

Te whakahou i tō raihana taraiwa hei kaumātua

Te hātepe mai i te 65 tau te pakeke, neke atu hoki



Rārangi Kōrero

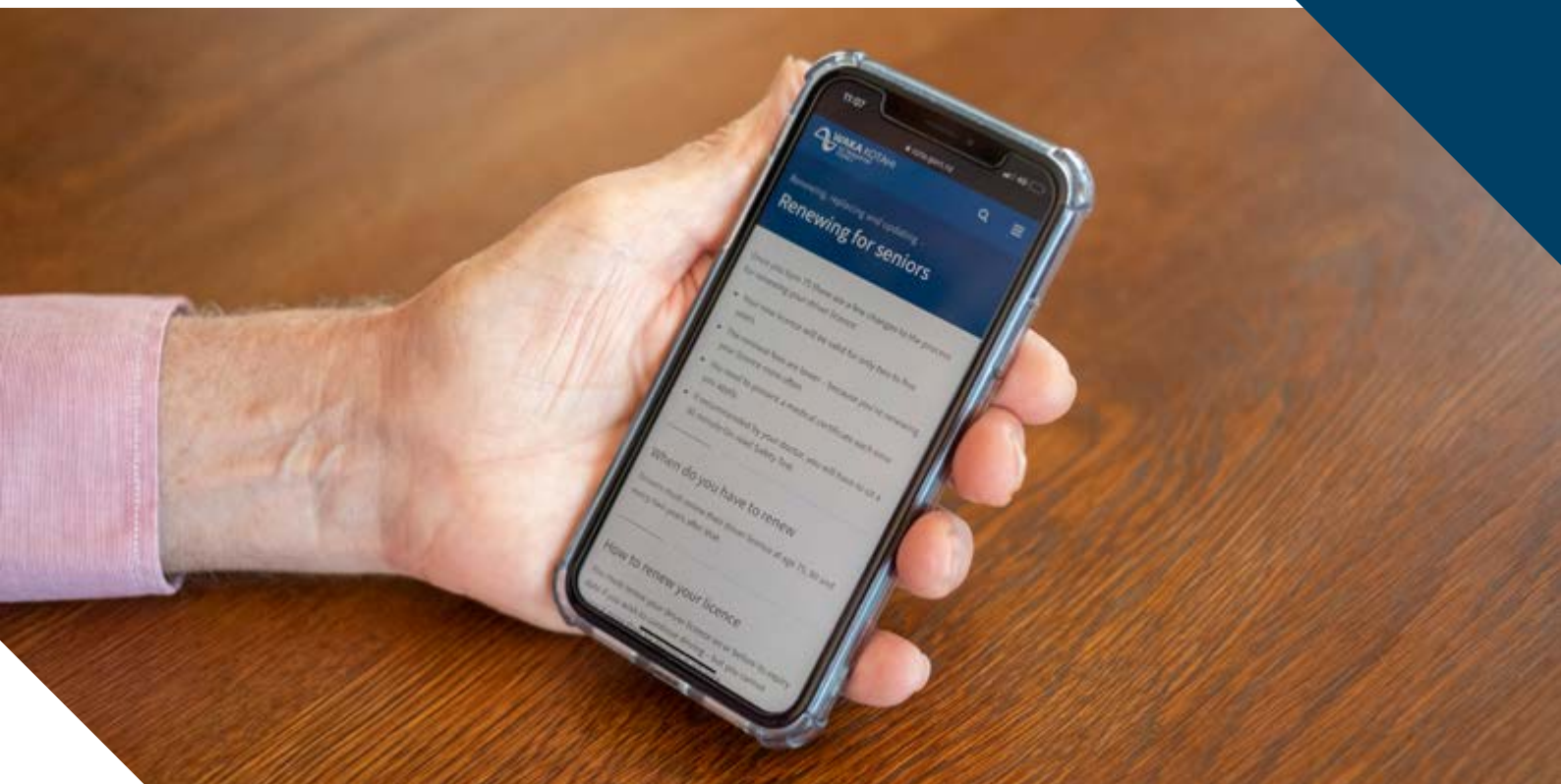
Te hātepe whakahou	3
He pai te hauora mō te taraiwa	7
He pai te hauora mō te taraiwa me ngā herenga raihana	8
Te pai o te hauora me te whakamātautau haumarū i runga i te rori	10
He pai te hauora mēnā e whakaae ana te mātanga	14
Nā te māuiui ehara i te haumarū ki te taraiwa	17
Ngā momo hāereere kē	19
Te tautoko me ngā mōhiohio anō	22

Kia mōhio mai: E whakaratoa ana ētahi hononga ipurangi hei tuku mōhiohio i roto i tēnei pukaiti, nā reira he whai take te whai urunga ki te ipurangi ina pānui ana i tēnei pukapuka (i runga i te waea atamai, paparorohiko, rorohiko pōnaho, rorohiko tēpu rānei). Ko ngā tari tautoko e rārangihia ana i runga i te whārangi 22 ka āhei te āwhina i a koe mēnā kāore ia koe tētahi pūrere ka tūhonotia ki te ipurangi.

Ka taea e koe te tikiake i tēnei puka ārahi ki tō pūrere i: **www.nzta.govt.nz/resources/renewing-your-driver-licence-as-a-senior**

Ka taea te tono ngā tānga koreutu o tēnei rauemi mā te waea ki: 0800 822 422.

Te hātepe whakahou



He mōhiohio kei roto i tēnei pukaiti mō te hātepe ki te whakahou i tō raihana taraiwa hei kaumātua. Ko ngā 'taraiwa kaumātua' ko ngā taraiwa e 65 ngā tau, neke atu rānei. Whai wheako nui ai te nuinga o ngā taraiwa kaumātua o ngā motokā me ngā motopaika, he taraiwa haumarū, arā, he taurira pai mā ngā taraiwa rangatahi.

Ka panoni ngā whakahou raihana ā muri i te tau 65

Ka whakaitia te wā whakahou 10-tau ina tae koe ki te 65, nā te mea me whakahou koe ā te 75 me te tirotiro rata.

Ko te tau anō mō te whakahou, me ngā tirotiro rata, ko te 80, ā, ia rua tau ā muri ake i tērā.

Ko te take mō te tirotiro hauora nā te mea he whānui ake ngā panoni tinana, tairongo hoki ā muri ake i te tau 65. Mā te tirotiro rata e mōhio pai koe he haumarū tonu tō taraiwa.

I ētahi wā ka whakaatu te tirotiro hauora kāore ētahi tāngata i te haumarū ki te taraiwa, ā, e mōhio ana mātou he wheako pāmamae pea tēnei. He mea nui te āhei ki te hīkoi, te wāteatanga whaiaro me te āheinga ki te hāereere mō tātou katoa, ahakoa ka taraiwa mātou, kāore rānei. E *whakarato ana te puka Te hāereere hei kaumātua* i ētahi atu mōhiohio e pā ana ki te whānuitanga o ngā kōwhiringa ikiiki.



Te whiwhi ki tō whakamaharatanga whakahou raihana i te tau 75 neke atu rānei

E ono wiki i mua i te paunga o tō raihana, ka whiwhi koe ki te whakamaharatanga whakahou raihana taraiwa i roto i te mēra. Ka kōrero tēnei mō ngā mea me mahi koe ki te whakahou i tō raihana. Ka pōhi, ka īmēra rānei mātou i tō whakamaharatanga whakahou ki te wāhi noho i runga i tā mātou kōnae mōu.

Ka āhei koe te waea ki 0800 822 422 ki te tiro tiro, ki te panoni rānei i tō wāhi noho me ētahi atu taipitopito, toro atu rānei ki:

www.nzta.govt.nz/address

Me whakakī koe i *Te puka tonu raihana taraiwa* (DL1) kua raua atu i te taha o tō whakamaharatanga whakahou. Mēnā e hiahia ana koe ki te puka i mua, ka āhei te tiki i te māngai raihana taraiwa. E wātea ana te rārangi māngai i: **www.nzta.govt.nz/agent**

He iti iho ngā utu whakahou raihana mai i te tau 75 neke atu rānei, nā te mea he auau te whakahou i tō raihana.

Me tāpui hoki koe i te wā mō tō tiro tiro hauora ki tō ngaio tiaki hauora ki tō pokapū hauora. Kātahi ka whakaoti tō ngaio tiaki hauora (rata, nēhi rānei) i te *Tiwhikete hauora mō te raihana taraiwa* (DL9).

Ka āhei koe te whakahou i te ono marama i mua i tō rā whānau, ā, me whakahou rawa i mua i te mōnehu o tō raihana mēnā e hiahia ana koe ki te taraiwa tonu. He whakaaro pai ki te tāpui wawe i tō wā tiro tiro hauora kia kore ai e mōnehu tō raihana i a koe e tatari ana ki te wā whakarite, te putanga rānei o te aromatawai.

Ko tō wā tiro tiro hauora

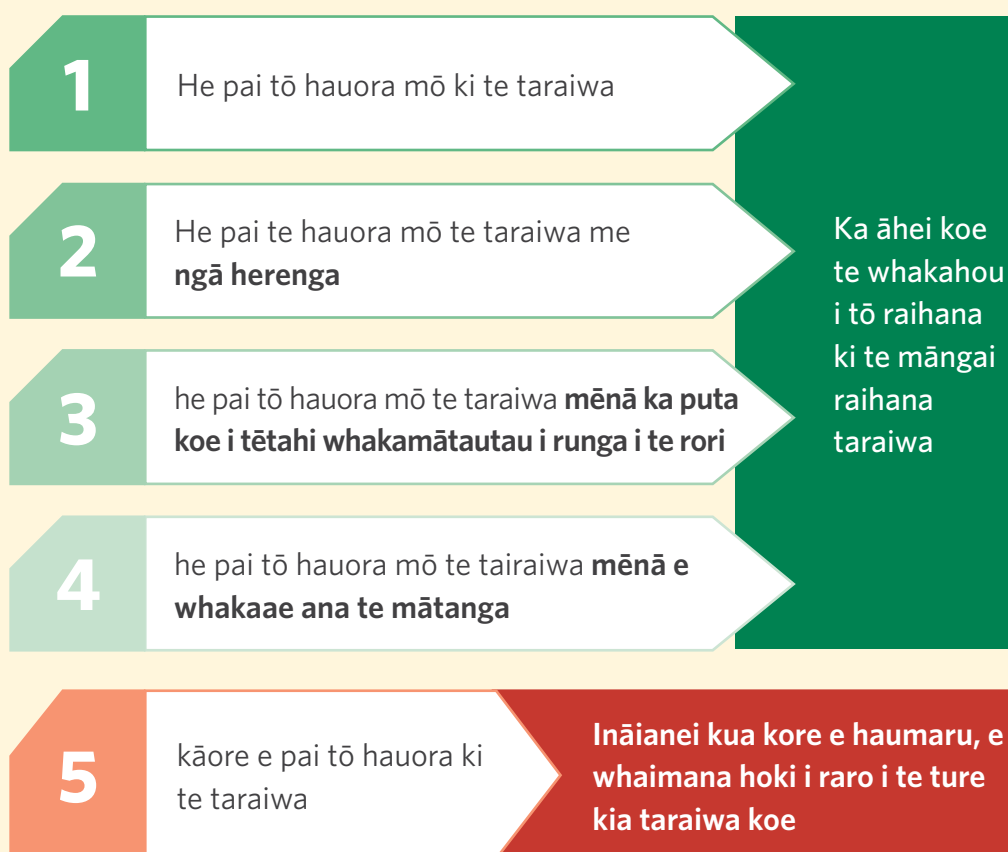
Ka kōrero tō ngaio tiaki hauora i tō wā tiro tiro hauora ki a koe mō tō hauora, ka whakamātautau i tō kitenga, ā, ka whakamahia he whakamātautau hauora. Kātahi ka whakatau ia mēnā:

- He pai tō hauora mō te taraiwa (tirohia te whārangi 7)
- He pai tō hauora mō te taraiwa - me ngā herenga (tirohia te whārangi 8)
- He pai te hauora mō te taraiwa - mēnā ka puta koe i te whakamātautau haumaruru i runga i te rori (tirohia te whārangi 10)
- He pai te hauora mō te taraiwa - mēnā e whakaae ana te mātanga (tirohia te whārangi 14)
- Kāore e pai ki te taraiwa, nā te māuiui (tirohia te whārangi 17)

He pēhea te whakahou i tō raihana - he whakarāpopototanga o te hātepe

Ina huri koe ki te tau 75, ina huri ki te tau 80, ā, ia rua tau ā muri ake, me whiwhi koe ki te *Tiwhikete hauora mō te raihana taraiwa* i tō ngaio tiaki hauora.

Ka whakatau tō ngaio tiaki hauora mēnā:



Ka hiahia pea koe ki te kōrero mō ngā take e pā ana ki tō raihana ki ō hoa aropā. Ka whakarato a Waka Kotahi me Age Concern i ngā akoranga ariā whakahou koreutu 'Staying Safe' mō ngā taraiwa Kaumātua puta noa i Aotearoa. Mā te akoranga whakahou koreutu nei e taea ai te tūtaki ki ētahi atu taraiwa Kaumātua ki te kōrerorero i ngā kaupapa taraiwa me te ikiiki i te taiao ngāwari, whakahoahoa anō hoki.

Ka taea e koe te kimi i tō akoranga tata ki:

www.nzta.govt.nz/staying-safe

He pai tō hauora mō te taraiwa



Mēnā kua whai tiwhikete koe hei tangata 'he pai te hauora mō te taraiwa', me toro atu koe ki te māngai raihana taraiwa i roto i tō takiwā me tō tiwhikete hauora, kua waitohua e tō ngaio tiaki hauora. Me mahi i tēnei i mua i te hipatanga o te 60 rā o te waitohutanga a te ngaio tiaki hauora i te tiwhikete.

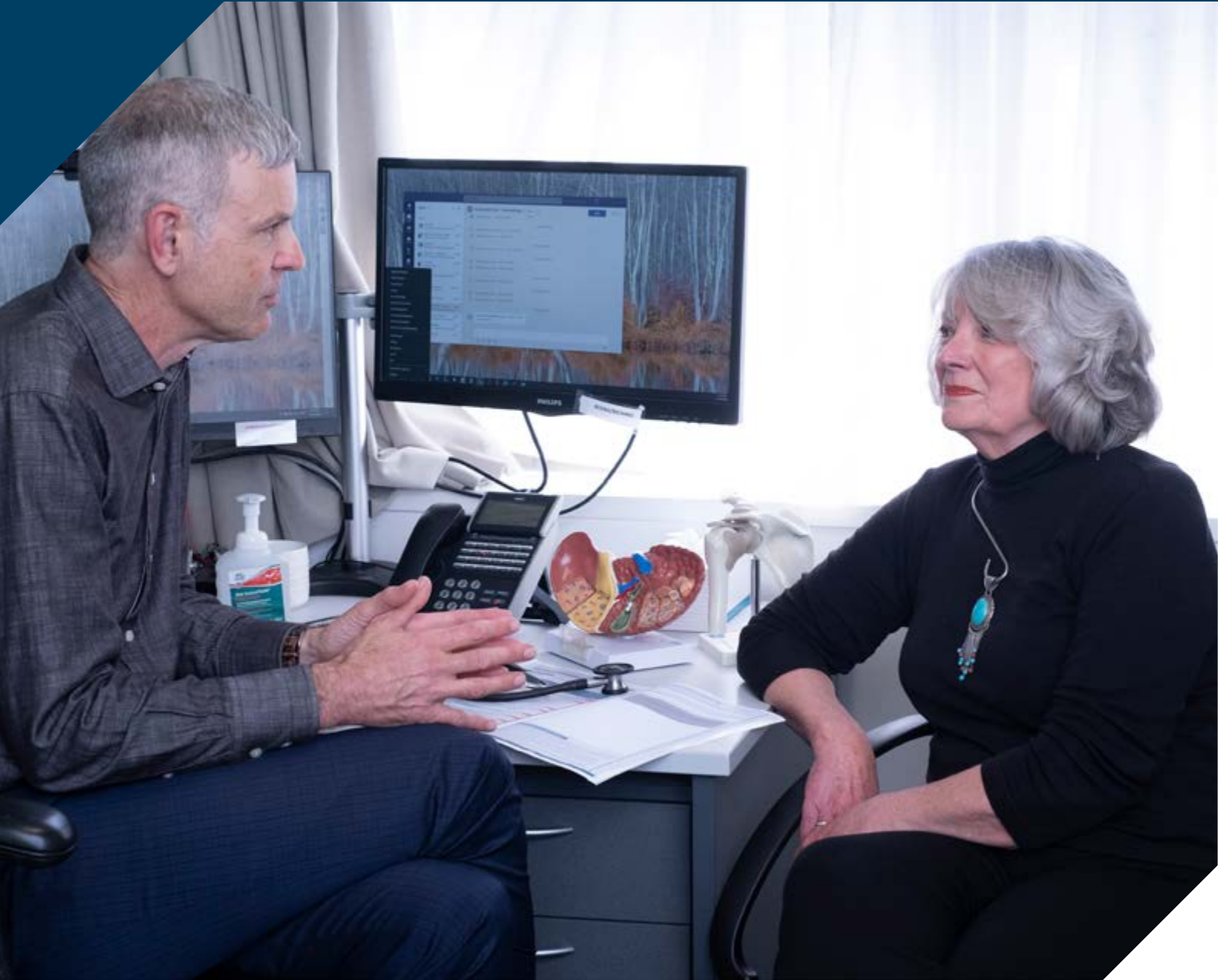
Me hari hoki koe i te tuakiri whakaahua (tō raihana, uruwhenua rānei) me te utu mō te whakahou i tō raihana (kei roto ngā taipitopito o te utu me utu i tō whakamaharatanga whakahou raihana taraiwa).

Ka kitea tō māngai pātata mā te toro atu ki: www.nzta.govt.nz/agent

Ā muri i te otinga o ō mahi tuhituhi me te tango i tō whakaahua, ka tukuna ki a koe te raihana taupua e mana ana mō ngā rā 21. Kātahi ka tae mai tō raihana taraiwa i roto i ngā rā 7-10.

Kei runga i tō raihana hou ngā rā mōnehu mō ngā momo raihana kei a koe. Ā te wā tika mō te hātepe whakahou anō, ka whiwhi koe ki te whakamaharatanga whakahou raihana taraiwa i roto i te mēra. Ka tukuna ki a koe i roto i te ono wiki i mua i te rā mōnehu o tō raihana. Me whakahou i ō taipitopito wāhi noho ki: www.nzta.govt.nz/address waea mai rānei i 0800 822 422.

He pai te hauora mō te taraiwa me ngā herenga raihana



Mēnā ka tohua koe 'He pai te hauora mō te taraiwa me ngā herenga raihana', ko te tikanga kua whakaae tō ngaio tiaki hauora ki a koe ka haumaruru anake tō taraiwa mēnā ka mahi koe i ētahi mahi tauwhāiti. He 'herenga' ēnei mea.

Ko ētahi o ngā herenga ka pā mai pea ki te raihana taraiwa:

- Me mau mōhiti whakapai kitenga i ngā wā katoa ina taraiwa ana koe.
- Me taraiwa anake ngā waka me te pouaka nihowhiti aunoa.
- Me kaua e hipa i ētahi kiromita ka whakaritea i tō kāinga.
- Me whai whakaata o waho tō motokā i ngā taha e rua.
- Me taraiwa anake i te awatea.
- Ngā tiro tiro ā-tau.

Mēnā kua whai tiwhikete koe hei tangata 'He pai te hauora mō te taraiwa', me toro atu koe ki te kaiwhakahaere raihana taraiwa i roto i tō takiwā me tō tiwhikete hauora, kua waitohua e tō ngaio tiaki hauora. Me mahi i tēnei i mua i te hipatanga o te 60 rā o te waitohutanga a te ngaio tiaki hauora i te tiwhikete.

Me hari hoki koe i te tuakiri whakaahua (tō raihana, uruwhenua rānei) me te utu mō te whakahou i tō raihana (kei roto ngā taipitopito o te utu me utu i tō whakamaharatanga whakahou raihana taraiwa). Ka kitea tō māngai pātata mā te toro atu ki:

www.nzta.govt.nz/agent

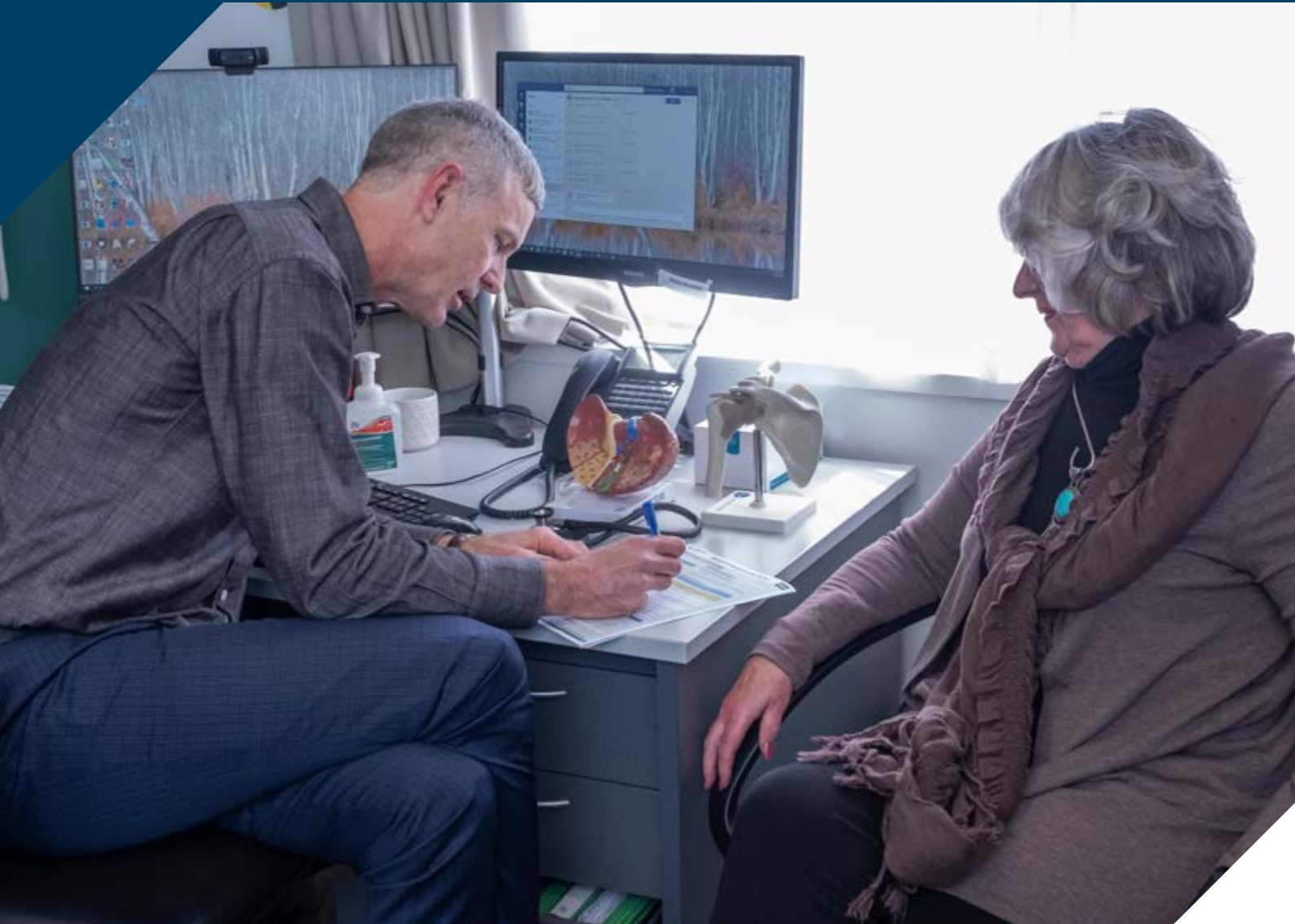
Ā muri i te otinga o ō mahi tuhituhi me te tango i tō whakaahua, ka tukuna ki a koe te raihana taupua e mana ana mō ngā rā 21. Kātahi ka tae mai tō raihana taraiwa i roto i ngā rā 7-10. Ina tae mai tō raihana hou, ka kitea ngā herenga ā muri o te raihana.

Kei runga i tō raihana hou he rā mōnehu ka whakahuatia mō ngā momo raihana e whiwhi ana koe. Ā te wā tika mō te hātepe whakahou anō, ka whiwhi koe ki te whakamaharatanga whakahou raihana taraiwa i roto i te mēra. Ka tukuna ki a koe i roto i te ono wiki i mua i te rā mōnehu hou o tō raihana. Me whakahou i ō taipitopito wāhi noho ki:

www.nzta.govt.nz/address ka waea mai rānei i 0800 822 422.



Te pai o te hauora me te whakamātautau haumaruru i runga i te rori 10



Mēnā e āwangawanga ana tō ngaio tiaki hauora mō tō āheinga ki te taraiwa haumaruru, ka tuku ia i a koe ki te whakamātautau haumaruru i runga rori, e mahia ana e te āpiha whakamātautau.

Ka tuku te ngaio tiaki hauora i te tiwhikete hauora ka waitohua e tūtohu ana i te 'aromatawai anō'. Hei whakahou i tō raihana, me puta koe i te whakamātautau haumaruru i runga rori, e whakahaeretia ana e te āpiha whakamātautau.

Ki te tāpui i tō whakamātautau, me toro atu koe ki tētahi māngai raihana taraiwa i tō takiwā me tō tiwhikete hauora kua waitohua. Me mahi i tēnei i mua i te hipatanga o te 60 rā o te waitohutanga a te ngaio tiaki hauora i te tiwhikete.

Me hari hoki koe i te tuakiri whakaahua (tō raihana, uruwhenua rānei), tō puka tono raihana kua oti te whakakī, te utu mō te whakamātautau haumarū, me te utu whakahou raihana taraiwa. Kei roto i tō whakamaharatanga whakahou raihana taraiwa ngā taipitopito mō ngā utu e rua hei utu.

Ka kitea tō māngai pātata mā te toro atu ki: www.nzta.govt.nz/agent



Te whakarite mō tō whakamātautau

Ka taea e koe te kimi i ētahi atu mōhiohio mō te whakamātautau haumaruru i runga rori i roto i te puka *Ārahi ki te whakamātautau i runga rori* a Waka Kotahi e wātea ana i:

www.nzta.govt.nz/resources/on-road-safety-test/

Kei roto i te puka ārahi he mōhiohio mō:

- ō mahi i mua i te whakamātautau
- ngā mea kei roto i te whakamātautau
- ētahi tīwhiri hei āwhina i a koe ki te puta.

Ka whakarato hoki te Automobile Association (AA) i te mahinga ako takitahi koreutu ki ngā mema o AA (mā ngā tāngata e 74 neke atu rānei ngā tau - he nama mema e hāngai ana), ā, he āwhina pea tēnei mō mua i te whakamātautau. Ka taea e koe te kimi i ētahi atu mōhiohio ki:

www.aa.co.nz/senior-driver

Ka whakarato hoki ngā kura taraiwa maha i ngā akoranga whakahou ki ngā kaumātua (he utu hāngai). Rapu kōrero mō tō kura taraiwa ā-rohe mā te rapu ipurangi, te tiro rānei ki tō pukapuka waea pakihi ā-rohe.



Ki te kore koe e puta i te whakamātautau

Ki te kore koe e puta i te whakamātautau i te wā tuatahi, ka āhei koe te tāpui i te whakamātautau tuarua mō te koreutu.

Mēnā e āwangawanga ana koe ki tēnei, ka whai painga pea koe ki te whakauru ki te akoranga whakahou koreutu 'Staying Safe' - Tirohia te whārangi 22 mō ētahi atu mōhiohio. Ka āhei hoki koe te tāpui i te wā whakaako me AA, te kura taraiwa ā-rohe rānei i mua i tō urunga ki te whakamātautau anō.

Mēnā kua mōnehu tō raihana, ka hoatu ki a koe te raihana taraiwa taupua. Ki te pēnei ka āhei koe te taraiwa mēnā e noho ana tētahi taraiwa whai raihana tūturu i tō taha i te motokā, tae noa kia puta koe i te whakamātautau.

Mēnā kāore e taea tō puta i te whakamātautau, kāore hoki e taea te taraiwa haumarū, kua kore e taea e koe te whakahou i tō raihana. Tirohia *Kāore e pai tō hauora mō te taraiwa* (whārangi 17)

Ki te puta koe i te whakamātautau

Ki te puta koe i te whakamātautau, ehara i te mea me hoki koe ki tō ngaio tiaki hauora. Ka tuku te āpiha whakamātautau i te raihana taraiwa taupua e mana ana mō ngā rā 21. Kātahi ka tae mai tō raihana taraiwa i roto i ngā rā 7-10.

Kei runga i tō raihana hou he rā mōnehu mō ngā momo raihana e puritia ana e koe. Ā te wā tika mō te hātepe whakahou anō, ka whiwhi koe ki te whakamaharatanga whakahou raihana taraiwa i roto i te mēra. Ka tukuna ki a koe i roto i te ono wiki i mua i te rā mōnehu hou o tō raihana.

Me whakahou i ō taipitopito wāhi noho ki: www.nzta.govt.nz/address waea atu rānei ki 0800 822 422.

He pai te hauora mēnā e whakaae ana te mātanga



Mēnā e āwangawanga ana tō ngaio tiaki hauora ka whakaaweawetia pea tō āheinga taraiwa haumaruru e tō hauora, ā, me aromatawai ā-mātanga, ka tuku ia i a koe ki te mātanga.

Hei tauira, ka hiahia pea koe ki te kite i te kaimātai whatu kia tirohia ō karu. Me tiro tiro pea te kaihaumanu whakamahi tinana e āhei ana koe ki te mahi haumaruru i ngā tūāhua taraiwa whīwhiwhi.

He utu mō te aromatawai 'kore-rori' matawhānui a te kaihaumanu whakamahi tinana, me te aromatawai i 'runga rori'. E wātea ana ētahi atu taipitopito ki te *Whārangi meka 51: Ko ngā aromatawai OT: kaihaumanu whakamahi tinana (OT) me te raihana taraiwa*, waea atu rānei ki OTNZ i runga i 04 473 6510, ki:

www.otnz.co.nz/contact rānei. Ka kitea ā mātou whārangi meka katoa i: **www.nzta.govt.nz/resources/factsheets/category**

Mēnā ka whakamana te mātanga he pai tō hauora mō te taraiwa

Ka tūtohutia pea he herenga kei te āhua o te putanga o te aromatawai. Kei roto o ēnei:

- Me mau mōhiti whakapai kitenga i ngā wā katoa ina taraiwa ana koe.
- Me taraiwa anake ngā waka me te pouaka nihowhiti aunoa.
- Me kaua e hipa i ngā kiromita ka whakaritea i tō kāinga.
- Me whai whakaata tiro whakamuri tō motokā i ngā taha e rua.
- Me taraiwa anake i te awatea.
- Ngā tiro tiro ā-tau.

Mēnā kua whai tiwhikete koe hei tangata he pai te hauora mō te taraiwa, me toro atu koe ki te māngai raihana taraiwa i roto i tō takiwā me tō tiwhikete hauora, kua waitohua e tō mātanga hauora. Me mahi i tēnei i mua i te hipatanga o te 60 rā o te waitohutanga a te mātanga i te tiwhikete.



Me hari hoki koe i te tuakiri whakaahua (tō raihana, uruwhenua rānei) me te utu mō te whakahou i tō raihana (kei roto ngā taipitopito o te utu me utu i tō whakamaharatanga whakahou raihana taraiwa). Ka kitea tō māngai pātata mā te toro atu ki:

www.nzta.govt.nz/agent

Ā muri i te otinga o ō mahi tuhituhi me te tango i tō whakaahua, ka tukuna ki a koe te raihana taupua e mana ana mō ngā rā 21. Kātahi ka tae mai tō raihana taraiwa i roto i ngā rā 7-10. Ina tae mai tō raihana hou, ka kitea ngā herenga i muri o te raihana.

Kei runga i tō raihana hou he rā mōnehu ka whakahuatia mō ngā momo raihana e whiwhi ana koe. Ā te wā tika mō te hātepe whakahou anō, ka whiwhi koe ki te whakamaharatanga whakahou raihana taraiwa i roto i te mēra. Ka tukuna ki a koe i roto i te ono wiki i mua i te rā mōnehu hou o tō raihana. Me whakahou i ō taipitopito wāhi noho ki:

www.nzta.govt.nz/address waea atu rānei ki 0800 822 422.

Mēnā ka whakamana te mātanga kāore e pai tō hauora mō te taraiwa

Ki te whakatau te mātanga kāore e taea e koe te taraiwa haumarū, kāore e taea e koe te whakahou i tō raihana. Nā reira, kua kore e haumarū, kua kore koe e whaimana rānei ki te taraiwa. Tirohia ngā mōhiohio i roto i te wāhanga e whai ake nei, *Kāore e pai tō hauora mō te taraiwa*.



Kāore e pai tō hauora ki te taraiwa



Kua whakataua e tō ngaio tiaki hauora he haumarū ake ki a koe me te hunga tairawa rori mēnā kāore koe e taraiwa. Ko te tikanga ināianei kāore i te haumarū, i te whaimana i raro i te ture rānei kia taraiwa koe, ā, kāore e taea e koe te whakahou i tō raihana.

Ka whakamōhio atu tō ngaio tiaki hauora i a Waka Kotahi, nā te mea he herenga i raro i te ture kia mahi pērā.

E mōhio ana mātou he wheako pāmamae pea te kore e pai te hauora ki te taraiwa. Ka āhei ngā tari kāwanatanga e whakarārangihia i runga i te whārangi 22 te whakarato tautoko me ngā marohi whai kiko hei āwhina i a koe. E whakarato ana te puka a Waka Kotahi, *Te Hāereere hei kaumātua* i ētahi atu mōhiohio e pā ana ki te whānuitanga o ngā kōwhiringa ikiiki, ā, e wātea ana i: www.nzta.govt.nz/resources/getting-around-as-a-senior

He mea nui te āhei ki te hīkoi, te wāteatanga whaiaro me te āheinga ki te hāereere mō tātou katoa, ahakoa ka taraiwa mātou, kāore rānei. He panoni te whakamutu i te taraiwa engari ehara i te mutunga. Mā te whakamahere ki mua, me te tautoko a ētahi atu, ka āhei koe te hāereere i roto i tō hāpori me te mahi i ngā mea e hiahia ana koe. Ka āhei tonu koe te mahi i ngā tino mahi me te kore taraiwa.



Ngā momo hāereere kē



I roto i tēnei puka te whānuitanga o ngā kōwhiringa mō ngā kaumātua ina hāereere ana me te kore motokā, motopaika rānei. Ka āwhina te whakamahi i ēnei kōwhiringa i a koe ki te whakapūmau i tō noho motuhake, wātea hoki. Kei roto i te puka te *Hāereere hei kaumātua* i ētahi atu mōhiohio, ā, e wātea ana i:

www.nzta.govt.nz/resources/getting-around-as-a-senior

He puka whai take e kīia nei *No car, no problem* e whakaratoa ana e te Office for Seniors, ā, e wātea ana ki: **www.superseniors.msd.govt.nz/health-wellbeing/out-about/transport-driving**



He pai ki te whakaaro mō ō tātou āheinga me ngā kōwhiringa ikiiki hei kaumātua. Mā te whakaaro mō ngā kōwhiringa me ngā painga o te hāereere me te kore motokā, motopaika rānei, i te wā e pai ana te hauora, e whai wāhi ai mātou ki te whakarite pai ki te panoni.

He tokomaha ngā tāngata ahakoa he aha te pakeke ka kōwhiri ki te hāereere me te kore motokā, ahakoa ka āhei rātou ki te taraiwa, ā, ka whai raihana taraiwa rātou. He maha ngā painga o te whakamahi i ngā ara rerekē ki te haere, tae atu ki:

- Te iti o te utu.
- Te whakapau wā i runga i ngā mahi kē pērā i te pānui me te tuhi, me te waiho mā tētahi atu tangata te uauatanga o te taraiwatanga.
- Te noho haumaruru, hāneanea hoki ina haere ana mā runga ikiiki tūmatanui.
- Te pāhekoheko pāpori, otirā mēnā e haere ana me ngā tāngata e mōhio ana koe.
- Te tautoko i te hauora tangata (arā te hīkoi ki te tūnga pahi).
- Te tautoko i te hapori me te ao (he iti iho te parahanga).

Kei roto i ngā kōwhiringa:

- Ngā eke tuari, ā, tērā pea te Total Mobility Scheme.
- Te pahi/rerewē me te whakamahi i tō kāri SuperGold.
- Te eke paihikara.
- Ngā wakanekeneke.
- Te hīkoi.

Kei ētahi takiwā anake o te motu he ratonga tereina, engari kei te nuinga o ngā takiwā te ratonga pahi. Whakapā atu ki tō kaunihera ā-rohe kia kite he aha e wātea ana ki tō hapori. E whakaratoa ana ngā takiwā katoa o te motu e ngā tekihī, ngā ratonga tuari kawenga/ikiiki hapori rānei, nā reira he pai ki te rapu he aha ngā tekihī, ngā tuari kawenga/ratonga ikiiki hapori rānei e whakahaeretia ana i tō rohe. He maha atu anō ngā kaiwhakarato taraiwa e tautoko motuhake ana i ngā taraiwa kaumātua. I te nuinga o te wā ka āhei a Age Concern, tō kaunihera ā-rohe rānei te āwhina i a koe ki ngā mōhiohio mō ēnei kaiwhakarato me te tiaki moni pea e pā ana ki ngā hiahia haerenga auau (tirohia whārangi 22).



Te tautoko me ngā mōhiohio anō

Age Concern

www.ageconcern.org.nz

Waea: 0800 65 2 105

Īmēra: national.office@ageconcern.org.nz

He akoranga ariā whakahou koreutu 'Staying Safe':

www.nzta.govt.nz/staying-safe

Office for Seniors

www.superseniors.msd.govt.nz

Īmēra: osc@msd.govt.nz

Ngā kaunihera ā-rohe

www.localcouncils.govt.nz

Pāwhiritia ngā 'Council Profiles'

Neighbourhood support

www.neighbourhoodsupport.co.nz

Waea: 0800 463 444

NZ Automobile Association (AA)

www.aa.co.nz/contact-us

Waea: 0800 500 444

(He utu hāngai ki te uru ki ngā ratonga o AA)

Vehicle Testing NZ (VTNZ)

www.vtnz.co.nz/contact-us

Waea 0800 88 88 69

(He utu hāngai ki te uru ki ngā ratonga o VTNZ)

E wātea ana tēnei puka ā-tuihono i
[www.nzta.govt.nz/reources/
renewing-your-driver-licence](http://www.nzta.govt.nz/reources/renewing-your-driver-licence)



-as-a-senior

He mataora ngā tūhononga
ipurangi katoa i roto i tēnei
puka nā reira ka āhei te
pāwhiri
mō ētahi atu
mōhiohio
mō ia
kaupapa.

Te tiaki hauora matua

Ki te whai āhei atu ki ngā ngaio tiaki hauora (GP, nēhi rānei)

www.healthpoint.co.nz/gps-accident-urgent-medical-care

[www.health.govt.nz/your-health/services-and-support/health-care-
services/visiting-doctor-or-nurse](http://www.health.govt.nz/your-health/services-and-support/health-care-services/visiting-doctor-or-nurse)

Waka Kotahi o Aotearoa

www.nzta.govt.nz/senior-drivers

Waea: 0800 822 422

Īmēra: info@nzta.govt.nz

He koreutu ngā tānga a Waka Kotahi e whai ake nei, ā, kei roto he
mōhiohio e whai take ana pea māu:

- *Ko te ara ki mua mā ngā kaumātua* - he puka e tuku ana i te tirohanga
whānui poto o ā mātou puka mōhiohio taraiwa kaumātua matua:
- *Te taraiwa haumaruru hei kaumātua*
- *Te tautoko i ngā taraiwa kaumātua*
- *Te hāereere hei kaumātua*
- *Te whakahou i tō raihana taraiwa hei kaumātua*
- *He whakamaumahara tikanga rori mā ngā kaumātua*
- *Tirotiro i tō motokā*
- *He puka ārahi ki te whakamātautau haumaruru i runga rori*
- *He taraiwatanga haumaruru i te hōtoke*

Kia whiwhi ki tētahi o ēnei tānga

Īmēra: info@nzta.govt.nz

Toro atu ki: www-ak.bspg.co.nz/WebForm/NZTAWN_PB?form=Public%20Publications

Waea: 0800 822 422

Ka kitea ā mātou whārangi meka katoa ki

www.nzta.govt.nz/resources/factsheets/category

- *Whārangi meka 1: Ngā paihikara, ture rori me ngā taputapu*
- *Whārangi meka 7: Ngā tūru mai tamaiti*
- *Whārangi meka 16: Te mate huka me te taraiwatanga*
- *Whārangi meka 17: Te Mate hukihuki me te taraiwatanga*
- *Whārangi meka 23: Te korongenge me te taraiwatanga*
- *Whārangi meka 24: Te ruha: te noho mataara i a koe e taraiwa ana*
- *Whārangi meka 25: Te kitenga me te taraiwatanga*
- *Whārangi meka 31: Ngā hauātanga me te taraiwatanga*
- *Whārangi meka 51: Ko ngā aromatawai OT: ngā kaihaumanu whakamahi tinana me te raihana taraiwa*
- *Whārangi meka 57: Ngā taraiwa mātāpuputu*

Ngā tikanga huarahi

www.nzta.govt.nz/roadcode

Tā mātou wāhinoho

Waka Kotahi o Aotearoa

Pouaka poutāpeta 11777

Palmerston North 4442



Mēnā he pātai anō āu,
waea atu ki tō mātou pokapū
whakapā i runga i 0800 699 000
tuhi mai rānei ki a mātou:

Waka Kotahi
NZ Transport Agency
Pouaka Poutāpeta 6995
Te Whanganui-a-Tara 6141

E wātea ana hoki tēnei tānga i
runga i tā mātou pae tukutuku i
www.nzta.govt.nz

