



Te tauturu e te turuturu i te aronga akono tiaki tangata

E 45 putuputu anga basileia o te angaanga akono tiaki tangata tei akatupu i te Taokotai anga o te Angaanga Akono Tiaki Tangata o **Nu Tireni nei (NZ Carers Alliance)** no te tauturu i te au kopu-tangata e akono tiaki ra i tetai tangata.

E oronga tuatua akakitekite e te tauturu ki te kopu-tangata, ki te uanga e te aronga akono tiaki i tetai o te kopu-tangata, ta te **Angaanga Akono Tiaki Tangata o Nu Tireni (Carers New Zealand)** e rave ana. Na teia putuputu anga katoa e raverave ana i te akateretere i te angaanga a te Taokotai anga o te Angaanga Akono Tiaki Tangata o Nu Tireni nei (NZ Carers Alliance).



E Akamarama anga no te Aronga Akono Tiaki Tangata

A Guide for Carers



Akaraia atu te roro uira atuitui **www.carers.net.nz** no tetai au tuatua akakitekite akaou mai, me kore ra, kapikiia te numero



**0800
777
797**

no te akamarama anga atu ma te kore koe e tutaki, i te au angaanga tauturu e te turuturu i te aronga akono tiaki tangata.

Me ka anoano koe i te au tuatua akakitekite no te moni tauturu e te akamarama anga te kare koe e tutaki, kapikiia te numero o te Work and Income 0800 559 009.



MINISTRY OF SOCIAL DEVELOPMENT
Te Manatū Whakahiato Ora

NEW ZEALAND
**CARERS
ALLIANCE**



newzealand.govt.nz

Cook Island Māori version
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E ravenga oronga tauturu ki te aronga e akono tiaki ra i tetai o te kopu-tangata, me kore ra, o te ai taeake tei tae ki te turanga o te au metua pakari, me kore ra, kua apikepikē maki, e pakipakitai (disabled), me kore ra, kua maki manako ia (mental health), kua maata rava te kai kava, me kore ra, i te kai au taraka (drugs).



E tangata akono tiaki ainei koe?

Te akono tiaki putuputu ainei koe i tetai o te kopu-tangata i pakari atu ia koe no tona au akanoonoo'anga i te au ra, i tetai taeake maki, i tetai o te kopu-tangata tei pakipakitaiia, me kore ra, kua maki manako ia, e maata te kai kava, me kore ra, te kai taraka (drugs)? Mei te mea e, ko koe teia e tuatuaia nei, tena i reira te au putuputu'anga oronga tauturu e te turuturu no te tauturu ia koe.



Te Moni Tauturu

Te au tauturu puapinga e te moni tauturu
Te Work and Income
0800 559 009
www.workandincome.govt.nz



Me kino pakia ia ake toou kopapa

Kapikiia te numero ACC 0800 101 996
www.acc.co.nz



Te au apinga e te au akaou'anga

Te akaou'anga o te au apinga, o te are, e te apinga akaoro
0508 001 002 (Akarana/Tokerau)
www.accessable.co.nz
0800 17 1981 (te au ngai toe ia Nu Tireni)
www.enable.co.nz



Te tauturu o te ngutuare

No te angaanga ngutuare, te akono tiaki e te au angaanga rapakau
Na tetai tangata o te **NASC** e akara matatio akatinamou i toou turanga

Te tamaiti turanga matutu-kore e tana apii takake (special education needs)

E komakoma atu koe ki toou taote, ki te puapii, me kore ra, ki te puapii maata o taau tamaiti, me kore ra, ki te Minitiri o te Apii, Te Tuanga Apii Takake (Special Education)
0800 622 222
www.minedu.govt.nz



Te au tika'anga no te Ora'anga e te Turanga Pakipakitai

Te opati o te Komisiona o te Ora'anga e te Turanga Pakipakitai
0800 555 050 www.hdc.org.nz



Toou au tika'anga i te ngai angaanga

Te Tipatimani o te Angaanga
0800 20 90 20
www.ers.govt.nz info@dol.govt.nz



Ka anoano ainei koe i te akangaroi poto?

Na te **NASC** e akara matatio akatinamou i toou turanga



Eaa te tauturu
tei anoanoia
noou



Te Putuputu'anga Akara Matatio Akatinamou'anga Turanga e te Atuitui'anga Oronga Tauturu (NASC)

No te aronga mapu mai (i raro ake i te uki 65 mataiti)

Ka kite koe i te akapapa'anga o te au NASCs i runga i te roro uira atuitui www.moh.govt.nz/disability, me kore ra, kapikiia te numero founu
0800 DSD MOH (0800 373 664)

No te aronga pakari atu (i runga atu i te uki 65 mataiti)

Ka kite koe i te akapapa'anga o te au NASCs i runga i te roro uira atuitui www.moh.govt.nz/olderpeople, me kore ra, kapikiia atu toou Kopapa Akaaere Rapakau o te Motia (District Health Board) no te pati atu kia komakoma koe ki te pupu o te NASC no te aronga pakari.

No te aronga tei tuia e te maki manako, te maki tei akatupu te kai kava, me kore ra, tetai au apinga inu kino (drugs)

Kapikiia atu toou Kopapa Akaaere Rapakau o te Motia no te pati atu kia komakoma koe ki te pupu o te NASC no te aronga maki manako.