

# 07

E tautokona e ACC



## Te Whakahaere Rūhā

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Tē āwhina i a koe ki te whakahaere i ō kaha rūhā. Kia pai ai te whakaora o te roro me nui te whakatā.

# Te whakahaere rūhā

Ko te rūhā tētahi o ngā tino amuamu e pā ana ki te wharanga roro. Ka tino mamae rawa i muri tonu mai i tō wharanga roro, ā, ka pai haere i roto i te wā. Engari mō ētahi tāngata ka pā tonu mai te rūhā i te korenga atu o ētahi atu tohumate.

## Mō te rūhā

He pānga tō te rūhā ki ngā āhuatanga e hira ana ki tō whakarauoranga; nō reira, ko te momoho o tō whakarauoranga kei te kaha o tō ako ki te whakahaere i tō rūhā.



Ka whakaitia e te rūhā tō whakaaro tapatahi, pūmahara, me te whakaiti i tō kaha ki te whakarite i te whakawhanaungatanga.



Ka piki hoki i te rūhā tō kārangī, pororaru, pāpōuri, me te anipā.



Mēnā he pōturi te whakarite a te roro i ngā mōhiohio ka nui ake te kaha hei mahi i ngā mahi.



Ka tere ake te whakapaua o tō 'kaha hinengaro' i ngā mahi he nui te whakaaro me te whakaaro tapatahi, ā, ka ngenge koe.



Ka tino rūhā rawa atu mēnā kāore e pai tō moe. I te nuinga o te wā he uaua ki te moe i muri i te wharanga roro - ka oho rānei koe, ā, he uaua te hoki anō ki te moe i te pō, ā, kua kore e whakahohe tō āhua i te ata.



Ko te whakahaere rūhā te wāhi tīmatanga mō tō whakaora. Hei whakahaere i tō rūhā, tuatahi me whakaae koe kua kore e rite te manawaroa o tō tinana me tō hinengaro ki tērā i mua i te aituā.

I te nuinga o te wā e hono ana te rūhā ki ngā mahi whakaaro me te whakaaro tapatahi - ka kitea pea koe ko tō roro kei te ngenge ehara ko tō tinana.

Ko te take pea nā:

- Iti rawa o te haratautanga me ngā raruraru, ā, ka nui ake te whakapau kaha me te whakaaro tapatahi mō te tūtika me te nekeneke
- Me kaha ake te mahi a tō roro nā ngā raruraru whakaaro tapatahi me te pūmahara
- Moe korohiko, moe hurihuri rānei
- Hongehoengeā me te pāpōuri
- Tinnitus – he tangitangi haere i ngā taringa/ māhunga, ā, ka ngenge te roro



**Ko te pupuhi, marū rānei kei te whakararuraru pea i te āhua o te mahi a tō tinana, e hauarea ai, ā, ka nui ake te kaha ka whakapaua ki te mahi i ngā mahi noa o ia rā, me te aha ka nui ake tō ngenge.**

He aha ngā mea ka taea e koe hei āwhina ki te whakaiti i tō rūhā?

- Me ngana koe kia hoki koe ki tētahi ritenga moe pai - me whai i ngā ritenga wā moe, ā, me ngana kia 8 - 10 haora te moe i ia pō
- Me whakarite me te mātua wehe i ngā wā whakatā hei whakaohoho i a koe i mua i te pau o tō hau i te mea ki te wherū koe ka pau ētahi rā i mua i te hokinga mai o tō kaha
- Me whakatautika i ngā mahi he nui te whakaaroaro me ngā mahi he iti te whakapau kaha. Kei pōhēhē koe ka taea e tō roro te whakaaro tapatahi mō ngā haora maha i te tuatahi - me whakapakari i a koe kia eke ai ki tērā
- Me ako ki te kite i ngā tohu tōmua o te rūhā, ā, ka whakatā
- Me whakamātau i te whakamanatu me ngā tikanga hēhē tika
- Me whakauru mai i ētahi mahi whakapakari tinana e whakahaerehia ana, i raro rānei i ngā tohutohu a tō rata, tohunga whakaora rānei
- Me whakauru mai i ngā wā whakatā ki roto i tō rā



Me whakamātau i te whakamanatu me ngā tikanga hēhē tika

Ka āwhina ngā korikori tinana whakatā me te parohe i a koe ki te whakaiti i ō ānini māhunga e pā ana ki te kōhukihuki.

Ka nui ake i te rūhā ngā tohumate pērā i te ānini māhunga me te pōātinitini.

Ka pā mai pea ngā ānini māhunga i ia rā, nui atu i te kotahi wā i te rā rānei. E kitea noatia ana tēnei, otirā i ngā wāhanga tōmua o te whakaoranga. Ka ahu mai pea ō ānini i te marū me te pupuhi o te roro, nā tētahi wharanga hāngai rānei ki te kakī. Ka pā mai pea ngā ānini māhunga i te kōhukihuki nā te māharahara, rūhā, me te roa rawa o te whakaaro tapatahi.

**Ka kite koe ka mamae kē atu ō ānini māhunga ina rūhā koe, ā, huihui ana ēnei mea e rua ka whakangoikoretia koe.**



## 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](http://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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