

Te tautoko i ngā taraiwa kaumātua

Te kōrerorero i ngā kōwhiringa taraiwatanga me te ikiiki



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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 rārangiā ana i runga i te whārangi 31 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/supporting-senior-drivers

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

Ngā kōrerorero taraiwa kaumātua



Mā wai tēnei puka?

Ka tuku tīwhiri tēnei puka mō te kōrerorero ki ngā taraiwa kaumātua mō te taraiwatanga me ngā kōwhiringa ikiiki. Mā te katoa, tae atu ki ngā kaumātua, e hiahia ana ki te tīmata i te kōrerorero ki tētahi hoa kaumātua, mema rānei o te whānau. He whai take hoki pea ngā mōhiohio i roto i tēnei puka mā ngā ngaio tiaki hauora (rata, nēhi rānei) ngā kaimahi tautoko hapori rānei e mahi ana hei ngaio.

Me mahara tonu, whai wheako nui ai te nuinga o ngā taraiwa kaumātua o ngā motokā me ngā motopaika, he taraiwa haumaru, arā, he tauira pai mā ngā taraiwa rangatahi.



He aha ngā take hei kōrerotanga māku ki te taraiwa kaumātua?

Arā te whānuitanga o ngā take hei kōrerotanga māku pea ki te taraiwa kaumātua. Ka āhei pea koe te kōrerorero i te hātepe whakahou, ngā ara rerekē hei hāereere me te kore taraiwa, ka pēhea te tiroiro mēnā he āwangawanga hauora ōu, ka pēhea rānei te āhei ki ngā rauemi e āwhina ana ki te whakahou i tōna mōhio ki ngā ture o te rori me te taraiwatanga haumaruru. He nui ake te tūponotanga ka whara ngā taraiwa kaumātua mēnā ka tūtuki, nā reira he mea nui ēnei kōrerorero.

Ko te pai o te hauora mō te taraiwa tētahi āwangawanga nui mō ngā tāngata katoa ahakoa he aha te pakeke, ā, kāore e taea e ētahi tāngata te taraiwa, kei a rātou rānei he herenga ki tā rātou raihana nā ō rātou take hauora. Ka whakaaweawetia te āhei ki te taraiwa o te tangata kaumātua e ngā panoni tinana, tairongo hoki, ā, ka pōturi pea aua panoni. Ka kite pea ngā tāngata e whakawhirinaki ai mātou i ngā panoni i te hipatanga o te wā, nā reira he pai te mōhio-whaiaro me te noho tuwhera ki ngā kōrero o ngā tāngata huri noa i a mātou.

E hāngai ana tēnei mēnā e pai ana ngā mea katoa i tēnei wā?

Ā tōna wā ka pā mai ngā panoni tinana, tairongo hoki ki a tātou katoa ina pakeke haere. Ina kite mātou i ngā panoni, ka tika tonu tātou ki te taraiwa engari me panoni pea i te āhua e taraiwa ai, ka utaina pea he herenga ki tā tātou raihana (tirohia tā mātou puka *Whakahou i tō raihana taraiwa hei kaumātua*). Ka tae mai te wā wā kāore e tika ana tātou ki te taraiwa. He uaua tēnei mā tātou mēnā kāore i whai wā ki te taunga haere ki te panoni.

Nā reira, i runga i ēnei whakaaro katoa, he pai ki te whakaaro mō ō mātou āheinga, kōwhiringa ikiiki hoki ināianeī, kaua ā tōna wā. 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 kaupapa whakahūkōkōki ki te maha o ngā kaumātua te kōrerorero i ngā āwangawanga mō te taraiwatanga. He mea tino waiwai te āhei ki te hīkoi, te wāteatanga whaiaro me te āheinga ki te hāereere mō tātou katoa, ahakoa ka taraiawa mātou, kāore rānei. Mēnā e kōrerorero ana koe ki tētahi kaumātua me mārīe, tautoko, whakaute, ngākaupai me te āwhina hoki te kōrero.

Ka hiahia pea koe ki te titiro ki tā mātou puka *Te hāereere hei kaumātua*, e whakarato ana i ngā mōhiohio anō mō te whānuitanga o ngā kōwhiringa ikiiki.



He aha ngā mea hei tiroiro



He whānui ngā panoni whakararu, ētahi atu panoni rānei ka kite wheakotia e ngā tāngata nā ngā panoni tinana, tairongo rānei. Ko ngā panoni whakararu he āwangawanga nui, ā, me whai i te wawaotanga nā te mea he mōrea haumaruru ki te taraiwa me ētahi atu tāngata i runga i te rori. He āwangawanga pea tō ētahi atu panoni engari ka āhei te urupare i te roanga o te wā.

He panoni whakararu

- Te ngaro haere ki ngā wāhi e mōhiotia ana e te taraiwa.
- Te kore tū ki te tohu tū, te tūrama whero rānei.
- Kāore i te mōhio ko tēhea te pereki, ko tēhea te teka whakatere.
- Te tū i waenga waka mō te kore noa iho.

Mō ngā tohutohu mō te kōrerorero i ēnei āwangawanga tirohia ngā whārangi 15-19 *Te whakarewa i ngā āwangawanga mō te taraiwa.*

Ētahi atu panoni

- Kāore i te ngākau titikaha ki te taraiwa.
- He uaua te huri ki muri kia kite ina hoki whakamuri ana.
- He māmā te pororaru haere.
- Ka whakatangihia auautia te haona ki a koe.
- He rakaraka, he komeme i runga i te motokā, pouaka reta, taiapa, karati rānei o tō hoa, whanaunga rānei, ā, nā te taraiwatanga.
- He tere te hīrawerawe, te kiriweti rānei ina taraiwa ana.
- Te taraiwa tere rawa, pōturi rawa rānei mō ngā āhukatanga rori.
- Kāore i te kite i ngā mōrearea (pērā i te haere raro e oma ana ki runga i te rori).
- Te whakawhirinaki ki te pāhihi ki te tuku tohutohu ina taraiwa ana ia.
- Ka tata tūtuki.
- Ka konene i waho atu o te ara.
- Te whiwhi ki te tīkiti mō te tere rawa o te taraiwa.
- Ka whai wāhi ki tētahi tūtukitanga.

Mēnā ka puta mai 'ērā atu panoni' i te wā kotahi, ehara pea i te raruraru. Engari mēnā ka auau ēnei, tērā pea he āhuetanga hauora tōu, tō tōu hoa, whanaunga rānei e hiahiatia ai te āwhina. Mō ētahi o ēnei panoni, ka āwhina te ngaio tiaki hauora - pērā i te kaimātai whatu kia kite e whakamahia ana ngā mōhiti, te whakataunga mōhiti tika rānei, i te kaihamanu whakamahi tinana rānei tērā ka āhei te whakarato pūāwhina me ngā whakarerekētanga ki te motokā.

Mō ngā tohutohu mō te kōrerorero i ēnei āwangawanga, tirohia ngā whārangi 15-19 *Te whakarewa i ngā āwangawanga mō te taraiwa.*



'I oti i tētahi nēhi i taku pokapū hauora te whakamātau i hiahiatia e au mō taku raihana hou. Ka whakaatu te nēhi me pēhea au e hoko ai i ngā whakaata tiro whakamuri nui, ā, he tino āwhina nā te mea he uaua māku te tiro i runga i taku pakihwi ina panoni ara au, nā taku pona kakā.'

Ngā āhuatanga hauora me ngā rongoā



Ka whakatipu mai ngā āhuatanga hauora i ngā pakeketanga katoa, engari ina mātāpuputu haere tātou, ka nui ake te tūpono ka pāngia ki tētahi āhuatanga ka whakaawe i te hauora. He nui ake hoki te tūponotanga ka kai mātou i ngā rongoā, i ngā rongoā huhua rānei. I te nuinga o te wā ka āhei mātou te taraiwa haumaruru me ngā āhuatanga haumaruru ahakoa e kai ana i ngā rongoā, engari i ētahi wā ka waimaero ngā āhuatanga hauora i tā tātou taraiwatanga. He mea nui ki te mōhio he turekore te taraiwa ina waimaero ana.

Ko te tikanga o te taraiwa waimaero ina pāngia tō tinana, ō aurongo rānei, mō te wā poto i te nuinga o te wā, ā, ko te putanga he taraiwa hīrokiroki koe.

He turekore te taraiwa mēnā e mōhio ana koe he waimaero koe, ahakoa he aha te pūtake. Ka puta mai te waimaero i te rongoā, wharanga, mate, haurangi i te waipiro rānei, ngā matū kua whakaturehia, ngā pūroi turekore rānei.

Ngā āhuatanga hauora

Ka pā mai pea ngā āhuatanga hauora ahakoa he aha te pakeke, nā reira ka hāngai te hauora ki te tarawai ki ngā tāngata katoa. Ka aromatawai ngā ngaio tiaki hauora i te pai o te hauora o ngā tāngata ki te taraiwa ahakoa he aha te pakeke. Nā te taipakeke haere noa o te tangata e nui ake ai te tūponotanga ka whakanake ngā āhuatanga hauora e whakaaweawe ana i te āhei ki te taraiwa haumaruru. Kei roto i ēnei ko ngā panoni kitenga, rongo hoki, te mate hukihuki, ngā take hīkoi, te pona kakā, te korongenge, te roro ikura me te mate manawa. He nui ake te tūponotanga o ngā taraiwa kaumātua ki te kai rongoā e whakaaweawe i te taraiwatanga, nā te mea ka piki te maha o ngā rongoā ina pakeke haere koe.

He nui ake te taumaha o ngā āhuatanga e pā ana ki ngā āhuatanga hauora me te taraiwatanga ina taipakeke haere:

- Ngā taumata ngoi me te kaha tinana.
- Te tere o te urupare.
- Te āheinga kite me te rongo.
- Te kaha ki te neke, te nui o ngā neke ka taea, te kaha tairongo i roto i ngā peke.
- Ngā hātepe whakaaro, me te roa e noho arotahi ana.
- Ko te hauora hinengaro me te āheinga ki te whakaiti ahotea.

Ka whai whakaaro ngā ngaio tiaki hauora he pēhea ēnei āhuatanga e hāngai ai ki te taraiwa haumaruru ina aromatawai ana i te pai o te tangata ki te taraiwa. He mōhiohio āmiki anō i roto i te pukaiti *Te whakahou i tō raihana taraiwa hei kaumātua*.

Ka whakarato a Waka Kotahi i te puka ārahi mō ngā ngaio tiaki hauora hei whakamahi i roto i ā rātou mahinga, e wātea ana i:

www.nzta.govt.nz/resources/medical-aspects

Mēnā he āhuatanga hauora tōu e whakaaweawe ana i tō hīkoi, ka āhei pea koe te whiwhi ki te kāri pāka me te kāri whakatapoko hāpai.

Ka taea e koe te kimi i ētahi atu mōhiohio, tae atu ki te ara tonu i:

www.ccsdisabilityaction.org.nz/mobility-parking/applications-and-renewal me te **www.hapaifoundation.org.nz/customers**



Ngā rongoā

He mahi hira tā ngā rongoā ki te tautoko i tō mātou oranga, ā, he mea nui kia kainga kia noho hauora ai. He pānga kino ō ētahi rongoā e waimaero ai tō tātou āheinga ki te taraiwa haumarū.

Ka puta mai ēnei pānga i muri tata iho i te kai i te rongoā, ka puta mai pea i te paunga o ētahi haora, tērā pea i te wā e taraiwa ana koe. Me whakatū i te motokā me te rapu āwhina mēnā ka waimaero koe ina taraiwa ana.

Ka puta mai pea te waimaero i ngā rongoā i hokona ki te kēmehi, tae atu ki ngā rongoā i tūtohua e te rata, nēhi, taka rongoā rānei.

I ētahi wā ka tauhohe tētahi rongoā ki tētahi atu rongoā, ā, ka whakarerekē te pānga o tētahi rongoā, ka whakapiki rānei i te pānga o tētahi atu rongoā. Ka tino whakapiki pea te kai waipiro, ngā pūroi turekore ranei i te tūponotanga waimaero, ā, ka ū tonu ēnei pānga mō ētahi haora, tae atu ki te rā i muri iho.

He pai ki te pātai i ngā wā katoa mō ngā pānga o te rongoā mō te taraiwa, otirā e kōrerotia ana ngā rongoā hou, rerekē rānei. Pātai mō te pānga pea o te rongoā ki a koe? Ka tino puta, kāore pea e tino puta ngā pānga pea, ā, he inamata, he takaroa rānei? Kī atu ki te tangata e hoatu ana i te rongoā ki a koe mēnā ka inu waipiro koe, ka kai pūroi turekore, ētahi atu matū rānei, nā te mea ka taea e ia te tohutohu i a koe mō ngā pāhekoheko me ngā waimaero ka puta mai pea.

Mēnā ka tūtohua ētahi o ēnei rongoā ki a koe, me pātai koe ki tō rata, nēhi, taka rongoā rānei mō ngā pānga kino pea ki tō taraiwatanga, nā te mea he whakaputa waimaero tētahi pānga kino e rongo nuitia ana e ēnei momo rongoā:

- Ngā rongoā patu mamae kaha
- Ngā rongoā ārai mate pāpōuri
- Ngā rongoā manawa
- Ngā rongoā mate pāwera
- Ngā pire whakamoe
- Ngā rongoā patu mate ahotea
- Ngā rongoā mate hūkiki
- Ngā rongoā patu waranga
- Ngā rongoā patu paipairuaki
- Ngā rongoā whakaiti mānukanuka

I mua i te taraiwa, tiro mēnā e pā mai ana ngā tohumate e whai ake nei, me te whakarongo hoki ki tētahi tangata e kī ana kei te āwangawanga ki a koe. Waihoki, tiro i a koe mō ngā tohu waimaero ina taraiwa ana koe, ā, whakatūria te waka mēnā ka waimaero koe. Ko ētahi o ngā tohumate ko:

- Te pānga mai o te tunewha/turamoe rānei
- Atarua
- Ānini māhunga
- He ngoikore
- He pōturi ngā urupare
- Te āmaimai
- Te paipairuaki, te māuiui rānei
- Kāore e taea te arotahi, te āta whakaaro rānei
- He ngāwari te pōkaikaha
- He kōrero pararāwaha
- He uaua ki te whakaputa i te rerenga kōrero
- Kei te mauri rere, ā, kei te whakahīhī rawa

He mōhiohio hei tuari ki ngā tāngata e kai ana i te rongoā:

- Kaua e tīmata ki te taraiwa mēnā e waimaero ana koe.
- Me whakatū i te waka i te taha mēnā ka puta mai te waimaerotanga ina taraiwa ana koe, ā, tonono āwhina i ētahi hoa, whānau rānei
- Waea atu ki 111 mēnā e tino māuiui ana koe.
- Me kai tonu i ō rongoā mēnā e waimaero ana koe, nā te mea ka kino ake pea te mutunga iho, ā, waea atu ki tō pokapū hauora i te tere ka taea.
- Kōrero ki tō kaitūtohu mō te āheitanga o te āhei ki te whiwhi i ngā rongoā, pota, wā whiwhi kē rānei.
- Whakamaheretia mō te wā e heke mai ana mēnā ka tūpono pea ki te waimaero. Me whakaaro koe ki ngā ara rerekē mō te hāereere, ki te rapu āwhina rānei i ō hoa, tō whānau rānei.
- Kaua e kai i te waipiro me ngā pūroi turekore, ka pātai ki tō kaitūtohu mō ngā pāhekohekotanga pea ki te waipiro me ngā pūroi turekore, ētahi atu matū ka kai rānei koe, ā, ka pēhea tēnei e te whakapiki ai i te tūponotanga o te waimaero.
- Ka whakarato a Healthline i te tohutohu rongoā koreutu i ngā wā katoa, ao noa, pō noa - 0800 611 116



- Mēnā e mahi ana koe (he mea utu, tūao rānei), ā, ko tētahi o ō mahi ko te taraiwatanga, ka āhei koe te tono ki tō ngaio tiaki hauora mō tētahi reta e whakamārama ana i te pānga a te rongoā ki tō mahi. Ehara i te mea me whāki i te reta nei i te āhuatanga hauora, te ingoa rānei o te rongoā (engari ka tono pea ētahi kaitukumahi i ēnei mōhiohio tauwhāiti i raro i te kirimana). Me maumahara hoki koe he ōrite te hāngai o ngā aukatinga o te taraiwatanga mahi ki te taraiwatanga hāereere, te taraiwa rānei mō ngā take matawhaiaro, rēhia rānei.
- **Mēnā he āwangawanga wawe ōu mō te tūāhua hīrokiroki ina waimaero ana tētahi atu tangata, ā, e tata ana ki te taraiwa** - me kī atu ki te taraiwa he turekore te taraiwa waimaero (ahakoa he aha te pūtake) ā, me kua ia e taraiwa. Mēnā ka tīmata te taraiwa ki te taraiwa, ā, e āwangawanga ana koe he mōrea a ia ki a ia anō me ētahi tangata e tata ana ki a ia, ka āhei koe te waea atu ki *555, ki 111 rānei mēnā he ohotata.

E wātea ana ētahi atu mōhiohio mō te rongoā me te waimaero i:
www.nzta.govt.nz/medication

Te whakarewa i ngā āwangawanga mō te taraiwatanga



He kaupapa whakahūkōkōki ki te maha o ngā kaumātua te kōrerorero i ngā āwangawanga mō te taraiwatanga. He mea nui te āhei ki te hīkoi, te wāteatanga whaiaro me te āheinga ki te hāereere mō tātou katoa, ahakoa ka taraiawa mātou, kāore rānei. Mēnā e kōrerorero ana koe ki tētahi kaumātua me mārie, tautoko, whakaute, ngākaupai me te āwhina hoki te kōrero.

He mea nui kia maumahara e pai ana te kōrero mō ētahi āwangawanga haumarū motuhake ōu mō te taraiwatanga a tētahi atu tangata, nā te mea e hiahia ana ngā tāngata katoa kia karo i ngā tūtuki, mate, whara taumaha i runga i ō tātou rori. Me māia te tangata ki te kōrero mō ēnei āwangawanga. E tika ana tō mahi ki te whakarewa i ngā āwangawanga.

Ētahi huatau mō te kōrerorero i ngā āwangawanga

- Kōwhiritia te wā āio, pārore hoki ki te kōrero mō te taraiwatanga. Ko te mea pai kia kōrero ngātahi, tētahi ki tētahi i te wāhi tūmataiti, ā, tērā pea me whakamahere i te wā motuhake mō te kōrero. Me pātai i te tuatahi ki tō hoa, whanaunga rānei mēnā e pai ana kia kōrero koe mō te taraiwatanga: *'Kei te hiahia au ki te kōrero mō te taraiwatanga. E pai ana tērā?'*
- Me noho ngākau pai, whakaute hoki. Arotahi tonu ki ngā mea e āwangawanga ana koe, kua ko tana taraiwatanga whānui.
- He āwhina pea te whakamahi i ngā pātai tuwhera. Arā, he pātai ka tīmata i te *'He pēhea'* me te *'He aha'*. Hei aha ngā pātai e tīmata ana ki te **'He aha ai'**. Ka whakawehi ngā pātai *'He aha ai'* ki ngā tāngata whakaraerae. Ka āhei koe te kī *'He pēhea ki a koe te āhua o tō taraiwatanga ināianei?'*, tērā rānei, *'He aha ka āwhina i tēnei?'*
- Arotahi ki te kōrerorero mō te haumarū, me tō hiahia ki te tiaki i te haumarū o tō hoa, whanaunga rānei me tō ngā tāngata katoa i runga i ngā rori. Ka taea pea te kī, *'Kei te hiahia au kia haumarū me te hauora koe. Kei te āwangawanga au ki ngā mahi ka tūpono pea. Me aha tāua mō tēnei kaupapa?'*, tērā rānei, *'Kei te mōhio au kāore koe e hiahia ana kia whara tētahi, nā reira me whakaaro tāua mā wai e āwhina i konei'*.
- He nui te tūponotanga ka hiahiatia ētahi kōrerorero anō i mua i te whakatau a tō hoa, whanaunga rānei ki te whakatinana i ngā whakaaro. Kua e kawatau ka whakatauhia ngā āwangawanga i muri i te matapaki kotahi.
- Whakaatuhia tō ngākau aroha, ā, whakaarohia he pēhea ō rātou whakaaro. I ētahi wā ka rongō te tangata i te whakawehi, i te matakū hoki, nā reira kia kaha te tautoko me te āwhina.
- Kua e taupatupatu. He iti te tūponotanga o te panoni pai i muri i te taupatupatu. I te nuinga o te wā me whai wā ngā tāngata ki te āta whakaaro he aha ka kōrerotia. Panonitia te kaupapa mēnā ka puta mai te kakari, ā, hoki atu ki te kōrerorero i tētahi atu rā ina āio ana.
- Kōrero mō te hauora. E pāngia ana rānei ia e ngā raruraru e whakaaweawe pea i tā rātou taraiwatanga? Nā te rongōā pea ngā raruraru? Kua panoni tētahi mea inakuanei? Me marohi pea koe kia toro atu ia ki tōna ngaio tiaki hauora ki te pokapū hauora me te tuku ki te haere i tōna taha mēnā ka āwhina.

'Nā ka haria au e tētahi hoa ōku kua roa te wā kāore i kite tētahi i tētahi mō tētahi taraiwa, ā, ka ohore au i ngā tata tūtuki āna. Ka kōrero au ki a ia, ā, ka kī mai ia he mea whakaohooho tēnā nā te mea he pērā hoki ngā kōrero a tana hoa haere kōtui. Ka tāpui ia i tētahi hui i te taha o tana rata, tērā i tirotiro i ana mate hukihuki, ā, ināianei he koi ake ia.'



- Kōrero mō te noho whiti me te hauora. Mēnā e hohe ana tōna hinengaro, tinana hoki i te kori tinana me ētahi atu kaingākautanga, pērā i te hīkoi, ngā mahi auaha me ngā mahi e hiahiatia ana te whakatau raruraru, ka āwhina pea tēnei ki te āwhina i a ia ki te taraiwa haumaruru.
- Marohi kia whakamahi ia i te puka tuihono muna a Waka Kotahi me koe, i tōna kotahi rānei. Mēnā e hiahiatia ana ia ki te mahi i tōna kotahi, pātai i pēhea, ā, he aha ngā āhuatanga whai take.

www.nzta.govt.nz/safety/what-waka-kotahi-is-doing/education-initiatives/senior-drivers/how-your-driving/self-rating-assessment

- I roto i tā mātou puka *Te taraiwa haumarua hei kaumātua*, tērā tētahi wāhanga e kīia ana *Te noho mōhio-whaiaro*. Ka āhei pea koe te whakaatu, te hoatu rānei i te tārua o tēnei puka ki tō hoa/whanaunga me te whakamahi hei kaupapa mō te whakatuwhera i te kōrerorero. Ka āhei koe tikiake i *Te taraiwa haumarua hei kaumātua* i:
www.nzta.govt.nz/resources/driving-safely-as-a-senior
- Whakatenatenatia tō hoa, whanaunga rānei ki te uru ki tētahi akoranga whakangungu taraiwa, pērā i te akoranga ariā whakahou mō ngā kaumātua 'Te Noho Haumarua'. Tirohia whārangi 23 mō ētahi atu mōhiohio mō ngā kōwhiringa whakangungu me te aromatawai.
- Whakapau wā ki te mōhio he aha te hiahia a tō hoa, whanaunga rānei. Āwhinatia ia ki te whakaaro me te whakamahere ki te whakamahi i ngā kōwhiringa ikiiki rerekē. Ko ētahi o ngā painga o te whakamahi i ētahi atu kōwhiringa ikiiki ko te iti o te utu me te āhei ki te mahi i ētahi atu mahi ina taraiwa ana te tangata kē (arā te pānui, ngā panga kupu, te tiro rānei ki ngā imēra i runga i te paparorohiko rānei).
- Ki te whakaaro ngā tāngata mō ngā kōwhiringa me ngā painga o te hāereere me te kore motokā, ina taraiwa tonu ana, ka āta urutau haere te tangata ki te panoni i runga i te ngākau pai. E wātea ana ētahi atu mōhiohio ki tā mātou puka *Te hāereere hei kaumātua*. Ka āhei te tikiake i:
www.nzta.govt.nz/resources/getting-around-as-a-senior
- Mō ētahi atu pātai mō te hātepe whiwhi raihana anō, titiro ki tā mātou puka *Te whakahou i tō raihana taraiwa hei kaumātua*, ka āhei te tikiake i:
www.nzta.govt.nz/resources/renewing-your-driver-licence-as-a-senior
- Mō ngā whakautu ki ngā pātai auau mō ngā ture rori me te puka tikanga, titiro ki tā mātou puka *whakahou ture rori*, ka āhei te tikiake i:
www.nzta.govt.nz/resources/road-rules-refresher-for-seniors
- Tirohia te whārangi 22 mēnā he āwangawanga ōu ināianei mō tētahi tūāhua hīrokiroki.

Te whakahoki i te raihana taraiwa

Ka whakatau ētahi tāngata kua kore rātou e hiahia ki te taraiwa, ā, e hiahia kē ana rātou ki te whakahoki i tō rātou raihana ki Waka Kotahi. Ka taea te raihana taraiwa te whakahoki, engari he whakaaro pai mō te kaitaraiwa ki te kōrerorero i te whakataunga ki ētahi tāngata e whakawhirinaki ai koe, whakapā rānei ki tētahi o ngā tari e whakaingoatia i roto i te wāhanga *Tautoko me ngā mōhiohio atu anō* i runga i te whārangi 31.

Mēnā kua whakahokia te raihana taraiwa, ā, ka panoni te whakaaro o taua tangata, he mea nui ki te mōhio ka taea e te tangata i raro i te ture te taraiwa me tētahi raihana whaimana anake. Waihoki, mēnā kua mōnehu tō raihana taraiwa e whaimana ana anake i raro i te ture te taraiwa ā te wā anake kua whakahoutia te raihana.

Mēnā kei te whakahoki tētahi tangata i tana raihana, me pānui ia tā mātou puka *Te hāereere hei kaumātua*, kia āhei ia te whakaaro he aha ngā kōwhiringa ikiiki pai māna.

Ka āhei te raihana te whakahoki mā te pōhi ki:

Waka Kotahi NZ Transport Agency
Private Bag 11777
Palmerston North 4442



Me aha mēnā he āwangawanga tonu ōu



Mēnā ka kī tonu mai tō hoa, whanaunga rānei he pai tana taraiwatanga, engari e hiahia ana koe ki te kōrero i ngā āwangawanga wawe, whakaarohia ngā mea e whai ake nei:

- Me mārie, tautoko, whakaute, ngākaupai me te āwhina tō waiaro. Kia maumahara koe ehara ngā kōrerorero mō te taraiwa i te mea kotahi noa iho. Me whai wā koe ki te whakawhakanake i te matapaki ā tōna wā, ā, me whai wā tō hoa, whanaunga rānei ki te āta whakaaro ki ō kupu.
- Ka whakararu pea ēnei kōrerorero i ō aurongo. Whakarongo ki ā rātou kōrero mō ngā whīra, mihia ō rātou whīra, ā, tukuna rātou ki te whakahua i ō rātou whakaaro.

- Pātai ki a koe anō, 'Ko koe te tangata pai rawa ki te kōrero mō tēnei take ki a ia?' Ka āhei koe te kōrero ki ngā mema whānau, ngā hoa, tētahi ngaio tiaki hauora rānei, me te whakaae ko wai te tangata (ngā tāngata rānei) e tino whakawhirinaki ai ia, e tino pai rawa ai mō te kōrero ki a ia.
- Me whakaaro pea ki te pātai ki tētahi hoa, whanaunga rānei ka ahatia ā muri ake mēnā ka haere tonu ngā mea e māharaharatia ana.
- Mea atu ki tō hoa, whanaunga rānei kia whakapā atu ki tana ngaio tiaki hauora ki te whakarite i te wā mō tētahi tiro tiro hauora. Ka āwhina pea koe i a ia ki te whakarite i te wā hui, haere i tana taha hoki/rānei hei tautoko i a ia i tana hui.
- Waihoki, mēnā e hiahia ana koe, ka āhei te whakapā motuhake atu ki tetahi ngaio tiaki hauora ki te pokapū hauora ā-rohe ki te matapakī i ō āwangawanga.



- Mēnā e whakaaro ana te ngaio tiaki hauora e tika ana, ka āhei ia te whakapā atu ki te tīma hauora o Waka Kotahi. He herenga tō ngā ngaio tiaki hauora ki te whakamōhio atu ki Waka Kotahi mō tētahi tāngata e whakaaro ana rātou he whakamōrea i te haumarū tūmatanui, nā te mea ahakoa kua tohutohua kia kaua e taraiwa, kei te taraiwa tonu.
- Mēnā kāore i te mōhio te ngaio tiaki hauora ki te haumarū o te tangata ki te taraiwa, ka āhei te tono i tērā tangata ki tētahi kaihaumanu whakamahi tinana mō te aromatawai.
- Mēnā me mutu i tō hoa, whanaunga rānei te taraiwatanga, whakatenatenatia a ia kia whakaarohia he panoni pai tēnei, ehara i te mutunga o te wāteatanga. Āwhinatia a ia ki te whakaaro mō ētahi atu kōwhiringa mō te haerenga i runga i te haumarū.
- Mēnā e tino waimaero ana tō hoa (ahakoa he aha te take) ā, e pūkeke ana ki te taraiwa, me kī atu ki a ia he turekore te taraiwa ina waimaero ana.
- **Mēnā he āwangawanga āu mō tētahi tūāhua hīrokiroki:** mēnā ka tīmata tō hoa, whanaunga rānei ki te taraiwa, ā, e āwangawanga ana koe he mōrearea ia ki a ia anō me ētahi ata tangata e tata ana ki a ia, ka āhei koe te waea atu ki *555, 111 rānei mēnā he ohotata.



Te whakangungu taraiwa me te aromatawai



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

'I te taraiwa au mai i te 15 o aku tau, nā reira e pai ana au i muri i te wīra. Engari ko te akoranga Staying Safe he āhua ohorere - nā reira ka taea e te kurī tawhito te ako nuka hou.'

Ka whakarato hoki te Automobile Association (AA) i te mahinga ako takitahi koreutu ki ngā mema o AA (mō ngā tāngata e 74 tau neke atu rānei - e hāngai ana te utu mema). Ka tuku tēnei mahinga ako i te tiroiro whakahoahoa, pārore hoki o tō taera taraiwa. Ka kapi i tēnei mahinga ngā pūkenga tiroiro waka, ngā whakangungu nohoanga taraiwa, te rotarota, te whakahaere motokā me te tautohu pūmate. Waihoki, ka āwhina tēnei mahinga ako mēnā e whakareri ana te taraiwa mō te aromatawai haumaruru rori a tētahi kaihaumanu whakamahi tinana. Ka taea e koe te kimi i ētahi atu mōhiohio i: www.aa.co.nz/senior-driver

He maha hoki ngā kura taraiwa e whakahaere ana i ngā akoranga aromatawai me te akoranga kua hoahoatia mā ngā kaumātua (he utu hāngai). Rapu kōrero mō tō kura taraiwa ā-rohe mā te rapu ipurangi, te tiro rānei ki tō pukapuka waea pakihī ā-rohe.

Mēnā e pāngia ana tētahi tangata e mōhio ana koe ki te āhuatanga hauora ka whakaaweawe pea i tana taraiwa, he mea nui kia kōrero ia ki tana ngaio tiaki hauora.

Ka tonu pea te ngaio tiaki hauora o tō hoa, whanaunga rānei ki tētahi kaihaumanu whakamahi tinana ki te aromatawai i tana āheinga ki te taraiwa haumaruru.

Ka aromātai ngā aromatawai kaihaumanu whakamahi tinana (OT) i ngā pānga o ngā rarururu hauora, ngā hauātanga rānei ki te āheinga o te tangata ki te taraiwa haumaruru. Ka āhei te kaihaumanu whakamahi tinana te whakarato tohutohu mō ngā waka, taputapu tika rānei hei whakapiki i te haumaruru o te taraiwa. Mō ētahi atu mōhiohio, tirohia whārangi meka 51: *Aromatawai OT: kaihaumanu whakamahi tinana me te raihana taraiwa*, waea mai rānei ki a mātou i runga i 0800 822 422. Ka kitea ā mātou whārangi meka katoa i:

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



Whakaarohia ngā kōwhiringa kē ki te taraiwa



I ētahi wā ka whakaatu te aromatawai hauora kāore e tika ana kia taraiwa tētahi tangata. E mōhio ana mātou he pāmamae pea tēnei panoni. 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. Ka āhei ngā tari kāwanatanga e whakarārangihia i runga i te whārangi 31 te whakarato tautoko me ngā marohi whai kiko hei āwhina i a koe.

Mēnā e whakaatu ana te aromatawai hauora e pai ana tētahi ki te taraiwa, ka whakatau tonu pea ia ki te hāereere me te kore motokā, motopaika rānei, nā te mea he nui ngā painga o te hāereere mā ngā ara rerekē, 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).

Ko ētahi o ngā āhua noa ki te hāereere me te kore motokā ko te hīkoi, pahi, rerewē me te tekihī/kawenga tuari. Ka rerekē te wātea o ēnei ratonga mai i tētahi takiwā ki tētahi takiwā.

Kei ētahi takiwā anake o te motu he ratonga tereina, engari he maha ngā takiwā me 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 ngā pekanga ā-rohe o Age Concern, tō kaunihera ā-rohe rānei te āwhina i a koe ki ngā mōhiohio mō ēnei kaiwhakarato me te penapena moni pea e pā ana ki ngā hiahia haerenga auau (tirohia whārangi 45).

E māraurau ana ngā kaumātua katoa atu i te tau 65 ki te Kāri SuperGold e whakarato ana i te whānuitanga o ngā whakahekenga utu mō ngā utu o ia rā. Kei roto i tēnei ko te haere mā runga ikiiki tūmatanui i ngā wā kāore i te pokea. Mō ētahi atu mōhiohio toro atu i:

www.supergold.govt.nz

I tua atu, he whānui ngā painga ahumoni e wātea ana i Te Hiranga Tangata. Mō ētahi atu mōhiohio toro atu i:

www.workandincome.govt.nz/eligibility/seniors

Mēnā he āhuatanga mauroa tōu ka pā ki tō hauora, ka āhei pea koe te uru ki te Total Mobility Scheme, e whakarato ana i ngā whakahekenga utu nui mō ngā utu tekihī/kawenga tuari hoki. Mō ētahi atu mōhiohio toro atu ki: ccsdisabilityaction.org.nz/services/how-can-we-help/total-mobility-taxi-vouchers

E whakarato ana te puka *Te hāereere hei kaumātua* i ētahi atu mōhiohio e pā ana ki te whānuitanga o ngā kōwhiringa ikiiki. Tirohia: 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



Te whakarato tautoko whai kiko



He maha ngā ara hei whakarato i te tautoko whai kiko ki ngā taraiwa kaumātua.

Me mahi ā-ringā

- Me tiroiro ngātahi i te haumaruru o te waka - ngā taea, matapihi, ngā ūkui me ngā whakaata, ngā tūtohu, waikura, rama. Tirohia: www.nzta.govt.nz/vehicles/choosing-the-right-vehicle/check-your-car-safety-basics
- Mēnā ka haere te pēpi, tamaiti rānei i roto i te motokā, tirohia me pēhea te whakamau i te tūru mau tamaiti, ā, tirohia ngā ataata whakatiki tamariki a Waka Kotahi.
- Tuku kia hari i tō hoa, whanaunga rānei mēnā kāore ia i te ngākau titikaha i tētahi tūāhua, pērā i te taraiwa ina pokea ana ngā rori, te taraiwa i ngā pūtahitanga whīwhiwhi, te taraiwatanga i ngā pō, te taraiwatanga mō te wā roa, te taraiwa ki tētahi wāhi hou rānei.

- Tuaritia ngā mahi taraiwa mēnā e taraiwa ana mō te wā roa.
- Haere ngātahi mō te haerenga hokohoko.
- Mēnā e hoko ana i te motokā, haere ngātahi ki te whakarato i te whakaaro tuarua.
- Mahi hei tangata tautoko ina haere ana tētahi tangata ki tētahi hui tiaki hauora.

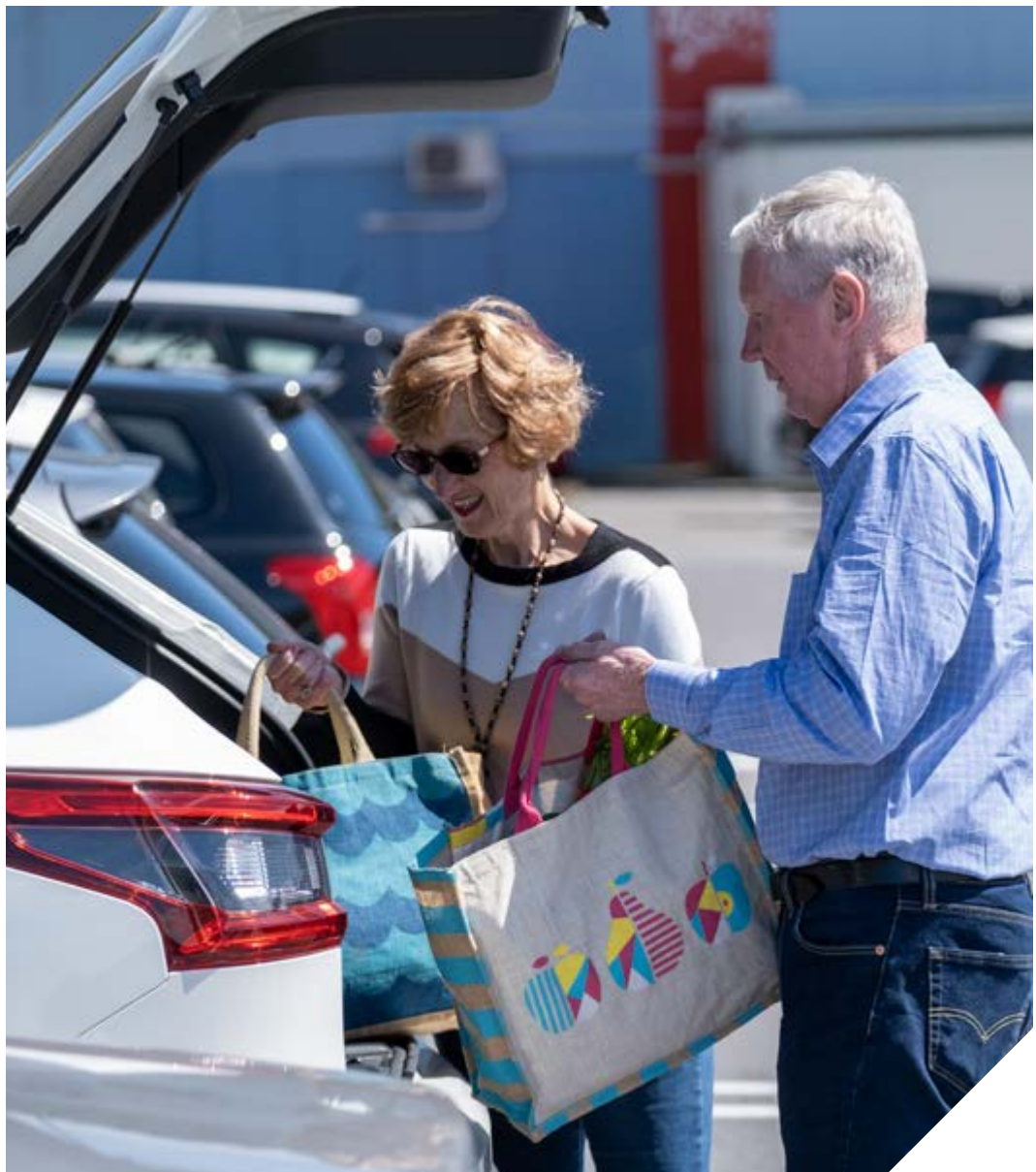
Kitea ētahi atu mea

- Pānuitia me te matapaki ngātahi i ngā puka a Waka Kotahi mō te taraiwatanga hei kaumātua.
- Whakaoti me te matapaki ngātahi i te kai hinengaro aromatawai whaiaro tuihono.
- Kia āta mōhio haere ki ngā tirohanga, whakaaro, taumata aroā hoki o tō hoa, whanaunga rānei e pā ana ki te haumarū taraiwa me ngā kōwhiringa ikiiki.
- Kimihia mēnā he kōwhiringa ka taea, ka hiahiatia hoki te hokohoko tuihono me te whakarite kia kawea ngā mea ki te kāinga.
- Mēnā e hoko ana i te motokā, tirohia te pae tukutuku a 'Rightcar' mō te taumata haumarū o te motokā, mō ngā tohutohu hoki mō ngā āhuatanga haumarū me ngā taumata mō te penapena kora, ngā putanga waro me te parahanga hau takiwā: **www.rightcar.govt.nz**
- Mēnā e whakarerekē ana i ngā āhuatanga noho, kōrero mō ngā ratonga e wātea ana i te wāhi e noho ana ia, ā, pēhea te whakatapoko o aua ratonga - te ikiiki tūmatanui, ngā toa, ngā pokapū hauora, ngā whare karakia me ngā whakaurunga rēhia.



Āwhinatia te tūhononga

- Rapua āhea, ko hea hoki te akoranga whakahou koreutu 'Staying Safe' e whakaratoa ana, ā, haere hei tangata tautoko mēnā e hiahiatia ana.
- Whakapā atu ki AA (ka hāngai ngā utu mematangā) ki te whakarite i te mahinga ako rō-motokā koreutu, ā, haere hei mema tautoko mēnā e hiahiatia ana (mō ngā tāngata 74, neke atu rānei),.
- Whakarato āwhina mēnā e hiahiatia ana te āwhina/tautoko ki te whakarite i te hui ki te pokapū hauora ā-rohe, ki tētahi kaihaumanu whakamahi tinana rānei.



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/resources/
supporting-senior-drivers](http://www.nzta.govt.nz/resources/supporting-senior-drivers)



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
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

