

# Te pikinga ora i tētahi whatinga hope



# TŌ WHATI HOPE ME TE HONO



Ngā  
whārangī  
2-5



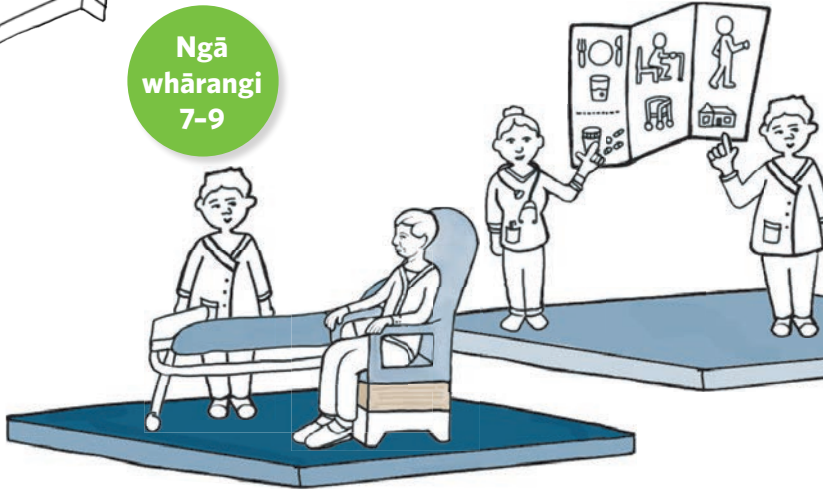
Ngā  
whārangī  
10-12

# TĀU MAHERE TAUTOKO



# TŌ NOHO HŌHIPERA

Ngā  
whārangī  
7-9





# NGĀ KARE Ā-ROTO

Whārangī  
6-7

Ngā  
whārangī  
13-14

## PUKA AROWHAI MŌ TE WHAKAPUTANGA

## TE WHAKAORANGA I TE KĀINGA

Ngā  
whārangī  
15-17



# He kupu whakataki

I whakaritea tēnei puka e te hunga i wheakohia ai he whati hope (he piere, he whati rānei o te kōiwi hope tata ki te huāmanu). Ko te whāinga kia hoatu he mōhiohio whaihua hei āwhina i tō whakaoranga.

Tokomaha ngā tāngata e whai whati hope ana. Tae atu ki ngā tāngata pakari te tinana ka whara i ngā mahi o waho me ngā mea kaumātua ka hinga noa iho.

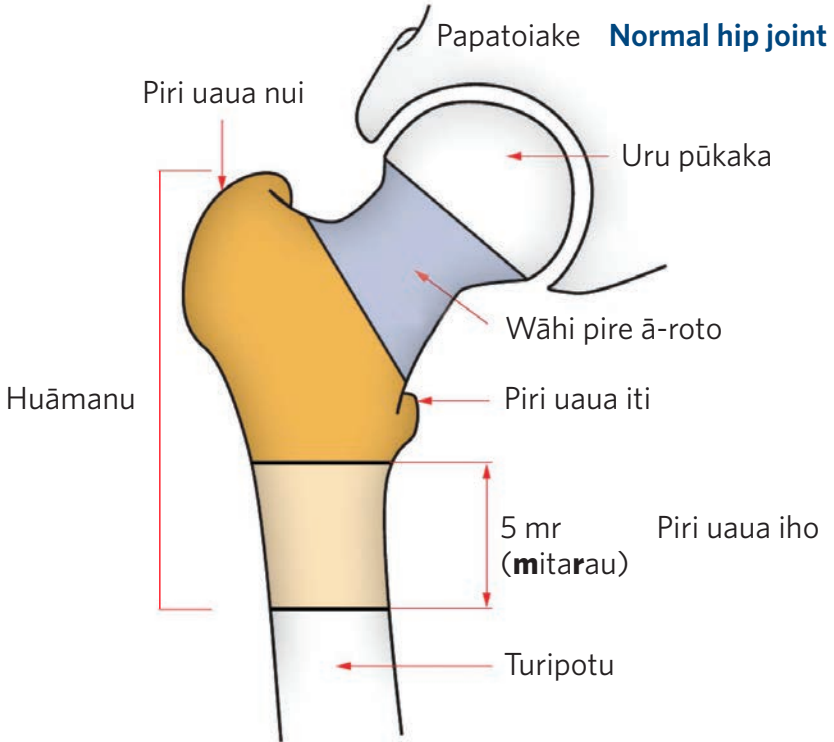
Ko te hinganga ki raro te take nui kia whati hope. Ka ngoikore tātou i a tātou e kaumātua haere ana, te taurite o te tū, te kaikōiwi, ka ngoikore hoki ō tātou wheua. Mā konei ka nui haere te tūraru mō te hinga. Ka taea tētahi wheua te whati noa ina hinga koe mai i tō tū; ehara i te mea kia teitei koe i runga i tētahi arawhata.

Ko tētahi tino wāhanga o tēnei puka ko tō āhei ki te mahi tahi i tō tauwhiro whaiaro me tō tīma tauwhiro. Kei tēnei tīma pea he tākuta, he nēhi, he kaitautoko tauwhiro, he kaihaumanu koiri, he kaihaumanu ngangahau hoki.

Mehemea he pātai āu me pātai atu ki tō tīma – nau mai te pātai i runga i te whakautē. He mea noa te wareware ina pāngia koe ki te mamae. Nā reira, kia kua koe e matakū ki te pātai anō i te pātai ina wareware i a koe. Kei te pai, he mea noa tēnei. Ina taea, me noho tētahi ki tō taha, pērā i te whānau, i tētahi rānei o te whānau hei āwhina i a koe kia maumahara ki te kōrero ka kōrerotia. Mēnā karekau he tangata i tō taha i te wā kōrero a te tīma me tō hiahia kia noho mai tētahi, me kī atu ki te tīma kia waea atu rātou ki a ia.

## Hei hono i tō whati hope

Ko te whati hope he piere, he whati rānei o runga o te wheua kūhā e tata ana ki te huāmanu.



Ko te rongoā noa mō te whati hope ko te kokoti nō muri tata mai o te whati. Mā te kokoti ka tere atu te āhei ki te hīkoi anō me te hoki atu ki te mahi, ā, ka iti hoki te mamae. Ko te momo kokoti kei te āhua tonu o te wāhanga o te hope kua whati. Ko ngā momo poka:



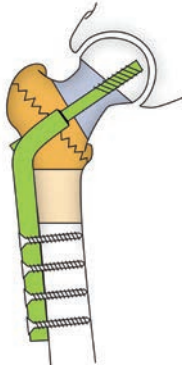
### He whākapi wāhanga hope

He whākapi wheua o te pona kapunga.



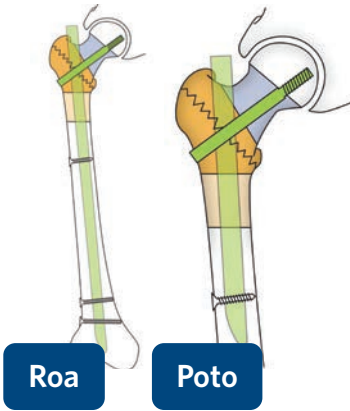
### He whākapi hope katoa

Ka whākapi i te wheua o pōro o te pona kapunga, ā, ka whākapi hoki i te kōhao.



## He kōwiri ā-hope

Kāore e whākapi i te pona kapunga, ā, mā ngā pine me ngā papa te whakatika e āwhina.



Roa

Poto

## He tia konganuku (tae atu ki te tia kama (PFNA))

Ka whakauru tia konganuku (nēra) ki waenga o te wheua kūhā kia purihia te whati; mā ngā kōwiri te tia konganuku e whakawhena.

Mā tō tīma hauora he mōhiohio atu anō mō tō whati hope me tō kokoti e hoatu.

Ki te whākapi i tētahi wāhanga i te katoa rānei o te hope, me whakaiti pea, me waiho rānei ētahi kori tinana. Ka kōrero tō tīma hauora mō ēnei āhuatanga.

# Te pānga mai o tētahi whati hope ki ōu kare ā-roto



He wharanga kau tētahi whati hope, ka mutu, ka raru pea tō oranga. He mea māori noa te rongō kare ā-roto whānui nā tō whati. Ka rongō pea koe ki ētahi o ēnei kare ā-roto:

- he pōuri mō tō whati hope
- he mataku mō te kore a muri e hokia
- he hopo mō te rerekē o te noho oranga
- he pēhi mō ngā wero kei te aroaro
- he tū māia ka ngaro.



I a koe e whakaora ana, ka tīmata koe ki te rongō i ngā rongō pai mō āpōpō. Me whakaaro koe ki tō pikinga ora i ia rā hei āwhina i a koe kia kaha te noho, kia pai hoki.

Kei tō taha tō tīma hauora hei tautoko hei akiaki hoki i a koe e neke whakamua ana, e piki ora ana.

## Tō noho hōhipera me te pikinga ora

### Te whakahaere mamae

Ko te kokoti hei hono whati hope te huarahi tika hei whakahaere mamae engari ka hiahia pea koe ki ētahi rongōā patu mamae i mua, i muri hoki i tō poka.

Ka hoatu pea he rongōā patu mamae, he mea kaha ake rānei ina hiahia ana koe. Ka hoatu pea he 'aukati ioio' he wero ki te tapatapa kia kēkerewai te waewae mō ngā hāora roa. Ka hoatu tētahi wero aukati ioio i te taiwhanga ohotata i te wā ka kokoti koe.

He mea nui te whakahaere mamae nā te mea ka taea e koe te tū, te hīkoi, te tīmata wawe hoki i tō whakaora tinana. Ka hiahia tō tīma hauora ki te whakahaere i tō mamae ahakoa te aha, nā reira me whakamōhio atu i a rātou ina hiahia koe ki ētahi atu rongōā patu mamae.

Ko tētahi mate-āpiti o ngā rongōā patu mamae tino kaha ko te kōreke, nā reira ka hoatu hoki he rongōā hei āwhina i tō mahi wharepaku.

## Nō muri i te poka

### Te kai me te inu

Ka akiaki i te tokomaha kia kai, kia inu hoki i tō hokinga ki te moenga whaimuri i te poka. Me kai tonu koe, me inu tonu hoki kia nui te kaha hei wāhanga o te mahi whakaora kia wawe hoki te hokinga ki te kāinga. Ka hoatu pea ki a koe ētahi taiora kaha te ngao mehemea ka uaua ki a koe te kai.

### Mate kuawa (he rongu rangirua)

Ka noho pea koe me te rongu i te rangirua whaimuri i tō kokoti – e kīia nei ko te mate kuawa tēnei. Ko ngā pūtake noa o te mate kuawa i te hunga whati hope ko te mamae, ko te rehunga, ko ngā rongōā patu mamae, ko te kōreke, ko te tauraki, ko te poke me te mate wareware. Me whakarite e koe, e tētahi rānei o te whānau kia kōrero atu ki ngā kaimahi o te hōhipera mehemea ka rangirua koe ka rerekē rānei i ō mahara. Mā te tere whakaputa kōrero mō te mate kuawa ka āwhina i tō whakaoranga.

### Te nekeneke

He wāhanga nui o tō whakaora tinana te kori tinana. Mā te kori tinana ka tere tū motuhake koe, ā, ka karokaro atu i ngā āhua whakararu. Ka hoatu i tō tīma tautoko he tautoko me ētahi mōhiohio e pā ana ki ngā mahi pai hei tīmata i te kori tinana. He mea māori noa te rongu ki ētahi paku mamae ki tētahi ngoikore rānei i te tīmatanga o te kori tinana.

Ko te whāinga kia hoki koe ki ngā mahi i taea a i e koe i mua i tō whati hope. Ka āwhina tō tīma hauora i a koe, engari mōu tonu te mahi nui kia kaha korikori i te tinana. Mā te kaha kori tinana tere whakarite i tō hoki ki te kāinga.

## Te whakaoranga i te hōhipera

Ko te mahi whakaora te huarahi hei āwhina i a koe kia tū motuhake. Mā te kaha mahi i te whakaora ka āwhina i a koe kia piki te ora whaimuri i tō whati hope me te poka.

He mea nui tō whakaoranga mō tō pikinga ora me tō oranga, nā konei ka tīmata tō whakaoranga nō muri tonu mai o tō poka. Ka āta whakarite tō tīma hauora i ngā mahi ka taea e koe i ngā rangi tuatahi whaimuri i tō kokoti me te mahere whakaora, te mahere maimoa rānei e tika ana mōu kia wehe atu i te hōhipera kia hoki ki te kāinga.

Ko te aronga nui ki te whakaoranga kia mahi koe me tō kotahi i ngā mahi o te kāinga. I te hōhipera ka āwhinatia koe kia mahi koe i ngā mahi pērā i te maranga i te moenga, te mahi wharepaku me te mahi hīrere.

Whaimuri mai i tētahi whati hope ka noho koe ki te hōhipera mō te āhua kotahi wiki ki te whā wiki i te āhua o tō whakaoranga me te āhua o tō kāinga.

Ka tukua koe kia hoki ki te kāinga ā te wā ka taea e koe ngā mahi o ia rā pērā i te hīkoi, te mahi wharepaku, te hīrere me te piki arawhata mēnā kei te kāinga.

Kia maumahara koe ka roa te wā kia whakaora koe, nā reira me aroha atu koe ki a koe anō me whakaaro pai ki āu mahi kori tinana. Ka whakapiki haere tō āhei ki te hīkoi me tō kaha i te wā ka hoki koe ki te kāinga.

# Tō mahere tautāwhi mō te hoki ki te kāinga

Ko te whakarite kia hoki koe ki te kāinga tētahi mea nui o tō whakaoranga. I tō wehenga i te hōhipera ka tīmata āu mahi hei whakaora.

Ka haere tonu tō whakaoranga tae atu pea ki te tautoko a Te Komihana āwhina Hunga Whara (ACC).

Ka piki te ora o te nuinga i roto i te ono wiki me te piki oranga tonu mō tētahi tau.

## Taputapu

Ki te whakaaro tō tīma haora kia whai taputapu motuhake koe ki te kāinga, ka āwhina rātou i a koe. Ki te hoatu e Te Whatu Ora he taputapu rīhi, tōna tikanga me whakahoki aua taputapu. Mā tētahi o Te Whatu Ora e hoatu ngā mōhiohio e pā ana ki ngā taputapu.

## Kori tinana

Me whai ngā tohutohu a tō kaihaumanu koiri mō te nui o te kori tinana me mahi e koe i tō hokinga atu ki te kāinga. Tōna tikanga, he mea pai kia āta whakanui haere i te wā hei hīkoi me te wā hei kori tinana. He mea āwhina te āta whakarite wā korikori.

Kei te āhua tonu o tō momo poka, me āta whakaiti pea, me kua rānei koe i mahi i ētahi momo kori tinana. Me aro atu ki tō tinana me te whakatā ina tika kia whakatā. Me āta kori tinana – kua e horo.

## Me tiaki i tō taotū

Ko te taotū i te taha o tō hope, kua tuia pea mā ngā tuitui rewa, mā ngā tuitui tangohia, ngā rawhi, ngā makatiti rānei. Ka whakamōhio atu tō

tīma hauora i a koe mō āhea e tango, mō te āhua hoki o te tangohanga mehemea kei te tuia tonutia e rātou i tō hokinga ki te kāinga.

Tēnā pea he uhi pītongatonga e uhi ana i tō taotū kia taea ai e koe te hīrere.

## **Te Komihana āwhina Hunga Whara**

Mehemea nā tētahi aituā tō whati hope, ka tukua e tō tīma hauora tētahi kerēme ki Te Komihana āwhina Hunga Whara. He pātai āu me toro te pae ipurangi [www.acc.co.nz](http://www.acc.co.nz) waea tau rānei ki 0800 101 996.

## **He āwhina i te kāinga**

Ka aromatawai tō tīma hauora i a koe i te hōhipera kia kitea me pēhea e āwhina ai i a koe i te kāinga – hei tauira, mō te hīrere, me te whakamau kākahu. He āwhina pea i a koe mō tētahi wā poto i te wā ka piki i tō ora. Ka whakaritea e tō tīma hauora tētahi atu āwhina mōu mehemea me whakarite. Ki te hiahia āwhina koe ka whakaritea i mua i tō hokinga ki te kāinga.

## **He pātai i te wā kōrerorero mō tō tauwhirota**

Ka mahi tō tīma hauora me koe hei whakarite wehenga i te hōhipera. He rerekē tō ia āhua, tō ia āhua.

He nui pea te mōhiohia ka hiahia koe kia kōrerorerotia me tō tīma hauora, me te aha, he mea āwhina te tuhituhi i ngā kōrerorero. Ko ngā tāngata i whati hope ai nā rātou nei hoki te whakaritenga o tēnei puka i āwhina kua homai ētahi pātai āwhina hei ārahitanga mōu i te wā ka kōrerorero tahitia tō kēhi e koe me tō tīma hauora.

## **Haumanu koiri**

- Āhea tīmata ai te haumanu koiri?
- Mō āhea taku whakapā atu kia whāritea te haumanu koiri?
- He pēhea te nui o te haumanu koiri ka homai?

- Ka aha mēnā ko te mahi haumanu koiri kua whakaritea māku ka pōturi rawa, kāore rānei e hāngai ki te ratonga tika māku?
- Ka taea te whakamahi taku ake kaihaumanu koiri? Me pēhea?
- He akomanga e tata nei māku hei ako kia kore e hinga, kia tika rānei te taurite o taku tū?

### He ratonga whakaora atu anō

- Ka kitea e au he kaihaumanu ngangahau?
- He aha tā rātou mahi ki a au?
- Me pēhea e whakapā atu au ki a rātou?
- Ka taea ētahi atu ratonga te whakamahi? arā, te werowero ā-ngira?
- Ka pēhea te whakarite?
- He aha hei utu māku?

### Ngā ratonga i te kāinga – kaitaurima, kaiwhakapai whare

- Me pēhea e riro mai ai i a au ngā ratonga?
- Āhea rātou tīmata ai?
- He aha tā rātou mahi ki a au?
- Me aha e au ina koretake rātou?
- Me pēhea au e whakapā atu? He kōrero atu anō me mōhio ahau?

# Tō rārangi arowhai hei hokinga ki te kāinga

Kei te rārangi arowhai ngā mea katoa me mōhio e koe i mua i te hokinga ki te kāinga. Me oti tēnei rārangi arowhai i a koe, i tētahi atu rānei o te whānau me te whānau.

<b>Ka puta he ohotata - ki te hinga koe, ka tino mamae rānei koe me waea atu ki 111</b>				
Te ingoa o tō rata poka:				
Te momo poka:				
Te rā poka:				
Te tau kerēme ACC:				
<b>Tohua tētahi pouaka mō ia kōrero o raro</b>		<b>Āe</b>	<b>Kāo</b>	<b>Kāore he take</b>
<b>Taku whati hope</b>				
Kua āta whakamārama mai taku tīma hauora i taku whati hope me te momo poka				
Kua āta whakamārama mai taku tīma hauora i ngā tohu poke kia mōhio au me aha ina whakaaro ahau he poke tōku				
Kua āta whakamārama mai taku tīma hauora i ngā tohu tepetoto kia mōhio au me aha ina whakaaro au he tepetoto tōku				
<b>Te rongoā</b>				
Kua āta whakamārama mai taku tīma hauora mō te aha aku rongoā, me pēhea e kai mō āhea hoki e kai				
Kei ahau he rārangi rongoā ki taku pepa whakaputa				
He mōhio ahau mō te whakarite i aku rongoa i te kāinga				

## Ka puta he ohotata – ki te hinga koe, ka tino mamae rānei koe me waea atu ki 111

Tohua tētahi pouaka mō ia kōrero o raro	Āe	Kāo	Kāore he take
<b>Ngā taputapu</b>			
Kua whakarite ahau i ngā taputapu ka hiahiatia i tōku hokinga ki te kāinga			
Kua whakarite ahau i te whakauru o te taputapu ka hiahiatia e au			
<b>Ngā kori tinana</b>			
Kua āta whakamārama mai taku tīma hauora me aha ahau kia haumaruru taku hokinga ki aku kori tinana o ia rā i te kāinga			
Kua āta whakamārama mai taku tīma hauora i ngā mahi kori tinana kia mōhio au me pēhea te mahi mō āhea hoki e mahi			
Kua āta whakamārama mai taku tīma hauora me aha ahau kia kore ai au e hinga i te kāinga			
Mōhio ana au kore taea te hautū waka tae atu kia kī mai taku tīma hauora ka taea			
<b>Te mahere tauaru</b>			
Kei ahau te puka whakaputa hōhipera			
Māku tētahi hui tauaru ki taku tākuta e whakarite			
E mōhio ana au kia whakapā atu ki taku tākuta ina he āwangawanga ōku			
Mōhio ana au me pēhea e whakapā atu ai ki a ACC (0800 101 996)			



# Te whakaoranga i te kāinga

## Te hīkoi

Ko te hīkoi i ia rā tētahi mahi pai rawa atu mō tō pikinga ora. Mā te hīkoi ka piki te kaha, ka āwhina mamae me te korenga e kōpā tō hope. Whakaritea ko te hīkoi tētahi o ngā kori tinana. Whakaritea he whāinga mōu me te paku whakaroa atu i te hīkoi i ia rā. Kia maumahara he roa kia piki te ora, ā, ka uua ētahi wā.

Ka meatia pea e koe ngā turupou, tētahi tautītī mō te whā ki te ono wiki nō muri mai i tō poka. Whaimuri atu ka mau tiripou pea koe. Mā tō kaihaumanu koiri, tō tākuta rānei e kī atu mō āhea mutu ai te whakamahi turupou, tautītī, tiripou rānei.

Ka uua ki ētahi tāngata te hīkoi whaimuri i te mau turupou. Mehemea ko koe tēnei me kōrero ki tō kaihaumanu koiri.

## Ngā mahi o ia rā

Me tuhi e koe ngā whāinga iti kātahi ka whakanui haere i ngā mahi ka mahia ia rā.

Ko āu whāinga me aro atu kia paku nui haere, paku nui haere āu kori tinana, engari me taea. Mā tō kaihaumanu koiri koe e āwhina kia whakarite whāinga e taea ai e koe te whakatutuki. Ki ētahi tāngata ko tētahi mahere ā-tuhi me ōna whāinga he mea āwhina.

Mā tō kaihaumanu koiri tō rata kokoti rānei koe e tohu atu mō āhea koe e hoki ki ngā kori tinana pērā i te kaukau, te whakapakari rānei, te Pirāti, te Pū-Āio rānei.

## Ki pai te kai me te inu

Me kai pūmua e koe hei whakapakari i ōu wheua me ngā uaua. Ko ngā momo pūmua pai ko te mīti, ko te ika, ko te heihei, ngā hēki, te tīhi me ngā pīni maroke kua tunua, ngā pī, ngā rētini rānei.

Ki te kore koe e hiahia kia nui te kai, me aro kē atu ki te pūmua kaha, ngā kai ngaore pērā i te miraka pē, te miraka, ngā hēki, te ika, te mini mīti me te hupa rētini.

Ka taea te aukati i te kōreke mā te kai i ngā kai weu nui pērā i ngā huawhenua, huarākau, ngā pata, pīni me ngā rētini. Mā te kaha inu wai ka aukati hoki i te kōreke me te noho ora tonu koe. Ka mōhio koe ina pai tō inu mā te kite i tō mimi he whānārīki te tae.

## Te moe

Ina tika te moeroa ka āwhina tō whakaoranga. Ina uaua te moe:

- me ōrite te wā maranga o ia rā me te kore e moemoe
- me inu he kapu kawhe kotahi, rua anake rānei, kua e inu kawhe a muri o te rānui
- kua e nui rawa te kai e toru haora i mua i te wā moe
- me whakarite tō rūma moe kia pai te hā ora, kia pōuriuri hoki
- kāore e pai ngā pire whakamoe, tētahi take ka hinga. Kōrero atu ki tō tākuta mehemea ka uaua tō moe.

## Te hautū waka

Kua koe e hautū waka tae noa atu ka kī mai tō tākuta, tō tīma hauora rānei kua pai.

Tōna tikanga, ka ono wiki tēnei whaimuri i te kokoti. Kia haumarū tō mahi hautū waka me ōrite te kaha o tō waewae me tō hope pērā i mua o tō whati hope. Ki te wawe te tīmata hautū waka i mua i te wā e tika ana kātahi ka aituā koe, e kore pea tō inihua e tautoko i a koe. Me pātai atu koe ki tō kamupene inihua.

## He hui whaimuri me tō tākuta

Mā tō tākuta e āwhina tō whakaoranga me ngā mahi kia kore e whati hope anō.

Ngā kaupapa nui hei kōrerorero me tō tākuta:

- tiaki taotū, te tango pea i ngā tuitui, ngā rawhi, ngā makatiti rānei
- ki te kore te mamae e iti haere, he aha atu anō ngā rongoā ka taea e koe te kai. Me whai arotake, tētahi whakaata roto?
- ko te nui o te taumaha ka taea te pēhi iho ki tō hope i a koe e hīkoi ana
- he tika tonu tō rongoā mōu?
- kei te kai koe i tētahi rongoā e nui ai pea te tūraru kia hinga koe?
- me whakamātautau i a koe me te whakamaimoa mō te kaikōiwi?
- he aha te takotoranga moe pai, ā, āhea e taea ai ētahi atu takotoranga te moe
- kia tīmata anō koe ki te hautū waka
- te momo āwhina mō ōu kare ā-roto pērā i te pōuri, i te pāpōuri rānei
- me kai rānei e koe ngā paturopi i mua i te mahi whakapai niho, ētahi atu mahi rongoā? Me pēnei pea mēnā he kuhinga maitai tōu.

## Ngā raru pea whaimuri i tētahi whati hope

Nā tētahi hinganga, nā te mate kaikōiwi rānei te pūtaka o te whati hope. Hei aukati i te whati o āpōpō me ako kia kaua koe e hinga, ā, kia arotakengia hoki te oranga o ōu wheua.

## Te aukati hinganga

Kua kōrero kē tō tīma hauora mō te take i hinganga ai koe me te kōrero mō ngā huarahi kia kore koe e hinganga anō.

Ka whakaora ake anō koe i tō whati hope, ā, kua kaha ake tō nekeneke, tēnā pea ka āwhina tētahi akomanga i tō hapori hei whakakaha, hei whakataurite i tō tū kia iti te āhei ki te hinganga. Me kōrero koe ki tō tākuta i mua i te tīmatanga o te ako e taea ai e ia taua ako te whakaae ina tika ana mōu. Kei te pae ipurangi o Live Stronger for Longer he kōrero mō ngā akomanga whakakaha, whakataurite ([www.livestronger.org.nz/home/find-class/community-group-strength-balance-classes](http://www.livestronger.org.nz/home/find-class/community-group-strength-balance-classes)), ā, he whārangi e kitea ai he akomanga i tō rohe ([www.livestronger.org.nz/home/find-class/find-a-class-near-you](http://www.livestronger.org.nz/home/find-class/find-a-class-near-you)). Ki te kore e taea e koe te puta i te kāinga, ka toro atu he kaihaumanu koiri me āna tūmahī e apai ake ai tō tū.

Ētahi atu mahi pea māu:

- kia mutu, tīmata anō rānei te kai rongoā
- mā tētahi kaihaumanu koiri tō tū taurite e aromatawai
- mā tētahi kaihaumanu koiri tō kāinga e arotake e kitea ai me aha kia haumarua ake hei aukati hinganga.

## Kaikōiwi

Ko te mate kaikōiwi he āhua mauroa e marore haere ai ngā wheua, ā, ka whati. Ko ngā tāne rāua tahi ko te wahine he tūraru te wheua marore e kaumātua haere ana.

## Whiringa kai

Hei whakapai ake i tō hauora wheua, me kai e koe te kai whai konupūmā. Ko te pūtake o te konupūmā ko te miraka, ko te miraka pē me te tīhi. Ko ētahi atu ko te mohimohi, te hāmāna me ngā amana. Ko te whakahau kia rua tāima, toru tāima rānei te kai i ēnei kai i ia rā.

He wāhi nui te huaora D mō te oranga wheua me te aukati hinganga. Ko ngā hihi o Tama-nui-te-rā te pūtake pai rawa mō te huaora D – kia 30 meneti

ki tō kanohi me ōu ringaringa i ia rā (kia iti iho i te raumati). Kaua e tū ki ngā hihi o te rā i te rānui kei tīkākā koe. Pai atu te whakarite mahi ki waho i te ata, i te ahiahipō rānei. Ko ngā ika hinuhinu (te mohimohi, te hāmana) me ngā hēki he pūtake pai mō te huaora D. Ko ngā tāngata whai mate kaikōiwi me tētahi whati hope o mua ka whakaritea he huarahi ā-marama kia kai rātou i te huaora D e tika ai te huaora D o te tinana. Ka āwhina ngā āpiti i ngā kiri pango, i te hunga uhi kiri, e mau ārai ana rānei, i te hunga noho ki rō kāinga, hei tauira, ko te hunga kei ngā whare tauwhiro, te hunga kaumātua hoki.

## Rongoā

Mō te nuinga o te hunga whati hope ko te rongoā e whakapai ake ai i te kaha o ngā wheua ka whakaiti haere te tūpono kia whati anō.

Ko ngā momo rongoā ko ngā pire, he tāpiri, he wero rānei. Ka hoatu pea he rongoā i te hōhipera, mā tō tākuta rānei e tīmata i a koe e whakaora ana i te kāinga. Me kai tonu koe i tēnei rongoā mō e hia nei ngā tau hei tiaki i a koe kia kore whati wheua anō. Me kōrero koe ki tō tākuta mō tētahi mahere mauroa.

Ko ngā tūroro iti iho ngā tau i te 75 tau me te whati hope ka whakaritea pea he mātai wheua (DXA) i mua i te tīmatanga o te kai rongoā.

## Waewae roroa

Whaimuri i te poka kāore he mea ohorere te totitoti haere, te hīkoi rerekē rānei (koia nei tō tūāoma). Ko tēnei rerenga kētanga o tō tūāoma ka pai ake i roto i te āhua 12 wiki i te hekenga o tō mamae me te kaha haere o ōu uaua. Ka mōhio ētahi tāngata ki te āhua o ngā waewae tētahi e roa ake i tētahi atu, engari kāore e tino kitea tēnei i te haere o te wā. Ka mau tonu ki ētahi tāngata te totitoti te rerekē rānei o te tūāoma engari ka tū motuhake tonu kia hāereere haere.

Ko te rerekētanga o tō hīkoi me te roanga o tō waewae koia te hua o te momo whati me te huarahi hei whakatika. Ehara i te mea kei te tohua tētahi raru te rerekētanga o te hīkoi, o te roanga o te waewae rānei engari

ka hiahia pea koe kia mau tiripou, kia mahia rānei he tautītī mō ētahi marama. Kāore ēnei rerekētanga e aukati i te āhei ki te kori tinana. Mā tō kaihaumanu koiri e āwhina pea kia hoatu he kori tinana hei whakapai ake i tō tūāoma.

Ko ngā take waewae roa ka tauwhirotia i te āhua o te tangata ia. Mā te korikori hope ka whakakaha ake i te hope. Me kōrero ki tō kaihaumanu koiri, ki tō rata kokoti mēnā ka āwangawanga koe. I ētahi wā pea ka meatia tētahi mea ki tō hū kia hīkina tō waewae poto kia ōrite te roa o tērā atu waewae. He hīkina hū tēnei. Ka taea tēnei te whakarite mā tō kaihaumanu koiri, mō tō rata kokoti rānei.

## **Tepetoto**

Nā tō noho māuiui te tangata me takoto i te moenga i te hōhipera, he tūraru kia puta he tepetoto i ngā ia-auraki o ngā waewae. Mā ngā tepetoto ka pupuhi, ka manawarau hoki. Ka whati ēnei tepetoto kia rere atu ki ngā pūkahukahu ki reira whakararu ai i te tuku hā.

Ka puta pea te tepetoto whaimuri i tētahi whati hope nā konei ka hoatu he rongoā hei aukati i te āhei o te tepetoto.

Mā te tere maranga me te tere hīkoi whaimuri tonu iho o tō kokoti ka aukati i te tepetoto.

## **Te poke**

Ko puta pea ngā poke poho me ngā poke mimi whaimuri i tō kokoti. Ka puta hoki pea he poke taotū engari kāore e tino puta.

Te katoa o ēnei poke ka taea te maimoatia ki ngā rongoā paturopi.

Mā te tere maranga me te tere hīkoi whaimuri tonu iho o tō kokoti ka aukati i ngā poke.

## He mōhioho atu anō

### Tohutao

Ka kitea ngā tohutao hei whakarite kai hauora ki [seniorchef.co.nz/recipes](http://seniorchef.co.nz/recipes)

### Mate kuawa

[www.healthnavigator.org.nz/health-a-z/d/delirium](http://www.healthnavigator.org.nz/health-a-z/d/delirium)

### Te aukati hinganga

[livestronger.org.nz](http://livestronger.org.nz)

### Hauora wheua

[osteoporosis.org.nz](http://osteoporosis.org.nz)

[www.bones.org.nz](http://www.bones.org.nz)

[endpjaralysis.org](http://endpjaralysis.org)

[healthnavigator.org.nz/tools/c/calcium-tools](http://healthnavigator.org.nz/tools/c/calcium-tools)

### Manatū Hauora

[health.govt.nz/your-health/services-and-support/health-care-services/healthline](http://health.govt.nz/your-health/services-and-support/health-care-services/healthline) or 0800 611 116

# Kuputaka

**amana**

**arowhai**

**hāmana**

**he kaihaumanu koiri**

**he kaihaumanu ngangahau**

**hono**

**huāmanu**

**ia-auraki**

**kai ngaore**

**kaikōiwi**

**kokoti**

**konupūmā**

**kōreke**

**makatiti**

**marore**

**miraka pē**

**mohimohi**

**Pirāti**

**poke mimi**

**poke**

**Pū-Āio**

**pūmua**

**rānui**

**rata kokoti**

**rawhi**

almond

check

salmon

physiotherapist

occupational therapist

to repair a fracture

hip joint

vein

soft food

osteoporosis

surgery

calcium

constipation

staple

fragile

yoghurt

sardine

Pilates

urinary infection

infection

yoga

protein

midday

surgeon

clip



<b>tautīti</b>	walking frame
<b>taiwhanga ohotata</b>	emergency department
<b>tepetoto</b>	blood clot
<b>tiripou</b>	walking stick
<b>turupou</b>	crutch
<b>whakaata roto</b>	X-ray
<b>whakaoranga</b>	rehabilitation
<b>wheua kūhā</b>	femur (hip bone)





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He whakamihi: Ko ngā whakaahua o te huāmanu kua hanga houtia i runga i te kupu atawhai a te Rēhita Whati Hope o Ahitereiria me Aotearoa.