

HŌKAI NUKURANGI

Te Kete Tau Tomua



Cerebral
Palsy Society 
freedom & choice


Starship
Foundation

Supported by Starship Foundation and the Athlae Lyon Starship Research Trust



Ngā kai o roto

The Cerebral Palsy Society:

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Charities Commission

Registration: CC27036

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Tirohia te pae tukutuku a te Cerebral Palsy Society – www.cerebralpalsy.org.nz



He whakatakinga

Nau mai haere mai

Ngā mihi nui i tēnei āpitihanga hou ki tōu whānau.

He puka tēnei mā ngā whānau e kimi ana i ngā pārongo me ngā rauemi hauora mō ngā tamariki kua pāngia e te hōkai nukurangi i Aotearoa.

Mehemea kua rongo koe mō te pānga o tō tamaiti ki te hōkai nukurangi, ko tā tēnei kete he whakamōhio i a koe ki ētahi rauemi hauora me ētahi ratonga e wātea ana ki a koe kia tōnui ai kōrua ko tō tamaiti.

Ka pā te hōkai nukurangi (ka kīia i ētahi wā ko te CP) ki ngā tamariki mā ngā ara maha, ā, ka rerekē te āhua o tōna oranga i tēra i whakamaheretia e koe.

Mō te huhua tangata, me he reo hou ngā kupu rata ka rangona e koe e hāngai ana ki te hōkai nukurangi - e tūmanako ana he āwhina kei roto i tēnei puka.

Me aro ki ngā mahi ka taea e tō tamaiti. He ahureinga tō ia tamaiti, ā, he nui ngā mea ka taea e kōrua. He nui ngā kare ā-roto ka rangona e koe, nā reira tiaki a koutou ko tō whānau.

He mihi

He hua tēnei kete o ngā mahi o te kaupapa o CaPTuRE, i tūhura i ngā wheako o ngā whānau kua whiwhi tautohu hōkai nukurangi i Aotearoa. Nā ngā whānau whai wheako ki te hōkai nukurangi i tohu ngā wero huhua me ētahi mahi ka āwhina pea i ētahi atu.¹

Tēnā koutou, Starship Foundation me Athlae Lyon Starship Research Trust i ngā pūtea tautoko, me ngā pūtea tautoko āpiti nā te Cerebral Palsy Society nō te Sutherland Self Help Trust, me Trillian Trust, ki te tautoko i te tāpaetanga, te whakamāoritanga me te tuaritanga o tēnei puka ki ngā whānau.

E manawareka ana mātou ki ngā tāngata katoa i whāngai i tēnei mahi, tae ana ki ngā whānau me ngā tāngata kua whai wheako ki te hōkai nukurangi; ki a Cerebral Palsy Society of New Zealand me ngā kiringaio hauora puta noa i Aotearoa.

1. Williams SA, Nakarada-Kordic I, Mackey AH, Reay S, Stott NS. Prioritized strategies to improve diagnosis and early management of cerebral palsy for both Māori and non-Māori families. Dev Med Child Neurol. 2024; 66: 1074-1083. <https://doi.org/10.1111/dmcn.15847>

Te Whare Tapa Whā

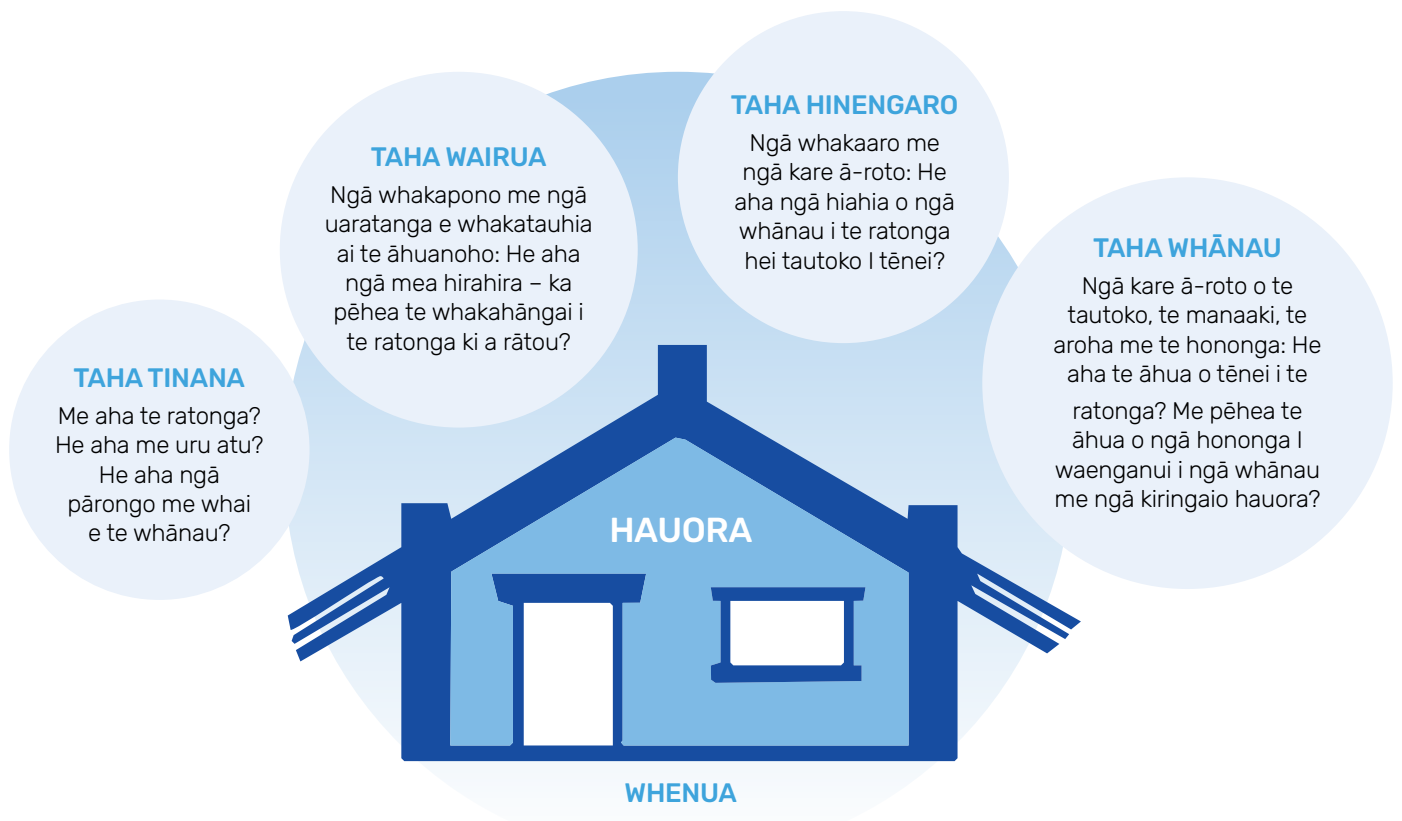
He tauira hauora Māori e mōhiotia whānuitia ana. Ko Te Whare Tapa Whā, i whakamahukitia e Tā Mason Durie, ka whai whakaaro ki ngā āhuatanga katoa o te ora me te pānga ki te hauora. Ko te taha tinana he wāhanga kotahi noa iho o te hauora me te oranga.

Kua hangaia tēnei kete kia whai wāhi ngā pārongo e pā ana ki ngā āhuatanga katoa o te oranga. Kua tohu mai ngā whānau, he mea nui te whai whakaaro ki

ngā āhuatanga katoa o te oranga hei āwhina i a koe ki te whakahaere i ngā kare ā-roto ka tūpono ara ake.

Kaua e matakū ki te toro tautoko i tēnei ara o te ora.

Tirohia: <https://mentalhealth.org.nz/te-whare-tapawha>
From: Durie M. Whaiora: Māori Health Development. 2nd ed. Oxford, UK: Oxford University Press; 1994. 2nd ed. Oxford, UK: Oxford University Press; 1994.



Hōkai Nukurangi

Ko te kupu Māori ki te Cerebral Palsy ko Hōkai Nukurangi – te whakatutuki i tērā e hirahira ana ki a koe.

He mea whakawhanake te kupu nei e te Kaimātai Reo, kaiako anō hoki, e Matua Keri Opai.*

Ko te iho o hōkai nukurangi ko tēnei: Ahakoa e hōkai ana i te whenua mā te tinana, e hōkai ana rānei i te rangi mā te hinengaro me te wairua, ka urutau te tangata ki ngā taiao rerekē, e whakamahi ana i ngā ara me ngā āheitanga e tika ana mōna.

I ngā kōrero a Keri ki ngā tāngata Māori/toto-Māori-kore, me ngā whānau whai hōkai nukurangi, koinei te kaupapa whakaraerae nui – ko te motuhake o ngā hiahia, o ngā pīrangi me ngā whāinga o ia whānau. E whakaputa ana te kupu a Keri i taua ariā.

Mō ētahi pārongo anō, me haere ki:

<https://www.youtube.com/watch?v=9rVG9dySafw>

* Opai, K. (2022). Words have great power: Creating Māori concepts of disability. Dev Med Child Neurol, 64: 1182-1182. <https://doi.org/10.1111/dmcn.15266>



Hōkai Nukurangi:

He aha te hōkai nukurangi?

Ngā kōrero matua:

- He ao tōnui tonu ka taea a te hunga hōkai nukurangi.
- He ahurei to tamaiti hōkai nukurangi.
- Ka taea e koe te tiki tautoko me nga korero mai i etahi atu whānau whai tamariki whai te hōkai nukurangi, whakahaere, me nga tohunga hauora.
- Ka uaua ki ngā whānau i ētahi wā te tatari kia rongu ka pēhea te pā o te hōkai nukurangi ki teneke a te tamaiti.

He aha te hōkai nukurangi?

- He mate mauroa te hōkai nukurangi, ā, e hāngaiana ki ētahi mate mauroa ka hua ake i tētahi whakararutanga, pānga nui rānei ki te roro i te wāo te whanaketanga.
- He rerekē te āhua o te pānga o hōkai nukurangi ki tā tō tamaiti neke, noho me te tū. Kei te āhua o te wā i pāngia ai te roro, me ngā wāhanga o ngā roro e pāngia ana.

- Ka uaua tā te hunga hōkai nukurangi neke whānui, pēnei i te takahuri. Ka uaua hoki ngā mahi o ia rā pēnei i te hīkoi me te whakamahi i ngā ringa.
- Ka pāngia pea te hunga hōkai nukurangi e ētahi atu mate, tae ana ki te hūkiki, ngā taitu kite, ako, kōrero anō hoki.

He aha te pūtake o te hōkai nukurangi?

- Ka pāngia te whakawhanaketanga o ngā roro o te nohinohi i te wā o te hapūtanga, i te whānautanga mai, i paku kō atu rānei i te whānautanga mai (9 I te 10 tāngata hōkai nukurangi).
- E uru ana hoki ki te kupu hōkai nukurangi ko te wā e pāngia ai te roro i muri i te kotahi marama te pakeke, tae ana ki te rua tau te pakeke (kei te takiwā o te 1 I roto i te 10 tāngata whai hōkai nukurangi).
- Kāore he pūtake kotahi o te hōkai nukurangi. He huhua ngā pūtake, ngā tūraru me ngā āhuatanga e hua ake ai te hōkai nukurangi.

“Kaua e whakatepe i ngā āheitanga o te tamaiti – he ahureinga tō ia tamaiti.” - HE WHAKATAUĀKĪ Ā-WHĀNAU

- I ētahi wā, kāore i te mōhiotia te pūtaka pū i hua ake ai te hōkai nukurangi.
- Mō ngā momo hōkai nukurangi katoa, ka ōrite te āhua o te whakararutanga tuatahi ki ngā roro. Ka huri te āhua o te pānga ki te whanaketanga o tō tamaiti i roto i te wā.

Te whai tautohutanga o te hōkai nukurangi – he ara ki te tautohutanga

- He rerekē ngā ara whiwhi tautohu hōkai nukurangi mō te katoa, ā, ka uaua pea i ētahi wā.
- Mō ētahi whānau, ka kitea tōmuatia ētahi āhuatanga e tohu ana i te tūpono nui o te whai hōkai nukurangi, hei tauira, te whānau mai i te taumahatanga iti, te whānau tōmua mai rānei.
- Mō ētahi atu whānau, he tohu nui te whanake tōmuri, me te aha, me kōrero ki ngā kiringaio hauora o tō tamaiti.
- Kua kī mai ngā whānau, i a rātou e tatari ana ki te tautohu o te tamaiti, i rongo rātou i ngā kare ā-roto huhua, tae ana ki te pukuriri, te kaniawhea me te rangirua.
- I Aotearoa i tēnei wā, ka tautohua te nuinga o ngā tamariki i mua i te 2 tau te pakeke.
- He nui ngā whānau ka kite tōmua i te rerekē o ngā matea whakawhanaketanga o tā rātou tamaiti.

Cerebral Palsy i Aotearoa New Zealand

- Ko te hōkai nukurangi te hauātanga ā-tinana nui katoa i te taitamarikitanga, ka pā ki te 1 i roto i te 500-600 pēpi i whānau mai i Aotearoa.
- E whakapaetia ana, kei te takiwā o te 10,000 tāngata e pāngia ana e te hōkai nukurangi i Aotearoa.



Ngā puna pārongo matua i Aotearoa mō te Hōkai Nukurangi

Kidshealth NZ

Ngā pārongo mā ngā whānau o Aotearoa e pā ana ki te hauora me te oranga o ngā tamariki.

www.kidshealth.org.nz/cerebral-palsy

Healthify – i mua ko Health Navigator

Ngā ratonga me ngā pārongo rauemi mō te ao hōkai nukurangi i Aotearoa – he ōrite te āhua o ngā kai ki ērā a Kidshealth NZ.

www.healthify.nz/health-a-z/c/cerebral-palsy

Cerebral Palsy Society of NZ

He whakahaere ā-mema e mahi ana ki te whakapai ake i te oranga o te hunga whai mate hōkai nukurangi, mā te whakarato hōtaka, tautoko, me ngā tohutohu.

www.cerebralpalsy.org.nz

Te Rēhita a Hōkai Nukurangi Aotearoa

Ka whakatōpū te rēhita i ngā pārongo mō te hōkai nukurangi i Aotearoa, ka whakamahia ki te tautoko i ngā kōkiritanga, ngā whakamaheretanga Hauora me ngā rangahau. He mahi tūao te whai wāhi mai.

www.starship.org.nz/health-professionals/cerebral-palsy-research

“Ehara i te mea me mahi, me mōhio rānei e koe ngā mea katoa i te wā kotahi.”

- HE WHAKATAUĀKĪ ĀWHĀNAU

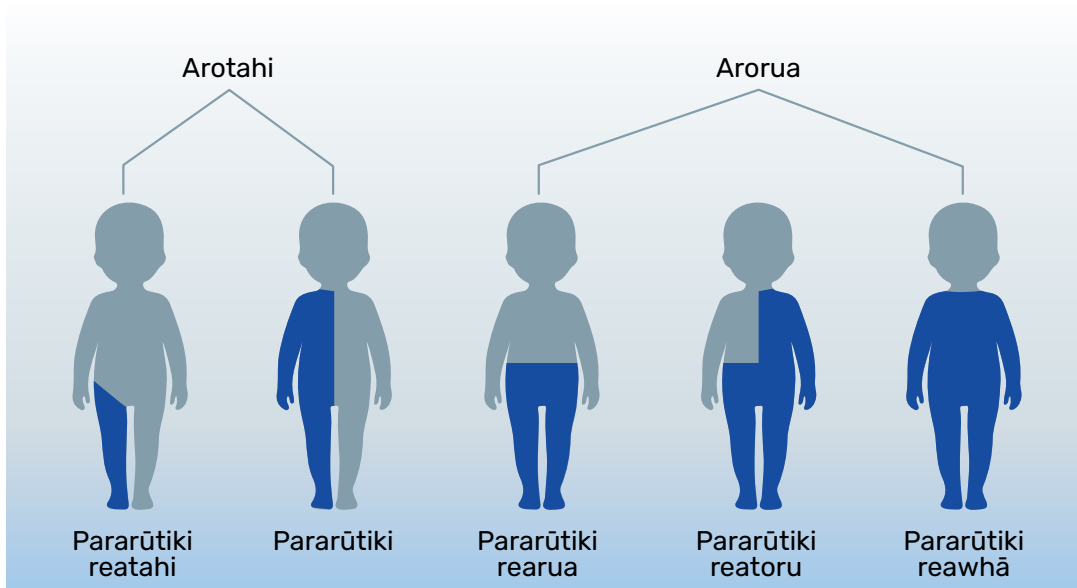
He aha te pānga o te Hōkai Nukurangi ki te nekehanga?

Ka whakamahukitia te hōkai nukurangi o to tamaiti i te reo rata ma nga wahanga o te tinana kua pangia me nga momo nekehanga ka kitea

Ko te aronga i te wā o te tautohutanga ko te kite hoki i ngā mahi ka taea e tō tamaiti i ia rā, ā, ka whakamahia ētahi karangatanga mahi.

Ngā kupu rata ki te whakamārama i te Hōkai Nukurangi

Ngā kupu ki ngā wāhanga tinana ka pāngia		Te tikanga
Hōkai Nukurangi Arotahi	Pararūtiki reatahi (peka kotahi) Pararūtiki (taha tahi)	Ka pā ki tētahi peka, ki tētahi taha rānei o te tinana (ringa, tumu, wae)
Hōkai Nukurangi Arorua	Pararūtiki rearua (ngā peka e rua)	Ka pā ki ngā wae e rua
Hōkai Nukurangi Arorua	Pararūtiki reatoru (toru) Pararūtiki reawhā (whā)	Ka pā ki ngā peka e toru, ki ngā peka e katoa rānei



Ngā kupu e pā ana ki ngā momo nekehanga	Te tikanga
Mate hukihuki	Pikinga o te ita me te kōpā o ngā uaua, me te ngoikoretanga o ngā uaua
Uaua aunoa Uaua kukuti	Te huri i nga uaua o te uaua ka huri i te korikori, i te korikori hoki
Okeoke	Ngā nekehanga aunoa
Tohu uaua ngoikore	Ngā nekehanga wiriwiri, e pā atu ana ki te taurite me te rurukutanga

Āheitanga

- Whakamahia ai ngā karangatanga āheitanga e ngā kiringaio hauora ki te whakamārama i ngā mahi ka taea e tō tamaiti me ērā ka uaua ake.
- Kua whakamahukitia ēnei mahinga i ngā pūnaha kōmakatanga mō te neke, te whakamahi i ngā ringa, te kite, te kai, te whakawhiti kōrero me te kite. Katoa ngā kōmakatanga ka whakamahi i te Taumata I - V (1 - 5), kei te Taumata I ko te nui ake o ngā āheitanga, ā, kei te Taumata 5 te iti iho o ngā āheitanga.
- Ka āwhina ngā karangatanga i ngā whakamaheretanga o ngā matea ā-hauora, āmātauranga o tō tamaiti.

Anei ētahi taurira:

- Te Gross Motor Functional Classification System (GMFCS), ka titiro nei ki ngā nekehanga nui, pēnei i te takahuri, te ngōki, te hīkoi rānei
- Te Manual Ability Classification System (MACS), ka titiro nei ki ngā pūkenga nukuiti o ngā ringa, pēnei i te tākaro ki ngā taonga.

Kitea ai he pārongo anō e pā ana ki mā te kōrero ki tō kaiwhakarato hauora, māna, kei: www.starship.org.nz/guidelines/classification-systems-for-cerebral-palsy



Ngā wāhi i tawāhi e whai ana i ngā pārongo Hōkai Nukurangi pai

My CP Guide (Australia)

Mō te hunga whai wheako tūturu ki te hōkai nukurangi.

www.mycpguide.org.au

CP Alliance (Australia)

He whakahaere e tuku ana i ngā haumanutanga, ka tautoko hoki i ngā rangahau e pā ana ki te hōkai nukurangi.

www.cerebralpalsy.org.au/cerebral-palsy

Canchild (Canada)

He whakahaere e tautoko ana i ngā rangahau me te auaha o te hōkai nukurangi.

www.canchild.ca/en/diagnoses/cerebral-palsy

CP Foundation (USA)

Ngā pārongo mā ngā whānau, me ngā kiringaio Hauora.

www.yourcpf.org

“Ka pakeke ake tō tamaiti, ka huri ō rātou matea. Ka rerekē te āhua o te nāiane i roto i te rima tau.”

- HE WHAKATAUĀKĪ Ā-WHĀNAU



Ngā Ratonga Hauora, *Whaikaha | Aotearoa*

Ngā kōrero matua:

- Ka nui pea ngā ratonga hauora me ngā tāngata ka whai wāhi ki te tautiakitanga o tō tamaiti. He paringa ihu tēnei i ōna wā, nā reira ka uaua te mōhio ko hea te wāhi tīmata, me te tāngata, wāhi tika ki te whai pārongo.
- Tukua ai ngā ratonga hauora, whaikaha tūmatanui e Health NZ, Te Whatu Ora. Tirohia: www.disabilitysupport.govt.nz
- Mō ētahi o te hunga hōkai nukurangi (e ai ki te hauora), ka tukua hoki he ratonga e te Accident Compensation Corporation (ACC). Tirohia: www.acc.co.nz/im-injured/what-we-cover/injuries-we-cover
- Ka uaua i ētahi wā te mōhio me haere ki hea ki te kimi tautoko, me te hauora ki ngā āwhina me ngā ratonga hei toro māu. Me kōrero ki ngā mema o tō tīma hauora ki te tautoko i a koe.

Mō ētahi pārongo anō

Healthify NZ

Tirohanga whānui ki ngā ratonga whaikaha i Aotearoa me ngā tūhononga ki ētahi atu pārongo.

www.healthify.nz/hauora-wellbeing/d/disability-services

Firstport

Ngā pārongo whaikaha mā Aotearoa whānui.

www.firstport.co.nz

Te Mārama ki te Tahua Tamaiti Whaikaha me te Aromatawai Matea

Me kōrero tōmua ki tō Rata Tamariki, ki tō Tauwhiro rānei e pā ana ki te toro i ēnei ratonga Hirahira.

Tahua Whaikaha Tamariki

Ehara i te mea ka whakamātauahia te Tahua Tamariki Whaikaha e ai ki ngā moniwhiwi, ka tākehia rānei. Nā reira mehemea ka kapi i tō tamaiti ngā paearu rata, ka whiwhi koe i te tahua ahakoa te nui o ō moni, o ō rawa rānei. Katoa te hunga e tautiaki ana i tētahi tamaiti e whakakapi ana i ngā paearu, e āhei ana te tono.

Tirohia: www.workandincome.govt.nz/products/a-z-benefits/child-disability-allowance.html

Tahua Whaikaha

He rerekē te Tahua Whaikaha i te Tahua Tamariki Whaikaha. Utua ai te Tahua Whaikaha ki te whakahoki i ngā utu ā-whaikaha mau tonu, ka mutu, ka whakamātauahia e ai ki ngā moni whiwhi.

Tirohia: www.workandincome.govt.nz/products/a-z-benefits/disability-allowance.html

He pārongo anō e pā ana ki ngā āwhina āahumoni

Kidshealth NZ

He pūrongo e pā ana ki te toro āwhina ahumoni mō tō tamaiti.

www.kidshealth.org.nz/financial-help-when-your-child-has-disability-or-chronic-condition

Parent to Parent

He āwhina, he pārongo e pā ana ki te toro me te pōkai i te pūnaha hauora.

www.parent2parent.org.nz

Kairuruku Ratonga Aromatawai Matea (NASC)

(I te nuinga o te wā ka kīia ko NASC hei ingoa karanga - ko nas-k te whakahuatanga)

He tūāoma tuatahi tēnei kia kitea ai he aha ngā momo ratonga whaikaha e wātea ana ki a koutou ko tō whānau.

He tari Aromātai Matea e mahi tahi ana ki a koe ki te whakatau i ngā matea o tō tamaiti, me te tuku pārongo mō ngā ratonga hauātanga e wātea ana ki a koe. Ka taea e koe te tuku tonu ki te NASC mōu ake, mā tō rōpū hauora rānei e tuku atu.

He pārongo anō e pā ana ki a NASC

Disability Support /Ratonga whaikaha

E kimihia ai tētahi kaiwhakarato NASC i tō rohe, haere ki:

www.disabilitysupport.govt.nz/disabled-people/assessment-and-funding/needs-assessment-services

Kidshealth NZ

He kupu rāpoto mō NASC.

www.kidshealth.org.nz/needs-assessment-service-coordination-nasc





Ngā hononga Hauora

He mate maurao te hōkai nukurangi, ā, ka huri te pānga o ētahi o ngā āhuatanga ā-tinana i te wā e tipu ana tō tamaiti. Ka āwhina ngā ratonga Hauora ki te mātaki, ki te aroturuki rānei i ngā panonitanga i roto i te whanaketanga o tō tamaiti.

Ngā kōrero matua:

- Ka pā te hōkai nukurangi o tō tamaiti ki ngā wāhanga maha o tōna tinana, ā, ka huri te āhua i a ia ka pakeke haere, ka whakawhanake ake.
- He hirahira te whakarite hononga ki ngā ratonga hauora me te mātauranga nā te mea me whai wāhi te katoa ki te aroturuki i ngā panonitanga i roto i te wā.
- Ka rerekē te āhua o ngā hononga ki ngā ratonga hauora me te mātauranga mō te katoa, ā, kei te āhua o ngā matea o koutou ko tō whānau, ko tō tamaiti me ō aronga tōmua, me te wāhi e noho nā koe.
- Ko nga hononga tuatahi ko to Rata arowhānui to Kaiwhakarato Well Child Tamariki Ora.



“He wā tōna ka huri tō aronga,
nā reira me aro ki ngā āhuatanga
hirahira i te wā nei.”

- HE WHAKATAUĀKĪ Ā-WHĀNAU

Te tūhono ki ngā ratonga hauora:

Anei tētahi rārangi o ngā mātanga hauora ka mahi tahi pea ki a kōrua ko tō tamaiti, e ai ki ngā matea o tō tamaiti.

Mātanga rata	Whakamahuki o te tūranga
Rata Tamariki Arowhānui	Ka tukua ngā aromatawai rata tamariki me te whakahaeretanga o ngā tamariki me ngā taiohi, I te nuinga o te wā kei te hōhipera. He tangata matua ki te whakaū i te tautohu hōkai nukurangi me te whakarite i ngā hononga tuatahi ki ētahi atu ratonga e ai ki ngā matea.
Rata Tamariki whanaketanga (Kāore i ngā rohe katoa o Aotearoa)	Ka tukua ngā aromatawai me ngā whakahaeretanga o ngā tamariki e tino māharaharatia ana ō rātou whakawhanaketanga.
Rata Piripoho Hou	Ka tukua ngā tautiakitanga ki ngā piripoho I whānau tōmua mai, he mate rata rānei ō rātou.
Mātanga Ioio	E mātanga ana ki te tautohu me te rongoā i ngā mate o ngā roro, o te aho tuaiwi me ngā ioio. Tae ana ki te whakahaere i te hūhūki me ngā hukihuki.
Rata Hāpara Kōiwi	Ka aromatawai, ka rongoā, ka aroturuki hoki i ngā kōiwi o te tamaiti me ngā uaua anō hoki.
Rata Haumanu Tamariki Mātanga (Kāore i ngā rohe katoa o Aotearoa)	Ka mahi tahi ki te tamaiti mehemea he tepenga mahi ōna nā runga i te wharanga/ te māuiuitanga rānei, ā, ka tautoko i a ia kia whai wāhi ki ngā mahi o ia rā.

Ngā ratonga whanaketanga tamariki	Whakamahuki o te tūranga
Te toro i te Kaihaumanu Ioio	He kaihaumanu koiri pea tērā, ngangahau, kōrero rānei e mahi ana ki ngā ōhungahunga. Ka rerekē pea ngā pakeketanga mahi tahi i ia rohe.
Kaihaumanu Koiri	Ka whakawhanake i ngā āheitanga ā-tinana o te tamaiti, ka whakatairanga i ngā ngohe me ngā mahi o ia rā.
Kaihaumanu Ngangahu	Ka aro ki ngā āheitanga o te tamaiti i te ia rā, hei tauira, te tīni kākahu, te tāpū, te whakamahi i ngā ringa me te tākaro.
Kaihamanu Reo Kōrero	Ka mahi tahi ki ngā tamariki e mate ana i ngā uauatanga whakawhiti kōrero, kai rānei.
Mātanga taiora	Ka āwhina ngā mātanga i te taha kai, taiora hoki, ā, ka āwhina i te taiora kai o te tamaiti
Tauwhiro	Ka aromatawai, ka tuku kōrero āwhina hoki e pā ana ki ngā matea pāpori o ngā tamariki me ō rātou whānau, ā, ka tuku āwhina.

haere tonu...

... haere tonu

Kaimahi Hauora Māori	Ka tuku i ngā tautoko ā-ahurea, me ētahi atu anō, mō tō pēpi me tō whānau, ā, ka mahi tahi ngā kaimahi ki a koe.
Kaimahi kēhi whai ahurea	Ka tuku i ngā tautoko ā-ahurea ki ngā whānau katoa.
Ngā kaimātai hinengaro	Ki te tautoko i ngā matea ā-pāpori, ā-kare ā-roto, ā-whanonga anō hoki o te tamaiti me tōna whānau.

Ngā hononga ki ētahi atu ratonga hauora matua:

Mā te mātanga aromātātahi o tō tamaiti ia e tūhono ki ētahi atu ratonga e ai ki ōna matea.

Ratonga hauora	Taipitopito	Taipitopito
Tirohanga kanohi	<ul style="list-style-type: none"> Ngā aromatawai a Well Child Tamariki Ora Kaimātai mate karu - mātanga karu 	Ka hiahiatia pea ētahi whakamātautau kite anō, e tino pērā ana mō ngā tamariki i whānau tōmua mai. www.kidshealth.org.nz/hearing-vision-checks-preschool-children
Rongo	<ul style="list-style-type: none"> Ngā whakamātau rongo mō ngā piripoho hou Ngā aromatawai a Well Child Tamariki Ora Mātanga mate rongo 	Ka hiahiatia pea ētahi whakamātautau rongo anō, e tino pērā ana mō ngā tamariki i whānau tōmua mai. E taea ana e te kiringaio rongo te whakamātau i te tangata mō te rironga o te rongo, me te āwhina ki te whai āwhinarongo, kuhi koko hoki.
Niho	<p>I te pakeketanga tika:</p> <ul style="list-style-type: none"> Rata Akuaku Rata niho <p>Mō ngā tautiakitanga rata niho utu-kore, me whakapā ki a 0800 TALK TEETH (0800 825 583)</p>	Ka pā te hōkai nukurangi ki te kai, te inu, te horomi, me ngā uua e tuwhera ai te waha. Nā reira ka uua te taha akuaku niho me te waha.



Ngā hononga me whai mō ētahi aroturukitanga hauora:

Ratonga hauora	Taipitopito
Hope pona	Ka pā te hōkai nukurangi ki te whakawhanaketanga o te hope pona. Katoa ngā tamariki whai hōkai nukurangi me whai hihi-x mai i te takiwā o te 12 marama te pakeke kia tirohia te āhua o te hope.
Te pakari me te ita o ngā uaua	Ka hua ake i te hōkai nukurangi ko ngā uaua ita, hukihuki anō hoki.
Te whāngai me te kai	Ka pā te hōkai nukurangi ki te āheinga o tō tamaiti ki te kai, te inu, me te horomi.
Tāhū	Mā ngā tāhū ki ngā wāhanga rerekē o te tinana o tō tamaiti (mēnā me pērā) e āwhina ki te pupuri i te roa o ngā uaua me te āhua o te noho. Ka whakapai ake te tāhū i te hīkoi, te neke me te tākaro i tō tamaiti e tipu ana.
Ngā tūruwira me ngā tūru	Ngā kaihaumanu noho mātanga.
Taputapu āwhina	Ka hāpai ngā taputapu āwhina i te taha tākaro, te ako me te neke. Ka āwhina ngā taputapu i te taha kai, inu, wharepaku, tāpū, moe, noho, tū me te hīkoi.
Hangarau	Ka āwhina te hangarau i te taha whakapā, te ako, te tākaro, me te whakarite mō te whare kōhungahunga.



“Mehemea koinei tō hui tuatahi ki tētahi ratonga, kawea atu tētahi tangata hei tautoko i a koe.”

- HE WHAKATAUĀKĪ Ā-WHĀNAU

Ko wai ka whai wāhi ki te tīma hauora o tō tamaiti?

Tūranga	Ingoa	Rangi	Taipitopito whakapā
GP / Rata arowhānui			
Kaiwhakarato Well Child Tamariki Ora, hei tauira, Plunket			



Te mārama ki ngā hāpaiora tōmua

- Ka āwhina ngā hāpaiora tōmua i te whanaketanga o tō tamaiti, mehemea e tōmuri ana, e āmaimaitia ana rānei te kokenga.
- Ka mahi tahi pea ngā ratonga hāpaiora hauora me te mātauranga.

Ngā hāpaiora tōmua puta noa i Aotearoa

- Tukua ai e Health NZ, Te Whatu Ora ngā hāpaiora hauora tōmua puta noa i Aotearoa mā ngā Ratonga Whakawhanake Tamariki. www.healthpoint.co.nz
- Tukua ai e Child Development Services ngā aromatawai me ngā ratonga hāpaiora huhua, e ai ki ngā matea o tō tamaiti me te whānau. He rerekē ngā pakeketanga mō ngā ratonga i ia rohe i Aotearoa.
- Ka mahi tahi te Tima Whanake Tamariki ki a koutou ko tō whānau ki te whanake i te tū motuhake a tō tamaiti i ngā mahi o ia rā.
- I te nuinga o te wā, ka peka atu ngā mema tīma ki tō kāinga ki te kite i a kōrua ko tō tamaiti, ka kite rānei i a koe ki te hōhipera, ki te whare haumanu rānei.
- Ka whakawhitia tō tamaiti e tō rata arowhānui, e ētahi atu kiringaio hauora me ngā kaiwhakarato hauora, tae ana ki a Well Child.

Ka mahi tahi te Tima Whanake Tamariki ki a kōrua ko tō tamaiti:

- kia mārama ki ngā matea o tō tamaiti me tō whānau
- ki te tautoko i a koe mā ngā arawātea ako kōhungahunga, ngohe anō hoki
- kia āwhina ki te whakamahere i te whakaurunga o ngā ngohe ki te ia rā o tō whānau.

Ngā kōrero matua:

- Ka āwhina ngā tūāoma i tō tamaiti me tō whānau ki te whakatutuki i tētahi whāinga, i tētahi aronga rānei
- Me noho ko te whānau ki te iho o ngā hāpaiora
- Me aro ngā hāpaiora ki te ngahau, te tākaro, te neke, te tūhura me te ako
- Ka akiaki ngā hāpaiora i tō tamaiti kia whai wāhi ki ngā mahi o ia rā e hāngai ana ki te pakeketanga me te tūāoma o tō tamaiti
- Me nui ake te wero i ngā hāpaiora, nā te mea ka whanake haere ngā pūkenga o tō tamaiti.

I runga ake te whakaahua na Cubro.

Ngā tauira o ngā ratonga hauora me te mātauranga hāpaiora tōmua puta noa i Aotearoa

Ka hua ake ngā hāpaiora tōmua i ngā puna huhua. Kei raro iho nei ētahi tauira matua. He tangongitanga kei ngā tukunga puta noa i te motu. Kei ngā kaiwhakarato tūmataiti ētahi kōwhiringa haumanu atu anō, mā te whānau e utu.

Ingoa	Taipitopito
Ministry of Education – Ako Tōmua/ Tautoko Ako	Ka whakamahuki i te hātepe o te toro Tautoko Ako. www.education.govt.nz/parents-and-caregivers/early-learning/learning-support
BLENNZ: The Blind and Low Vision Education Network NZ Early Learning Services	Ko (BLENNZ) he whatunga ratonga mātauranga āmotu mō ngā ākonga kāpō, turi, kite iti rānei. He Visual Resource Centre puta noa i te motu. He Whare Kōhungahunga, he kura anō hoki kei Homai, kei te Tonga o Tāmaki, ā, he huhua hoki ngā karaehe kura amiorangi huri noa i Tāmaki. www.blennz.school.nz/school-centres-and-services/locations
Kōhanga Reo (Neke atu i te 400 puta noa i Aotearoa)	Ko ngā Kōhanga Reo he ratonga mātauranga e whakapiki ana i te mōhio o ngā tamariki me ngā whānau ki te reo Māori me ngā tikanga. www.kohanga.ac.nz
Conductive Education (Tāmaki, Kirikiriroa, Taranaki, Pōneke, Ōtautahi me Waihōpai)	Kaiwhakarato Whare Kōhungahunga mō ngā tamariki whaikaha. www.nzfce.org.nz/our-services
Ohomairangi Trust (Tāmaki Makaurau)	Ko Ohomairangi Trust he Ratonga Hāpaiora Tōmua Māori, e tuku ana ki ngā whānau Māori me ētahi atu ngā ratonga ā-hapori mā ngā tamariki matea motuhake. www.ohomairangi.co.nz/early-intervention-service
McKenzie Centre (Kirikiriroa)	Ngā hāpaiora whare kōhungahunga mō ngā tamariki matea motuhake. www.mckenziecentre.org.nz
Poneke / Wellington Early Intervention Trust	Ka tukua ngā ratonga hāpaiora tōmua ki ngā tamariki kōhungahunga e whanake tōmuri ana. www.weit.org.nz
Champion Centre (Waitaha)	Ka tukua ngā ratonga hāpaiora tōmua ki ngā pēpi me ngā tamariki whaikaha me ō rātou whānau. www.championcentre.org.nz
Raukatauri Music Therapy Centre (Kei Tāmaki Makaurau, he whare hoki ō rātou ki Te Waiariki, ki Te Matau-a-Māui me Te Tai Tokerau.	Ka tuku i ngā ratonga haumanu puoro toropai ki ngā tāngata katoa, ahakoa ō rātou matea. www.rmtc.org.nz



Ngā rauemi mātauranga mā ngā tamariki *kei te pakeketanga ā-kura*

He pārongo atu anō ā Ministry of Education me Kidshealth NZ e pā ana ki ngā ratonga ki te tautoko i ngā taura matea ako āpiti. Tirohia a:

- www.education.govt.nz/parents-and-caregivers/schools-year-0-13/learning-support
- www.kidshealth.org.nz/learning-support-what

Te tae atu ki te kura i tō takiwā:

Ko te nuinga o ngā tamariki e mate ana i te hōkai nukurangi, whai matea mātauranga atu anō rānei, ka haere ki ngā karaehe whānui i te kura o te takiwā. Mehemea me pērā, e taea ana te whakarite i ētahi tautoko mā roto mai i te kura.

E taea ana e ngā mātua te whakapā atu ki te Ministry of Education Learning Support, Service Manager mō ētahi pārongo anō e pā ana ki ngā ratonga i te takiwā.

- www.education.govt.nz/our-work/our-role-and-our-people/contact-us/regional-ministry-contacts/learning-support-services

Te kuratanga ki tētahi kura motuhake, ngā karaehe amiorangi, me ngā taiwhanga motuhake i roto i ngā kura o te takiwā:

Mehemea he matea nui ō tō tamaiti, ka haere peaia ki tētahi kura mātauranga, karaehe amiorangi rānei, ki tētahi taiwhanga rānei i roto i tētahi kura i te takiwā. Me whai pūtea tautoko Kaupapa Rangahau Mautonu mō tēra.

www.education.govt.nz/school/student-support/special-education/ors/criteria-for-ors

“Kia mahara ake, ko koe tērā e tino mōhio ana ki tō tamaiti - he hirahira ngā mahi ngahau e hāngai ana ki a koutou ko tō whānau..”

- HE WHAKATAUĀKĪ ĀWHĀNAU

Ngā kupu e hāngai ana ki ngā tautoko āmātauranga:

Kupu, ratonga rānei	Whakamahuki me ngā taipitopito
<p>Special Education Needs Coordinator (SENCO) / Kairuruku Matea Mātauranga Motuhake (SENCO)</p> <p>Learning Support Coordinator (LSC) / Kairuruku Tautoko Ako (LSC)</p>	<p>Kei te nuinga (engari kua ko te katoa) o ngā kura he SENCO, he LSC rānei e whakahaere ana i ngā hōtaka matea tautoko ako katoa i te kura.</p>
<p>Tautoko Whaikaha ā-Tinana / Physical Disability Support</p>	<p>Mā ngā tauira kura ngā tautoko whaikaha ā-tinana, ērā pāngia ana e tētahi hauātanga e aukati ana i te whai wāhi pū ki ngā akoranga.</p> <p>www.education.govt.nz/education-professionals/schools-year-0-13/learning-support/physical-disability-support</p>
<p>Kaupapa Tuku Rauemi Mautonu (ORS) / Ongoing Resourcing Scheme (ORS)</p>	<p>He tautoko āpiti motuhake mā ētahi tamaiti tokoiti kei a rātou ngā matea nui katoa.</p> <p>Ko ngā kupu matea 'nui', 'tino nui' rānei, he kupu mātauranga motuhake. Whakamahia ai ēnei kupu ki te whakamārama i te nui o te āwhina me whai e tō tamaiti e hono ai ia ki ngā akoranga i te taha o ētahi atu tamariki i tōna karaehe.</p> <p>www.kidshealth.org.nz/learning-support-when-your-child-has-significant-needs</p> <p>www.education.govt.nz/school/student-support/special-education/ors/criteria-for-ors</p>
<p>Kaiako Rauemi o ngā Akoranga me ngā Whanonga / Resource Teacher of Learning and Behaviour (RTLB)</p>	<p>He kaiako mātanga ka mahi tahi ki a koe me te kura o tō tamaiti ki te whakamahere me te whakarite i ngā tautoko mō ngā mahi ako me te ora.</p>
<p>Mahere Mātauranga Kiritahi (IEP), Mahere Kiritahi (IP) rānei / Individualised Education Plan (IEP) or Individualised Plan</p>	<p>Ka tautoko ēnei mahere i te ako a tō tamaiti. Mā te mahere e āwhina ki te tohu i ētahi whāinga hei tautoko i te whakawhanaketanga o tō tamaiti.</p>
<p>Āwhina Tūnuku Kura Motuhake (SESTA) / Specialised School Transport Assistance (SESTA)</p>	<p>He ratonga tūnuku nā Ministry of Education e tautoko ana i ngā tamariki whai matea haumarutanga, neke tinana rānei, ki te haere, ki te hoki anō i te kura.</p> <p>www.education.govt.nz/school/property-and-transport/transport/sesta</p>
<p>Ngā Kura Hauora ā-Rohe / Regional Health Schools</p>	<p>E toru ngā Kura Hauora ā-rohe puta noa i Aotearoa e taea ana te āwhina mehemea kei rō hōhipera tō tamaiti, kei te kāinga rānei e māuiui ana mō te wā roa.</p> <p>www.kidshealth.org.nz/education-when-your-child-hospital</p>

Ngā hangarau āwhina mō te whakawhiti kōrero i te whare kōhungahunga me te kura

Whakahaere	Whakamahuki me ngā taipitopito
Ministry of Education	He pūrongo e pā ana ki ngā hangarau āwhina me te hātepe tono. www.education.govt.nz/school/student-support/special-education/assistive-technology
TalkLink Trust	Ka mahi tahi ki ngā hangarau āwhina i te whakawhiti kōrero me Augmentative and Alternative Communication (AAC). www.talklink.org.nz

“Kua reri te tangata ki te rongoro korero i nga wa rereke mo nga ra kei mua, mahia nga mea e pai ana mo to whanau.”

- HE WHAKATAUĀKĪ ĀWHĀNAU





Aronga

ki ngā rauemi ā-whānau

- Ka whai āwhina ngā whānau whai wheako ki te hōkai nukurangi i te tūhono ki ētahi atu whānau he wheako ōrite ō rātou.
- Kei raro iho nei tētahi rārangi o ngā rauemi nō Aotearoa whānui ka āwhina pea i tō whānau.

Ratonga	Whakamahuki me ngā taipitopito
Ngā Ratonga Tautoko Whaikaha mō ngāi Māori me ngā uri o Te Moananui / Māori and Pacific Disability Support Services	He pae nā te Kāwanatanga o Aotearoa e whai ana i tētahi rārangi rauemi. www.disabilitysupport.govt.nz/disabled-people/support-and-services/maori-and-pacific
Vaka Tautua	He kaiwhakarato ratonga pāpori ā-motu nā ngā uri o Te Moananui, mō ngā uri o Te Moananui, te taha hinengaro me te whai kaha. Ka kitea nuitia ki Tāmaki Makaurau, ki Poneke, ki Waitaha me Ōtākou.. www.vakatautua.co.nz Ratonga Whaikaha: www.vakatautua.co.nz/tagata-sailimalo
CCS Disability Action	Te ratonga whaikaha, tautoko nui katoa i Aotearoa. Ka uru ki tēnei ko ngā tūnga waka neke tinana. www.ccsdisabilityaction.org.nz

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Parent 2 Parent	He whakahaere ā-motu mō ngā tamariki me ngā whānau o ngāi Aotearoa e hauā ana. www.parent2parent.org.nz
Complimentary vs Alternative treatments	He pārongo, he kōrero āwhina e pā ana ki ngā rongoā āpiti, arokē hoki. www.kidshealth.org.nz/advice-parents-about-complementary-alternative-medicine
Community Law	Ka tuku i ngā āwhina ā-ture nō ngā rōia me ngā rauemi. www.communitylaw.org.nz
Citizens Advice Bureau	Ka tukua ngā pārongo me ngā kōrero āwhina utukore, matatapu, motuhake hoki, kanohi ki te kanohi, mā te waea utukore rānei, e pā ana ki ō rātou mōtika me te toro ratonga mehemea e hiahiatia ana. www.cab.org.nz
Incredible Years / Ngā Tau Mīharo	Ka tukua ngā hōtaka mā ngā mātua o ngā tamariki kei waenga i te 3-8 tau, e tuku ana i ngā pūkenga kia pai ake tā rātou tautoko i te tamaiti i tētahi taiao kāinga papai. www.pb4l.tki.org.nz/Incredible-Years-Parent
Triple P - Stepping Stones	I hua ake a Stepping Stones i ā Triple P rautaki mātua. Ka āwhina i ngā whānau ki te whakahaere i ngā whanonga raru me ngā take whanake ka kitea nuitia i ngā tamariki whaikaha. www.triplep-parenting.net.nz/nz/parenting-courses

“Ko te hono atu ki etahi atu me nga wheako rite he mea tino nui ki a matou.”

- HE WHAKATAUĀKĪ ĀWHĀNAU





Te tiaki i te oranga o *koutou ko tō whānau*

- Nō koutou ko tō whānau ka rongō kua pāngia tō tamaiti e te hōkai nukurangi, kāore e kore he nui ngā momo kare ā-roto i rangona. I rongō pea koe I te ohore, te pukuriri, te whakaparau, te matakū, te kaniawhea, te pōuritanga me te mohemohe. He māori noa iho aua kare ā-roto.
- He harikoatanga nui kei roto i te whakatipu tamaiti matea motuhake, engari he mahi kohuki anō hoki nā te mea e whakahaere ana koutou ko tō whānau i ngā mea katoa me whai e koa ai, e hauora ai hoki tō tamaiti.

Ngā pae tukutuku whai hua

Ratonga	
Health NZ – Tautoko oranga / Wellbeing support	He pae āwhina e kī ana i ngā rauemi oranga huhua. www.wellbeingsupport.health.nz/available-wellbeing-support www.wellbeingsupport.health.nz/wellbeing-resources
Healthify App Library	Kei roto ko tētahi kohinga taupānga hauora nui, kua whakaraupapahia ki ngā karangatanga mō ngā tauohi, te oranga, me ētahi atu anō. www.healthify.nz/app-library

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Sparklers	He kohinga rauemi pai nō Aotearoa mā ngā kura me ngā whānau hei whakapiki i te oranga me te mātau ā-kare ā-roto o ngā tamariki. www.sparklers.org.nz
Mental Health Foundation	Ka whai kia pai ake te taha hinengaro me te oranga. Ka tuku i ngā pārongo, ngā kōrero āwhina me ngā rauemi. www.mentalhealth.org.nz
Family Services Directory	He rārangi ipurangi ka taea te rapu, e whakaatu ana i ngā rōpū tautoko whānau me ngā ratonga e tukuna ana e rātou hei tautoko i ngā whānau. E whakahaeretia ana e Te Manatū Whakahiato Ora. www.familyservices.govt.nz/directory
Whakarongorau Aotearoa	Tukua ai e te National Telehealth Service ngā ratonga tautoko ā-hauora, ā-hinengaro, ā-pāpori anō hoki, ā, he utu-kore. www.whakarongorau.nz/telehealth-services





Karakia

Whakamahia ai tēnei karakia hei whakaaio wairua, hei tō mai hoki i te mauritau. He mea whakawhanake te karakia nei e Meria Rokx, mā ngā tamariki i te kōhanga reo hei āwhina ki te whakamatua i ngā kare ā-roto.

Hā ki roto
 Hā ki waho
 Kia tau te mauri e kokiri nei
 I nga piki me ngā heke
 Ko te Rangimarie tāku e rapu nei
 Tihei mauri ora
 Ngā mihi nui

“He mea nui kia mohio ehara ko te tamaiti whai
 hōkai nukurangi anake te whai waahi, engari ko te
 whanau katoa ka pa ki nga whakatau katoa.”

- HE WHAKATAUĀKĪ ĀWHĀNAU



Tēnā koe

Kei te hia mihi mātou ki te katoa i whāngai i a Hōkai Nukurangi - Te Kete Tau Tōmua.

Tēnā koutou i tā koutou tautoko ki te waihanga i ēnei kete mātauranga e pā ana ki te hōkai nukurangi.

He mea tautoko te ariā keteparaha me te whakawhanaketanga e te kaupapa rangahau a Starship CaPTuRE (www.starship.org.nz/healthprofessionals/capture-study), ā, i pīkauria ā-pūteae:

- Starship Foundation
- Athlæ Lyon Starship Research Trust

Te tīma CaPTuRE Research, Starship Child Health, Auckland, NZ, tae ana ki a:

- Dr Sīan Williams, Dr Anna Mackey, Dr Malcom Battin, Dr Nichola Wilson, Alexandra Sorhage, Amy Hogan, Woroud Alzaher, Prof Alicia Spittle, Prof N Susan Stott
- Dr Ivana Nakarada-Kordic and Prof Stephen Reay, AUT Good Health Design

Ko ngā tautoko ā-pūteae ki te hoahoa me te whakamāori, nā:

- Sutherland Self Help Trust
- Trillian Trust

I whakawhanakehia i runga i te tautoko me te whiriwhiri ki a:

- Ngā whānau me te hunga kua whai wheako ki te hōkai nukurangi
- Ngā mema o te Cerebral Palsy Society o Aotearoa
- Te Rēhita Hōkai Nukurangi o Aotearoa
- Cerebral Palsy Workstream, NZ Child and Youth Clinical Networks, Paediatric Society of NZ
- Health Literacy NZ
- Ōkupu Translations



Hōkai Nukurangi

www.cerebralpalsy.org.nz