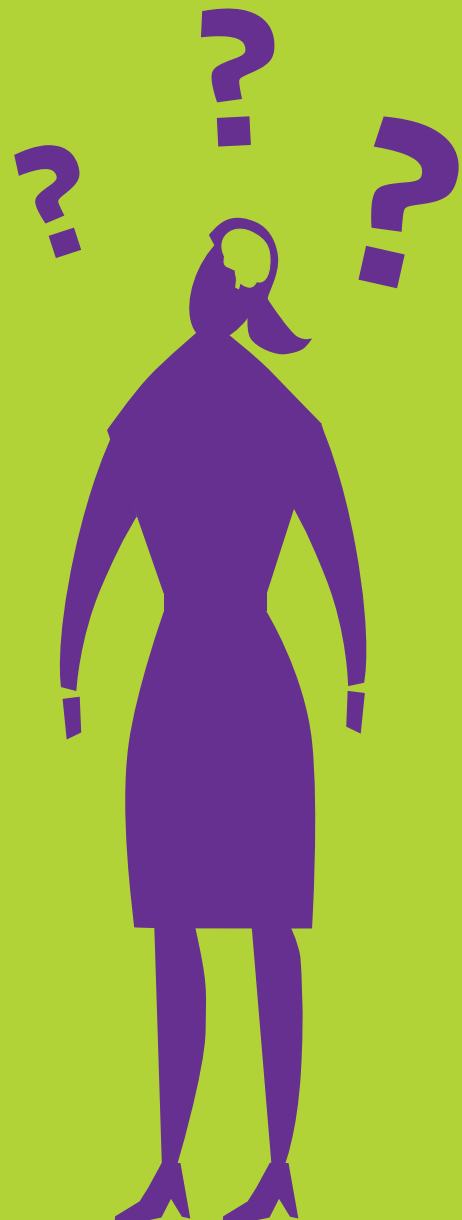


02

E tautokona e ACC



He aha te wharanga roro?



Ka aha mēnā ka whara tō roro.

He aha te Wharanga roro?

He kōrero whānui te wharanga roro e kōrero ana mō te wharanga ki te roro. Mai i te pāpaku ki te nui te whānuitanga o ngā wharanga roro e ai ki te momo wharanga.

Acquired Brain Injury (ABI)

Ko te ABI he wharanga roro ka ahu mai **i muri i te whānautanga** nā ngā āhuatanga pērā i:

- Ngā ikura roro me ngā kōpuku i te ia-tuku (aneurysms)
- Ngā whakapokenga, pērā i te mate kiriuhi ua kakā (meningitis)
- Te iti rawa o te hāora ki te roro (hypoxia)
- Ngā puku roro
- Ngā mate tāoke-roro: ko te mutunga atu pea o ngā whakapōauau me te waipiro, ngā paturiha, ngā haurehu, ngā tāmeha ko tētahi wharanga roro
- Whara kino te roro (Traumatic Brain Injury)

Traumatic Brain Injury (TBI)

He wharanga te TBI ki te roro mai i tētahi **whara kino ki te māhunga, tinana rānei**, e ngāueue ai te roro i roto i te angaanga. **E rua ngā momo TBI:**

- Pā mai ai te TBI kati ina tukia te roro engari kāore e ngotoa, wāhia rānei te angaanga.
- Pā mai ai te TBI tuwhera ina tukia te roro, ā, ka ngotoa, wāhia rānei te angaanga.
- Ko te pūtaka nui o te TBI ko ngā tukinga waka, wharanga hākinakina, patunga, hinganga hoki. Ko ngā rōpū mōrea nui rawa mō te pā mai o te TBI ko ngā tamariki i raro i te 5 tau, ngā tāne 15 - 30 tau, me ngā kaumātua.

Ka ahatia te roro ina whara kino te roro?

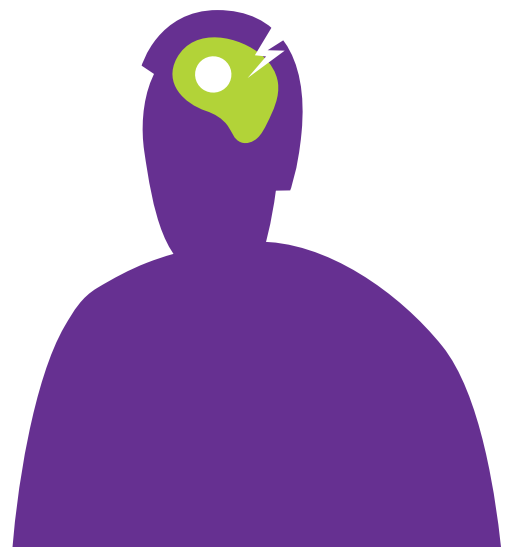
He āhua rite te roro ki tētahi tōhua i roto anga hua. Ko te anga hua te anganga. Ko te tōhua te roro, ā, ko te wai o te hua te wai e karapotia ana i te roro.

He wai whai pēhanga nui (wai tuaiwi roro) te wai puta noa i te roro hei parenga tukituki kia kore ai e whara te roro i ngā nekenga ohorere o te māhunga. Ka tiaki tēnei paparanga wai i te roro mai i ngā tukinga noa, rutu me ngā aituā o ia rā.

I tētahi aituā, ka whara te roro mā te kukume, tīhae rānei o ngā kikokiko roro marore e rite nei ki te tiere ngohengohe te āhua, ā, ka marū, ka tūkinohia. Ki te whati te anganga, ka weroa pea te roro e ngā

kongakonga kōiwi e toto ai, e marū ai pea te roro. I te nuinga o te wā ko te wharanga nui ka ahu mai i te tere whakaterenga me te pāitiititanga o te roro (hei taura, pērā i te tākiritanga i roto i tētahi tukinga waka).

Kei te wāhanga o te roro i whara te tere o te whakaoranga me te kino o te wharanga me ngā rautaki whakaora a te tūrora.



Mātengatenga / Mild Traumatic Brain Injury (TBI)

E mōhiotia ana ko te mātengatenga ko te 'mild traumatic brain injury', ka ahū mai i tētahi tūkinga ki te māhunga, kanohi, kakī, tētahi atu wāhi o te tinana me te pā ki te māhunga.

Kāore pea koe e mate ki te haere wawe ki te hōhipera/rata, engari me mōhio tonu koe ka puta ake ngā tohu me ngā tohumate i ngā haora, i ngā rā rānei i muri mai. Me te aha, e kore koe e mate ki te mauri moe kia kīia ai he mātengatenga.

Ka ahū mai ngā tohumate i ngā tūkinotanga ioio kāore pea e kitea e ngā karapa, whakaahua whakaroto rānei. Ko ngā tohumate ngā tohu o te tinana e whakamōhio atu ana ki a koe kei te hē tētahi mea. I te nuinga o te wā, ehara i te mea he wharanga tūturu engari, pērā anō i ētahi atu wharanga, me whai wā te tinana kia pai anō tēnei wharanga.

Nā te mātengatenga ka pā ki ētahi tāngata ngā raruraru kare ā-roto, whanonga, whakaaro hoki ka whakararuraru i tā rātau noho. Ko te nuinga o ēnei raruraru ka pai haere noa i roto i te toru marama. Engari, ka roa atu te pā mai o ēnei tohumate i tēnei wā. E mōhiotia ana tēnei ko te 'Post Concussion Syndrome'.

Ngā Tohumate

He nui ngā raruraru me ngā tohumate ka ahū mai i te wharanga roro, tae atu ki:

- Ānini māhunga
- Rūhā
- Whakapairuaki / Ruaki
- Atarua / Pōātinitini
- Turi
- He poto te whakaaro tapatahi
- Kei te tangi i ngā taringa
- He wareware
- Haumaruru
- He uaua te moe
- Kārangī

Ngā pānga

Ka rerekē ngā pānga o tētahi wharanga roro mai i tēnā tangata ki tēnā tangata, ā, ko te mutunga atu ka pā mai tētahi, te katoa rānei o ngā tohumate i raro.

Kua rerekē te whakaaro, pērā i te uaua o te:

- Arotahi me te whakaaro tapatahi
- Kaha ki te ako i ngā mea hou
- Pūmahara
- Te whakamahere me te whakariterite
- Whakaaro whaitake me te tuku whakatau

Ngā rerekētanga whanonga me te tuakiri:

- He pukā - ka hīkaikai noa ki te mahi i mua i te whakaaroaro
- Maioha kore – kāore he whakararata whaiaro
- Kāore i te kakama - he uaua te tīmata i ngā mahi
- Kārangī - kōhukihuki, tere wheke hoki/rānei
- Kāore i te whakaaro noa/ aro ki tōna āhua - kāore i te mōhio ki ōna kaha/ ngoikoretanga me ngā pānga ki ētahi atu

Ko te rūhā, te tino nenge hoki, ko tētahi o ngā tino tohumate o te wharanga roro. I te nuinga o te wā he pānga tō te rūhā ki ngā mahi whakaaroaro, arā, he hinengaro rūhā ehara i te tinana rūhā. Kia pai ai te whakaaro o te roro me nui te whakatā.



Ka pā mai pea ki a koe:

- Te uaua ki te whakawhanaunga me te tangata
- Te uaua o te whakaputa i ō huatau, whakaaro hoki
- Te uaua o te pānui, tuhituhi, te kimi i ngā kupu tika, te whakatakoto i te kōrero me te mārama ki ngā kōrero
- Te uaua o ngā nekehanga mō te kōrero, horomi rānei, pērā i te ngoikore o ngā uaua o te arero, ngutu rānei
- Ka ngoikore, pōkaikaha, anipā rānei



Ngā rerekētanga rongō me te kite:

- Ka mamae i te turituri me te mārama
- Ka rerekē te rongō ā-kai, ā-ihu, ā-pā rānei
- Ka turi haere
- Ka uaua te kite

Ngā rerekētanga tinana:

- Ānini te mähunga
- Moe hurihuri
- Ka raruraru te tau o te tinana me te tū tika
- Ngā rerekētanga taihemahema
- Ka ngoikore/pararaiha pea tētahi taha o te tinana
- Mamae
- Rehu ohotata

Kia maumahara ki te kōrero i ēnei tohumate ki tō Rata, Kaiwhakahaere Kēhi, tō whānau me ō hoa rānei.

Ko te tikanga ka tino pai ake i roto i ngā tau tuatahi e rua engari ka taea tonu te pai haere o te tangata i roto i ngā tau i muri mai.

Mō ētahi atu mōhiohio

Ka āwhina pea ētahi atu mātārere o tēnei punipuni i a koe, me whakapā atu rānei ki tō Brain Injury Association, ACC, Te Manatū Hauora, ngā Disability Resource Information Centre rānei.

Mō ētahi atu mōhiohio haere ki: www.brain-injury.org.nz

Aku whakapā hira:

Brain Injury Association:

Rata:

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Kaiwhakahaere Kēhi:

Ētahi atu whakapā:

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E tautokona e ACC

