

# 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 hapori
- 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?

## He pēhea te pānga ki te tangata?

## He aha ā mātau mahi?

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

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

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

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

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

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

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

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

He tino rerekē te āhua o ngā tohumate hūkiki.

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

Tērā pea ko:

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

- 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

Ko tētahi wāhanga hira o te whakahaere hūkiki ko te mārāma 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*

- 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