**Ōku Wheako, Ōku Tika: Te Hauora me te Oranga**

**Tūāoma Tahi Kaiuru Whakawhitinga Puka Whakamārama**

I te tau 2020 ka aro turuki mātou i ngā wheako o te hauora me te oranga o te hunga hauā ki Aotearoa. I mua i te tīmatanga, kei te hiahia mātou ki te mōhio ki ngā take whakahirahira ki te hunga hauā mō tō rātou hauora me tō rātou oranga. Heoi anō, kei te uiui atu ki te hunga hauā, kia kōrero mai ai rātou mō ngā take aro turuki e hiahiatia ai e rātou.

Mā te Donald Beasley Institute (DBI) te rangahau e arataki. Ko te DBI he pūtahi e rangahau ana i te āhua o te hauā, ā, kei Ōtepoti.

**He aha te take o tēnei whakawhitinga?**

Ki Aotearoa, e whakaratohia ana, koreutu nei, e te pūnaha hauora tūmatawhānui he whakahaumanutanga mātuatua ki a rātou e māraurau ana.

Engari, i ētahi wā kāore i eke te maimoatanga o te hauora me te oranga o te hunga hauā ki te taumata e tika ana. I ētahi wā i mahue noa nei.

Ko te Kawenata o te Rūnanga Whakakotahi i ngā Iwi o te Ao mō ngā Tika o ngā Tāngata Hauā, he whakaaetanga ōkawa ā-ao.

Ko tāna, ko te whāki atu he aha kē te mahi me mahi e te Kawana o Aotearoa kia ōrite ai ngā tika o te hunga hauā, ki ngā tika o te katoa.

Ā, tae rā anō ki ngā tika o te tangata hauā, toihara kore i tō rātou hauātanga, ki te taumata tiketike o te hauora.

He mea whakahirahira tēnei ki te mārama mēnā kua eke ki taua taumata, te āhua rānei o te ekenga ki taua taumata.

Heoi anō, kei te tono ki te hunga hauā ki te kōrero mai mō ngā take o te hauora, o te oranga me āta aro turuki ai e mātou. Tae ana ki te takahitanga o ō rātou tika, ngā kaupapa here kino rānei. Ka tono hoki ki ngā whānau me ngā kaitautoko o ngā tāngata hauā e kore e taea te whakaae mai ki tēnei rangahau aro turuki, ki te tuku hoki i ō rātou whakaaro me ō rātou wheako.

Hei te otinga o te whakawhitiwhiti kōrero ka mārama pai mātou i ngā take matua o te hunga hauā ki ō rātou hauora, ki ō rātou oranga hoki. Ko enei kōrero ka whakamahia ki te whakahoahoa i te tūāoma o ngā uiui aro turuki e whai ake. Ka āta whakatewhatewha ngā uiui aro turuki i ngā take kua puta. Ka tuku mātou he kōrero anō mō te uruhanga mai ki ēnei uiuinga i te otinga o ngā whakawhitiwhiti kōrero o te tūāoma tuatahi.

Ko te whāinga o te rangahau aro turuki, ko te tuku ki te Kānawa o Aotearoa, ki te Kawenata o te Rūnanga Whakakotahi i ngā Iwi o te Ao hoki he kōrero hāngai mō ngā wheako o te tangata hauā ki te hauora me te oranga, ā me te tuku hoki i ngā whakaaro whakapuaki ki te tutuki i te ngā hiahia hauora, i ngā hiahia oranga o te hunga hauā, ā, haere ake nei.

**Mā wai te whakawhitinga kōrero e arataki?**

Ko ngā kairangahau e aratakina ana tēnei kaupapa, ā, ko Umi Asaka, ko Tākuta Robbie Francis Watene rātou ko Tākuta Brigit Mirfin-Veitch nō te DBI. He roa te wā i te mahi ai mātou, i te rangahau ai mātou i te hunga hauā, ā, he hauā hoki a Umi rāua ko Robbie.

**Ka pēhea au e uru atu ki te whakawhitinga kōrero nei, a, me aha hoki au?**

E rua ngā ara e taea ai e koe te uru mai ki te tūāoma tuatahi o te whakawhitinga kōrero. Tuatahi, mā tō whakakī, mā tō whakautu i ngā pātai o te puka uiui. Kei te wātea te puka uiui, i ngā takatū wātea kei te paetukutuku o te Donald Beasley Institute:

[http://donaldbeasley.org.nz/projects/disabled-person-led-monitoring-of-the-uncrpd/](http://donaldbeasley.mythdigital.co.nz/projects/disabled-person-led-monitoring-of-the-uncrpd/)

I mua i a koe e tīmata ana, ka uia koe kia tukuna mai ētahi kōrero tatauranga mōu (tō pakeke, tō iwi, tō ira, me tō momo hauātanga), kātahi ka whakautua kia rua anō ngā pātai.

* He aha kē ngā takahitanga hauora, ngā takahitanga oranga, ngā take rānei e manako ai koe kia āta whakatewhatewha ai tēnei rangahau aro turuki?
* He aha kē ngā kaupapa here tūmatawhānui, ngā ture me ngā pūnaha e manako ai koe kia āta whakatewhatewha ai tēnei rangahau aro turuki?

Koutou kua pakeke ake i te 18, ā, ka taea te whakaae noa hoki, kei te whakaae ki te uru mai ki tēnei rangahau. I a koe e tuku i ō whakautu ki te puka uiui, kei te whakaatu mai ki a mātou tō mōhio mō te rangahau nei me tō whakaae kia uru mai ai koe.

Ko te ara tuarua ki te uru mai ki te rangahau ko ngā rōpū arotahi. Ko te rōpū arotahi, he rōpū iti e rite tonu ana tētahi āhuatanga o rātou, arā ko te iwi, ko te ira, ko te momo hauātanga rānei. Ka hui ngā rōpū arotahi ki tētahi o ngā kaiwhakahaere o te DBI, katahi ka wānanga tahi i ngā patai.

**Ka pēhea au e uru ai atu ki tētahi rōpū arotahi?**

Ki te uru ki tētahi o ngā rōpū arotahi kei te rapu tāngata kua pakeke kē ake i te 18 tau, ka taea noatia te whakaae ā ka tautohua hei

* Māori
* Uri nō Ngā Moutere o Te Moana-nui-a-Kiwa
* Tangata noho ki tuawhenua
* Manene/Itinga mātāwaka (Ahia, Āwherika, Amerika ki te Tonga)
* Takatāpui
* Tangata turi
* Whanaunga, hei kaitautoko o te hunga he hauā matatini
* Hauā Hinengaro Pāpori/Hauā Hinengaro
* Tangata me he hauātanga ako
* Wahine
* Taiohi (18-25)

Ko te take e whakahaerehia ana he hui ki ēnei rōpū arotahi anake, i te mea, ko tā te rangahau, koinei ngā hunga e whakararuraru ana i te wā e puta atu ai rātou ki te rapu maimoatanga, rongoā, me ngā ratonga mō tō rātou hauora, mō tō rātou oranga rānei, ā, ko rātou hoki ngā hunga ka mahue mai i te whakawhitiwhiti kōrero, i te rangahau rānei.

Mēnā kua tīpakohia koe ki tētahi o ngā rōpū arotahi, mā mātou e whakarite i ngā momo āwhina e hiahiatia ai e koe ki te uru mai (hei tauira, he Kaiwhakamāori Reo Rotarota).

I mua i te tīmatanga o ngā hui o ngā rōpū arotahi, kia mātua mōhio nei mātou e pīrangi tonu ana koe ki te uru mai, ka tonoa koe ki te waitohu i te puka whakaae kua tāpiri nei. Ka tonoa hoki ngā kaiuru ki ngā rōpū arotahi katoa ki ētahi kōrero tataranga mōu (tō pakeke, tō iwi, tō ira, me tō momo hauātanga), kātahi ka whakautua kia rua anō ngā pātai.

* He aha kē ngā takahitanga hauora, ngā takahitanga oranga, ngā take rānei e manako ai koe kia āta whakatewhatewha ai tēnei rangahau aro turuki?
* He aha kē ngā kaupapa here tūmatawhānui, ngā ture me ngā pūnaha e manako ai koe kia āta whakatewhatewha ai tēnei rangahau aro turuki?

Ka rua hāora te roa o ngā hui rōpū arotahi.

**Ka ahatia ngā kōrero ka tukuna e au ki a koe?**

Mēnā ka whakakīhia te uiuinga rangahau ki te ipurangi, ka uru rānei mai ki tētahi o ngā rōpū arotahi, ka noho tapu tonu ō kōrero. Ka mau-ā-oro, ka whakawhiti-ā-tuhi ngā kōrero i ngā rōpū arotahi, ā, kō āu kōrero ake, i te reo Pākehā noa, ka tukuna ki a koe, kia aromatawai ai koe.

Ka mutu tā mātou tirotiro ki ngā whakawhiti-ā-tuhi o ngā rōpū arotahi, ka whakamahia ēnei kōrero ki te whakarite i te tūāoma e whai ake nei o ngā uiuinga aro turuki, ā tōna wā ka whakamōhio atu ki a koe. Mutu ake ngā uiuinga ka tuhi i te Pūrongo Matua. Ka whakamahia pea ētahi o āu kōrero ki te Pūrongo Matua, engari, ka mātua whakarite kia kore rawa e tautohua ai koe e aua kōrero. He wā tonu i waenga i tō uruhanga mai ki te whakawhitiwhiti kōrero me tō rirohanga ki te Pūrongo Matua. Me mātua mōhio ka whakamahia pea te Pūrongo Matua e ngā Rōpū Tangata Hauā, e ngā ratonga hauora ā-hapori, ā-hauā hoki, e te Kawanatanga o Aotearoa, e te Kawenata o te Rūnaka Whakakotahi i kā Iwi o te Ao hoki hei mea āwhina ki a rātou ki te whakaaro tonu rātou mō tā rātou tautoko i tā te hunga hauā tomo tika ki ngā ratonga hauora, ki ngā ratonga oranga hoki.

Mēnā ka puta mai te āwangawanga ki a mātou mō tō hauora, mō tō oranga rānei ka kōrero mātou ki a koe. Ka kore rawa te Tira Rangahau e kōrero ki tētahi atu mōu, ki te kore koe e whakaae, atu i wā ka puta mai tētahi āhuatanga mōrearea ki a koe, ki tētahi atu rānei, kua whakaturehia tēnei uruparenga o mātou.

**Ka ahatia anō ka pahawa?**

Ka mau-ā-oro ngā hui o ngā rōpū arotahi, engari ki te kore te kaiuru e pīrangi kia mau-ā-orohia ia kei te pai ki te tono, kia aukatihia te pūrere hopu reo.

Ka tuhi pea ngā kaiwhakahaere o ngā rōpū arotahi i ētahi kōrero i te wā e hui ai te rōpū arotahi, ā, kua oti rā anō rānei te hui.

**Ko wai ka uru ki ngā whakawhitinga kōrero?**

Koutou kua pakeke ake i te 18 tau, ā, ka taea te whakaae noa hoki, kei te whakaae ki te uru mai ki tēnei tūāoma tuatahi o te rangahau, mā te uiuinga rangahau ā-ipurangi.

Ki te uru mai ki ngā rōpū arotahi, me pakeke ake i te 18 tau ā ka taea te whakaae noa hoki.

**Ka pēhea e uru ai, e whakaute ai i ngā tikanga ā-iwi i ēnei whakawhitinga kōrero?**

I te wā e hui ai ngā rōpū arotahi ka ui atu ki ngā kaiuru mēnā he tikanga ā-iwi, he āhuatanga ā-iwi rānei e aro atu ai, e whakarite atu ai ki te hui ki te roanga o te tukanga o te rangahau. Hei tauira, i te tono o te kaiuru ka tū te karakia, ka tū te mihimihi i mua i te tīmatangao te hui rōpū arotahi, ā, ka kapi hoki te hui rōpū arotahi ki te karakia hei te mutunga o te hui.

Kei te whakaae kia mauria mai ngā kaiuru katoa i tētahi, i ētahi rānei, kaitautoko ki te hui rōpū arotahi, ki te hiahia rātou. Heoi, kāore te kōrero o tērā momo, ehara ia i te kaiuru tika ki te rangahau, ka kohia hei raraunga.

**Ka aha au mēnā kei te hiahia au ki te uru ki te rōpū arotahi?**

Ki te hiahia koe ki te uru ki te rōpū arotahi, me whakapā atu ki te Tira Rangahau o DBI, mā te īmēra, mā te waea rānei. Mā mātou koe e āwhina ki te whakakī i te Puka Aro Rōpū Arotahi. Mēnā ka taea e koe tō kotahi te whakakī i te Puka Aro Rōpū Arotahi tēnā, me whakautu i ngā pātai kei te puka kei tō mātou paerangi [(Puka Aro Rōpū Arotahi)](http://donaldbeasley.org.nz/projects/disabled-person-led-monitoring-of-the-uncrpd/) ka whakakīhia rānei te tuhinga ‘Word’ kua tāpiri ki tēnei, ā, me whakahoki mai mā te īmēra ki a mātou. Kei te pai hoki mēnā ka tā i te tuhinga ‘Word’ nei, ka whakakīhia ā-tuhi, ka tukuna mai ki te poutāpeta. Ki te hiahia kia tonoa ā-Reo Rotarota, tukuna mai he kiriata o āu whakautu. Kei te pai hoki ki te pātai atu ki tētahi hoa, ki tētahi whanaunga, ki tētahi kaitautoko rānei ki te āwhina ki a koe ki te whakakī i te puka, ki te hiahiatia.

Umi Asaka (Kaiāwhina Rangahau)

Donald Beasley Institute

Waea Koreutu: 0800 878 839

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Wahi Noho:

Suite 4, Level 2
 248 Cumberland Street
 Ōtepoti 9016, Aotearoa

Hei te wā ka riro i a mātou tō Puka Aro Rōpū Arotahi, mā tētahi o te Tira Rangahau koe e kōrero mō te rōpū arotahi, ki te whakatatū rawa i tō uruhanga mai ki te rangahau. Ki te hiahia tonu koe ki te uru mai, ka āwhina te tira rangahau ki a koe ki te whakakī i te Puka Whakaae.

Mēnā he tokomaha e hiahia ana ki te uru mai ki ngā rōpū arotahi, e kore pea e taea e te katoa. Ehara i te mea i te whakaaro ai mātou kāore ō wheako i te pērā rawa te whakahirahira, Ahakoa tonu, ki te kore e taea te kōrero ā-tinana, tēnā, tukuna tonutia ō whakaaro ki te uiuinga rangahau ki te paerangi, ka whakamōhiotia tonutia koe ki te kaunekehanga o te rangahau.

**Ko wai ka kite i aku pitopito kōrero, i aku mau-ā-oro me ngā whakawhitinga-ā-tuhi?**

Ko te Tira Rangahau o DBI me ngā kaiwhakawhiti-ā-tuhi anake ngā tāngata ka kite i ō pitopito kōrero, ngā kōrero rānei ka tukuna mai e koe. Ka whakamahia tētahi pūnaha tohu kia kore rawa e taea e tētahi atu te tautohu i a koe, i ō kōrero rānei.

**Ka ahatia ngā kōrero, me ngā pitopito kōrero ka tukuna ki tēnei rangahau?**

Ka noho tapu ngā mea katoa ka tukuna mai e koe ki te Donald Beasley Institute mō te 10 tau. Mutu ake i te 10 tau ka turakina.

**Ka ahatia ki te kore au e hiahia ki te noho tonu ki te whakawhitinga kōrero?**

Horekau. Ki te kore koe e pīrangi ki te uru mai, kei te pai tonu. Kāore he mana tō tētahi atu ki te kī atu me uru mai koe ki tēnei whakawhitinga kōrero.

Ki te kore koe e hiahia ki te uru mai, engari kei te hiahia tonu ki te mōhio mō ngā rangahau e haere ake nei, me tūtohu mai tō aronga ki DBI mā te waea rānei, mā te īmēra rānei.

**Ka ahatia mēnā ka uru ai au ki te rōpū arotahi, kātahi ka kihirua au?**

Horekau. Kei te pai tonu te whakatau kāore tonu koe i te hiahia uru mai, ka kihirua rānei. Ka unuhia tō whakaae, ka wehe rānei i te wā e hiahia ana, kāore he aha ka pā atu ki a koe.

**Ka kōrero au ki a wai ki te hiahia au i ētahi kōrero anō?**

Mō ētahi kōrero anō, whakapāhia mai ki te Tira Rangahau o DBI ki

uasaka@donaldbeasley.org.nz, 0800 878 839 rānei. He koreutu ki te waea mai

**Ka kōrero au ki a wai mēnā e āwangawanga ana au mō taku haumarutanga?**

Kua whakaaehia tēnei rangahau e te Northern B Health and Disability Ethics Committee. Ko te tikanga o tēnei, kua āta tirohia tēnei rangahau e tētahi rōpū motuhake kia mōhio ai he mea haumaru te rangahau nei, ā, ka noho tonu tā mātou mahi i raro i ngā tikanga o te manaaki tangata.

Whakapānga ki te Kōmiti Matatika:

Waea Koreutu: 0800 4 ETHICS

Imēra: hdecs@moh.govt.nz

**Ka kōrero au ki a wai mō te tautoko ki te hauora Māori?**

Ki te pīrangi koe ki te kōrero totika ki te Kairangahau Māori Tūhono mō te Donald Beasley Institute, tēnā whakapā mai ki te tari:

admin@donaldbeasley.org.nz

Waea koreutu: 0800 878 839

**Ka kōrero au ki a wai ki te hiahia au i ētahi kōrero mōtuhake mō taku urunga atu?**

Ki te pīrangi koe ki te kōrero ki tētahi, kāore ōna pānga ki te rangahau, whakapāhia atu ki tētahi māngai motuhake mō te hauora me te hauātanga:

Waea koreutu: 0800 555 050

Waea whakaahua: 0800 2 SUPPORT (0800 2787 7678)

Īmēra: advocacy@advocacy.org.nz

Paetukutuku: <https://www.advocacy.org.nz/>