

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

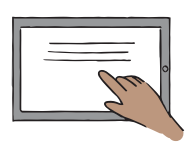


MOMORUA

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



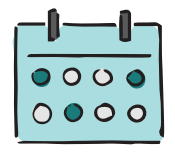
He aha ngā whakaritenga?



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?

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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 waehe 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

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 āhuatanga 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.



He kupu whakataki i te Telerehab (Ataata):

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 āhuatanga 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 āhuatanga 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?

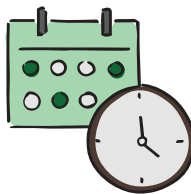
He aha te momo taiao ka āwhina i a koe kia hāneanea ai tō noho i te wā o te whakamātūtū (kāinga, whare haumanu, wāhi kē rānei)?



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 āhuatanga ka whakapōrearea pea i te wā?



TE URU ATU

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 whakamātūtū?

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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



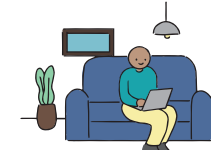
He kupu whakataki i te Telerehab (Ataata):

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 ināianei 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 ināianei, ā muri ake hoki?



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

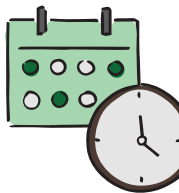
HEI MAHI 3: PĒHEA

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?