

He whakamaumahara tikanga rori mā ngā kaumātua

He whakahou i ngā mātauranga taketake o te
mātauranga tikanga rori



Rārangi Kōrero

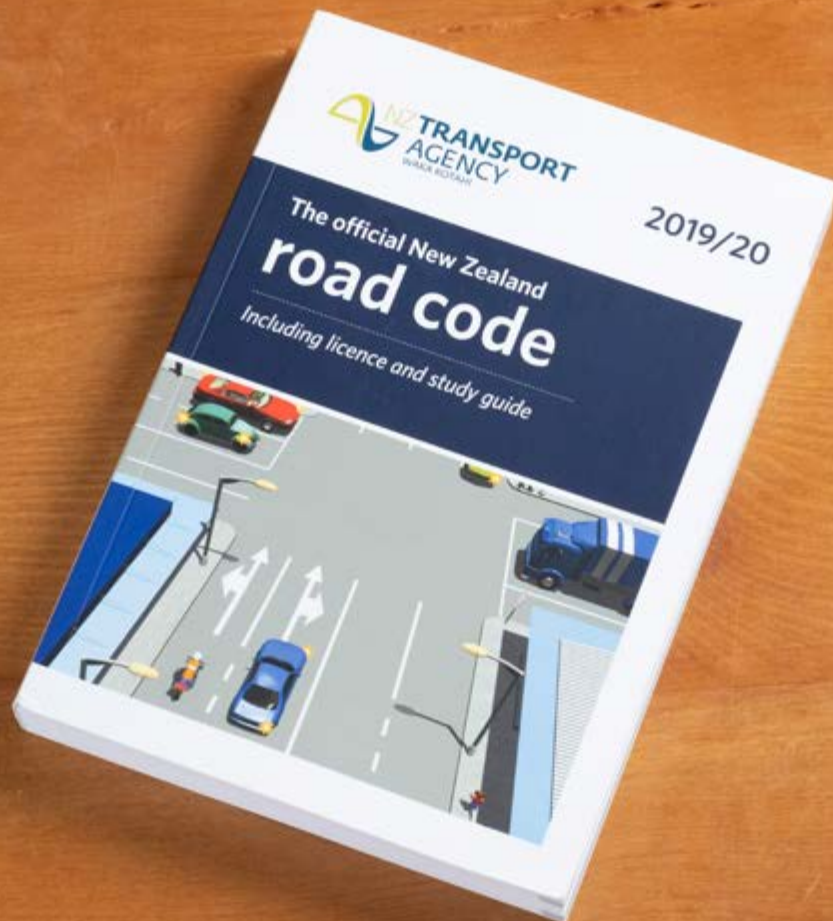
Te mōhio tonu ki te puka tikanga rori onāiane	3
Te tautuku i ngā pūtahitanga	5
Te rotarota i ngā takawhawhe	7
Te whakamahi tika i ngā ara, tāwhangawhanga me ngā paewehe papatahi	9
Te taraiwa i te huanui matua	12
Rama ārahi	13
Ngā tawhiti whai me te haumaruru i runga i te huanui matua	14
Ngā momo hāereere kē	16
Te tautoko me ngā mōhiohio anō	19

Kia mōhio mai: E whakaratoa ana ētahi hononga ipurangi hei tuku mōhiohio i roto i tēnei pukapuka, 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 rārangihoa ana i runga i te whārangi 19 ka āhei te āwhina i a koe mēnā kāore i a 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/road-rules-refresher-for-seniors

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

Te mōhio tonu ki te puka tikanga rori onāiane 3



Ka kapi i tēnei pukaiti ētahi o ngā tūāhua ikiiki e tonoa auautia ana he whakamaharatanga e ngā kaitaraiwa. Ko te pūtake o tēnei ārahitanga ko te puka tikanga rori me ngā ture rori hāngai. He ārahi ngāwari mā te kaiwhakamahi te puka tikanga rori ki ngā tikanga ture ikiiki me te taraiwatanga haumarū.

He whakaaro pai ki te tiro tiro i te puka tikanga i ētahi wā kia mōhio koe ki ngā ture rori, tohu, whaitohu rori hou rānei. Ka āhei koe te whiwhi ki te tārua o te puka tikanga i te nuinga o ngā toa pukapuka, tō whare pukapuka ā-rohe rānei, engari me tiro mēnā kei a koe te putanga tānga hou rawa.



Ka āhei koe te kite i te putanga tānga hou rawa ā-tuihono ki:
www.nzta.govt.nz/roadcode

I runga i taua whārangi ipurangi ka kitea koe e whā ngā puka tikanga rerekē:

- Te puka tikanga whānui (motokā)
- Ngā waka taumaha
- Ngā kaieke motopaika
- Ngā kaieke paihikara.

Ka taraiwa pea koe i te motokā, motopaika rānei mō ngā mahi o ia rā, he waka taumaha mō te mahi, ā, ka eke paihikara mō te mahi ā-rēhia nā reira ka hāngai pea te katoa, ētahi rānei o ēnei ārahi ki a koe. Ki te tiro ki tētahi puka tikanga rori, pāwhiritia te whārangi tōmua o te puka tikanga e hiahia ana koe kia tirohia. Pēhia te pātene hoki i runga i tō pūtirotiro ipurangi mēnā e hiahia ana koe ki te hoki ki te whārangi kōwhiringa puka tikanga rori.

Ka panoni ngā ture rori me ngā puka tikanga i ētahi wā. I runga i te whārangi ipurangi puka tikanga rori, ka kite hoki koe i te hononga ki 'ngā whakahou puka tikanga rori'. Ki te pāwhiri koe i tēnei ka whiwhi koe ki ngā whakahou hou.

Ka hiahia pea koe ki te kōrero mō ngā ture rori ki ō hoa aropā. Ka whakarato a Waka Kotahi me Age Concern i ngā akoranga ariā whakahou 'Staying Safe' mō ngā taraiwa koreutu 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 i:

www.nzta.govt.nz/staying-safe

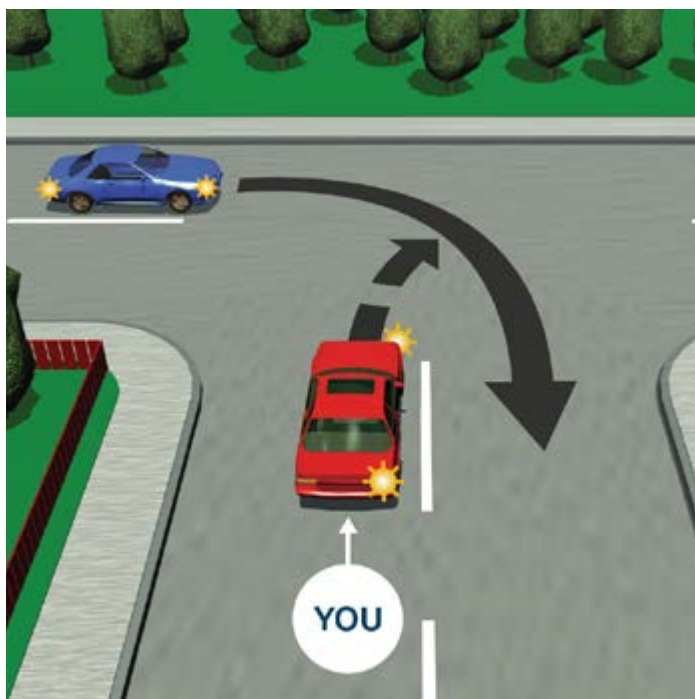
Te tautuku i ngā pūtahitanga



Te ture pūtahitanga-T kāore e whakahaeretia ana

Me tautuku ngā waka katoa mai i te rori whakamutu (te pito whakararo o te āhua T) ki ngā waka katoa i runga i te rori e haere tonu ana (te pito whakarunga o te āhua T). Kia mōhio mai: Ko te tikanga o 'kāore e whakahaeretia ana' kāore he tohu e tohutohu ana i a koe me pēhea tō mahi.

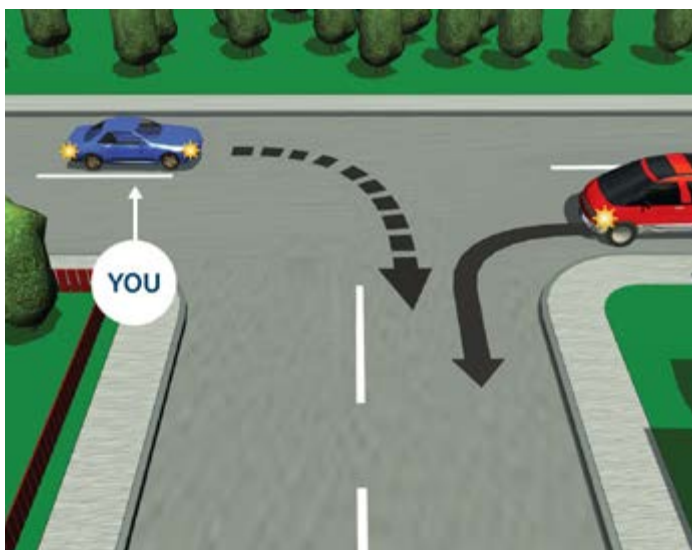
'Te pito whakarunga o te T, ka haere i mua i a au'



Me **tautuku** koe, nā te mea kei runga koe i te rori whakamutu i te pūtahitanga-T.

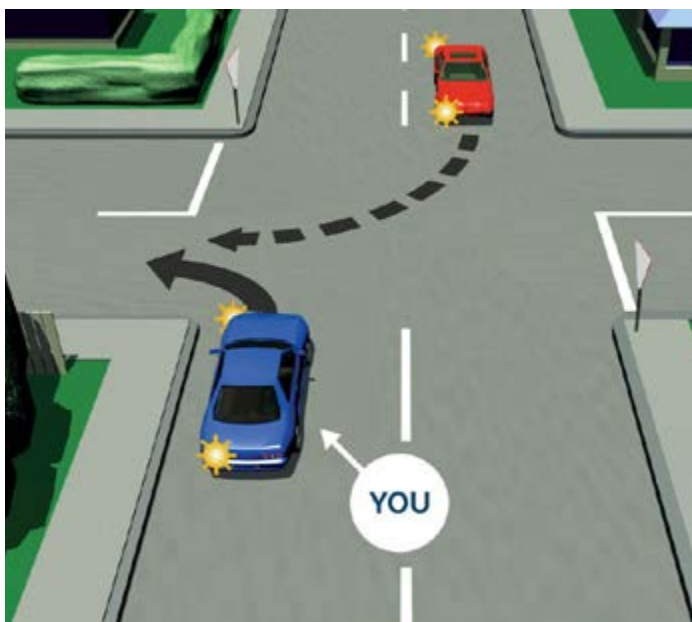
Te tikanga huri whakatemauī ki te huri whakatematau

Ko ngā waka katoa e huri whakatematau ana me tautuku ki te waka e haere mai ana i te ahunga tauaro, ā, e huri whakatemauī ana. Ka hāngai tēnei ki ngā rori whakawhiti, ngā pūtahitanga-T me ngā arawaka e anganui ana ngā waka e rua tētahi ki tētahi, ā, kāore he tohu (pēnei i te whakaahua), he ōrite rānei ngā tohu.



Tauira 1

Me **tautuku** koe, i te mea e huri whakamatau ana koe, ā, e huri whakatemauī ana tērā atu waka.



Tauira 2

Ka āhei te haere, i te mea e huri whakatemauī ana koe, ā, e huri whakatematau ana tērā atu waka.

- Mēnā e huri ana koe, tautuku ki ngā waka katoa kāore i te huri.
- Mēnā kāore ngā ture tautuku katoa (ngā tohu rānei) e whakatau ana mā wai e tautuku, me tautuku ki ngā waka e haere mai ana i tō taha matau, arā ki ngā rori whakawhiti e whakahaeretia ana i te nuinga o te wā e ngā rama ārahi, mēnā kua hē ngā tohu, ā, he tūrama kōwhai e kōwhā ana i ngā urunga katoa.

Te rotarota i ngā takawhawhe

Te takawhawhe ara-kotahi



Te taraiwa tōtika

Tohua te huri whakatemauī ina puta atu ana koe.



Te huri whakatematau

I te tuatahi tohua te huri whakatematau, kātahi ka tohu i te huri whakatemauī ki te puta atu.



Te huri whakatemauī

Tohua te huri whakatemauī i mua i te huri.

Te takawhawhe ara-huhua



Te taraiwa tōtika

Tohua te huri whakatemauī ina puta atu ana koe. E noho ki te ara kotahi i ngā wā katoa.



Te huri whakatematau

I te tuatahi tohua te huri whakatematau, kātahi ka tohu i te huri whakatemauī ki te puta atu. E noho ki te ara kotahi i ngā wā katoa.

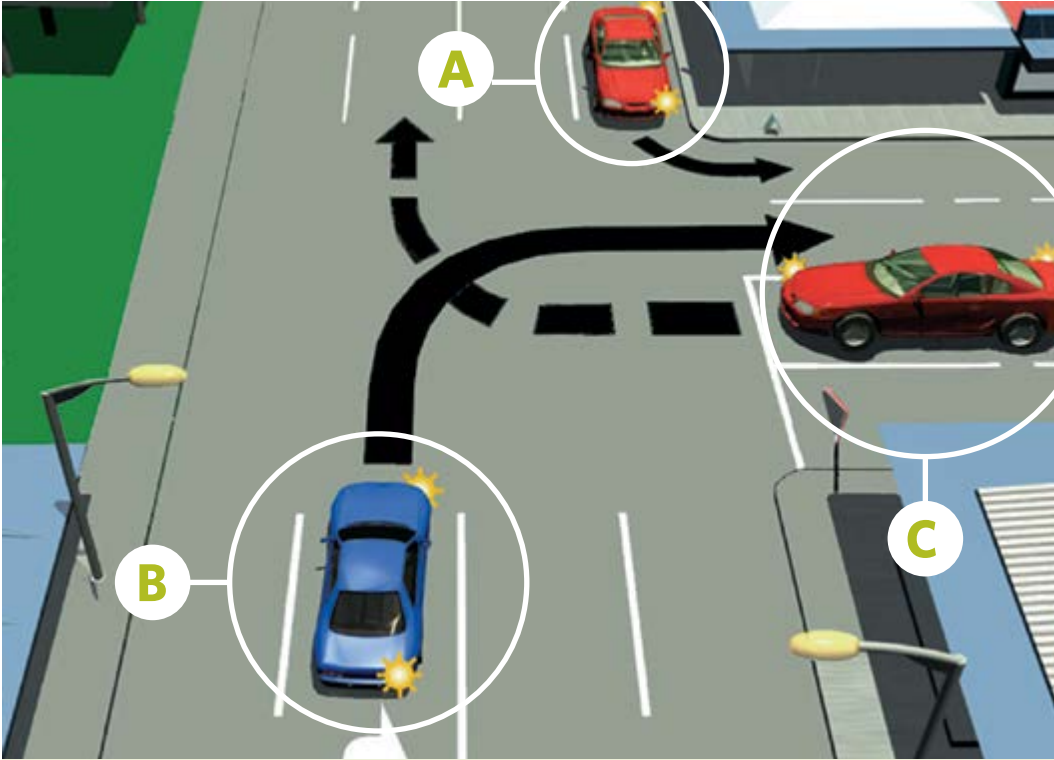


Te huri whakatemauī

Tohua te huri whakatemauī i mua i te huri. E noho ki te ara kotahi i ngā wā katoa.

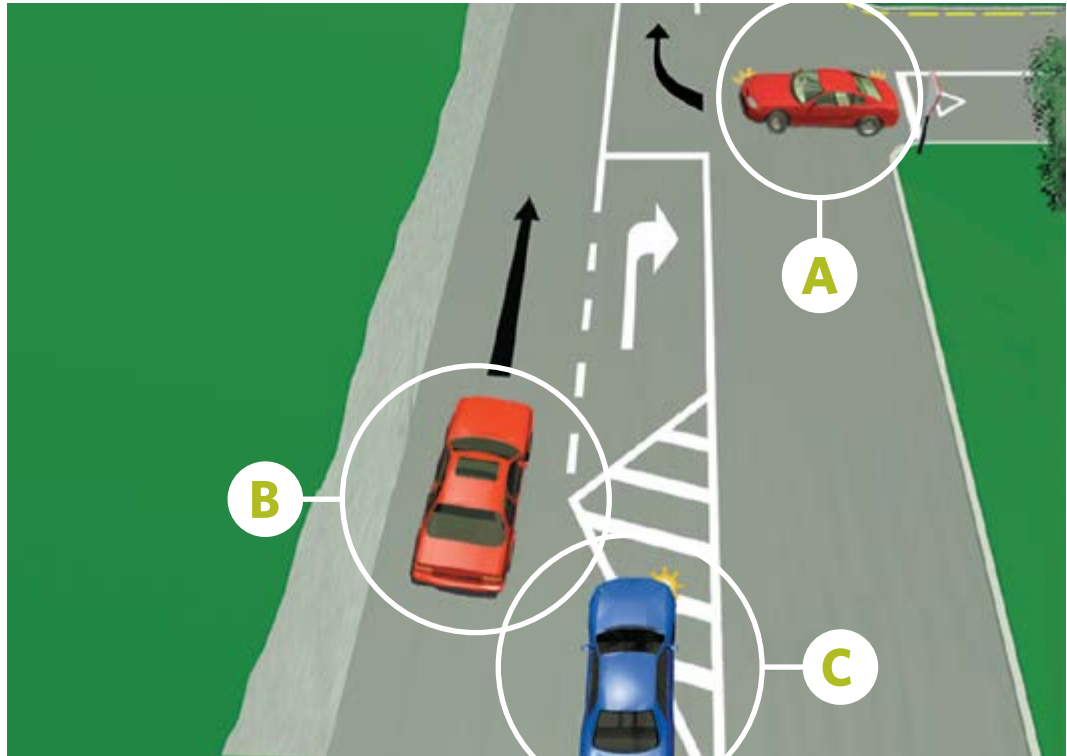
Te whakamahi tika i ngā ara, ngā tāwhangawhanga me ngā paewehe papatahi

Te whakamahi tika i ngā ara ina huri ana



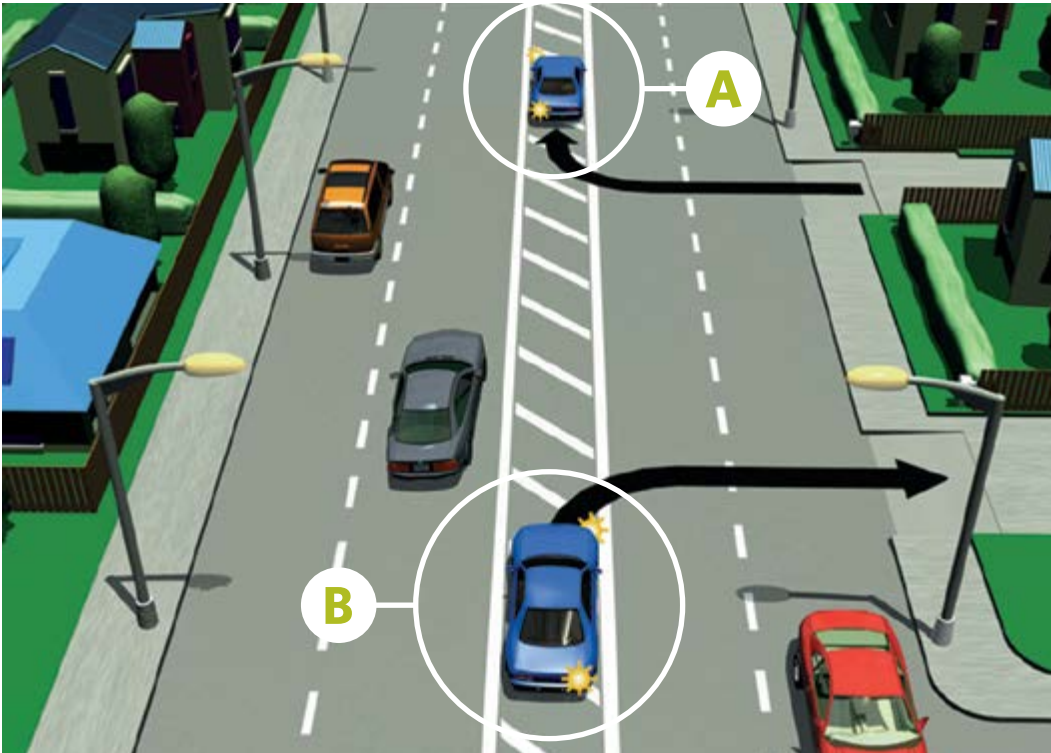
- A** Ina huri whakatemauī ana ki te rori ara-maha i te ara e tata ana ki te paeara, me huri koe ki te ara mauī o te rori hou.
- B** Ina huri whakatemataua ana ki te rori ara-maha i te ara e tata ana ki te rārangi waenga, me huri koe ki te ara mataua o te rori hou.
- C** Huri i te ara mataua ki te ara mataua.
Titiro ki muri, ki te taha mauī hoki i mua i te whakauru

Te whakamahi tika i ngā tāwhangawhanga huri whakatematau



- A** Ka āhei koe te uru ki te ara whakauruuru tata rawa ki waenganui o te rori, kātahi ka tohu i tō takune ki te whakauruuru whakatemauī.
- B** Haere tōtika me te tiro ki tō taha matau mō ngā waka whakauruuru.
- C** Tohua te huri whakatematau i mua i te whakawhiti i ngā rārangi hauroki mā ki te tāwhangawhanga huri whakatematau.

Te whakamahi tika i te paewehe papatahi ina huri ana



A

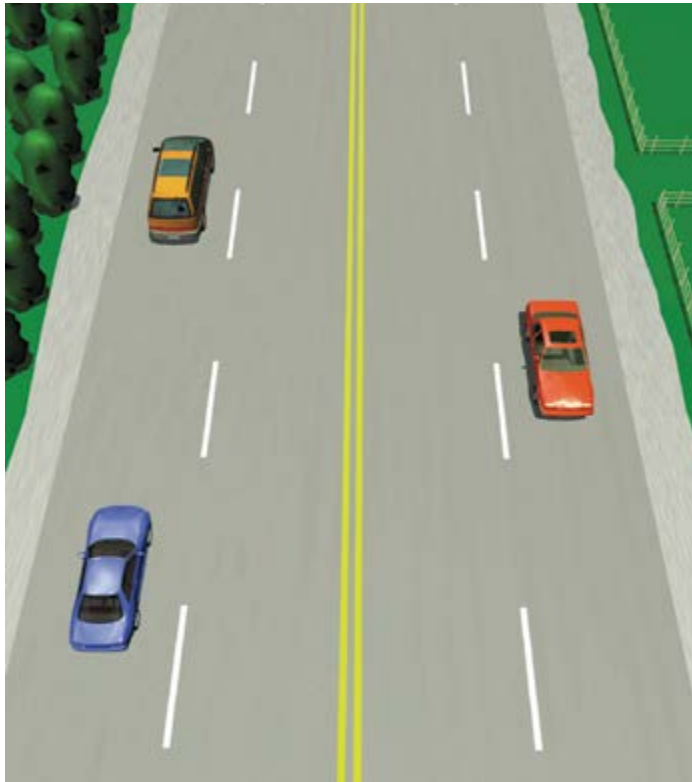
Huri whakatematau ki te paewehe papatahi ki te tatari ki te āputa haumaruru, i mua i te whakauruuru ki ngā waka.

B

Whakamahi te paewehe hei tatari ki te huri whakatematau. He anga tōtika ki mua ngā wīra o mua i a koe e tatari ana ki te huri.

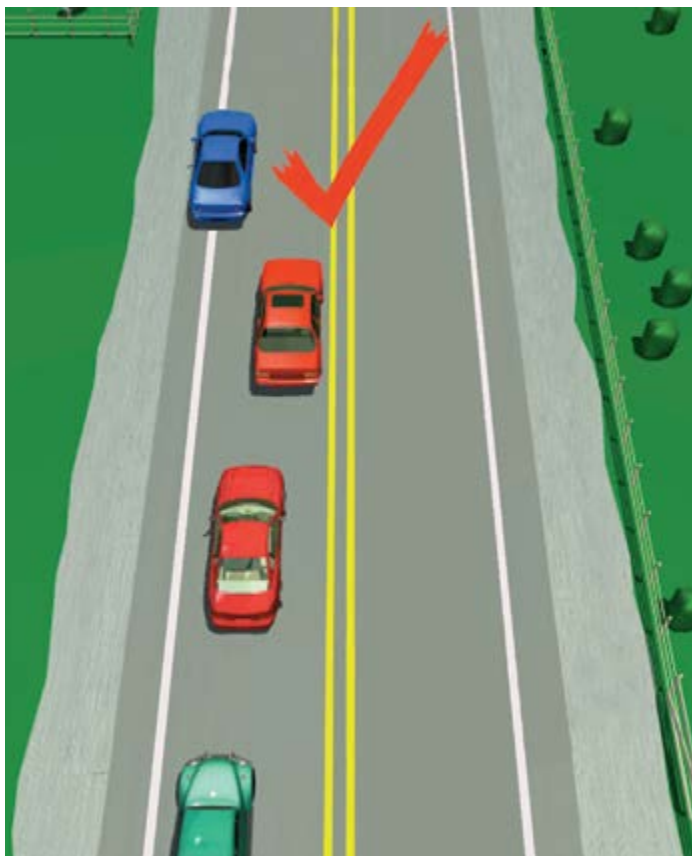
Te taraiwa i te huanui matua

Ngā rori ara-rua



E mau ki te ara mauī

Kaua e whakamahi i te ara matau engari rawa ka tata koe ki te huri whakatematau, te whakahipa rānei i te waka i te ara mauī.

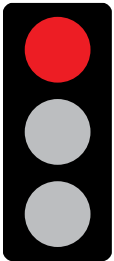


Ngā rori ara-kotahi

Ka āhei koe te whakawhiti i te whaitohu ara mā whakatemauī mēnā e haumaru ana, ā, mēnā e ārai ana koe i te ikiiki.

Ka āhei koe te whakahipa i te waka pōturi ake i ngā rārangi 'kaua e whakahipa' mēnā ka noho koe ki te taha mauī o ngā rārangi kōwhai, ā, e āhei ana te āta kite i te 100 mita puta noa i te mahinga katoa.

Rama ārahi



ME
TŪ



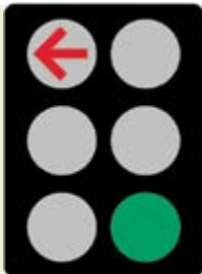
E TŪ
(ENGARI RAWA HE
TATA RAWA)



RAMA HĒ!
WHAKAMAHIĀ NGĀ
TURE TAUTUKU
NGĀ TURE
TAUTUKU



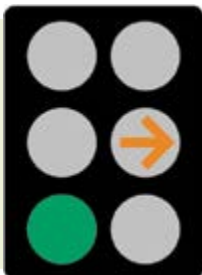
HAERE
(MĒNĀ E HAUMARU
ANA)



Huri whakatemaui
Me TŪ

**Haere tōtika ki
mua**
HAERE (mēnā e
haumaru ana)

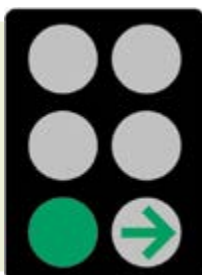
Te huri whakatematau
HAERE engari me tautuku
ki ngā waka e haere mai
ana, tae atu ki te waka
huri whakatemaui me ngā
haere raro



Huri whakatemaui
HAERE, engari me
tautuku ki ngā haere
raro e whakawhiti ana
i te rori

**Haere tōtika ki
mua**
HAERE (mēnā e
haumaru ana)

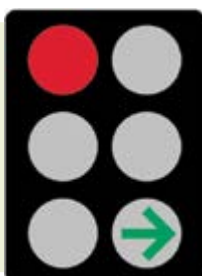
Te huri whakatematau
Me TŪ (mēnā e haumaru
ana)



Huri whakatemaui
HAERE, engari me
tautuku ki ngā haere
raro e whakawhiti ana
i te rori

**Haere tōtika ki
mua**
HAERE (mēnā e
haumaru ana)

Te huri whakatematau
HAERE - me tū ngā waka
e anga mai ana



Huri whakatemaui
Me TŪ

**Haere tōtika ki
mua**
Me TŪ

Te huri whakatematau
HAERE - me tū ngā waka
e anga mai ana

Ngā pāmamao whāinga me te haumaru i runga i te huanui matua

Te tawhiti whāinga haumaru



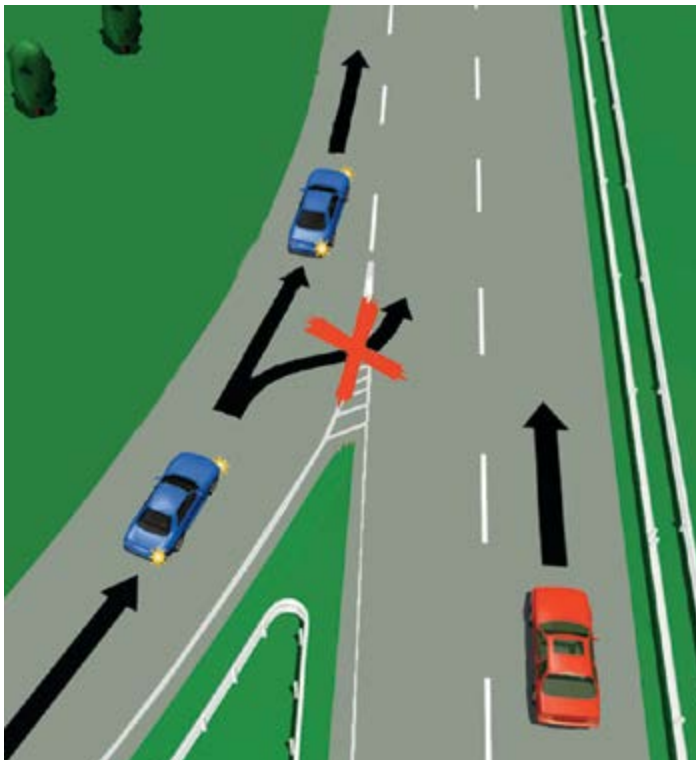
Ina whai ana i tētahi atu waka e haere ana i te tere ōrite, tirohia te whakahipatanga o tērā waka i te mea pūmau (hei tauira, he pou rama). Me tīmata i te kaute '***Kotahi mano mā tahi, kotahi mano mā rua***'.

Ki te hipa i a koe taua mea i mua i te mutunga o te kī '***rua***', he tino tata rawa tō whai.

He pai te whakamahi i tēnei **tikanga rua-hēkona** ahakoa he aha te tere.

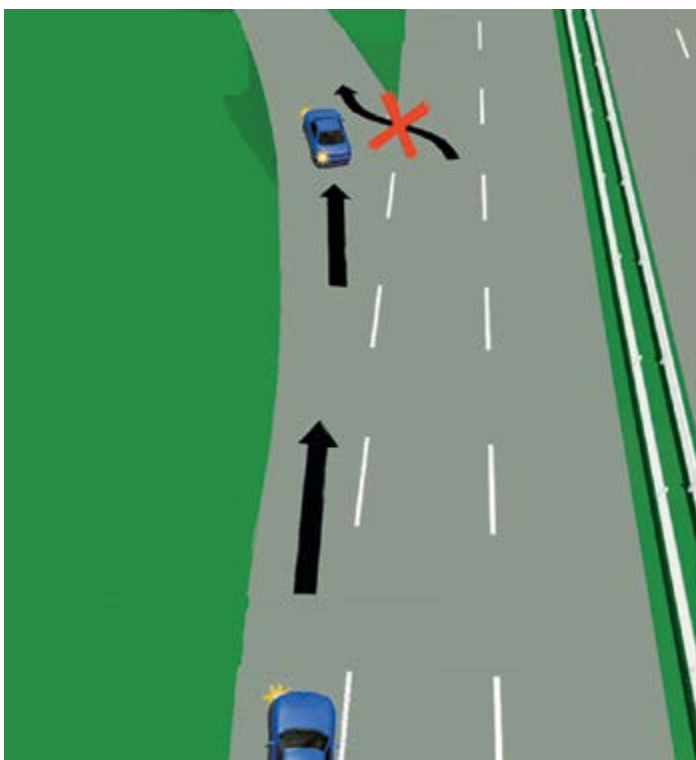
Mēnā he kino te huarere, whakanuia te tawhiti ki te **whā** hēkona.

Te whakauruuru ki ngā waka i te huanui matua



- Whakamahia te katoa o te rōnaki-uru ki te whakarite i tō tere kia ōrite ki ngā waka i runga i te huanui matua.
- Tohua tō whakaaro ki te whakauruuru.
- Tirohia tō wāhi kāpō mā te huri i tō upoko.

Te puta i te huanui matua



- Kia ōrite tō tere i a koe e tohu ana i tō takune ki te uru i te rōnaki-wehe.
- Whakamahia te rōnaki-wehe, ara puta rānei kia āta haere.

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 haumarū, 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 19).



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

[www.nzta.govt.nz/resources/
road-rules-refresher-for-seniors](http://www.nzta.govt.nz/resources/road-rules-refresher-for-seniors)



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 (rata, 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

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 mau 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: te whakahou raihana*

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
tuhī 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

