



## He āwhina, he tautoko mā ngā kaitiaki

He whakakotahitanga te **New Zealand Carers Alliance** o ētahi whakahaere kore huamoni e 45 ā-motu e kimi ana i te ahunga whakamuatanga mā ngā kaitiaki ā-whānau.

He kaitiaki āwhina tangata (charitable trust) ā-motu a **Carers New Zealand** kei te whakarato i te pārongo, i te tautoko ki ngā kaitiaki ā-whānau, kaitiaki aiga hoki. Ko ia hoki te tari whakahaere mō te New Zealand Carers Alliance.



# He Aratohu mā ngā Kaitiaki

A Guide for Carers



Haere ki **www.carers.net.nz** mō ētahi atu pārongo, waea rānei ki mō tētahi aratohu kore utu mō ngā ratonga, mō te tautoko e wātea ana ki ngā kaitiaki.



Mehemea e pīrangī ana koe ki te pārongo mō te āwhina ā-pūtea me tētahi aratohu kore utu waea atu ki Te Hiranga Tangata (Work and Income) 0800 662 002.

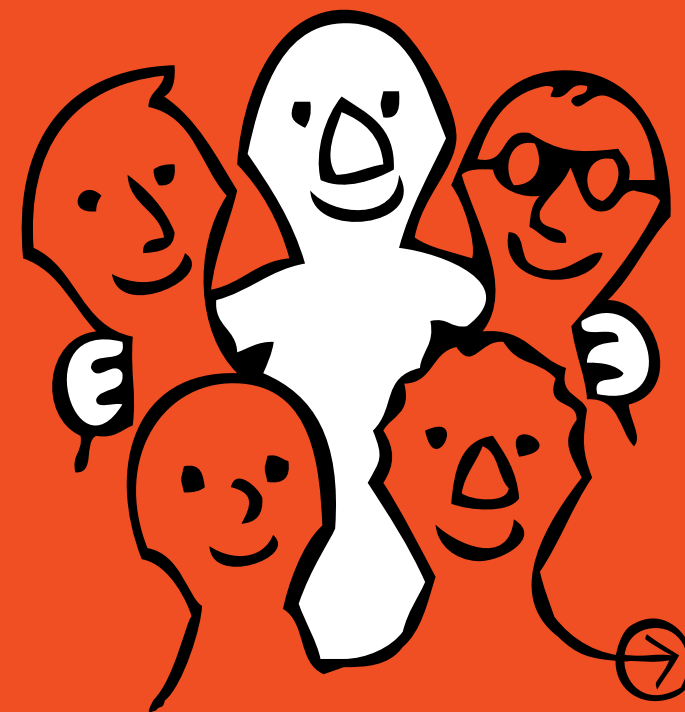


MINISTRY OF SOCIAL DEVELOPMENT  
*Te Manatū Whakahiato Ora*



[newzealand.govt.nz](http://newzealand.govt.nz)

Māori version  
September 2009



He āwhina whai take mā rātou e atawhai ana i te whanaunga, i te hoa pakeke ake he māuiuitanga tōna, he hauātanga, he mate hinengaro, he mate kai waipiro, he mate kai whakapōauau anō rānei.



# He kaitiaki koe?

He rite tonu tāu āwhina i tētahi whanaunga pakeke ake, i tētahi hoa māuiui, i tētahi whanaunga hauā, i tētahi tangata whai take oranga hinengaro, take waipiro, take whakapōauau anō rānei, ki te mahi i ngā mahi a ia rā? Mehemea ko koe tēnei, tērā pea he ratonga, he tautoko e wātea ana hei āwhina i a koe.



## Te pūtea āwhina

Ngā takuhe me te pūtea āwhina Te Hiranga Tangata (Work and Income)

**0800 559 009**

[www.workandincome.govt.nz](http://www.workandincome.govt.nz)



## Mehemea he whara tōu

Waea ki ACC **0800 101 996**

[www.acc.co.nz](http://www.acc.co.nz)



## Ngā utauta me ngā whakarerekētanga

Ngā whakarerekētanga utauta, whare, waka.

**0508 001 002**

(Tāmaki Makaurau/Te Tai Tokerau)

[www.accessable.co.nz](http://www.accessable.co.nz)

**0800 17 1981 (te toenga o Aotearoa)**

[www.enable.co.nz](http://www.enable.co.nz)



## Te āwhina i te kāinga

Ki ngā mahi ā-whare, te atawhai, te tiaki anō hoki  
Ka aromatawaihia ō hiahia e tētahi **NASC**

## Te tamaiti e hiahia ana i te mātauranga motuhake

Kōrero ki tō tākuta, ki te kaiako, tumuaki kura rānei o tāu tamaiti, ki Te Tāhuhu o te Mātauranga, Mātauranga Motuhake rānei

**0800 622 222**

[www.minedu.govt.nz](http://www.minedu.govt.nz)

## Ngā tika Hauora, Hauātanga hoki

Te tari o Te Toihau Hauora, Hauātanga (Health and Disability Commissioner)

**0800 555 050**

[www.hdc.org.nz](http://www.hdc.org.nz)

## Ō tika i te mahi

Te Tari Mahi (Department of Labour)

**0800 20 90 20**

[www.ers.govt.nz](http://www.ers.govt.nz) [info@dol.govt.nz](mailto:info@dol.govt.nz)

## Kei te hiahia koe ki te wā whakatā?

Ka aromatawaihia ō hiahia e tētahi **NASC**

He aha te āwhina kei te hiahia e koe



## Te umanga Aromatawai Hiahia me te Whakarite Ratonga (NASC)

### Mō te hunga pakeke iho (he iti iho i te 65 ngā tau)

E āhei ana koe te rapu i tētahi rārangi o ngā NASC ki [www.moh.govt.nz/disability](http://www.moh.govt.nz/disability) waea rānei ki

**0800 DSD MOH (0800 373 664).**

### Mō te hunga pakeke ake (he nui ake i te 65 ngā tau)

E āhei ana koe te rapu i tētahi rārangi o ngā NASC ki [www.moh.govt.nz/olderpeople](http://www.moh.govt.nz/olderpeople) waea rānei ki te Poari Hauora ā-Rohe ki tō takiwā, tonoa kia whai kōrero koe ki te rōpū NASC mō te hunga pakeke ake.

### Mō te hunga whai take oranga hinengaro, take waipiro, take whakapōauau anō rānei

Waea atu ki te Poari Hauora ā-Rohe ki tō takiwā, tonoa kia whai kōrero koe ki te rōpū NASC mō te oranga hinengaro.