

UTAUTA WHAKARITE-WHAKATAU A TELEREHAB



Ka āwhina tēnei utauta i ngā kiritaki, ō rātou whānau me ngā ngaio hauora ki te whai whakaaro me te kōrerorero mēnā he pai te telerehab mā rātou.

He kupu whakataki i te Telerehab (Ataata):



Matawaitia te waehere QR, haere rānei ki rebrand.ly/telerehabintro ki te mātaki i te ataata whakataki i te Telerehab. Ka āwhina pea i a koe mēnā kāore koe i te tino mōhio he aha te telerehab, ā, he aha ngā hua mōu.



He kupu whakataki i te Telerehab (Ataata):

Me pēhea te whakamahi i tēnei utauta?



Ngā mea hei whai whakaaro ake mā ngā kiritaki me ō rātou whānau. Ka taea te mahi tahi ki tētahi ngaio hauora.

+



Ngā mea he whai whakaaro ake mā ngā ngaio hauora

→



Tautokona tētahi whakawhiti kōrero i waenga i ngā kiritaki, te whānau me ngā ngaio hauora hei āwhina ki te whakatau i ngā mahi e tika ana mā rātou, i tēnei wā.

UTAUTA WHAKARITE-WHAKATAU A TELEREHAB



He kupu
whakataki i
te Telerehab
(Ataata):

A KIRITAKI + WHĀNAU

I hoahoatia tēnei wāhanga hei ārahi i a koe me tō whānau kia mōhio he aha ngā mea whai tikanga ki a koe, ō matea whakamātūtū, me te āhua o tō āhei atu ki te whakamātūtūtanga. Mā te huritao ki ēnei āhuratanga e āwhina pea i a koe ki te whakatau mēnā ka whai hua a telerehab mōu. Māu tonu e pānui haere i ēnei, mā kōrua ko tō ngaio hauora rānei.

HEI MAHI 1: KO WAI

KO WAI KOE, Ā, HE AHA NGĀ MEA WHAI TIKANGA KI A KOE?



He aha ō hiahia me ō
matea tautiaki?



He aha ngā āhuratanga
motuhake e pā ana ki a koe?

HEI MAHI 2: HE AHA

HE AHA TE ĀHUA O TE WHAKAMĀTŪTŪTANGA MŌU?



He aha ngā hua matua e hiahia
ana i te whakamātūtūtanga?



He aha ō kawatau mō ngā
āhuratanga i roto i te
whakamātūtūtanga?

HEI MAHI 3: PĒHEA

ME PĒHEA E WHAI HUA AI TE WHAKAMĀTŪTŪTANGA MŌU?



TE WĀHI

He aha ngā mea whai take ki
a koe ina kōwhiri i te wāhi
whakamātūtū?

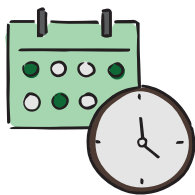
He aha te momo taiiao ka
āwhina i a koe kia hāneanea
ai tō noho i te wā o te
whakamātūtū (kāinga, whare
haumanu, wāhi kē rānei)?



TE KĀHUI

Ko wai atu ka whai wāhi ki to
whakamātūtūtanga?

Ko wai atu ngā ngaio hauora,
hāunga tō kāhui whakamātūtū,
me whai wāhi, ka whai hua rānei
i ngā kōrero mō tō koke haere i te
whakamātūtūtanga?



TE WĀ

Ko ēhea rā, wā hoki ka whai
hua ake mōu, ka taea rānei
e koe?

He aha ētahi atu āhuratanga ka
whakapōrearea pea i te wā?



TE URU ATU

He aha ngā āhuratanga e pā ana
ki a koe, ki te āhua o tō noho
ināiane rānei, e māmā ake ai, e
uaua ake ai rānei tō uru ki ngā
mahi whakamātūtū?

Me pēhea te
whakamahi i
tēnei utauta?



HEI MAHI 1: KO WAI

He aha ō hiahia me ō matea tautiaki?

Whakaarohia ngā mea hira ki a koe ina āhei atu ki ngā tautiaki hauora, hei tauira, ō hiahia me ō matea ā-ahurea, ngā whanonga o ngā ngaio hauora me ngā whakawhiringa ki a koe, te momo manaakitanga pai ki a koe, te momo o te hononga ki ō ngaio hauora, ērā atu mea.

HEI MAHI 2: HE AHA

He aha ngā hua matua e hiahia ana i te whakamātūtūtanga?

Whakaarohia ngā mea nui ki a koe i tō whakaoranga. He whāinga hei whakatutuki māu — hei tauira, te whakaora i ētahi āheitanga, kia māia ake, te hoki atu ki te mahi, ki tō whānau rānei, ērā atu mea.

HEI MAHI 3: PĒHEA

TE WĀHI

He aha ngā mea whai take ki a koe ina kōwhiri i te wāhi whakamātūtūtū? He aha te momo taiao ka āwhina i a koe kia hāneanea ai tō noho i te wā o te whakamātūtūtū (kāinga, whare haumanu, wāhi kē rānei)?

Whakaarohia te wāhi e noho hāneanea, e noho haumaruru ai koe (te kāinga, whare haumanu, wāhi kē?) Whakaarohia te momo taiao e noho hāneanea ai koe (arā te noho tūmataiti, te hoihoi, ngā pōreareatanga, te taunga, ngā tāngata o reira). He wāhi anō e pai ake ana hei tautoko i ō hiahia ā-ahurea, ā-wairua, ā hinengaro rānei?

TE WĀ

Ko ēhea rā, wā hoki ka whai hua ake mōu, ka taea rānei e koe? He aha ētahi atu āhuatanga ka whakapōrearea pea i te wā?

Whakaarohia ō mahi o ia rā, te nui o tō kaha, me ō haepapa, ngā taukumekumetanga (hauora, mahi, akoranga, tamariki rānei). He wā anō e tika ana i te rā, ngā rā o te wiki rānei e pai ake ana mōu? He aha atu ngā mea e uaua ai te whai wāhi — waka, tāpuitanga anō, ērā atu meaappointments, etc.

He aha ngā āhuatanga motuhake e pā ana ki a koe?

Whakaarohia ngā āhuatanga o tō ao ināianei ka pā pea ki tō whai wāhi ki te whakamātūtūtanga, hei tauira, ō matea ā-hinengaro, ā-tinana hoki, ō āwangawanga haumaruru, ō āwangawanga ki tō whakamātūtūtanga me ngā mahi o roto, ētahi atu āhuatanga i te kāinga, ērā atu mea.

He aha ō kawatau mō ngā āhuatanga i roto i te whakamātūtūtanga?

Whakaarohia te āhua o te tukanga whakamātūtūtū. Ki ō whakaaro ka āta whakaritea ngā wā hui, ka kori tinana i te kāinga, ka whakapā haere ki a koe, ka whiwhi i tētahi kōeke tautoko? He aha ngā mea kua whākina ki a koe, kua whakaarotia rānei, ka whakaaweawe pea i ō kawatau?

TEAM

Ko wai atu ka whai wāhi ki tō whakamātūtūtanga? Ko wai atu ngā ngaio hauora, hāunga tō kāhui whakamātūtūtū, me whai wāhi, ka whai hua rānei i ngā kōrero mō tō koke haere i te whakamātūtūtanga?

Whakaarohia ko wai ka whai wāhi nui i tō ao (whānau, hoa, kaitiaki, mema hapori, kaiāwhina). Ka hiahia koe kia whai wāhi ia ki ō tāpuitanga, ki te tautoko rānei i a koe i tō whakamātūtūtanga?

ACCESS

He aha ngā āhuatanga e pā ana ki a koe, ki te āhua o tō noho ināianei rānei, e māmā ake ai, e uaua ake ai rānei tō uru ki ngā mahi whakamātūtūtū?

Whakaarohia ngā mea ka whai pānga ki tō hono atu ki tō kāhui whakamātūtūtū—hei tauira, mēnā he pai tō ipurangi, ka whai wāhi koe ki ngā pūrere, he uaua te neke, te tūnuku rānei, he matea ā-tairongo, whakawhiti kōrero rānei, te reo kōrero e hiahia ana, tō kaha ki te whakamahi rorohiko, utauta hui ataata hoki (pērā i te Zoom, Teams rānei), tētahi atu mea hei tautoko i tō whai wāhi mai.

UTAUTA WHAKARITE-WHAKATAU A TELEREHAB

B **NGAIO HAUORA**

I hoahoatia tēnei wāhanga hei āwhina i a koe ki te whai whakaaro mēnā ka hāngai te telerehab ki ngā matea o tō kiritaki, me ngā āhuatanga e pā ana ki a ia



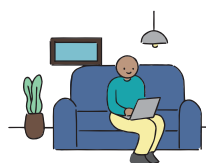
He kupu whakataki i te Telerehab (Ataata):

HEI MAHI 1: KO WAI

KO WAI TE KIRITAKI ME TŌNA WHĀNAU?



He aha taku mōhio ki taku kiritaki me tōna whānau, me tana hiahia mō te āhua o taku mahi?



He aha ngā mea motuhake o ngā āhuatanga e pā ana ki taku kiritaki ināianeī hei whakaarotanga māku ina whai whakaaro ki ngā kōwhiringa tautiaki, whakamātūtū hoki?

HEI MAHI 2: HE AHA

HE AHA KEI ROTO I TE WHAKAMĀTŪTŪTANGA MŌ TĒNEI TANGATA?



He aha pea te āhua o te ara whakamātūtū mā taku kiritaki? He aha ngā matea whakamātūtū o taku kiritaki ināianeī, ā muri ake hoki?



He aha pea ngā tūmahi me ngā ngohe matua o te whakamātūtūtanga o taku kiritaki?

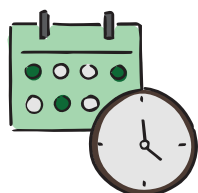
HEI MAHI 3: PĒHEA

KA PĒHEA TE MAHI?



WĀHI

He aha te momo taiao, wāhi, me ngā taputapu e hiahia ana hei whakamarohi i te whakamātūtūtanga o taku kiritaki?



TE ROA:

E hia te roa o te whai wāhi a taku kiritaki ki te whakamātūtūtanga?

Ka hia te roa me te auau o ana wā whakamātūtū?

Ka pēhea e rerekē ai i roto i te wā?



KĀHUI:

Ko wai atu (whānau, kāhui whakamātūtū, mātanga hoki/rānei), ko wai hoki ngā whakahaere, ka whai hua i te whai wāhi ki te whakamātūtūtanga a taku kiritaki?



TE ĀHEI ATU:

He matea tomopai tāu, tā tō kiritaki rānei ka whai pānga ki ngā momo whakamātūtūtanga ka whakamahia e koe?

Me pēhea te
whakamahi i
tēnei utauta?



HEI MAHI 1: KO WAI

He aha taku mōhio ki ngā kiritaki me ō rātou whānau me ō rātou hiahia mō te āhua o taku mahi? Kei te whai whakaaro au ki te hiahia a te kiritaki mō te āhua o ngā whakawhiringa kōrero, me te tautoko? Kua whai wā ahau ki te whakarongo ki ngā mea e whai take nui ana ki a ia? E hāngai ana aku mahi tautiaki ki ana uara, tana tuakiri, me ana hononga?

HEI MAHI 2: HE AHA

He aha pea te āhua o te ara whakamātūtū mā te kiritaki? He aha ngā matea whakamātūtū o te kiritaki ināianei, ā muri ake hoki?

He aha ōna whāinga poto, whāinga roa hoki? Me pēhea taku whakamahi i ngā momo aratuku rerekē kia pai ai taku urupare ki tana mate, tana horopaki, whakaarotau rānei i roto i te wā?

HEI MAHI 3: PĒHEA

WĀHI

He aha te momo taiao, wāhi, me ngā taputapu e hiahia ana hei whakamarohi i te whakamātūtūtanga o te kiritaki?

Kua pātai ahau i te momo taiao e noho haumarua ai te kiritaki, e rongorua ai i te whakaute, e whakaohoo ai ia? Kei te whai whakaaro au ki ngā matea whai wāhi, ā-ahurea, ā-wairua rānei, ā, me te whai take o te wāhi (i te kāinga, te whare haumanu, wāhi kē rānei)?

TE ROA:

E hia te roa o te whai wāhi a te kiritaki ki te whakamātūtūtanga? Ka hia te roa me te auau o ana wā whakamātūtū? Ka pēhea e rerekē ai i roto i te wā? E hia te roa, te auau, me te ngoto o te whakamātūtūtanga e matapaetia ana? Ka pēhea tēnei e neke i roto i te wā—ā, ka pēhea te telerehab e āwhina i ahau ki te urutau ki ōna matea, tōna ngao, me ngā āhuatanga hoki e huri haere ana?

He aha ngā mea motuhake o ngā āhuatanga e pā ana ki taku kiritaki ināianei hei whakaarotanga māku ina whai whakaaro ki ngā kōwhiringa tautiaki, whakamātūtū hoki?

Kua pātai au ki a ia mō ngā āhuatanga o tōna ao ināianei? Kei te mōhio au ki ētahi āhuatanga ā-hinengaro, ā-tinana, ā-pāpori, whaitake rānei ka whakaaweawe i te āhua o tana āhei, whai wāhi rānei ki te whakamātūtūtanga? Kua tiroiro au i aku pūmāramarama, ā, kua whakarite e marama ana au ki ngā āhuatanga katoa?

He aha pea ngā tūmahi me ngā ngohe matua o te whakamātūtūtanga o te kiritaki?

He aha pea ngā mahi i roto/i waho hoki o ngā wā whakamātūtū a te kiritaki? Ko wai atu ngā mea o te kāhui whakamātūtū me whai wāhi? He aha te āhua o te putanga whakamātūtū pai mā te kiritaki me tana whānau? He pēhea te whakauru i te telerehab ki te mahere whakamātūtū hei tautoko i ēnei tukanga, putanga hoki?

KĀHUI:

Ko wai atu (whānau, kāhui whakamātūtū, mātanga hoki/rānei), ko wai hoki ngā whakahaere, ka whai hua i te whai wāhi ki te whakamātūtūtanga a taku kiritaki?

Kua whakawhiti kōrero mō ngā tāngata ka whai wāhi ki te tautiaki i a ia? He pēhea te āhua o te whakarite a telerehab i te whai wāhi mai, te mahi tahi rānei me ērā tāngata?

TE ĀHEI ATU:

Mōu ake – e āhei ana koe ki ngā whare me ngā taputapu e tika ana hei kawhe i ngā mahi whakamātūtū kounga mā ngā momo whakamātūtū maha?

Mō tō kiritaki – kua kōrero koe ki tō kiritaki mō ngā tauārai ki te whakamātūtū? E mōhio ana koe mēnā e taunga ana, ki te taumata rānei o tana mōhio ki te whakamahi pūrere matihiko, ki ngā kōwhiringa tūnuku, ngā matea me ngā hiahia whakawhiti kōrero, te tomopai, te rerekētanga o ngā mahara, te whakaaro rānei ka whai pānga ki tōna whai wāhi atu? He aha ngā momo tautoko hei whakaiti i ngā uauatanga kia pai ai te uru ki ngā momo mahi whakamātūtū whānui?

UTAUTA WHAKARITE-WHAKATAU A TELEREHAB

C NGĀ KŌWHIRINGA + MAHERE WHAKAMĀTŪTŪ

I hoahoatia tēnei wāhanga hei tautoko i ngā whakawhiti kōrero i waenga i ngā kiritaki, te whānau me ngā ngaio hauora hei āwhina i a rātou ki te whakatau i te ara tika mā rātou, tēnei wā.



He kupu whakataki i te Telerehab (Ataata):

HEI MAHI 4

NGĀ MEA HEI WHAI WHAKAARO



He aha ngā painga me ngā kino o ia kōwhiringa?



He aha pea ngā tautoko me ngā rauemi?



He aha ngā hua kāore pea i te hiahia?

NGĀ KŌWHIRINGA



Ā-IPURANGI

Kei tēnei kōwhiringa:

- He pūrere (waea, papahiko, rorohiko) e taea ana te hono ki ngā pūmanawa (Zoom, Microsoft Teams, aha atu)
- Ka āhei atu ki tētahi hononga ipurangi pai (Ahokore, raraunga ā-waea)
- Kāmera me te hopuoro
- He wāhi pai mō ngā hui ā-ipurangi



Ā-TINANA

Kei tēnei kōwhiringa:

- He māmā te āhei atu ki te tūnuku hei haere ki ngā tāpuitanga
- He whaihua te tūnuku (utu, wā me te rauemi) i te roanga o te whakamātūtūtū.
- Kei roto i tēnei ko te tiaki tamariki, te whakarite kaitaraiwa, te utu, te whakarite rānei i te tūnuku (waka/tēkehi), te tamōtanga i te mahi



MOMORUA

Kei tēnei kōwhiringa:

- Ngā kōwhiringa e rua
- He whakamātūtūtanga kiritahi e āhei ai te whai i ngā kōwhiringa e rua kia hangai ake ai te tautiaki i te kiritaki.

HEI MAHI 5: MAHERE WHAKAMĀTŪTŪ



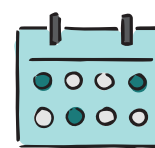
He aha ngā whakaritenga?



He aha ngā tautoko me ngā rauemi ka whakaritea?



Āhea ka tūtatarī, āhea ka haere tonu?



Āhea/He pēhea te arotake me te whakawhiti kōrero?

Me pēhea te whakamahi i tēnei utauta?



HEI MAHI 4: NGĀ KŌWHIRINGA

He aha ngā painga me ngā kino o ia kōwhiringa?

- Whakawhiti kōrero mō ngā mea ka whaihua pea — ā, he aha ngā mea ka āhua uaua ake pea — o ia kōwhiringa (hei tauira, telerehab vs ā-tinana).
- He aha ngā mea whaitake ki a koe ina whakatauritehia ēnei āhuatanga?
- He aha ngā āwangawanga, ngā āhuatanga rangirua hei āta tiro tiro?

He aha pea ngā tautoko me ngā rauemi?

- He aha e māmā ake ai, e whai hua ake, e ngāwari ake ai rānei tēnei mōu?
- He utauta, tāngata, ratonga, wāhi rānei hei whakamahi mā tātou?
- He aha ngā tautoko e hiahia ana i tō kāhui whakamātūtū, tō whānau, tō hapori whānui rānei?
-

He aha ngā hua kāore pea i te hiahia?

- Ka puta he huanga whaiwhai — pai, kino rānei — me mōhio tātou?
- Ka whai pānga tēnei kōwhiringa ki ētahi atu wāhanga o tō ao, tautiaki, hononga rānei?
- He pūmāramarama ā tātou hei whakamātau, hei take whakawhiti kōrero rānei?
-

HEI MAHI 5: MAHERE WHAKAMĀTŪTŪ

He aha ngā whakaritenga?

Āta whakamaheretia te ara whakamua, i runga i te whakaaro kotahi ki tā mātou e whai nei, ko wai ka whai wāhi, ā, me te āhua o te tīmata? He aha ngā mahi tuatahi, ā, he aha ngā mahi whai ake?

Āhea ka tūtatarī, āhea ka haere tonu?

He wāhanga anō ka tūtatarī ki te whakawhiti kōrero kātahi ka haere tonu? He aha ngā āhuatanga e rerekē ai te huarahi, ngā kōwhiringa, te mahere rānei? Me pēhea tā mātou mōhio mēnā e whaihua ana tēnei mōu, kāore rānei?

He aha ngā tautoko me ngā rauemi ka whakaritea?

Me whakaū i ngā momo tautoko — me ngā mea hei whakarite. E mārama ana tātou ki ngā mahi a tēnā, a tēnā? Kei a tātou ngā mea katoa e hiahia ana kia tīmata i runga i te māia me te mārama?

Āhea/He pēhea te arotake me te whakawhiti kōrero?

Me whakaū i te wā me te huarahi hei arotake i ngā mahi. He aha te huarahi pai hei whakapā atu ki a koe? Me pēhea mātou e whakarite e tutuki tonu ana i tēnei mahere o hiahia i roto i te wā?