

Te taraiwa a te kaumātua

He whakamārama anō
mō te taraiwa haumarū



Kia haumarū koe me ētahi atu i a koe e taraiwa ana

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Waka Kotahi

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Kia haumaru koe me ētahi atu i a koe e taraiwa ana

Nau mai, haere mai ki tēnei rauemi mō te noho haumaru hei kaitaraiwa kaumātua. Mēnā neke atu i te 60 ō tau, ā, kei te hiahia koe kia pai tonu ō pūkenga taraiwa, ka āwhina tēnei pukaiti i a koe.

Kua puta ēnei whakaaro ki a koe? Ehara ko koe anake – koinei ētahi o ngā pātai a ngā kaitaraiwa kaumātua.

Ka whakautu tēnei pukaiti i ēnei pātai me te maha atu anō. Mā te mōhio ki ngā mea e tika ana ka āwhina i a koe kia tika ō kōwhiringa taraiwa, ka mutu kia tau tō wairua.

Kei te haumaru tonu taku taraiwa? Ka kōrero mai te tangata ki ahau mēnā karekau?

Ka aha ahau mēnā kua kore ahau e āhei ki te taraiwa? Ka pēhea taku tiaki i aku mokopuna?

Kei te rerekē haere taku taraiwa i ahau e pakeke haere nei? He aha te rerekētanga o aku rongoā ki taku taraiwa?



Mō ngā kaitaraiwa kaumātua

He roa ake te ora o te tangata, ā, he roa ake hoki te taraiwa ināiane. Kei roto ngā manaaki hauora me te hangarau i tēnei rerekētanga. Ka taea tonu e koe te taraiwa haumarū mō ngā tau maha.

He pēhea te haumarū o ngā kaitaraiwa kaumātua?

Ā-rōpū nei, kei runga kē atu ngā kaitaraiwa kaumātua i te toharite mō te taraiwa haumarū.

Arā, he *iti iho* i te hunga tamariki ake te tūponotanga ka tuki koe.

He aha te taraiwa ki ngā kaitaraiwa kaumātua?

He mea tino nui pea te taraiwa ki a koe. He nui ngā take rerekē e taraiwa ai ngā kaumātua. Kei te tiki atu pea koe i ngā mokopuna, te haere atu, te heri rānei i tō hoa ki te kite i te rata, te heri kai atu rānei ki ngā huihuinga hapori.

Kei te nui kē atu ngā kaitaraiwa kaumātua kei te mahi haere tonu ki ō rātau tau ahungarua. Mā te taraiwa pea koe e tae atu ki te mahi, koinā tonu rānei pea ō mahi.



I te mōhio anō koe?

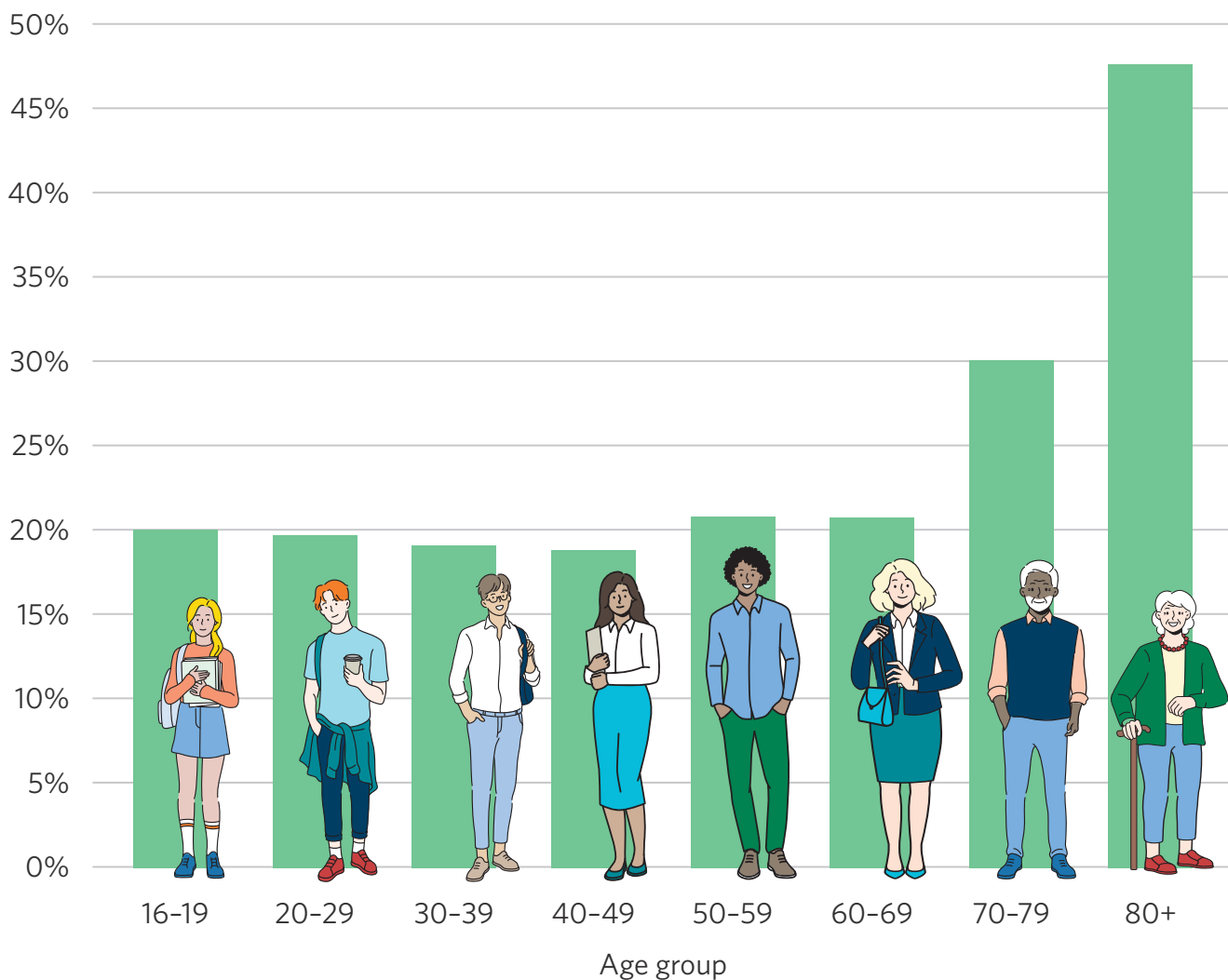
He iti iho te uru o ngā kaitaraiwa neke atu i te 80 tau ki ngā tukinga i ngā kaitaraiwa i waenga i ngā tau 40 me te 49.

Mātāpuna: Ngā tirohanga ki te haumarū me te nekeneke (AA Research Foundation, 2023), 2

Te āhuatanga marore

Heoi, i te mea he kaitaraiwa kaumātua koe ka *nui atu* te tūponotanga i te hunga tamariki ake ka whara kino koe i tētahi tuinga. Ka marore haere kē atu tō tinana i a koe ka pakeke haere – ka māmā noa iho tō wharatanga, ā, ka roa ake te whakaora ake ki te whara koe.

Ōrau o ngā mate me ngā whara kino o ngā kaitaraiwa i ngā pūtahi mō te Hūrae 2014–Hune 2019



Me whakaaroaro mō ēnei...

- te tiroiro haere i tēnei rauemi me tētahi hoa, tētahi o te whānau, he rōpū hapori rānei – mā te kōrero ka āwhina pea i te katoa.
- he aha e hira ai te taraiwa ki ahau?

Te whakahou i tō raihana

Ina eke koe ki te 75 tau, me nui ake tō whakahou i tō raihana.

Me haere koe kia tirohia tō hauora hei whakahou i tō raihana.

Ka tukuna he reta, he īmēra rānei ki a koe ki te whakamōhio atu ki a koe kia mahia tēnei i te 75, 80, ā, me ia 2 tau i muri mai.

Me whakarite wā hui koe me tō rata kia tirohia tō hauora.

I muri i tō wā hui, ka tukuna e tō rata tētahi o ēnei otinga ki a koe:

He pai tō hauora mō te taraiwa

Ka taea e koe te taraiwa haumaruru i ngā āhuatanga katoa.

He pai tō hauora mō te taraiwa me ētahi here

Ka taea e koe te taraiwa haumaruru, engari me mahi, kua rānei ētahi mahi tauwhāiti. Hei tauira, ka whakahautia pea koe e Waka Kotahi kia mau mōhiti, kia kua rānei e taraiwa i te pō.

He pai te hauora mēnā e whakaae ana te mātanga

Me haere koe kia whakamātautauhia anōtia e tētahi mātanga. Mā tō rata e kī atu ki a koe he aha te momo mātanga. Tērā pea he rata karu hei whakamātautau i ō karu, he kaihaumanu ngangahau rānei hei tirohiro mēnā ka taea haumaruru e koe ngā āhuatanga taraiwa uaua. Mēnā ka hipa koe, ka haumaruru tō taraiwa, ā, ka āhei koe ki te whakahou i tō raihana.

Ka taea e koe te taraiwa haumaruru mēnā ka hipa i a koe tētahi whakamātautau haumaruru i te rori

Ka tono pea tō rata kia mahia e koe he whakamātautau taraiwa i rō waka me tētahi āpiha whakamātautau. Me whakarite i tēnei whakamātautau i tētahi āpiha tuku raihana taraiwa. Mēnā ka hipa koe, ka haumaruru tō taraiwa, ā, ka āhei koe ki te whakahou i tō raihana. Neke atu i te kotahi ngā whakamātautau ka taea e koe.

Ka āhei koe te whakahou i tō raihana ki te māngai raihana taraiwa

Kāore e pai tō hauora ki te taraiwa

Kāore e taea e koe te tiaki i a koe, i ētahi atu hoki kia haumaruru ina taraiwa ana. Tē taea e koe te whakahou i tō raihana, ā, i ētahi āhuatanga ka whakamōhio atu a Waka Kotahi mō tēnei.

Ka tino whakararururu pea te kore e āhei ki te taraiwa. Me whai wā koe kia ū ai ēnei kōrero. Kei roto i tēnei rauemi ka kitea me pēhea te whai i tō ora ahakoa te kore taraiwa.

Kua kore e haumaruru mōu, e āhei rānei i raro i te ture ki te taraiwa

Te reta

I mua i tōna huritau 75, i tae atu he reta ki a Airini e kī atu ana me whakahou e ia tōna raihana. Me whakamōhio atu anō me haere ia kia tirohia tōna hauora i te tuatahi.

Te wā hui me te rata

Ka whakaritea e Airini he wā hui me tōna ake rata, Tākuta Wickremesekera. Te rata:

- ka uia ia mō tōna hauora me ngā rerekētanga pea kua kite ia
- ka whakaatu i ētahi tohu huarahi ki a ia, ka tono kia tautuhia e ia
- ka tono kia pānui ia mai i tētahi tūtohi karu hei whakamātautau i tōna kite.

I muri i te kōrerorero me te whakamātautau, ka kī atu a Tākuta Wickremesekera ki a Airini nā te koretake o tana kite, me haere ia ki te kite i tētahi rata karu mō ētahi atu whakamātautau i mua i tana whakahou i tōna raihana. Kāore he āwangawanga atu anō o Tākuta Wickremesekera.

Ko tana otinga: **kei te pai tōna hauora mō te taraiwa mēnā ka whakaae te mātanga.**

Te wā hui me te rata karu

Ka whakarite wā hui a Airini me te rata karu, ā, he whakamātautau kite atu anō āna. Ka whakamātautauhia ia e mau mōhiti ana. Kei te ngākau tahi te rata karu he pai noa iho tana kite mō te taraiwa, ā, ka tukuna e ia he tiwhikete kite. He whaimana tēnei tiwhikete mō te 60 rā.

Te āpiha tuku raihana

Ka heria atu e Airini te tiwhikete ki te āpiha tuku raihana taraiwa, ka whakaotihia e ia te puka whakahou raihana i reira. Ka hoatu ia i tana puka, tiwhikete kite, me te raihana onāiane ki te tangata kei te taupaepae, ka utua te nama. Ka tukuna atu he raihana wā poto ki a ia, ka whakaahua i a ia me te tango i tana waitohu.

Te raihana hou

Ka tae atu te raihana hou o Airini mā te īmēra i te 2 wiki i muri mai. Kei roto ko te here e kī ana me mau mōhiti ia i a ia e taraiwa ana. Ka mōnehu hei te 5 tau.



Te whai whakaaro ki ētahi atu i a koe e taraiwa ana

Ko tētahi mea e haumaruru ake ai koe hei kaitaraiwa ko te whakaaroaro mō te āhua o te whakamahi a ētahi atu i ngā rori. He maha noa atu ngā waka rerekē kei te rori me koe, e mahi ana i ā rātau ake mahi. Tēnā, kia tirohia ngā mea ka taea e koe e noho haumaruru ai koe i waenga i ngā momo waka rerekē.

Ngā tāngata eke pahikara

Kei te nui ake te hunga eke pahikara, arā he nui ake ngā tāngata eke pahikara i te rori.

Me aha

Me noho mataara mō te hunga i runga pahikara me te āta taraiwa ina tata atu ana ki a rātau. Me 1.5 mita te tawhiti ina hipa ana.

Ehara i te mea me whakamahi te hunga eke pahikara i te ara pahikara – i ētahi wā me whakamahi rātau i te rori.

Me aha

Me manawanui, me tatari.

He tere tonu te haere a te hunga eke pahikara.

Me aha

Me tiroiro mō te hunga eke pahikara i mua i tō huaki i te kūaha o te waka.

Te hunga eke ī-papaneke

Ka taea te whakamahi ī-papaneke ki te ara hīkoi, te rori rānei, engari me tata tonu ki te taha o te rori haere ai.

Me aha

Me tiroiro haere mō te hunga eke ī-papaneke i te rori, otirā mēnā he nui ngā tāngata kei te ara hīkoi.

Me mātua tautuku te hunga eke ī-papaneke ki te hunga hīkoi, kāore e taea te haere i ngā ara pahikara.

Me aha

Me mōhio koe ka karo pea ngā ī-papaneke ki te rori hei tautuku ki te hunga hīkoi.





Ngā wakaneke

Kaua te tangata e eke wakaneke ki te rori engari ia mēnā kāore he ara hīkoi.

Me aha

Me mataara ki te hunga eke wakaneke i ngā ara kuhu me ngā pūtahi.

Ko te tere mōrahi mō ngā wakaneke he 11km/h.

Me aha

Me manawanui, me tatari.

Ngā taraka

He nui ngā taraka, ā, kāore e māmā noa te tū.

Me aha

Mēnā kei te haere koe i mua o tētahi taraka, me mātua whakarite he nui te wāhi mō te taraka, ā, ka tohu i mua noa atu. Mēnā kei te whai koe, me 3-hēkona te tawhiti o tō whai.

Kāore pea koe e kitea atu e ngā kaitaraiwa. Mēnā kāore e kitea atu e koe ngā whakaata, kāore koe i te kitea mai.

Me aha

Mēnā kei te whai koe i tētahi taraka, kei te taha rānei, me mātua whakarite kei te kite koe i ngā whakaata.

I te mōhio anō koe?

I te 90km/m, ko te tikanga he rearua te tawhiti atu o te tū o te taraka-tauaru i te waka.

Mēnā ka topa atu koe ki mua o tētahi taraka, ā, ka pōturi tonu atu te haere, ka tū tonu atu rānei, tērā pea ko koe te pūtake o tētahi tuinga nui mai i muri.

Te pānga o te taipakeketanga ki te haumaruru o tō taraiwa

He nui ngā rerekētanga ka pakeke haere ana tātau. Ka whakararu pea ētahi o ēnei rerekētanga ki te āhua o tā tātau taraiwa. Arā, kua kore pea e taea e koe te taraiwa haumaruru, me rerekē rānei tō mahi i ngā mahi.

E titiro ana tēnei wāhanga ki ngā mea hei tiro tiro māu, ā, me aha koe.



Ngā rongoā

He pēhea te whakararu a ngā rongoā i a koe

Ka ora koe, ka tino tau rawa rānei tāu noho nā ngā rongoā. Engari ka whakararu anō ēnei i a koe mā ētahi atu āhuetanga – te whakarerekē i te āhua o tō kite, tō rongo me tō kapo mōhiohio, te noho oho tonu rānei.

Tirohia te rārangi i raro kia kite ai i ngā mōrea o ngā rongoā noa kei te kainga pea e koe.

Ngā rongoā e hiamoe ai koe

- Ngā pire moe (**zopiclone, temazepam**).
- Ngā rongoā anipā (**lorazepam, diazepam**).
- Ngā rongoā āraipōuri (**amitriptyline, citalopram, doxepin**).
- Ngā rongoā kaha pēhi mamae (**oxycodone, morphine, tramadol**).
- Ngā antihistamine.

Ngā rongoā ka whakararu i tō kite

- Ētahi kōpata karu.
- Ētahi antihistamine whakarokiroki (**Phenergan, Polaramine, cyclizine**).

Ngā rongoā e āmaimai ai koe

- Ko ētahi pire pēhanga toto, otirā mēnā kātahi anō koe ka tīmata ki te kai, ka huria rānei te pota.



I te mōhio anō koe?

He takahi ture te taraiwa mēnā kua hipa koe i te tepe mō ētahi rongoā. Haere ki **www.nzta.govt.nz** mō ētahi mōhiohio anō.

Mēnā ka inu waipiro koe i a koe e kai rongoā ana, tērā pea ka rerekē te pānga ki a koe. Me kōrero ki tō rata mō ngā mōrea.

Ngā mahi ka taea e koe

Me mōhio koe ki te āhua o te pānga o ō rongoā ki a koe, i mua i tō whakatau ka taea e koe te taraiwa i te wā kei roto i a koe. Anei ētahi mahi hei whai māu:

- Me tuhi he **rārangi** o ō rongoā katoa ka kimi he aha pea ngā pānga ki a koe. Tirohia te pepa mōhiohio kei te pouaka, pātai atu rānei ki tō rata, ki te kaitaka rongoā rānei mō ngā taipitopito. Me mātua whakaaroaro koe ki te ranunga o ngā rongoā rerekē e pā ana ki ngā pānga rerekē.
- Me tuhi he **mahere** me pēhea tō karo i ngā pānga ki tō taraiwa. Arā, pērā i te taraiwa i ētahi wā ake i te rā, kua rānei e taraiwa mō tētahi wā i muri i tō kai rongoā hou. He pai tonu te pātai ki tētahi o te whānau, he hoa rānei ki te kōrerorero mō tēnei mahere ki a koe, kia pai ai tō kōrero mō ngā kōwhiringa.
- **Kaua e taraiwa** mēnā ka pā tētahi o ēnei:
 - hiamoe
 - āmaimai
 - whakapairuaki
 - tē taea te arotahi
 - kua kunanu te kōrero, he uaua te whakaputa kōrero
 - rangirua
 - tino ohooho, whakahīhī rawa.



Ngā wā urupare

He pēhea te pānga o ō wā urupare ki tō taraiwa

Ina pakeke haere koe, ka uaua ake mō tō roro ki te wetewete i ngā mōhiohio. Arā, me roa ake te wā mōu ki te urupare ki ngā āhuatanga taraiwa. Hei tauria, mēnā e tohu ana te tangata kei te neke ara ia, ko tā tō roro me:

1. Mōhio kei te neke ki mua i a koe.
2. Me mōhio he iti rawa te wāhi mōna mō tēnei.
3. Me whakahau i tō waewae kia pereki kia whai wāhi atu ia.

Ka roa ake te mahi a tō roro ki te mahi i ēnei mahi i a koe ka pakeke haere.

Ngā mahi ka taea e koe

Me kua roa koe e taraiwa ana, he nui tonu ō mōhio mō te urupare tika. Me roa ake te wā ki a koe. Anei ētahi mea ka taea e koe hei āwhina i tēnei:

- Me nui ake te wāhi i waenga i a koe me te waka kei mua i a koe. Me whai whakaaro ki te whakamahi i te ture 3-hēkona kaua te ture 2-hēkona.
- Kaua e huri matau mēnā ka taea. He haumarua ake i ētahi wā kia 3 ngā huri mauī i te whaitua kia kore ai mate ki te huri matau.
- Ina huri matau, me tino aro ki te tere o ngā waka e anga mai ana ki a koe. Me nui te wā me te wāhi mōu kia haumarua te whakawhiti i ngā waka e haere mai ana i mua i te huri. Me mataara ki te hunga hīkoi, i runga pahikara hoki ka whakahau pea i a koe kia tū i mua i te tutuki haumarua i a koe tō huri.
- Me whakarite i tō ara i mua noa atu o te wā kia kore ai e mate ki te whakatau tikanga ohorere ki hea huri ai.
- Me whakamahi i ngā rori i ngā taha kaua i ngā rori matua.
- Me whāiti te taraiwa ki ngā wā o te rā e iti iho ai te ahotea. Mēnā ka taea, kaua e haere i ngā wā e heria atu ana, e tīkina atu hoki ngā tamariki i te kura.
- Ina tata haere atu ki ngā whakawhitinga rori, me āta haere.

I te mōhio anō koe?

Ka kaumātua haere koe, ka uaua ake te waiho i ngā wareatanga.

Me mātua waiho tō waea kia kore ai e taea e koe ina taraiwa ana, ā, ka whakangū. Me waiho ō taonga i hokona mai e koe me ō pāhi ki muri i ngā tūru o mua, ki te raurawa rānei. Me whakaweto pea i te reo irirangi, me pātai rānei ki ngā pāhīhī kia kaua e kōrero.

Te rongō

Te pānga o ngā rerekētanga o tō rongō ki tō taraiwa

Mēnā he tangata rongō koe, ka pā mai pea ngā rerekētanga ki tō rongō i a koe ka kaumātua haere. Ehara i te mea he waiwai te rongō mō te taraiwa i te nuinga o ngā waka, ka mutu he māmā noa te ako a te hunga i whānau turi mai, he uaua te rongō rānei.

Engari, mēnā kua waia koe ki te rongō, me whakahāngai i tō taraiwa i runga i te iti o te rongō.

Ngā mahi ka taea e koe

Me auau te whakamātautau i tō rongō kia mōhio ai koe ki te kaha o tō rongō. Ka āwhina tēnei i a koe kia mōhio ai he aha te mea me whakatika.

Mēnā he iti iho te rongō i a koe e taraiwa ana, mā te whai i ēnei e whai ake ka whiwhi mōhiohio atu anō koe mō ngā mea kei te pā mai i te rori huri noa i a koe:

- Me whakamahi i ngā āwhina rongō i a koe e taraiwa ana, mēnā kei a koe ētahi.
- Me whakakore atu i ngā mea hoihoi whakararu i a koe, pērā i te reo irirangi.
- Me whakamahi i ngā whakaata nui ake, ngā whakaata muri atu anō rānei hei āwhina i a koe ki te kite i ngā waka ohotata mā ngā rama.

Te neke ā-tinana me te koi ā-hinengaro

Te āhua o ngā huringa ki tō neke ā-tinana me te koi ā-hinengaro

He mahi ā-tinana, ā-hinengaro hoki te taraiwa ka whakamahia e koe tō tinana me tō roro. Ka pakeke haere koe, ka ngoikore haere pea ō uaua, ā, ka mārō pea ō hono.

Ehara i te mea ka pērā ngā tāngata katoa, engari he mea noa tēnei. Ki te pēnei, ka whakararu i te kaha me te pīngore, me tō reretahi i a koe e taraiwa ana.

Ngā mahi ka taea e koe

Me kaha tonu koe ki te whakamahi i tō hinengaro me tō tinana, i raro i ngā tohutohu ka tukuna e tō rata.



Te kite

He pēhea te pānga o ngā rerekētanga o tō kite ki tō taraiwa

He mea hira te kite pai mō te taraiwa haumarū. Mā ō tātau karu ka whiwhi tātau i ngā mōhiohio e hiahiatia ana mō te nuinga o ngā whakatau taraiwa katoa.

I a koe ka pakeke haere, ka rerekē haere ō karu:

- Ka pōturi ake te arotahi a ō karu.
- Ka whāiti haere tō kitenga mōwaho (taha), arā, kua iti haere tō kite i ngā taha.
- Ka iti iho te rata o ō karu ki te rama, arā, e uaua ake ai tō kite i awatea pongipongi, i te pō rānei.
- Kāore e kore ka pā mai ngā mate karu pērā i ngā mate arotahi, te tupuhekenga tongi rānei.

Ngā mahi ka taea e koe

Kia pai tonu ai ō karu, me auau te whakamātautau i ō karu. Ka taea ētahi mate te whakaora mā te poka, ā, he māmā ake ētahi te whakaora mēnā ka tere kitea.

Ina taraiwa koe, he āwhina pea ētahi o ēnei e whai ake kia whānui ake tō kite:

- Me auau te huri i tō māhunga kia kite ai koe i ngā mea kei tō taha.
- Me noho mā tonu ngā ramamua, ngā whakaata, me ngā wini o mua.
- Me whakamau i tētahi whakaata muri nui ake kia whānui ake tō kite.
- Me pai tonu te titiro whakamua ki te rori kia kite raruraru ai koe i mua i te tae atu. I te tāone nui, me titiro ki te pūtahi whai ake i te iti rawa. I te rori tuwhera, me titiro ki te wāhanga o te rori ka tae atu koe hei te 12 hēkona.
- Me whāiti te taraiwa ki ngā haora awatea mēnā ka raru tō kite i te pō, i te kōnakonako rānei.

Ngā ariā o te taraiwa haumarū

I te mea kua hia tau tātau e taraiwa ana, ka aunoa pea ki a tātau te taraiwa. Nā tēnei he maha ngā tukinga ka pā mai i te mea kāore i te tapatahi ō tātau whakaaro.

Ko ngā ariā o te taraiwa haumarū ngā tikanga ka āwhina i a tātau anō kia tapatahi ō tātau whakaaro ki te taraiwa. Mā te āta whakaaroaro ki te āhua o tō taraiwa me ō whakatauranga ka āwhina i a koe kia haumarū koe me ētahi atu ina taraiwa koe.



I mua i te taraiwa

Ka tīmata ō whakatauranga taraiwa i mua i tō kuhu ki te waka. Mā te mōhio ki te wāhi e haere ana koe ka āwhina ki te karo i ngā pūmate me te arotahi ake ki tō taraiwa.

Me whakarite i ō haerenga katoa i mua i te tīmata. Anei ētahi āwhina i a koe mō te whakarite i te ara tino pai hei haere:

- Kōwhiria ngā ara e mōhiohia ana.
- Kaua e haere i ngā wāhi, i ngā āhuatanga rānei kāore i te tino pai mō tō taraiwa, hei tauira, ko tētahi rori whāiti, te taraiwa tawhiti.
- Kaua e taraiwa i ngā wā e pokea ana e te waka (arā, i ngā wā e haere ana te tangata ki te mahi, ki te kura rānei, ki ngā huihuinga hira rānei pērā i ngā konohete, ngā tākaro hākinakina rānei).
- Me huri mauī kaua i te taha matau ki ngā waka maha e haere ana.
- Mēnā ka taea, kaua e haere mā ngā pūtahi e pokea ana, uaua rānei.

Mēnā kei te māuiui koe, kei te tino ngenge rānei, kaua e taraiwa.

I te mōhio anō koe?

I te maha o ngā tukinga nō ngā kaitaraiwa kaumātua te hē, he paku mate tō te kaitaraiwa kaumātua, i pupū ake rānei he mate i raru ai rātau. I te nuinga o te wā i pā mai he tohumate i mua, engari i taraiwa tonu rātau.

Kia mōhio koe ahakoa he māmā noa ngā tohumate ka whakararu tonu ērā i tō kaha ki te taraiwa.

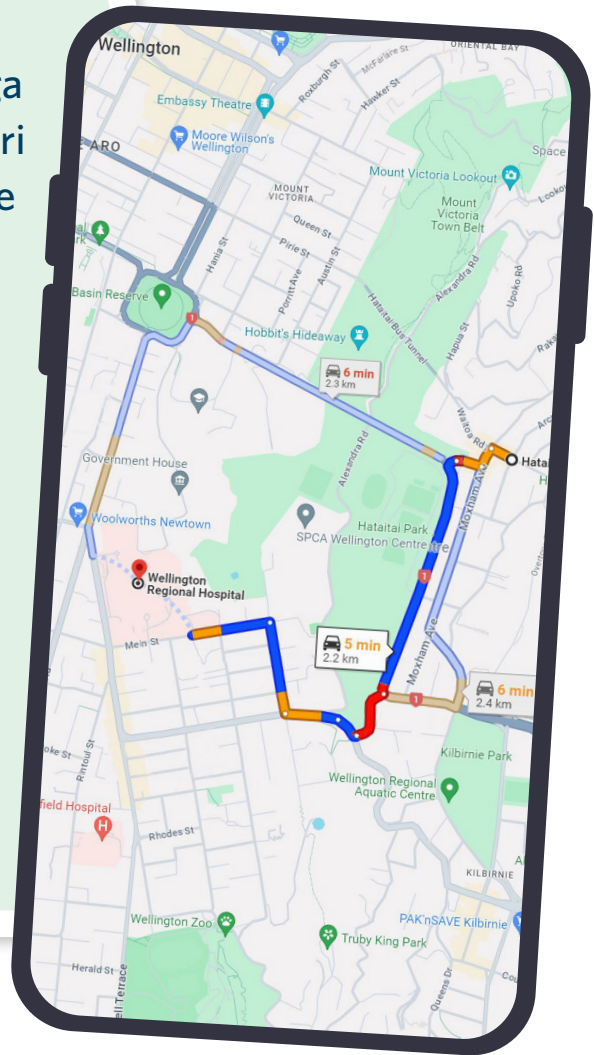


I whakamātauria anō e koe...

Ka taea e ngā taupānga mapi kei runga i tō waea te āwhina i a koe ki te kōwhiri huarahi he iti iho ngā waka. Māu anō e tiro, me tonu āwhina pea i tētahi o te whānau ki te āwhina i a koe.

E whakaatu ana tēnei pikitia i tētahi tauira o te nui o ngā waka e whakaaturia ana ki ngā wāhanga karaka me te whero o te ara. Kātahi ka taea e koe te kōwhiri tō ara e ai ki te nui o ngā waka, te wā rānei o tō haere.

Me mātua whakarite kia whakamahia anake ko tēnei utauta i mua i te taraiwa, kaua i a koe e taraiwa ana.



Te kaitaraiwa

68 ngā tau o Moses. E noho ana ia me tana wahine a Luisa, kāore ia e taraiwa. Ko te mahi a Moses i mua he taraiwa mīhini nunui, engari i ritāia ia neke atu i te 10 ki mua. He pai tonu ki a ia te taraiwa, engari i te mea kua kore e tino nui te taraiwa i ia rā, kua kore e tino ngākau titikaha ia. Ki ōna whakaro he tere rawa te haere a ngā kaitaraiwa rangatahi.

Ngā haere tata

Ka taraiwa a Moses i a rāua tahi ko Luisa i ētahi wā i te wiki ki ngā haerenga poto i tō rāua tāone. Otirā he haere ki te kite i ngā hoa me ngā whānau, me te haere ki te whare karakia.

Ka noho a Moses ki ngā rori e mōhio ana ia, ā, e ngākau titikaha ana i reira. Kotahi te tino pūtahi e haerehia ana e ngā pahikara e huri ana. Ka anipā ia i tēnei, nō reira ka karo ia i taua pūtahi.

He haerenga rerekē

E noho ana te tamāhine a Moses rāua ko Luisa a Tiana i tētahi tāone nui, e hia haora nei te tawhiti. Ka whānau mai tana pēpi ā kō ake nei, ā, kei te hiahia rāua ki te haere ki te kite i a ia. Ka kōrero a Moses rāua Luisa mō te taraiwa ki reira. Noho ai a Tiana rātau ko tōna whānau i tētahi whaitua noho, ā, ahakoa he wāhi kei reira mō rāua, kāore a Moses i te tino mōhio ka tū tōna waka ki hea. Ka mutu, kei te āhua māharahara ia mō te taraiwa tawhiti, ahakoa kāore i puta i a ia tērā.

Ka kite a Luisa i tana tawhitawhi mō te haere mā runga i te waka. Ka puta i a ia te whakaaro kia haere rāua mā runga i te pahī, i te mea i pērā tōna hoa i nā tata nei i te haerenga ki te kite i tōna whānau. Mahea ana te whakaae a Moses.

Ka tīkina atu rāua e te hoa tāne a Tiana mai i te teihana pahī, ā, ka rawe kē tā rāua noho ki te tūtaki i tā rāua mokopuna.



Ngā āhuatanga e ono: Ngā mea ka tūpono hē pea

Mā te tūpato ki ngā mea hē ka tūpono ara mai ka āwhina kia kaua kore ai e tuki. Kia maumahara ki te tiro tiro i ngā āhuatanga e 6 e whai ake i a koe e taraiwa ana, ā, ka whakarerekē i tō taraiwa kia haumaruru rawa atu:



Te rori

Me pātai ki a koe anō: he whāiti, ruturutu, kokikoki rānei? He kōhatuhatu? He mārama ngā tohu huarahi?

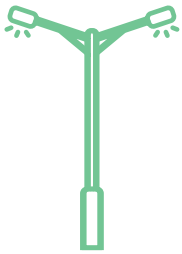
Me rerekē tō taraiwa: Hei tauira, mēnā he whāiti rawa te rori, ka mutu he ahunga rua, me āta haere pea kia tūpato ai te hipa i te waka e haere mai ana.



Te waka

Pātai ki a koe anō: kei te pai te āhua o tō waka? Kei te tika te urupare a ngā pereki me te wīra urungi?

Me rerekē tō taraiwa: Hei tauira, mēnā kei te kukume tō waka ki tētahi taha, me āta haere ka tino aro ki tō urungi. Me wawe tonu te heri kia tirohia tō waka.



Te rama

Me pātai ki a koe anō: he mārama te kōnakonako o te rā? He rawaka anō ngā rama tiriti kia mārama ai tō kite? He kōnakonako ngā ramamua?

Me rerekē tō taraiwa: Hei tauira, mēnā ka mōrea pea te kōnakonako o te rā, me whakaheke i tō ārai rā ka whakamau mōhiti.



Ngā huarere

Pātai ki a koe anō: kei te ua, kohu, hukarere, pupuhi te hau rānei?

Me rerekē tō taraiwa: Hei tauira, mēnā kei te ua, kei te hukarere rānei, me tāpara te ture 2-hēkona kia haumaruru ai te tawhiti i waenga i a koe me te waka kei mua i a koe.



Ngā waka

Me pātai ki a koe anō: he nui rawa, he iti noa rānei ngā waka? He tere, he pōturi rānei?

Me rerekē tō taraiwa: Hei tauira, mēnā ki ōu whakaaro kāore he waka me mātua whakarite kia tiro tirohia e koe ō wāhi huna i mua i te neke ara. Ko te take kei te whakatoatoa pea tō roro kāore he mea i konā.



Te kaitaraiwa

Me pātai ki a koe anō: kei te mataara, kei te kaha ahau? Kei te nenge, māuiui, pōuri rānei ahau?

Me rerekē tō taraiwa: Hei tauira, mēnā kei te māuiui koe, kaua e taraiwa kia pai rawa koe, ahakoa ka mate pea koe ki te kimi i tētahi atu tikanga hoki ki te kāinga.

I te mōhio anō koe?

Ko ngā whakatauranga haumarū te tikanga pai rawa kia mōhio ai koe ka pēhea tō waka ki te tukia. Ka teitei ake te whakatauranga haumarū o tō waka, ko te painga atu o tō haumarū i te rori.

Me rapu i te whakatauranga haumarū o tō waka i: rightcar.govt.nz

Te tirotiro haere

Ka mārama ake koe ki ngā āhuatanga huri noa i a koe e taraiwa ana, ka pai ake ō whakatau taraiwa haumarū.

He māmā noa pea te warea ki te tirotiro noa ki mua i a koe ina taraiwa ana. He pai ake te whiwhi mōhio huri noa i a koe. Kia maumahara:

- me nekeneke haere tonu ō karu
- me anga whakamua atu te titiro, ā, ki ngā taha hoki
- ki te whakamahi i tō whakaata muri me te mōhio he aha kei muri i a koe
- kia mārama ki ngā wāhi huna (ngā wāhi o te waka kāore e kitea i ō whakaata).

Me mātua mōhio koe kei hea ngā wāhi huna o tō waka. Mā te whiwhi whakaata nui ake ka whakaiti i te nui o ō wāhi huna.

Kei raro iho ko tētahi hoahoa o ngā wāhi huna o tētahi waka noa.

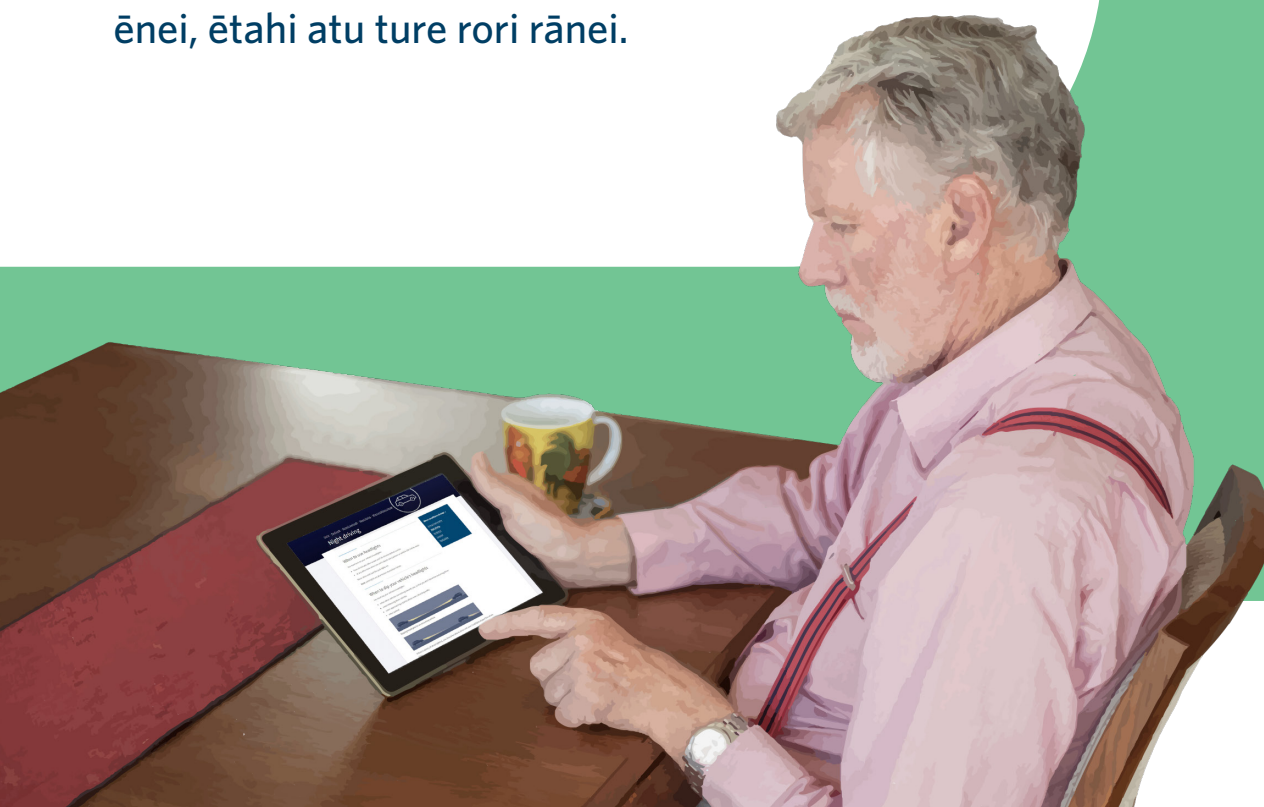


Te mōhio ki ngā ture o te rori

Mā te mārama ki ngā ture mō te rori, ā, me pēhea te whakamahi ka āwhina i a koe kia noho haumaruru, kia ngākau titikaha hei kaitaraiwa.

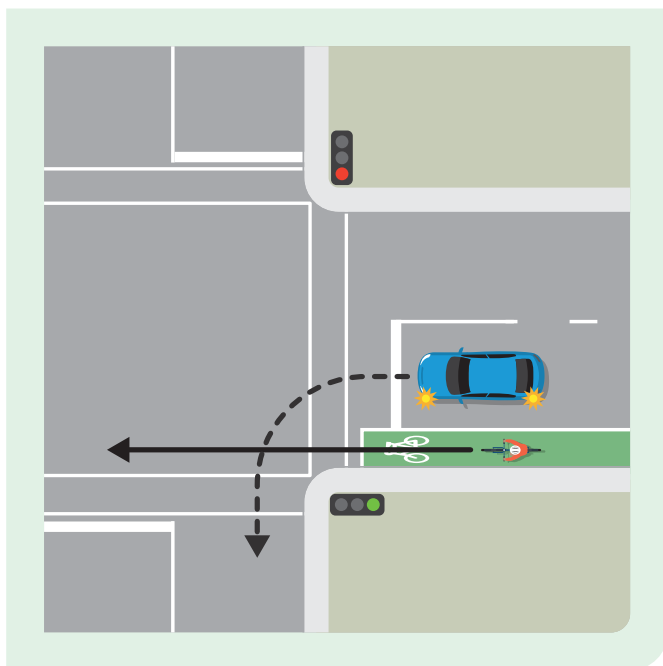
Mēnā he kaitaraiwa matatau koe, ka taunga koe ki te nuinga o ngā ture o te rori. Kei tēnei wāhanga ko te hoki anō ki te tiroiro i ngā ture mō ngā pūtahi, ngā porotaka, me te hono. He nui ake ngā tukinga o ngā kaitaraiwa i ngā pūtahi tēnā i ngā kaitaraiwa o ētahi atu taipakeke, ā, he nui ake te tūponotanga kei te hē tā rātau mahi i te tukinga.

Ka hiahia pea koe ki te tiro i te paetukutuku a NZTA nzta.govt.nz/roadcode ki te arotake i ēnei, ētahi atu ture rori rānei.



Ngā pūtahitanga

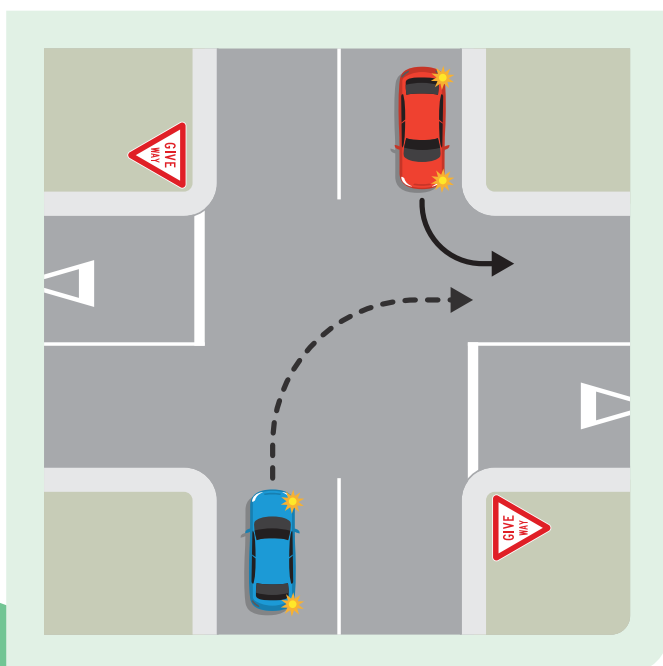
I roto i ngā hoahoa katoa, me mātua tautuku te waka kei te ara pere iraira.



Me tautuku ki ngā tāngata eke pahikara

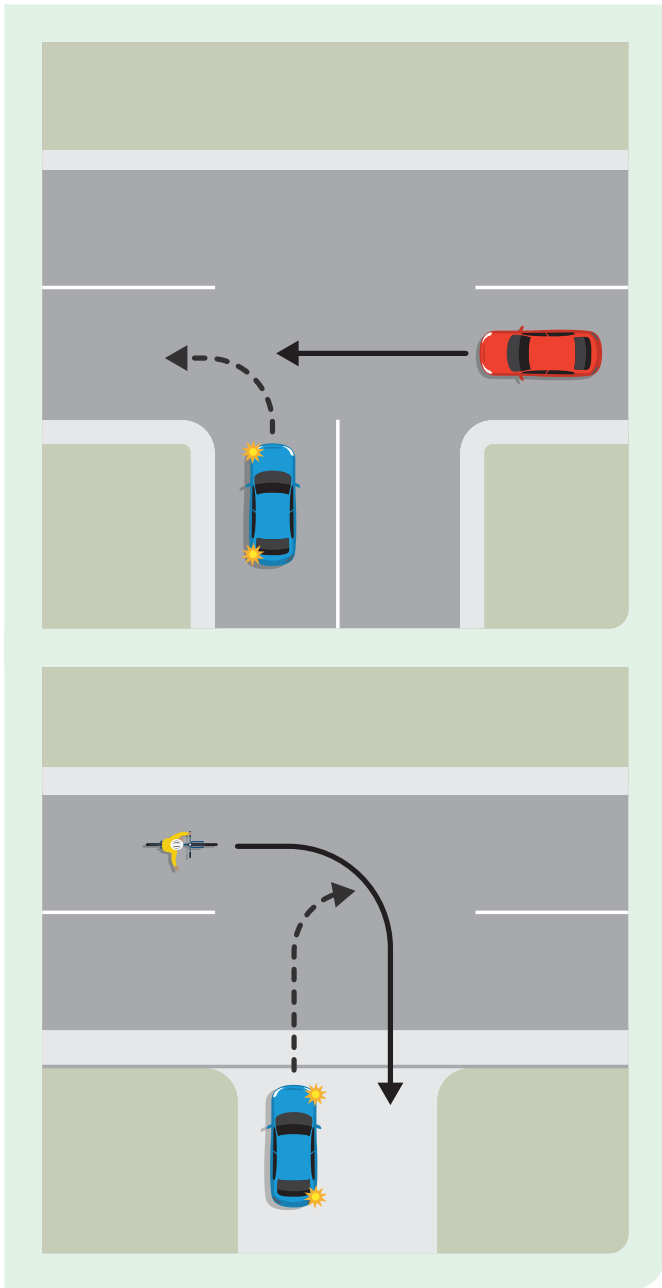
Mēnā kei te huri koe, me tautuku ki ngā waka katoa kāore i te huri.

Arā, ko te tautuku ki ngā tāngata eke pahikara kei ngā ara pahikara me te pahi.



Mēnā kei te huri matau koe

Mēnā kei te huri matau koe, me tautuku ki ngā waka katoa kei te haere māi ki a koe e huri mauī ana.



I tētahi pūtahi-T

Mēnā kei runga koe i tētahi rori aukati (i raro o te T), me tautuku koe ki ngā waka kei te rori e haere tonu ana (i runga o te T). Kei roto i tēnei ko ngā tāngata eke pahikara me te ī-papaneke.

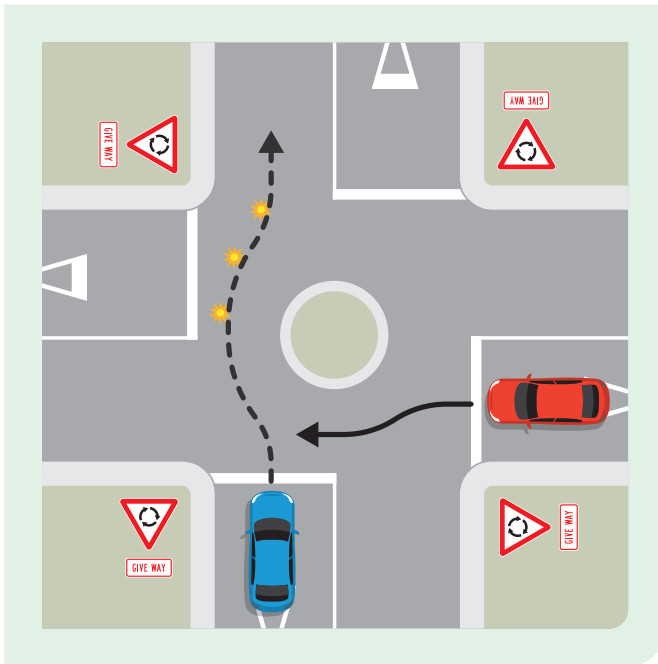
Me pūtahi-T ngā ara kuhu nō reira he ōrite ngā ture.

I te mōhio anō koe?

Ko te tikanga o te tautuku ko te kaiwhakamahi rori e tautuku ana koe, ahakoa ko koe te taraiwa, kaieke paihikara, kaihīkoi, tētahi atu momo kaiwhakamahi rori, kāore e mate ki te tū, te pereki, te āta haere, te karo, tētahi atu mahi hohoro rānei hei karo i a koe.

Ngā porotaka

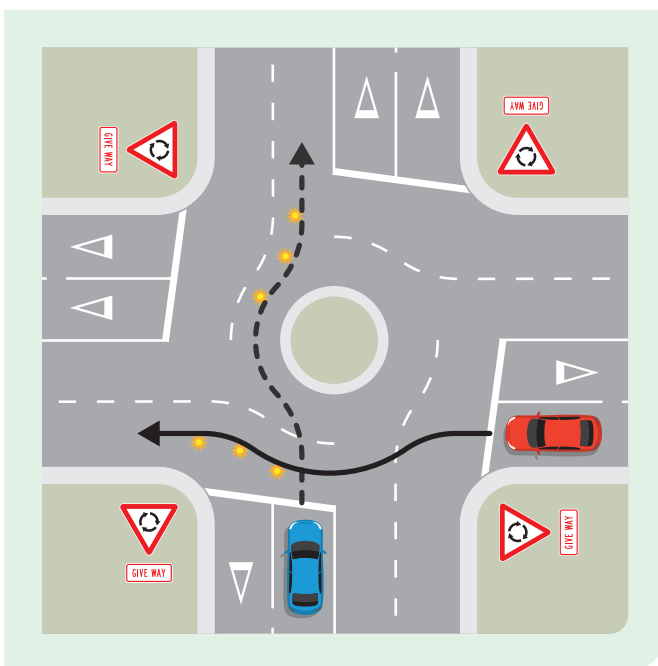
I roto i ngā hoahoa katoa, me mātua tautuku te waka kei te ara pere iraira.



Te tautuku i tētahi porotaka ara-kotahi

Ina tata haere atu koe ki tētahi porotaka kotahi anake te ara i ia ahunga:

- me āta haere i a koe ka tata atu ki te porotaka, ā, ka tautuku, ka tū rānei.
- me tautuku ki ngā kaiwhakamahi rori katoa ka hipa i a koe mai i tō taha matau i a koe ka kuhu ki te porotaka.

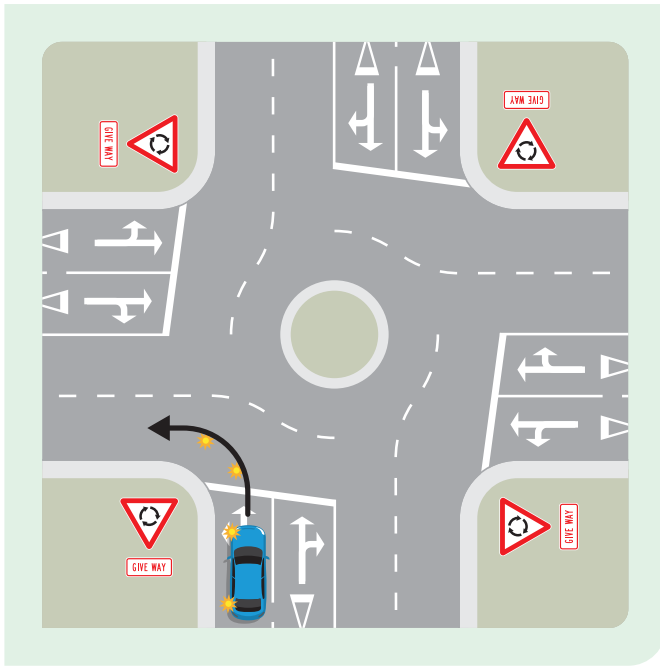


Te tautuku i tētahi porotaka ara-maha

Ina tae atu koe ki tētahi porotaka ara-maha:

- me āta haere i a koe ka tata atu ki te porotaka, ā, ka tautuku
- me whai i te ara tika mō te wāhi e hiahia ana koe ki te haere
- me tautuku ki ngā waka katoa ka hipa i a koe mai i tō taha matau i a koe ka kuhu ki te porotaka.

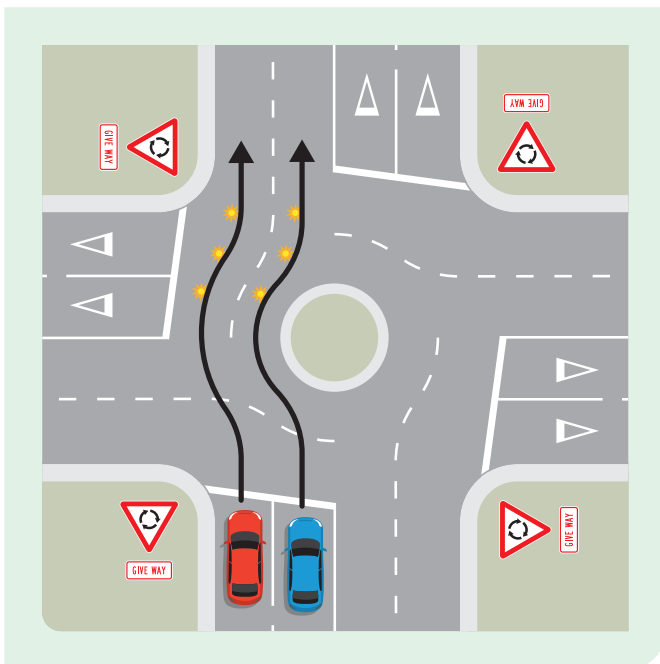
He mea nui kia mārama ō tohu i ngā porotaka.



Te tohu ki te huri mauī i te putanga tuatahi o tētahi porotaka

Mēnā kei te huri mauī i te putanga tuatahi o tētahi porotaka:

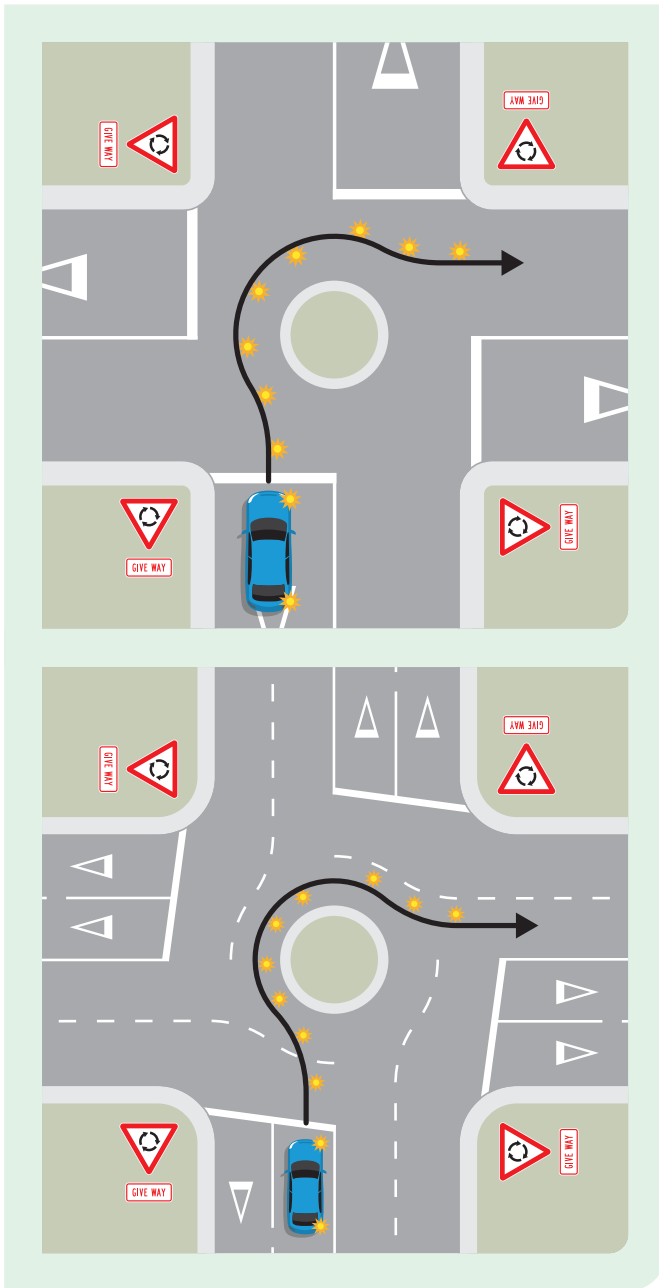
- me tohu mauī i a koe ka tata atu ki te porotaka.



Te haere torotika i tētahi porotaka

Mēnā kei te haere torotika koe i tētahi porotaka:

- kua e tohu i a koe ka tata atu ki te porotaka
- me tohu mauī i a koe e hipa ana i te putanga i mua i te mea ka whai koe.



Neke atu i te huarua te haere i tētahi porotaka

Mēnā neke atu i te huarua te haere i tētahi porotaka:

- me tohu matau i a koe ka tata atu ki te porotaka
- me tohu mauī i a koe e hipa ana i te putanga i mua i te mea ka whai koe.

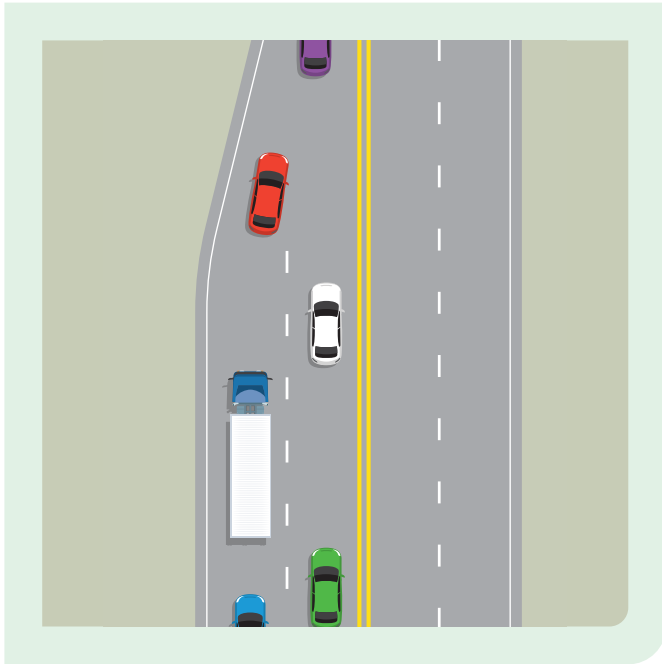
I te mōhio anō koe?

Kāore ngā tāngata eke pahikara e mate ki te tohu huri noa i tētahi porotaka. Ko te take kāore i te haumarua te hiki haere tonu i te ringa ina huri ana.

Me mataara ki ngā tāngata eke pahikara, ā, kia nui te wāhi ki a rātau.

Te hono

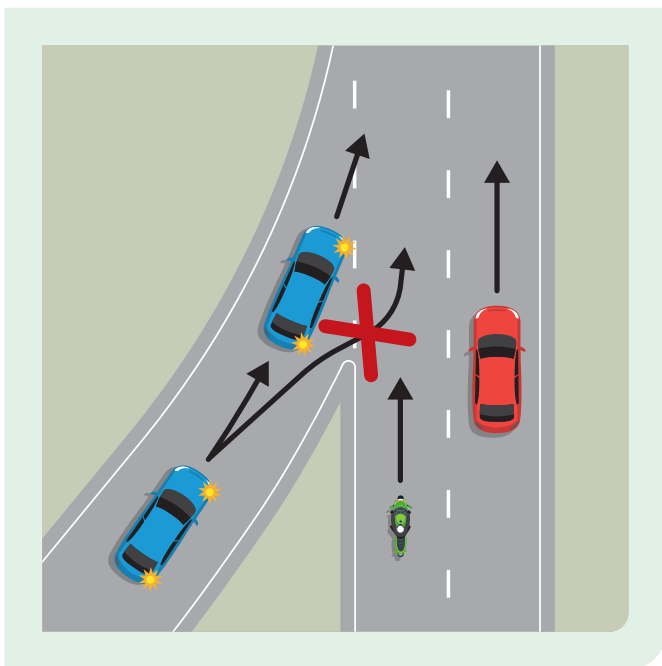
Ina hono ana, he mea nui te whakarite kia nui te wāhi mō ngā waka katoa mai i ngā ara e rua kia haumarū te hono.



Me hono pērā i te nihokati

Ko te hono pērā i te nihokati te tikanga hono pai rawa – arā, ka haere ko te waka mai i te ara mauī kātahi ka haere ko te waka mai i te ara matau, ā, pērā haere tonu.

I a koe ka hono, tukuna he waka mai tērā ara kia haere i te tuatahi, kātahi ka haere.



Te whakamahi pekauru

Ina whakamahi pekauru ki te uru ki tētahi ara matua:

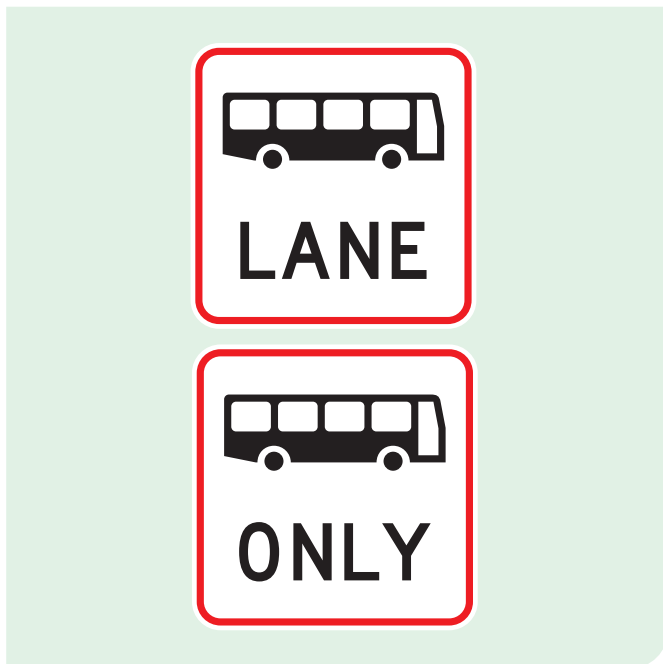
- me rerekē tō tere kia rite ki te tere o ngā waka o te ara matua
- me whakamahi i te katoa o te pekauru kia tika ai tō tere – kua e ohore te whakarerekē i tō tere i a koe ka uru tonu atu ki te ara matua
- me tohu matau mō te 3 hēkona i te iti rawa
- me neke ki tētahi wāhi haumarū i waenga i ngā waka
- kua e koi te huri ki te ara matua
- me whakatika i tō tere me te tawhiti o tō whai.

I te mōhio anō koe?

He mōrearea pea mēnā he pōturi rawa tō haere ki tētahi pekauru.

Te tuari i te rori

He mea nui te mōhio me pēhea te noho haumarū me ētahi atu kaiwhakamahi rori i te rori.

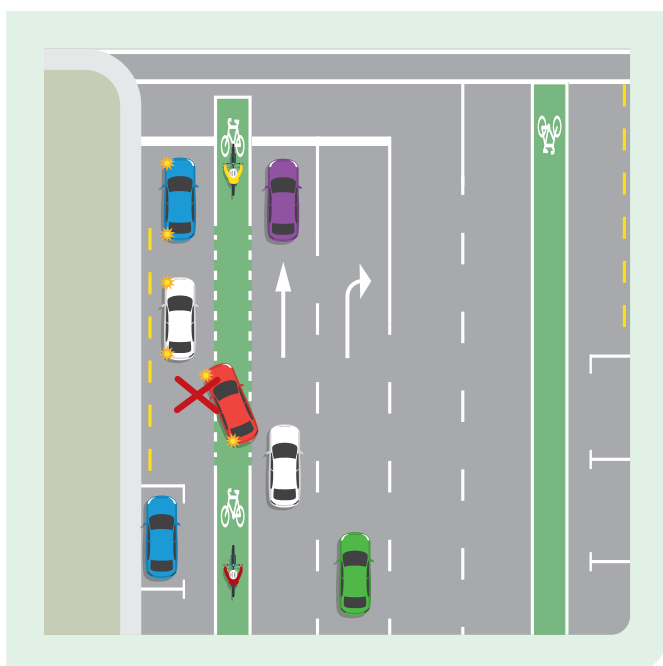


Ngā ara pahi, pahi-kore rānei

He tohu, he whaitohu rānei kei ngā ara pahi me ngā ara pahi-anake hei tohu me whakamahi anake e ētahi tūmomo waka motuhake.

Kei ngā ara pahi he whaitohu rori BUS LANE me te tohu. Ka āhei koe te eke paihikara ki ngā ara pahi.

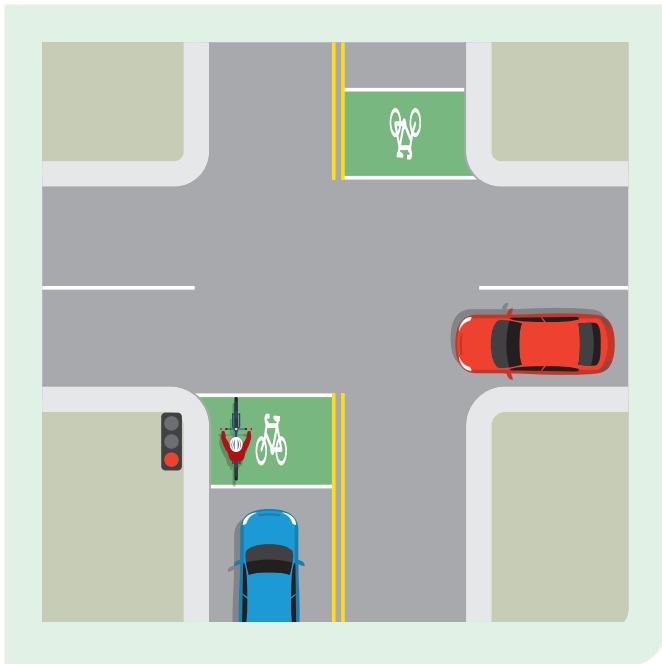
Kei ngā ara pahi anake he whaitohu rori pahi BUS LANE ONLY me te tohu. Me kua koe e eke paihikara ki ngā ara pahi-anake.



He ara paihikara i runga i te rori

He ara peita ngā ara paihikara i runga i te ara rori, i waihangatia kia whakamahia e ngā tāngata e eke paihikara ana. Kei roto pea i ngā māka ara pahikara ko ngā raina tapa i peitahia, ngā tohu pahikara, ngā kupu ARA PAHIKARA, me te peita kākārīki pea.

Kāore koe e āhei ki te tū, te whakatū rānei i tō waka ki tētahi ara pahikara. Ka āhei anake ki te taraiwa mō te 50 mita te mōrahi ina uru atu ana, te wehe rānei i ngā rori i te taha, ngā ara kuhu, ngā wāhi tūnga waka rānei.



Ngā pouaka tū tōmua

Ko ngā pouaka tū tōmua ko ngā wāhanga ērā i tētahi pūtahi, i mua o ngā ara waka. Mō ngā tāngata eke pahikara ēnei hei tū i ngā pūtahi.

Ina whakamahia e ngā tāngata eke pahikara ngā pouaka tū tōmua, he māmā ake mō ngā waka te kite i a rātau, ā, ka tawhiti hoki rātau mai i ngā waka kei te huri.

Ina tū koe i tētahi pūtahi me tētahi pouaka tū tōmua, ko tāu me:

- tū ki muri i te pouaka
- me mōhio koe ka haere atu ngā pahikara i waenga i ngā waka ki mua o te rārangi.

Me whakaaroaro mō ēnei...

- ētahi o ngā āhuatanga i runga ake ka kite koe i ngā wāhi e taraiwa ana koe? Kei te ngākau titikaha koe ki te whai i ngā ture mō tēnā, me tēnā?
- tētahi āhuatanga rori, pērā i tētahi porotaka, kāore koe i te ngākau titikaha, me pātai koe ki tētahi hoa, he whanaunga rānei ki te whai i a koe ki te tiro tiro kei te aha koe
- ture rori atu anō kei te hiahia koe ki te āta tiro tiro anō? Me tiki i tētahi pukapuka ture rori, tirohia rānei a **nzta.govt.nz/roadcode**

Ki hea ā muri ake?

I a koe ka pakeke haere ana, ka pai tonu te whakaaroaro mō ō pūmanawa taraiwa, ā, he aha tō hiahia ā muri ake. Kei te hiahia koe ki te taraiwa mō te 5 tau atu anō? Tekau tau? Ka aha koe i te wā kāore e taea e koe te taraiwa?

He whakamana tonu te whai whakaaro ki ō kōwhiringa me ētahi atu āhuatanga i tua atu i te taraiwa i te wā e pakari tonu ana koe.



Te mōhio ki te take e taraiwa ana koe

He mahi pūmau te taraiwa, engari nā tēnei he ritenga hoki tēnei e kore e āta tiro tirohia anōtia e koe.

He wā pea tōna e kore e taea e koe te taraiwa, me te mōhio ki te take e taraiwa ana koe ka āwhina i a koe ki te tīmata ki te tiro tiro ki ētahi atu āhuatanga nekeneke haere.

Te whiwhi whakaaro mō tō taraiwa

He pai tonu pea te tiki i tētahi tangata hei tiro tiro i a koe e taraiwa ana me te tuku whakaaro ki a koe. Me pātai ki tētahi tangata e pono ana koe.

E whakarato hoki te AA i ngā Wāhanga Ako Kaitaraiwa Kaumātua e tautoko ana i a koe kia mārama ki ngā wāhanga o te taraiwa hei whakapakari māu.



Me whakaaroaro mō ēnei...

- te wāhi e taraiwa ana koe, ā, he aha ai?
- te tangata e tautoko ana koe mā tō taraiwa? Ka taea e koe ia te tautoko mā tētahi atu āhuatanga?
- te tangata ka taea te āwhina i a koe mēnā kāore koe e taraiwa?
- te mahi me mahi mēnā kāore koe i te pai ki te taraiwa?

Te māharahara

72 ngā tau o Mae. Kua ritāia ia, ā, noho ana ia ko ia anake, engari he auau tana taraiwa ki te kite i tōna whānau me ōna hoa. He pai ki a ia te taraiwa i te nuinga o te wā, engari i ngā marama e 6 kua hipa, heoi ko tāna kite, he āhua nui ngā wā e whakatangitangi ana ngā tāngata i tā rātau pūtangi ki a ia i ngā pūtahi. I tētahi wā i puta ake tētahi waka ka haere mā te ara hīkoi hei whakahipa i a ia, me te āki haere i a ia.

Te tono āwhina

Ka whakaaro ake a Mae me tono āwhina ia ki a wai. He tamāhine tāna, a Emma, engari ahakoa he pai rāua ki a rāua, he mōhio ia ka tere hōhā a Emma ki a ia. He tata hoki a Mae ki tana irāmutu, a Matthew, ā, kāore e tawhiti tō rāua kāinga noho ko tana hoa tāne. He kaiako a Matthew, ka mutu he tangata tino mauri tau ia, he manawanui.

Kātahi ka tahuri a Mae ki a Matthew ki te tono āwhina. I tōna haerenga atu ki te tō rāua whare ki te kai ahiahi, ka kōrero atu ia ki a ia mō ōna māharahara. Ka whakaae ia kia haere rāua i runga i tōna waka ka kōrero atu ki a ia mēnā ka kite raru ia. Ka whakaae rāua māna e tuku whakaaro ina hoki rāua ki te kāinga mai i te haere, kaua i te wā e taraiwa ana ia.

Te haerenga i runga waka

Ka tīkina atu e Mae a Matthew mai i tōna whare, ka taraiwa haere i ngā ara e tino haerehia e ia. Ka mātua haere ki te pūtahi i ākina atu ia e te tangata. Ka noho noa, nohopuku a Matthew i te wā e taraiwa haere ana, ā, ka tau te mauri o Mae.

I te taenga atu ki te kāinga o Matthew, ka kuhu atu rāua ki te kaputī. I kī a Matthew he kaitaraiwa pai, haumarua a Mae. I kōrero hoki ia mō te wā i te pūtahi, kāore ia i whai i te ara huri tika kia wātea ai he wāhi mō te hunga i muri i a ia e haere torotika ana.

I kite hoki ia i te taraiwa ia ki te taha mauī rawa o te rori kaua ki waenganui, ā, ka noho mōrearea tēnei mō te hunga i runga pahikara.

Ngā whakarerekētanga

I tono a Mae kia taraiwahia ia e Matthew ki taua ara anō, kia kite ai ia i te rerekē o tāna haere. I te taiatea i te tawhiti o tana whakauru atu ki te pūtahi, engari i kite tonu ia ka taea tonu e ngā waka te huri i a ia, ka mutu kāore he mea i whakatangi i tā rātau pūtangi.

Ka whakatau a Mae me kaha kē atu tana haere mā waenganui o te ara, engari me karo i te pūtahi huri matau ki ngā waka. I haere ia mā tētahi ara kē e huri mauī kē ia.



Ētahi atu tikanga kē ki te taraiwa

He maha ngā kōwhiringa mō te hunga kāore e taraiwa ana. He nui ake pea ētahi o ēnei i ngā wāhi tāone tēnā i ngā wāhi taiwhenua. Me tūhura e koe he aha kei te wātea i tō takiwā. Me whai whakaaro pea ki ēnei:

- me tonono āwhina i tētahi piritata tata ki a koe
- me pātai ki tētahi tauwhiro pāpori, mēnā kei roto tētahi i tō kāinga
- me waea atu ki tō kaunihera, He Manaakitanga Kaumātua Aotearoa rānei mō ngā tohutohu
- me rapu i te ipurangi mō ngā mea e hiahia ana koe me te wāhi kei hea, hei taurira, 'he waka haere i Ōtaki'.

Tūnuku tūmatanui

E wātea ana ngā pahī me ngā tereina o te rohe i ngā wāhi maha. Mēnā he SuperGold Card tāu, ka āhei koe ki te haere mō te koreutu i ēnei i te nuinga o ngā wā.

Ka āhei koe ki te whakamahi tūnuku tūmatanui mō te haere tawhiti. Ka taea e ngā pahī me ngā tereina te heri i a koe ki ētahi tāone nui, tae atu ki ngā wakarererangi. He whakarato hekeutu kaumātua ētahi ratonga.

Ngā tēkehi me ngā waka-tuari

Kei reira pea ētahi ratonga tēkehi me ngā waka-tuari i tō rohe, e ai ki te wāhi e noho ana koe. Ko ngā waka-tuari ka whakamahi koe i tētahi taupānga hei utu i te tangata ki te taraiwa i a koe ki te wāhi e hiahia ana koe ki te haere. He rerekē ēnei ki ngā tēkehi i te mea kāore e taea e koe te waea atu, te tonono rānei mai i tētahi tūnga tēkehi.

He ratonga atu anō pea ka whakaratoa mā ngā kaumātua anake. He hāngai ake pea ēnei ki ō hiahia, pērā i te āwhina me te hokohoko, te mōhio ki hea tū ai mō te urunga kōrea.

I te mōhio anō koe?

He nui pea te utu mō ngā tēkehi, engari he nui ake pea te utu o te whai waka. Me whakaaro koe e hia tō utu mō te penehīni, tūnga waka, ngā whakatikatika, me te inihua. Ka rite tērā ki te utu tēkehi e hiahia ana koe?



Te hīkoi

Mēnā ka taea te hīkoi, he pai tonu tēnei mō te noho pakari, ka mutu kia tae koe ki te wāhi me tae koe. Ka āwhina tēnei kia pīngore ngā hono, te whakakaha i ō uaua, me te whakapai ake i te raka me te tūtika. Ka tautoko hoki pea i te hauora hinengaro.

Ngā pahikara me ngā ī-pahikara

He pārekareka te eke pahikara, ā, he iti te utu o te haere mā te pahikara. Ka āwhina hoki i tō hauora, pērā i te hīkoi.

He mīhini paku me ngā pūhiko whakahiko kei ngā ī-pahikara, ā, ka tawhiti atu tō haere, he pai ake rānei mō ngā hiwi.

Ngā wakaneke

He pai ngā wakaneke mēnā kua kore e taea e koe te hīkoi poto nā te mamae.

Hei whakamahi i ēnei, me mōhio koe ki te kite me te whakatau i ngā tawhiti.



Me whakaaroaro mō ēnei...

- he aha ētahi atu tikanga kē ki te taraiwa kei tō rohe? Ko ēhea ngā mea pārekareka ki a koe? He aha ngā mea e whakaratoa ana e ēnei kāore e taea e te taraiwa?
- ka taea te whakamahi ngā momo tūnuku rerekē? Me hīkoi ki te tereina mēnā he pai te huarere ka haere mā te tēkehi mēnā karekau?
- he aha ngā pānga taiao o ēnei kōwhiringa rerekē e ai ki te taraiwa? Ka pai ki a koe tēnei?

