

He mōhiotanga mō te mate wareware me te tautoko

Te Reo Māori



Ngā mihi tino nui ki a koe

He whārangi mōhiotanga mō te hunga katoa e āwangawanga ana mō te mate wareware, kei te hiahia rānei kia ako i ētahi atu āhuatanga mō te mate wareware. Me waea kau atu ki te hunga āwhina. Haere ki www.alzheimers.org.nz waea atu rānei ki 0800 004 001 mō ētahi atu mōhiotanga, tautoko hoki.

He aha tēnei mea te mate wareware?

Ko tēnei ingoa te mate wareware hei whakamārama i ngā tohu (te wheako o te pānga mai o tētahi raru ā-tinana, ā-hinengaro rānei) i takea mai i ngā rerekētanga o te mahinga o ō tātou roro. Ko te mate Alzheimers te momo mate wareware e kitea nuitia ana.

Ka pā te mate wareware ki a wai rānei. Kei te kaumātuatanga ake o te tāngata, ka piki te tūpono pā mai o te mate wareware.

Ko ngā rerekētanga e kitea nuitia ana ko ngā panonitanga pūmanawa maumahara, whakaaro, panonitanga whanonga, āhuatanga tangata, kare ā-roto anō hoki. Ka hē kē atu ēnei tohu ina piki ake ngā panonitanga roro.

He rerekē te mate wareware mō tēnā tangata mō tēnā tangata – ngā wheako, te tere hoki o te puta o ngā panonitanga.

Ngā tohu tōmua

He uaua pea ēnei tohu tuatahi me ngā tohu mate o te wareware ki te kite atu. He maha ngā māuiui e puta ai he tohu ōrite ki te mate wareware. Ka taea ētahi o ēnei māuiui te whakatikatika. Koia i tika ai me haere koe ki te kite i tō tākuta, i tō kaitiaki hauora, ki te āwangawanga koe.

Ki te mōhio koe kua pāngia koe e te mate wareware, ka taea te kimi wawe i te āwhina mōu. Ka taea te tiki tautoko, mōhiotanga, rongoa, me te wā whakamahere.

Ko te katinga maumahara anō te katinga maumahara, ko te makere anō te makere

He mea nui kia mārama he aha tēnei mea te mate wareware, he aha hoki ehara i te mate wareware. Ko tātou katoa ka wareware ki ētahi mea i te kaumātuatanga ake. Ehara tēnei i te tohu kua pāngia tātou e te mate wareware.

Ko ētahi tauira, tohu whakaara rānei o te mate wareware, inā:

- Ko te makeretanga o te hinengaro mō ngā āhuatanga o nakuanei, e pā ai he raruraru mō te noho ia rā
- Te uauatanga o te kawē i ngā mahi auau, pēnei i te tunu kai, i te whakahaere nama rānei
- Ngā uauatanga reo kōrero
- Te hekenga, te ngoikore rānei o te koi ki te whiriwhiri take
- Ngā panonitanga o te wairua, o ngā whanonga rānei, pēnei i te pāpōuri ina tūpono ki ētahi āhuatanga hou

Ngā momo mate wareware

Ko ētahi momo e rua o te mate wareware e kitea nuitia ana, ko:

- **Te mate Alzheimers**

Ko tēnei te momo mate wareware e kitea nuitia ana. Tata ki te rua hautoru o te tangata kua pāngia e te mate wareware kua pāngia e te mate Alzheimers. Ko ētahi o ngā panonitanga i ngā roro ko te whakakauriki, me te putunga mai o ngā pūmua hē (ngā kitokito, ngā whīwhiwhi rānei).

- **Te mate wareware iaia**

Ko tēnei te tuarua o ngā momo mate wareware mō te auau e kitea ana. Ko te pūtake o tēnei ko te hēnga o te rerenga toto ki ngā roro. Ka puta ohorere pea ngā tohu i muri i tētahi ikura, ka āta puta mai rānei i te hēnga haeretanga o te māuiui iaia.

Ngā hononga ā-whānau ki te mate wareware

Hei ētahi momo mate wareware he hononga ā-whānau tōna. Tata ki te hautoru o te hunga kua pāngia e te mate Alzheimers, ka whai whanaunga (matua, tungāne, tuahine, tuakana, teina rānei) kua pāngia e te mate wareware. Ehara i te mea he tuku iho mō te katoa o te tangata, ā, kāore he putanga ki te whānau, mō te tini o te tangata.

Mō ō āwangawanga mō tētahi hītori whānau mō te mate wareware, me kōrero ki tō tākuta. He maha ngā momo māuiui ka taea te whakatika ka noho hei take mō ngā katinga pūmanawa maumahara, mō te pōauau, mō te wareware noa rānei.

He mōhiotanga, he tautoko

Mehemea kei te āwangawanga koe, tētahi tangata rānei e mōhiotia ana e koe, kua pāngia e te mate wareware, me kōrero ki tō tākuta, ki tō kaitiaki hauora rānei.

Ki te ako koe kua pāngia koe e te mate wareware, e wātea ana he āwhina. He maha ngā rauemi o Alzheimers NZ mō te mate wareware. Ka kapi i ēnei rauemi ō pātai huhua.

Kei te pukapuka **About Dementia: A guide for people diagnosed with dementia** ētahi mōhiotanga mō:

- Te pātai, he aha te mate wareware
- Ngā tohu tōmua, me te tohutanga i te māuiui
- Te hauora roro me te whakahekenga mōrea
- Ngā tautoko e wātea ana
- Te whakamahere mō ngā rā kei mua

Kei tēnei whārangi mōhiotanga tētahi whakarāpopototanga torowhānui noa, ehara i te whakakapinga tōtika mō ngā tohutohu a te hunga ngaio. Ahakoa ko wai te tangata kua pāngia e te mate wareware, te makeretanga hinengaro rānei (tae atu ki te whānau tautoko i a ia) me kimi tohutohu ngaio mō tō rātou noho ake. Kāore a Alzheimers New Zealand e herea kia utu mō tētahi hē, mō tētahi hapa rānei i roto i tēnei whakaputanga, ahakoa nā te whakaaaro-kore, nā tētahi atu take rānei. I whakaputaina tēnei whārangi mōhiotanga i te tau 2023.

He mea whakamāori nā Piripi Walker.

Go to **www.alzheimers.org.nz** or ring **0800 004 001**
for more information and support.