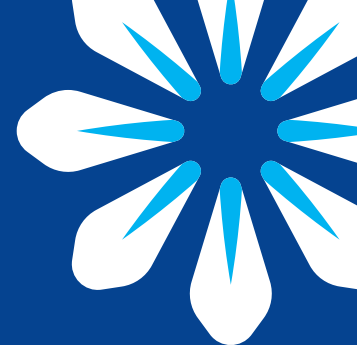


Mate Tauheke Ioio Ratonga Tautoko



Ratonga ārahi me te tautoko mā te hunga he mate MND me ō
rātou whānau

Maori

Kei konei mātou hei taituarā mō koutou ko tō whānau

Ka taumaha pea te tangata i te tautohunga o te MND. Me whai wā koutou ko tō whānau, ō hoa tata hoki, kia tau ai ngā āhuatanga rerekē. He uaua rawa te noho me te mate MND.

Engari mā te hāpori kaha me te tautoko mātanga, ka noho motuhake tonu ētahi mō te wā roa o te mate nei, ā, ka kouna tonu te ora ahakoa kāore i matapaetia ka pērā i te wā i tautohua.

Te ratonga tautoko

He rōpū ohaoha a Motor Neurone Disease NZ (MND NZ) he kaitohutohu tautoko ō rātou e whakarato ana i te ratonga tautoko me te tohutohu mātanga, koreutu hoki puta noa i Aotearoa.

Ka mahi tahi mātou me tō kāhui hauora ki te whakapai ake i ngā putanga me te āwhina i a koe kia noho motuhake mō te wā roa. Ehara tēnei i te ratonga ohotata, ā, kāore hoki e tau ki raro i tētahi rohe o Te Whatu Ora.

Ka whai ngā kaitohutohu tautoko i ngā paearu mahi i whakawhanaketia, e aroturukitia ana hoki e MND NZ me te Tikanga Mōtika o te Toihau Hauora, Hauātanga. He ngaio, he matatapu hoki tō hononga ki te ratonga tautoko.

Kei konei mātou hei āwhina kia kouna ai tō oranga

Me wawe tō whakapā mai ki a mātou. Ka horokukū ētahi ki te whiwhi āwhina, tohutohu hoki, ka rangirua mēnā ka whai hua nā te mea he mate tuamatangi te mate nei. Engari he maha ngā mahi hei whakahaere i ngā tohumate me ngā uauatanga. Kaua e takaroa kia taumaha rawa koe kātahi ka rapu āwhina.

E pai ana kia haere ētahi kaitautoko ina hui tahi koe ki tō kaitohutohu tautoko, me te whakarite wāhi hui e pai ana ki a koe. He mea nui kia āhei koe ki te whakawhiti mōhiohio noa, ā, kia mārara hoki ki ngā mōhiohio ka tuku ki a koe.

Ka āwhina tō kaitohutohu tautoko i a koe ki te whai wāhi ki ngā manaakitanga tika hei whakahaere i ō tohumate, kia kouna ai tō oranga.

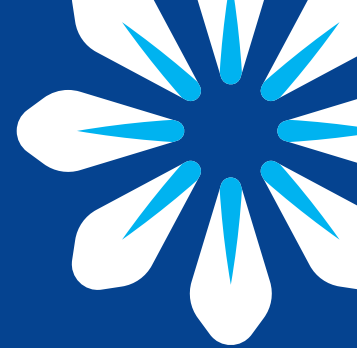
Ngā ngaio hauora

Ka mahi tahi ngā kaitohutohu tautoko ki ngā ngaio hauora e whai wāhi ana ki te manaaki i a koe, arā ko ngā kāhui mātanga maha, ko ngā kaihaumanu kōiri, mātanga taiora, kaihaumanu ngangahau, kaihaumanu reo ā-waha, me ngā nēhi ā-hāpori ērā puta noa i Aotearoa. Ko tā rātou pea he tuku kōrero mātauranga, he tuku mōhiohio me ngā tohutohu tikanga pai rawa mō te manaaki me te tautoko i a koe, he whakarite whakawhitiwhiti kōrero rānei.



Motor Neurone
Disease NZ

He rōpū ohaoha a Motor Neurone Disease NZ, i hangaia i runga i te wairua āwhina i te hunga e pāngaia ana e te MND- koinei te tūāpapa o ā mātou mahi katoa. Mēnā he mate tauheke ioio koe, tētahi o tō whānau rānei, kei konei mātou hei taituarā mōu.



Maori

Ō mōtika me ō kawenga

E pai ai tana tautoko me te manaaki i a koe, me kohi, me tuku hoki tō kaitohutohu tautoko i ngā mōhiohio mō ō matea hauora me te tautoko ki ngā ngaio me ngā umanga hauora e whai wāhi ana ki te manaaki i a koe.

He whakaarotau te tiaki i tō matatapu. Ka noho haumaruru me te matatapu ō mōhiohio. Kei a koe te mōtika ki te uru atu me te tono kia whakatikahia ngā mōhiohio e puritia ana e mātou mōu. Pānuitia he kōrero anō: mnd.org.nz/privacy-policy

Kei a koe te mōtika ki te whai wāhi ki ngā mahi whakarite i ngā manaakitanga me te whakahaere i tō mate. He mea nui kia noho mōhio koe, kia whai wāhi ki ngā whakatau mō ngā maimoatanga, me te whakawhiti kōrero noa ki tō rata me te hunga e whai wāhi ana ki te manaaki i a koe. E tono ana hoki mātou kia whai whakaaro koe ki ngā mōtika me te tūmataiti o ētahi atu, tae atu ki tō kaitohutohu tautoko.

Kōrero whakahoki

E manawanui ana mātou ki te tuku i te tautoko kōunga me ngā mōhiohio whai take. Ki te tuku kōrero whakahoki, amuamu rānei, tēnā whakapā atu ki te Kaiwhakahaere Ratonga Tautoko o MND NZ mā te imēra ki support@mnd.org.nz, waea rānei ki **0800 444 474**.

Tari ā-motu o MND NZ

Waea koreutu. 0800 444474

Imēra. support@mnd.org.nz

Paetukutuku. mnd.org.nz
(Matawaitia te waehera QR kia haere ki te paetukutuku)



**Motor Neurone
Disease NZ**

Me pēhea tā mātou tautoko i a koe?

Kei konei mātou hei hoa haere mōu i tēnei ara o te MND. Ko tā ngā kaitohutohu tautoko he whakatipu i te wairua manaaki me te tautoko mā roto i ngā hui ā-kanohi, waea, patowaea, imēra, me ngā waea ataata.

Ka āwhina ia a koe mā te:

Whakarongo ki a koe: Ka āta whakarongo kia mārama ai ki ō hiahia me ō āwangawanga.

Tautoko moroki: Kei konei mātou mai i te tautohunga, i te roanga hoki o tō mate.

Tuku mōhiohio: Ka āwhina mātou i a koe kia mārama ki ngā mōhiohio kia hāngai ai ki ō ake āhuatanga.

Kimiara i te pūnaha hauora: Ka āwhina i a koe kia mārama ki te pūnaha hauora me te tautohu me te uru ki ngā ratonga ina hiahiatia e koe.

Kōrero ki ngā kaiwhakarato hauora: Ka mahi tahi ki ngā ratonga hauora ki te whakarite ka whiwhi koe i ngā ratonga tika i roto i te wā tika.

Hāpai i te whakawhitiwhiti kōrero: Ka āwhina mātou ki te whakarite i te mahi tahi i waenga i ngā tāngata me ngā ratonga e whai wāhi ana ki te manaaki i a koe.

Tautoko i ō ngaio hauora: Ka tuku mōhiohio ki te hunga e whai wāhi ana ki te manaaki i a koe.

Haere ki ngā toronga: Ina e taea ana, ka haere tahi me koe ki ngā toronga mēnā e hiahiatia ana.

Ka tuku tautoko whaiaro me te kōkiritanga tō mātou kāhui kaitohutohu tautoko, otirā he kāhui aroha nui, ki te hunga he mate MND me ō rātou whānau puta noa i Aotearoa.

He koreutu tēnei ratonga, ā, nā ngā koha i pēnei ai..

Ngā ngaio hauora

Ki te tuku tono mō tētahi tūrora, ki te tono āwhina, mōhiohio rānei, whakapā atu ki tō kaitohutohu tautoko tūtata, ki te tari ā-motu o MND NZ rānei.