

Ko wai mātau?

He kaupapa aroha rēhita a Epilepsy New Zealand e tuku ana i ngā tautoko koreutu, matatapu mō ngā tau 60 neke atu.

Mahi ai mātau ki te whakatairanga i te oranga me ngā whai takenga o te hunga e pāngia ana e te hūkiki me te whakatairanga i te mōhio o te iwi whānui ki te hūkiki.

Mahi ai mātau me:

- ngā tāngata
- ngā whānau
- rōpū hāpori
- ngā kura kōhungahunga, ngā kura me ngā kaiwhakaako
- ngā wāhi mahi
- ngā tari hauora
- ētahi atu ngaio

He tino rawe te whiwhi i tētahi kaimahi tautoko mai i a Epilepsy New Zealand ka haere mai ki tō mātau kāinga, te tohutohu mō te whakahaere hūkiki, te āhukahuka me ngā tautoko hoki kia hoki ai ki te āhua noho noa.

Kiritaki nō Ōtākou

Mō ētahi atu mōhiohio, te pātai rānei mō ngā mematangā, takoha rānei

Waea ki 0800 EPILEPSY
Īmēra ki info@epilepsy.org.nz
Haere ki www.epilepsy.org.nz



EPILEPSY NEW ZEALAND®
kia titiro ki te tangata - see the person

Ngā mōhiohio me Ngā Ratonga Tautoko

Waea ki 0800 EPILEPSY
(0800 37 45 37)



Mā te Mārama
Ka Whaitake

He aha te hūkiki?

Tata ki te **48,000** ngā tāngata he pāngia e te hūkiki.

Ko te hūkiki ko te auau o te pā mai o te rehu ohotata.

Ko te pūtaka o te hūkiki ko te hohenga hiko taikaha i roto i te roro.

He tino rerekē te āhua o ngā tohumate hūkiki.

Tērā pea ko:

- te hukihuki, te tākirikiri rānei
- te rehu
- te pōrarutanga
- te rerekē, te kore rānei o te mōhio
- te pao o te titiro
- ngā āhuatanga o roto rerekē
- ngā whanonga rerekē

He pēhea te pānga ki te tangata?

He rerekē te pānga o te hūkiki ki tēnā, ki tēnā.

Ka pā mai te hūkiki ki te tangata ahakoa te ira tangata, mātāwaka, pakeke hoki.

Ahakoa e pāngia whānuitia ana te hūkiki, he nui ngā pōhēhētanga.

Kotahi noa iho te momo hūkiki ki ētahi, ā, he maha ki ētahi atu.

Tata ki te 70% o ngā tāngata mate hūkiki kei te whakahaere i te mate mā ngā rongoā.

Ko tētahi wāhanga hira o te whakahaere hūkiki ko te māranga ki tēnei mate.

He mea nui tō mātau kaiako ki te ako i tō mātau whānau ki ngā mea me mōhio mātau hei whakahaere i te hūkiki o tā mātau tamāhine.

Kiritaki nō Manawatū

He aha ā mātau mahi?

E tuku ana tō mātau rōpū kaiako ā-motu i ngā tautoko me ngā mōhiohio mō te hūkiki.

Ka taea e ngā tāngata te whakapā tika mai. Ko ā mātau ratonga:

Ki ngā tāngata me ngā whānau

- waea āwhina ā-motu 0800 37 45 37
- ngā whakaritenga (kanohi ki te kanohi, waea, tuihono rānei)
- ngā tohutohu whakahaere hūkiki
- ngā mōhiohio mō te whakahaere rongoā ārai hūkiki
- ngā tohutohu ikiiki ā-rohe
- takawaenga o ngā tautoko me ngā hononga
- ngā tohutohu me ngā tukunga mō ētahi atu ratonga

Ki ngā whakahaere me ngā hapori

- te whakangungu mō ngā ngaio hauora, kura, kaimahi hapori me ngā wāhi mahi
- te mōhio ki te hapori
- ngā hui me ngā kōrerorero hūkiki