



Ko My Homecare he taputapu tuihono kore utu, he kōwhiringa mā ā mātou kiritaki. Mā konei koe me tō whānau e nui ake ai te kōwhiringa me te whakahaere i ngā āwhina kāinga mā te ipurangi. Ka taea e koe te whakarite me te whai i ō wā tiaki pai, te tuku pārongo mō tō mahere tiaki ki ō rōpū tautoko, me te tuku hoki i ngā wā mahi ā tō kaitiaki tuihono. Ka taea hoki e mātou te whakahaere katoa i āu āwhina mēnā koia tāu e pai ai.

Ki te hiahia koe ki te rēhita, ki te tīmata hoki ki te whakamahi i My Homecare, waea mai ki 0800 002 722, īmēra rānei ki [myhomecare@healthcarenz.co.nz](mailto:myhomecare@healthcarenz.co.nz)



# Āwhina Kāinga Kua Utua Katoa

Ngā Āwhina ā-Kāinga, ā-Hapori hoki me Ngā Ratonga Tapuhi

## Me pēhea te tuku atu ki ā mātou ratonga kua tino utua

Ka taea e koe te whiriwhiri ko wai ka tuku i ngā āwhina kāinga mōu.

Tonoa kia tukuna koe ki HealthCare NZ i te wā e kōrerorero ana koe mō ō hiahia ki tō rata whānau, ki tētahi kaimahi hauora, ki te Kaiwhakarite Ratonga Aromatawai Hiahia, ki te Kaituitui Ratonga, ki te Kaiwhakarite ACC rānei.



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## He aha koe i kōwhiri ai i a HealthCare NZ?

Ko te whakahoki i te hauora ki te wāhi e kīia nei e koe he kāinga kua noho hei wawata mā mātou mai i te tau 1988. Ko te Haukāinga (te kāinga) te wāhi e rongu ai mātou i te ūkaipō. Ko reira mātou i kite ai i tō mātou whānau e tipu ake ana, ko reira ngā hoa noho tata e manaaki ana tētahi ki tētahi, ā, ko reira hoki mātou e hiahia ai ki te noho hei whakahaere i tō mātou hauora.

Nā ā mātou wheako me te mātauranga, ka taea e koe te whakawhirinaki mai kia tukuna atu e mātou he āwhina haumaruru, he āwhina e aro ana ki te tangata, ā, ka hāngai rawa ki a koe.

Kei konei mātou 24/7, nō reira mēnā he pātai āu mō āu āwhina, mō tō oranga rānei, ka taea e koe te whakapā atu ki tō mātou Pokapū Ratonga i ngā wā katoa.

Ka taea e tō mātou tīma ā-motu te tautoko i a koe, ahakoa kei hea koe e noho ana. Mēnā ka neke koe ki tētahi atu wāhi i Aotearoa, ka taea e mātou te whakarite kia haere tonu āu āwhina.

Ka whakaute mātou i tō kōwhiringa ki te whai hoa mōhio hei wāhanga o tō tīma tautoko utu.

Kua whakamanahia mātou ki ngā Paerewa Hauora, Whaikaha hoki o Aotearoa.



## Ngā Ratonga Hapori me te Whakaora Anō

Ko ā mātou Ratonga Hapori me te Whakaora Anō e tautoko ana i ngā tāngata e mate ana kia tae atu ki tō rātou pūmanawa katoa, kia noho motuhake, kia noho harikoa. Hei te kaiwhakarato ratonga nui rawa atu o Aotearoa, kua tautokona e mātou taua motuhake mā te whānuitanga o ngā ratonga ā-hapori, ā-kāinga hoki, e whakahaerehia ana e tētahi tīma o ngā kaimahi tautoko kua whakangungua, me ngā kaimahi hauora rēhita.

### Ka taea e mātou te tautoko i a koe ki ēnei mea:

- Ngā tiaki whaiaro pēnei i te horoi, te whakakākahu, te whakapai ake, me te haere ki te wharepaku
- Ngā mahi āwhina i te kāinga pēnei i te horoi whare, te horoi puehu, me ngā mahi whare māmā
- Te whakahaere i ō kai
- Te tango rongoā kia haumaruru
- Ngā korikori hei whakapiki i tō nekeneke, tō ruruku me tō māia
- Te ako pūkenga hou hei whakahaere i ngā tohu o tētahi mate e pā ana ki a koe
- Te noho hono ki te hapori, pēnei i te uru atu ki tētahi rōpū hapori, ki tētahi karapu, ki tētahi hōtaka mahi rānei
- Te whakarato āwhina hei whakapiki i te mana motuhake mā te aronga ki te tangata

## Ngā Ratonga Tapuhi ACC me Ngā Ratonga Tapuhi ā-Rohe

Ko ā mātou nēhi kei te pūtake o tētahi hapori mahana, manaaki hoki. E tautokona ana mātou e tētahi nēhi kei te wātea i ngā wā katoa, 24/7. Ka taea e koe te whakawhirinaki ka whiwhi koe i te manaaki me te tautoko pai rawa atu i a koe e pupuri ana i tō rangatiratanga me te kounga o tō oranga, i roto tonu i tō ake kāinga me tō hapori. Kei roto i ā mātou ratonga nēhi ko ēnei:

### Ngā Ratonga Tapuhi ACC

Ko tā tō mātou tīma Tapuhi he tuku i ngā momo tiaki wharanga katoa mō te hunga kua whara, kua whakaaetia e ACC, ā, kua whakatauria kāore rātou e āhei ki te tae ki ngā hui tiaki wharanga i te whare hauora, nā te pakeke, nā ngā uauatanga tinana rānei. Ka mahi ngātahi hoki mātou ki te hunga e whai hiahia tapuhi wā roa ana nā tētahi wharanga taumaha.

### Ngā Tapuhi ā-Rohe (Ōtautahi anake)

Ka taea e tō mātou tīma Tapuhi ā-Rohe i Ōtautahi, he tino ū ki tā rātou mahi, te tautoko i a koe ki ēnei ratonga: te tuku wawe i a koe ki te hoki ki te kāinga i muri i te hōhipera, ngā hōtaka ārai hinga, te tiaki whakangāwari (palliative care), me te whakahaere tiaki wharanga. Ka tukuna hoki e mātou te tautoko motuhake mō te manawa me ngā pūkahukahu, ā, mō te whatumanawa me te uma i muri i te pokanga, kia āhei ai koe ki te hoki wawe ki te kāinga i muri i te hōhipera.

Tēnā, toro atu ki tā mātou paetukutuku mō ētahi atu kōrero.

