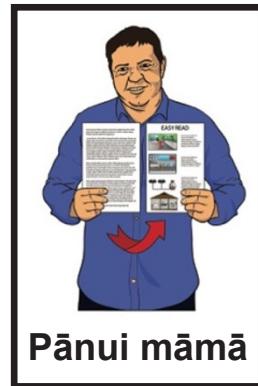




HEALTH & DISABILITY COMMISSIONER
TE TOIHAU HAUORA, HAUĀTANGA



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



Mō te aha tēnei tuhinga



Nā Te Toihau Hauora, Hauātanga
tēnei tuhinga Pānui Māmā.



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TE TOIHAU HAUORA, HAUĀTANGA



E kīia nei hoki ko Te Toihau Hauora,
Hauātanga ko **HDC**.

Ka tiakina e HDC ngā mōtika o te tangata
e whakamahi ana:

- i ngā ratonga hauora
- i ngā ratonga hauātanga.



Kia kitea ētahi atu mōhiohio mō ōu mōtika
he tuhinga Pānui Māmā e kīia nei ko:
**Ōu mōtika ina whakamahia ngā
ratonga hauora, hauātanga rānei.**



Ka kitea tēnei tuhinga Pānui Māmā i tēnei
pae ipurangi **website**:
[https://www.hdc.org.nz/disability/
easy-read-resources/](https://www.hdc.org.nz/disability/easy-read-resources/)

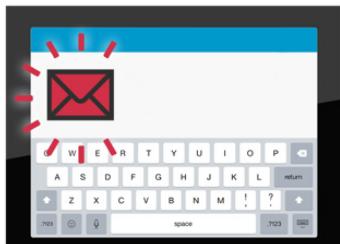
Ko wai ka whakarite i tō amuamu?



Ina tuku amuamu koe ki HDC ka tukuna ki tētahi **Āteha Amuamu**.



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



Ka tuhi atu te HDC ki a koe me te whakamōhio atu:

- i te ingoa o tō **Āteha Amuamu**



- he pēhea e whakapā atu ai koe 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 **Kaitautoko** mai i **Ngā Kaitautoko**
- me tuku pātai mō tō amuamu
- whiwhi whakamārama.



Ka whakapā atu anō pea ētahi atu tāngata e mahi tahi ana me HDC ki a koe mō tō amuamu, pērā i:

- tētahi atu Āteha Amuamu
- he **Kaimahi Aromatawai Amuamu.**



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

Ka tukuna te whakatau whakamutunga mō tō amuamu e:



- **Te Toihau Hauora, Hauātanga**
- tētahi o ngā **Toihau Tuarua rānei.**

Te tukanga aromatawai amuamu



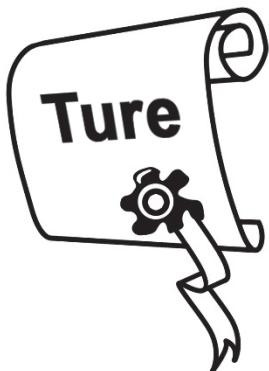
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TE TOIHAU HAUORA, HAUĀTANGA

Ka tirohia e te HDC tō amuamu.



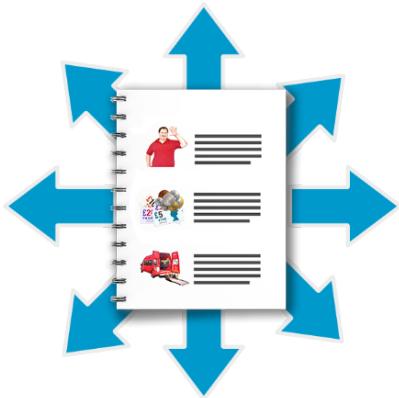
Ka whakamahia e HDC te
tukanga aromatawai amuamu
ki te:

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



Ka mātua whakarite HDC e taea ai tō amuamu te tirotiro i raro i te ture e HDC.

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



- tuku i tō amuamu ki te kaituku ratonga hauora, hauātanga rānei mōna tō amuamu

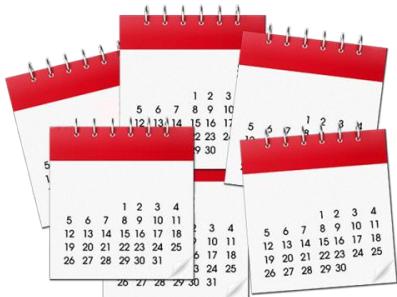
He tangata, he rōpū rānei te kaiwhakarato hei whakarato hauora, hauātanga pēnei i ngā:

- rata/tākuta
- kainiho
- kaitohutohu
- whare hauora.

- tono mōhiohio atu anō mō tō amuamu ki te kaituku ratonga hauora, hauātanga 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, hauātanga rānei mō ngā ratonga e whiwhi ana koe.



I te nuinga o te wā e kotahi tau te roa kia 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 10 wiki mō ngā whakamārama hou.

Ngā mea ka taea me tō amuamu



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TE TOIHAU HAUORA, HAUĀTANGA



Ko tā HDC Haratua pea he:

- tuku i tō amuamu ki tētahi
Kaitautoko mai i Ngā
Kaitautoko kia taea e te
Kaitautoko koe te āwhina

- tuku i tō amuamu ki te kaituku ratonga hauora, hauātanga rānei mōna te amuamu kia taea e rātou te:
 - raruraru te whakatika

 - tuku whakapāha ki a koe.



Ko tā HDC anō pea he:

- **Tūhura i tō amuamu**

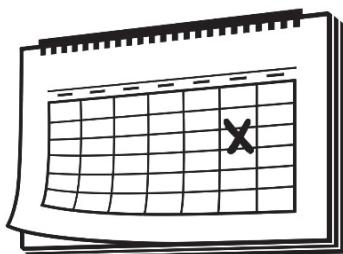


tirohia te **whārangi 15** hei pānui
mō te tikanga o te mahi **tūhura**

- waiho mēnā:



o kua tirotirohia e te kaituku
ratonga hauora, hauātanga tō
amuamu, ā, kua whakaritea kētia
e rātou



o nō mua noa atu te raruraru

o he pai ake te whakarite a tētahi
atu i tō amuamu



o he take atu anō. Ka tuhi atu
HDC ki a koe ki te whakamōhio
atu i te pūtake.



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TE TOIHUAU HAUORA, HAUĀTANGA

Ko tā HDC anō pea he:

- tohutohu atu ki te kaituku ratonga hauora, hauātanga rānei kia:



- whakarerekētia te āhua o ā rātou mahi

- tuku whakapāha atu ki a koe



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



Ka tukuna pea e HDC tō
amuamu ki:

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



Ka tuhi atu HDC ki a koe ki te
whakamōhio atu ka ahatia.

Ngā tūhuratanga



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TE TOIHAU HAUORA, HAUĀTANGA

Ka whakatau pea HDC ki te **tūhura**
i tō amuamu.

He iti noa iho ngā amuamu ka
pēneitia.



Ki te whakatau HDC kia **tūhuratia**
tō amuamu ko te tikanga o tērā ka
tirotirohia e HDC mēnā i whiwhi
koe i ū motika, kāore rānei.



Mēnā ka **tūhuratia** ka tukuna e
HDC tō amuamu ki tētahi
Kaitūhura.

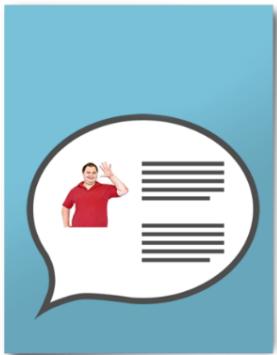


Ko te **Kaitūhura** he tangata tērā ka:

- 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.

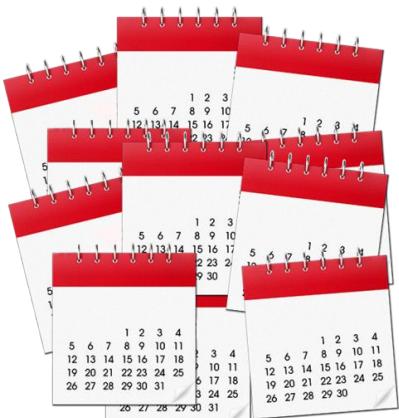


Mēnā kei te tirotirohia e tētahi **kaitūhura** tō amuamu ko te tikanga o tērā kei te **tūhuratia**.

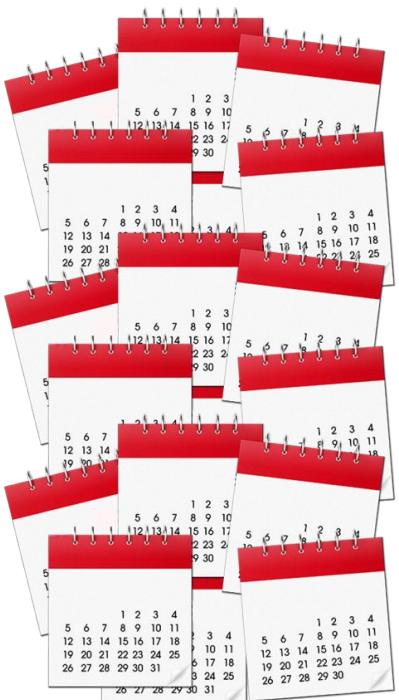


Ina oti ana te **tūhuratanga**, ka whakamōhiotia koe e HDC mō ngā mea i kite rātou mō:

- tō amuamu
- ōu motika.



Ko ētahi **tūhuratanga** he tata ki te **e rua tau te roa**.



Ka roa rawa atu te tūhuratanga ina tokomaha nga kaiwhakarato, ā, he maha hoki me nga take.

Moni



Kāore e taea e HDC koe te
āwhina ki a whiwhi **paremata**,
whakahokinga moni rānei koe.



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

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



Te Kaporeihana Āwhina Hunga Whara

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

Me pēhea te whakapā atu ki HDC



HEALTH & DISABILITY COMMISSIONER
TE TOIHAU HAUORA, HAUĀTANGA

Ka taea e koe te whakapā atu ki
HDC:

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



Ka taea e koe HDC te waea atu i
0800 11 22 33.

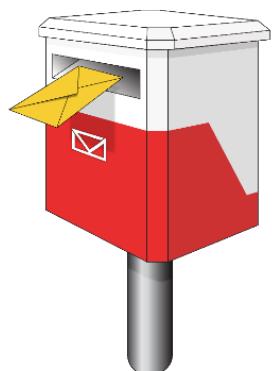


Kāore he utu ki te waea atu.



Ka taea e koe te īmēra atu ki
HDC:

hdc@hdc.org.nz



Ka taea e koe te tuku reta ki:

Te Toihau Hauora, Hauātanga

PO Box 1791

Auckland 1140



Ko te pae ipurangi o HDC **Haratua**:

www.hdc.org.nz



HEALTH & DISABILITY COMMISSIONER
TE TOIHAU HAUORA, HAUĀTANGA

Ko ēnei kōrero kua tuhia e te
Te Toihau Hauora, Hauātanga.



Kua whakamāoritia ki te Pānui Māmā e
te ratonga Make it Easy Kia Māmā Mai.



Kua rāhuitia katoatia ngā whakaahua
o tēnei tuhinga Pānui Māmā ki tā ngā
ture manatā me kaua e whakamahia
ina kore e whakaaetia.



2024