

Te uru hei kaitiaki

He uaua, he mea nui hoki te tiaki i te tangata kei te whakahemohemo, he mate tuamatangi rānei. Tērā pea ko koe anake te kaitiaki, ko koe te kaitiaki matua rānei, kei roto rānei i tētahi rōpū manaaki me ētahi o te whānau, ngā hoa hoki. Ahakoa tō wāhanga i roto i te rōpū he mea nui kia rite koe mō ngā āhuatanga e haere mai ana. Kei raro nei ētahi āwhina, ētahi kōrero whaitake mō te hunga manaaki.

Ngā ratonga me ngā tautoko

Rata

Kei reira tō rata ki te whakarite kei te whiwhi koe i ngā tautoko me ngā āwhina e hiahiatia ana e koe. He mea nui kia mōhio ia ki ngā uauatanga, o māharahara rānei kia taea e ia koe te āwhina. Kei te mōhio ia mō ngā ratonga e wātea ana, ā, ka taea te tono ki ētahi atu tautoko mēnā e hiahiatia ana.

Needs Assessment and Service Co-ordination (NASC)

E tuku ana te rōpū Aromatawai Matea i ngā mōhiohia hira ki a koe mō ngā ratonga tautoko e wātea ana. Ka taea tētahi tono te tuku ki te ratonga NASC e tō rata whānau, rata rānei. Ka haere atu tētahi Kaiaromatawai Matea ki tō kāinga me te whakahaere i tētahi aromatawai o ngā manaakitanga e hiahiatia ana. Ka tukuna e rātau ngā mōhiohia mō ngā ratonga e wātea ana, ā, mēnā e āhei atu ana koe, me whakarite kia haere atu tētahi tangata ki te awhina i a koe i tō kāinga. Ka taea anō e te Kaiaromatawai Matea te kōrero ki a koe mēnā kei te āhei atu koe, kāore rānei mō te **kaupapa Tautoko Kaimanaaki a Te Manatū Hauora**.

E tuku pūtea ana te kaupapa Tautoko Kaimanaaki mō tētahi kaimanaaki kia whai 'tānga manawa' mai i āna mahi manaaki. E tautoko ana te kaupapa i ngā utu o te manaaki e taea ai te tuku i te kāinga, i tētahi Kāinga Manaaki (RC) rānei, mēnā e tika ake tēnā. Mō ētahi atu mōhio mō te uru atu ki tēnei kaupapa, me kōrero ki tō rata, te Kaiaromatawai Matea rānei.

<https://www.health.govt.nz/your-health/services-and-support/disability-services/types-disability-support/respite/carer-support>

Ngā tautoko a WINZ

Hei kaitiaki, ka ahei atu pea koe ki ngā tautoko ā-pūtea mai i a WINZ (Te Hiranga Tangata). Ka aromatawaitia ngā tautoko e ai ki ngā moni whiwhi. Mō ētahi atu kōrero me pēhea te tono, haere ki te paetukutuku a Te Manatu Whakahiato Ora <https://check.msd.govt.nz>

Te tiaki i a koe anō

Hei kaitiaki, he uaua pea i ētahi wā te whakarite me te whakatutuki i ōu ake hiahia. Kei reira ētahi tikanga rerekē ka whaitake pea ki a koe mō tēnei. He mea nui te kimi i nga tikanga pai rawa mōu.

Anei pea ētahi:

- te mau tonu ki ngā whanaungatanga – ko te noho tūhonohono tonu ki ōu hoa me ō rōpū taura here tētahi āhuatanga pai mō te 'noho tūhonohono' ki te ao i waho o te kāinga
- kia rite tonu te whakatā – he mea nui te whakatā hei whakahaere i te ahotea me te whakapiki i tō kaha
- kaua e matakū ki te tono āwhina – he taumaha, he uaua te mahi tiaki tūroto.

He pai noa iho te tono āwhina. Me kōrero ki tō rata, ki ōu hoa, tō whānau hoki kei te pēhea koe, ā, me pēhea tā rātau āwhina.

Mō ētahi atu kōrero mō te tiaki tūroto me ngā ratonga tautoko e wātea ana i roto i tō hapori mā nga kaitiaki, haere ki www.carers.net.nz