uruhauora ka
wehe ana au

Hei whakakī i tēnei puka

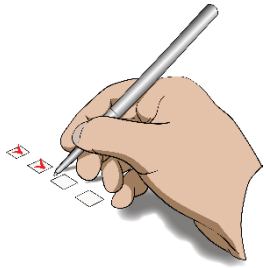
Ko Taku Uruhauora tēnei

Mā tō mōhiohio ka uru mai ki Taku Uruhauora e mōhio ai ngā kaimahi hauora, kai mahi hauātanga ki a koe ina toro atu koe ki a rātou.



Kei te Taku Uruhauora

- He pouaka hei tuhi kōrero koe



- He wāhi kia tohua āu whakautu hei tuhi kōrero koe

He pai noa kia waiho ngā pouaka mehemea kāore āu kōrero.

Ka hiahia koe kia āwhina tētahi atu i a koe hei whakakī i Taku Uruhauora

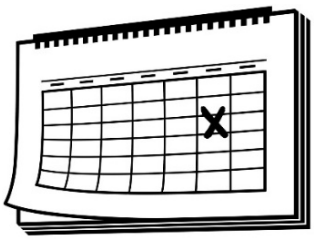
Mō ētahi atu mōhiohio he puka Māmā te Pānui e kīia nei:

He aratohu hei whakakī i Taku Uruhauora

Ka āhei te pānui i te aratohu i tēnei hononga ipurangi:

www.hdc.org.nz/disability/easy-read-resources

Ko wai au



Tuhia te rā i whakakīa ai tēnei Taku Uruhauora:

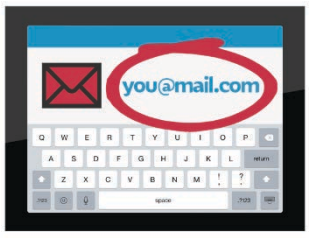
Ko aku ingoa katoa:

Me karanga mai au hei:

Tōku wāhi noho:

Tāku nama waea:

Tōku nama waea pūkoro:



Tōku īmēra:

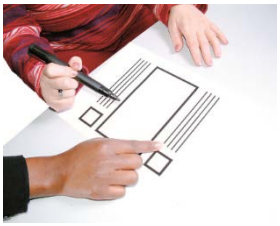
Ko te ingoa katoa o tāku tākuta:

Ko te **GP** te tākuta ka toro nuitia atu e koe ina hiahia manaaki hauora.

Tāku nama **National Health Index (NHI)**:

Ka kitea tō nama NHI ki:

- He whakahaunga tō Tāku Pūkete Hauora.



Ki te kore koe e mōhio ki tō nama NHI waiho tēnei wāhanga kia wātea.

Me mōhio koe ki te aha

Ko t/ōku hauātanga:

Ko te reo e whakamahia nei e au ko:

Tohua te pouaka e tika ana mōu.

E hiahia ana au ki tētahi kaiwhakamāori:

☐ Āe

☐ Kāo rānei

Tohua te pouaka e tika ana mōu.

Kei te whakawhitiwhiti kōrero au ki te tangata mā:

☐ Te kōrero

☐ Te kori tinana, te tungou, te tohu atu

☐ Te Reo Rotarota o Aotearoa / NZSL

☐ Ngā whakaahua

☐ Te waea pūkoro / pātuhi

☐ Tētahi atu – tuhia ki te pouaka i raro iho nei.

Tohua te pouaka e tika ana mōu.

Ka taea e au / e hiahia ana au ki te mahi i āku whakataunga ake.

☐ Āe

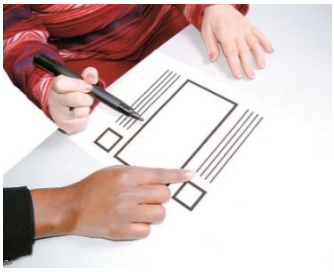
☐ Kāo rānei

Kei te hiahia tautoko ahau hei whiriwhiri pēnei:

He **māngai ā-ture** tōku.

Ko te **māngai ā-ture** ko tētahi kua riro i a ia te mahi whakataunga māu hei tino painga mōu.

Ko ngā ingoa katoa o tōku kaitautoko ā-ture:



Me waiho tēnei pouaka ina kāore āu nā kaitautoko ā-ture.

Tōku kiri tautoko

Ko te **kiri tautoko** he tangata e āhei ai:

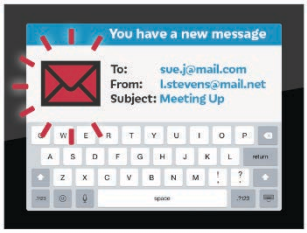
- ki te whakutu pātai ina hiahiatia
- kia whiwhi mōhiohio
- ki te tautoko i a koe hei whiriwhiri
- ki te tautoko i a koe ina puta mai he ohotata.

Ko te ingoa katoa o tōku kiri tautoko:

Ko te hono ki tōku kiri tautoko:

Tāna nama waea whenua:

Tāna waea pūkoro:



Tāna īmēra:

Matea ahurea

He matea **ahurea** ōku.

I konei ko **ahurea** tētahi mea hirahira ki ngā tāngata kei tō ahurea/rōpū.

Tohua te pouaka e tika ana mōu.

☐ Ka hiahiatia kia wahine tōku tākuta

☐ Ka hiahiatia kia tāne tōku tākuta

☐ Me noho tōku whānau ki tōku taha i ngā wā katoa e taea

☐ Tētahi atu – tuhia ki te pouaka i raro iho nei.

Me mōhio ēnei mea ina whakamahi au i ngā ratonga hauora, hauātanga

Tohua te pouaka e tika ana mōu.

E kōharihari ana au mēnā:

☐ Ka kī atu au ki a koe

☐ Ka whakapuaki au i tētahi oro

☐ Ka uhia e au tētahi wāhanga o tōku nei tinana

☐ Ka pupuri au i tētahi wāhi, i tētahi wāhanga rānei o tōku nei tinana

☐ Tētahi atu – tuhia ki te pouaka i raro iho nei.

He **mate pāwera tōku** ki:

Ina **pāwera** ana koe ka kino te urupare o tō tinana ki tētahi mea pēnei:

- i te rongoā
- i te kai
- i te hae/putiputi
- i ngā kakara kaha, arā, rautangi.

Tohua te pouaka e tika ana mōu.

Ina hoatu rongoā ki a au:

☐ Waiho he pire ki tētahi pune

☐ Whakamōhio mai ka pēhea pea au ka kai ana i tēnei rongoā

☐ Noho mai ki tōku taha kia whakarite ka kainga e au tōku nei rongoā

☐ Tētahi atu – tuhia ki te pouaka i raro iho nei.

Tohua te pouaka e tika ana mōu.

☐ Ka tiro atu ana koe i ngā mea i runga i tōku tinana, tēnā:

☐ Whakamōhio mai i a au ki tāu e mahi nei

☐ Kia mōhio mai koe ki tōku pēke pū tōngāmimi

☐ Ka tikina e au te taha e whaia ana au

☐ Tētahi atu – tuhia ki te pouaka i raro iho nei.

Haumaru ā-tinana

Tohua te pouaka e tika ana mōu.

Me tautoko ahau ki te neke haere.

☐ Āe

☐ Kāo

Mehemea ka whirihia ko āe, tuhia he kōrero anō i te pouako i raro iho nei.

Tohua te pouaka e tika ana mōu.

Kia āwhina koutou i a au:

☐ tirohia kia kitea ina kei te mau te whītiki tūru wīra

☐ whakaritea he tūru mōku i te hirere

☐ me whakarite aku whakatonu moenga

☐ Tētahi atu – tuhia ki te pouaka i raro iho nei.

Ngā mea o ia rā

Tohua te pouaka e tika ana mōu.

Kei te hiahia tautoko mō te:

☐ whakamahi wharepaku

☐ hīrere, te kaukau

☐ mau kākahu, tango kākahu

☐ horoi ringaringa

☐ taitai niho

☐ paraihe makawe

☐ Tētahi atu – tuhia ki te pouaka i raro iho nei.

Te kai, te inu

Tohua te pouaka e tika ana mōu.

Kei te hiahia tautoko:

☐ hei kai

☐ hei inu

☐ hei maumahara ki te kai, ki te inu

☐ Tētahi atu – tuhia ki te pouaka i raro iho nei.

Hei moe

Tohua te pouaka e tika ana mōu

Kia moe au ka hiahia tautoko mō te:

☐ rongoā

☐ whakatonu moenga

☐ wai i mua i taku moe

☐ whakakā raiti

☐ whakaweto raiti

☐ kāore he haruru

☐ hoihoi mā

☐ Tētahi atu – tuhia ki te pouaka i raro iho nei.

Hei tautoko koutou i a au

Tohua te pouaka e tika ana mōu.

Ko ngā mea ka whakapōkeka, ka whakaawangawanga i a au ko ēnei:

- ☐ Ngā rama kanapa
- ☐ Ngā turituri kaha
- ☐ Ētahi kākano
- ☐ Kāore e nui te mōhiohio
- ☐ Tētahi atu – tuhia ki te pouaka i raro iho nei.

Tohua te pouaka e tika ana mōu.

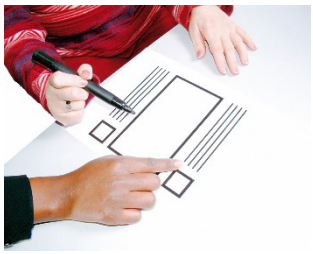
Mēnā ka pōkeka au tērā pea:

☐ ka riri / rarahi

☐ kāore au e titiro ki ngā kanohi o te tangata

☐ Ka takaoreore

☐ Ka hamumu



☐ Tētahi atu – tuhia ki te pouaka i raro iho nei.

Tohua te pouaka e tika ana mōu.

Kia whakangāwaritia tōku pōkekatanga ka taea e koe:

☐ Kōrero mai ki a au

☐ Waiho kia tōtahi au mō tētahi wā

☐ Whakapā atu ki tōku kiri tautoko

☐ Haria atu au ki tētahi wāhi rangimārie

☐ Tētahi atu – tuhia ki te pouaka i raro iho nei.

Haria atu au ki tētahi wāhi rangimārie.

Tērā pea ko:

- ngā tamariki kāore anō kia tae atu ō rātou pakeke ki 18 tau
- ētahi o te whānau

- ngā mōkai.

Tohua te pouaka e tika ana mōu.

☐ Āe

☐ Kāo rānei

Ki te whiriwhiri koe ko āe, tuhia i tēnei pouaka ka manaaki koe i a wai.

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Mo taku Uruwhenua Hauora

He aratohu noa iho Taku Uruhauora.

HEALTH & DISABILITY COMMISSIONER
TE TOIHAU HAUORA, HAUĀTANGA

Kāore i a Te Toihau Hauora t/ētahi kawenga mō te tika rānei o te mōhiohio ka tuhia.

HEALTH & DISABILITY COMMISSIONER
TE TOIHAU HAUORA, HAUĀTANGA

Kua tuhia e Te Toihau Hauora, Hauātanga.

Kua whakarirea tahitia tēnei Māmā te Pānui e te ratonga Kia Māmā Mai o Ngā Tāngata Tuatahi.

Make it Easy
Kia Māmā Mai

Ko ngā whakaaro tēnei puka ehara nō Ngā Tāngata Tuatahi.

People First NZ
Ngā Tāngata Tuatahi

Ka meatia ngā whakaahua e Kia Māmā Mai i:

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- Huriana Kopeke-Te Aho
- T. Wood.

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Ko ngā whakaahua katoa kei tēnei puka Māmā te Pānui ka herea ki ngā ture manatā tē taea te whakamahi ina kore e whakaaetia.

HEALTH & DISABILITY COMMISSIONER
TE TOIHAU HAUORA, HAUĀTANGA

2025