

# Te hāereere hei kaumātua

Te mōhio ki ō kōwhiringa ikiiki



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Kia mōhio mai: E whakaratoa ana ētahi hononga ipurangi hei tuku mōhiohio i roto i tēnei pukaiti, nā reira he whai take te whai urunga ki te ipurangi ina pānui ana i tēnei pukapuka (i runga i te waea atamai, paparorohiko, rorohiko pōnahō, rorohiko tēpu rānei). Ko ngā tari tautoko e rārangihia ana i runga i te whārangi 28 ka āhei te āwhina i a koe mēnā kāore i a koe tētahi pūrere ka tūhonotia ki te ipurangi.

Ka taea e koe te tikiake i tēnei puka ārahi ki tō pūrere i:  
**[www.nzta.govt.nz/resources/getting-around-as-a-senior](http://www.nzta.govt.nz/resources/getting-around-as-a-senior)**

Ka taea te tono ngā tānga koreutu o tēnei rauemi mā te waea ki:  
0800 822 422.

# Te mōhio ki ō kōwhiringa ikiiki



Ka kōrerorerotia i roto i tēnei puka te whānuitanga o ngā kōwhiringa mā ngā kaumātua ina hāereere ana. Mā ēnei kōwhiringa e pūmau tonu ana tō noho motuhake, kore here hoki me te kore whakamahi i te motokā, motopaika rānei.

He tokomaha ngā tāngata, ahakoa he aha te pakeke ka hāereere mā ngā kōwhiringa ikiiki rerekē, nā te mea he nui ngā painga tae atu ki:

- Te penapena moni.
- Te whakapau wā i runga i ngā mahi kē pērā i te pānui me te tuhi, me te waiho mā tētahi atu tangata te uauatanga o te taraiwatanga.
- Te noho haumarū, hāneanea hoki ina haere ana mā runga ikiiki tūmatanui.
- Te pāhekoheko pāpori, otirā mēnā e haere ana me ngā tāngata e mōhio ana koe.
- Te tautoko i te hauora tangata (arā te hīkoi ki te tūnga pahū).
- Te tautoko i te hapori me te ao (he iti iho te parahanga).





Ka taraiwa pea koe i te motokā, motopaika rānei ināianei, engari tērā pea he iti iho i tō ngā wā o mua. Tērā pea ka karo koe i te taraiwatanga ina kīkī ana ngā rori i ngā motokā; mā ngā pūtahitanga whīwhiwhi; i ngā pō; i ngā tawhiti nui; ki ngā wāhi hou, pāmamao rānei. Ka āwhina ētahi o ngā kōwhiringa ikiiki rerekē ki te whakakī i ngā āputa e pā ana ki tō āhei ki te hāereere.

Ka āta tiro tēnei pukaiti ki ngā kōwhiringa ikiiki e whai ake nei:

- Ko ngā kawenga tuari (tae atu ki ngā tekehī/kawenga tuari/ratonga ikiiki hapori/Total Mobility Scheme).
- Te pahi/rerewē/wakarererangi/waka nui - tae atu ki ngā pahi nui, ngā tereina haerenga roa, te rere me te waka tere o Te Moana o Raukawa.
- Te hīkoi.
- Te eke paihikara.
- Ngā wakanekeneke.

## Ko te utu whakarite mō ngā tūmomo ikiiki rerekē

E whakarite te tūtohu i raro iho i ētahi o ngā ara matua ki te hāereere me te ōwehenga āwhiwhi o ngā utu hautau ka pā mai:

| Tūmomo ikiiki       | Kora<br>(ina whakamahi<br>ana i te penehini/<br>tīhara rānei) | Ngā<br>whakatikatika | Ngā tāke/<br>inihua | Ngā utu<br>haere | Te pāka |
|---------------------|---|----------------------|---------------------|------------------|---------|
| <b>Motokā</b>       | +++   | +++                  | +++                 |                  | +       |
| <b>Tekehī</b>       |   |                      |                     | +++              |         |
| <b>Tereina</b>      |   |                      |                     | ++               |         |
| <b>Pahi</b>         |   |                      |                     | +                |         |
| <b>Eke pahikara</b> |   | +                    |                     |                  |         |
| <b>Mā raro</b>      |   |                      |                     |                  |         |

Ka hiahia pea koe ki te kōrero mō ngā take 'hāereere' ki ō hoa aropā. Ka whakarato a Waka Kotahi me Age Concern i ngā akoranga ariā whakahou 'Staying Safe' mō ngā taraiwa koreutu puta noa i Aotearoa. Mā te akoranga whakahou koreutu nei e taea ai te tūtaki ki ētahi atu taraiwa kaumātua ki te kōrerorero i ngā kaupapa taraiwa me te ikiiki i te taiao ngāwari, whakahoahoa anō hoki. Ka taea e koe te kimi i tō akoranga tata i: [www.nzta.govt.nz/staying-safe](http://www.nzta.govt.nz/staying-safe)

## Te kāri SuperGold

E tika ana kia whiwhi ngā kaumātua katoa mai i te tau 65 ki te kari SuperGold e tuku ana ki a koe te whānuitanga o ngā whakahekenga utu mō ngā utu o ia rā, tae atu ki te hāereere i te wā kāore e pokea ana mō te nuinga o ngā tereina me ngā pahi ikiiki tūmatanui. He maha hoki ngā kamupene tekehī e tuku ana i ngā whakahekenga utu. I te nuinga o ngā takiwā, ko te wā kāore e tino pokea ana ko te wā mai i te 9am-3pm, ā, mai i te 6.30pm i ngā rā o te wiki me ngā wā katoa o te mutunga wiki me ngā hararei tūmatanui. I Tāmaki Makaurau, he koreutu te haere mō te rā katoa i muri iho i te 9am i ngā rā o te wiki. I tua atu o aua wā me utu koe i te utu noa mō te pakeke.

Ina whakaetia ai tō penihana o Aotearoa ā te tau 65 e Work and Income, ka aunoa te tuku i te kari SuperGold e te Manatū Whakahiato Ora.

E wātea ana he rārangi o ngā pātai me ngā whakautu mō te kari SuperGold i: [www.supergold.govt.nz/info\\_for\\_cardholders/q\\_and\\_a](http://www.supergold.govt.nz/info_for_cardholders/q_and_a)

Mō ētahi atu mōhiohio toro atu ki: [www.supergold.govt.nz](http://www.supergold.govt.nz)  
waea atu rānei ki **0800 25 45 65**

I tua atu, he whānui ngā painga ahumoni e wātea ana i Te Hiranga Tangata. Mō ētahi atu mōhiohio toro atu ki:  
[www.workandincome.govt.nz/eligibility/seniors](http://www.workandincome.govt.nz/eligibility/seniors)

He puka whai take e kīia nei *No car, no problem* e whakaratoa ana e te Office for Seniors, ā, e wātea ana i: [www.superseniors.msd.govt.nz/health-wellbeing/out-about/transport-driving](http://www.superseniors.msd.govt.nz/health-wellbeing/out-about/transport-driving)



*'E tino koa ana au ki te whiwhi i taku kāri SuperGold nā te mea kua hōhā au i te taraiwa. Me whakamahi au i ngā wātaka tereina hei whakamahere, engari he pai ki te hāereere me te kore māharahara.'*

# Ngā kawenga tuari/tekehī



E whakaratoa ana ngā takiwā katoa o te motu e te tekehī, ngā ratonga tuari kawenga/ikiiki hapori rānei, nā reira he pai ki te rapu he aha ngā ratonga e whakahaeretia ana i tō rohe.

He maha atu anō ngā ratonga ikiiki hapori e tautoko motuhake ana i ngā taraiwa kaumātua. Ka tuku pire ēnei ratonga mā te wā ka whakapaua, kaua ko te pāmamao, ā, ka whakarato āwhina hoki, pērā i te āwhina i a koe ki te hari i ō taonga hoko mai i tō motokā, te āwhina rānei ki te tānumi i te tūru wīra. He maha hoki ngā ratonga e whakarato ana i ngā ratonga hoa, ā, ka tae te hari i a koe mō te taraiwatanga tiro tiro, te noho tahi i tō taha ki tētahi wharekai tata. Ko ētahi o ēnei kaiwhakarato ko 'Driving Miss Daisy' (ehara mā te wahine anake), 'Freedom Companion Driving' me 'Lift Companion Driving'.

I te nuinga o te wā ka āhei a Age Concern, tō kaunihera ā-rohe rānei te āwhina i a koe ki ngā mōhiohio mō ēnei kaiwhakarato, tae atu ki ngā whakahaere hapori ā-rohe, he koreutu pea, he iti rānei te utu, me te penapena moni pea e pā ana ki ngā hiahia haerenga auau (tirohia whārangi 28). I tua atu, ka whakaratoa pea he waka pāhihi e ngā hōhipera me ngā pokapū rata ki te āwhina i a koe ki te haere ki ngā wā whakarite whare rata, ā, ka whakarato pea ngā pā tāoki i ngā ratonga ikiiki.





*'Ka haere māua ko taku tama mā runga tekihī ki ngā wāhi katoa. Ka tuari mātou i te utu, nā reira, ka taea. Waihoki he ngahau tā māua kōrerorero me te taraiwa i te hokinga ki te kāinga.'*

Mēnā he āhuatanga mauroa tōu ka pā ki tō hauora, ka āhei pea koe te uru ki te Total Mobility Scheme, e whakarato ana i ngā whakahekenga utu tae ki te haurua mō ngā utu tekihī/kawenga tuari hoki. He tepenga utunga e hāngai ana. Ki te hipa i a koe ēnei tepenga utunga, me utu koe i te toenga o te utu. Mō ētahi atu mōhiohio toro atu ki:

**[www.ccsdisabilityaction.org.nz/services](http://www.ccsdisabilityaction.org.nz/services)**

E whakarato ana a Waka Kotahi i tētahi puka ārahi e whakaatu ana i ngā taipitopito mō ngā moni āwhina utu haere o te Total Mobility Scheme i ētahi takiwā rerekē. Ka kōrero hoki te puka ārahi me pēhea te whakamahi i te kaupapa mēnā e hiahia ana koe ki te whakamahi i te tekihī i tua atu i tō rohe, ā, ko ētahi o ngā aukatinga e pā ana ki taua kaupapa. E wātea ana a *Total mobility around New Zealand* i:

**[www.nzta.govt.nz/resources/total-mobility-scheme](http://www.nzta.govt.nz/resources/total-mobility-scheme)**



He āhua nui te utu o ngā tekihī pea, engari he nui ake te utu o te whai motokā. Mēnā ka utu koe i te \$4000 i runga i tō motokā i ia tau (tae atu ki te kora, te pāka, ngā whakatikatika, ngā tāke, me te inihua). He 100 ngā haerenga \$40 i ia tau. Ka pērā te rahi o tō whakamahi i ngā tekihī?

Ka penapena moni hoki koe mā te:

- pātai ki te kaiwhakarato mēnā ka whakarato rātou i te whakahekenga utu kāri SuperGold, te mematangā AA rānei (ka hāngai ngā utu).
- te tuari haerenga me ngā whanaunga/whānau me ō hoa
- te tono i ngā whanaunga/whānau me ō hoa e āhei ana te taraiwa mēnā ka hari rātou i a koe, mō tētahi takoha pea ki ngā utu kora
- te tono ki te kaiwhakarato tekihī/kawenga tuari mō te utu pūmau mō te haerenga, kia āhei koe te penapena tika i ō pūtea
- te tiro ki te ipurangi kia kite i ngā kaiwhakarato tekihī/kawenga tuari e wātea ana i tō takiwā me te rapu utu pai
- te whakamahi i tēnā, i tēnā kōwhiringa ikiiki e tika mō ō hiahia, nā reira i ētahi wā ka hiahia whakamahi pea i te pahi, te tereina rānei (mēnā e wātea ana te ratonga tereina i tō takiwā) e tino iti ake ai te utu, ka mahue kē te tekehī.



# Te haerenga pahi/rerewē pāmamao



Ka āhei te haere mō te koreutu i te nuinga o te wā i runga i te pahi me te rerewē mā tō kāri SuperGold. Mēnā ka haere koe i ngā wā e hāngai ana ngā utu, me maumahara koe ko te pahi te utu iti rawa o ngā ikiiki tūmatanui katoa, ā, ahakoa he nui ake te utu o te rerewē, he kōwhiringa kāore i te nui rawa te utu.



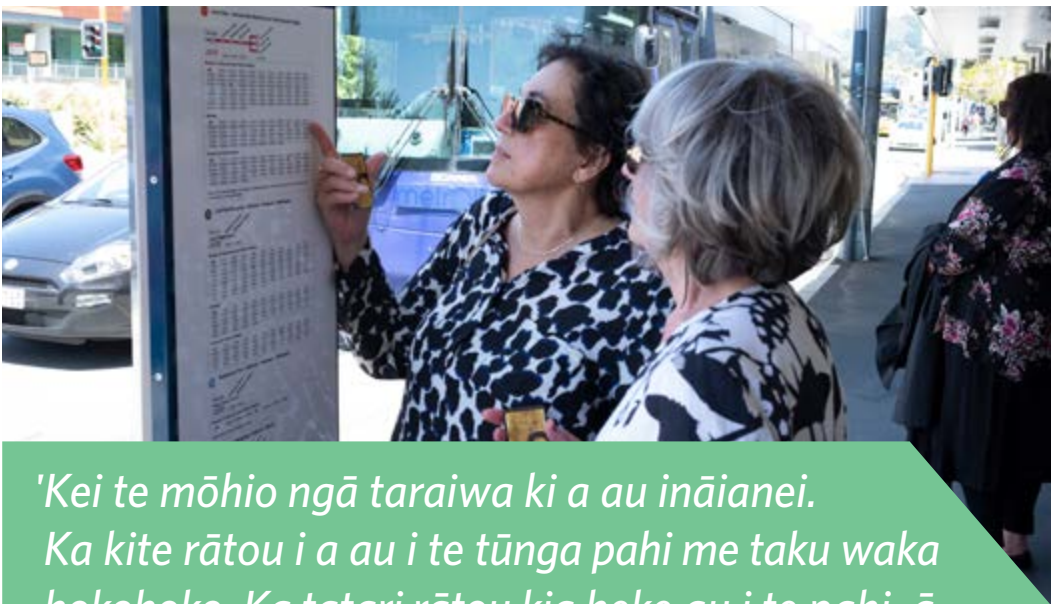
Anei ētahi pātai māu mō ēnei kōwhiringa:

- He pēhea te riterite, te pai hoki o ngā ratonga kei tō takiwā?
- E mōhio ana koe me pēhea te kite i te wātaka me ngā mōhiohio e pā ana ki ngā panoni wātaka?
- He pēhea te whakatapoko (arā ngā whetoko, pae ringa, he rōnaki tūru wīra mēnā e hiahiatia ana e koe)?
- He pēhea te tata o te tūnga pahi, te teihana tereina rānei ki tō kāinga?
- E tata ana te ara ki te wāhi e haere ana koe?

Ka tūpono pea koe ki te ratonga he pai ake te whakaea i ō hiahia mēnā e noho ana koe ki te takiwā tāone, he mea he whakaarotanga pea māu mēnā e neke ana koe ki te whare hou, te panoni ana i ngā whakaritenga nohoanga. Ko te tikanga he whakatapoko ake ngā ratonga rerewē i ngā takiwā tāone i Tāmaki-makaurau me Te Whanganui-a-Tara.

Me whakaaro pea koe ki te whakaranu, me te whakarite i ō kōwhiringa. Hei tauira, mēnā kāore e tata ana ki te ara pahi te wāhi e haere ana koe, ka haere pea koe mā runga pahi mō te nuinga o te haerenga, ā, kātahi ka haere mā te tekihī mō ngā kiromita ruarua noa iho.

Ka āhei koe te tiro i ō kōwhiringa wātaka mā te toro atu ki te pae tukutuku o te ratonga. He mōhiohio anō pea kei tō kaunihera ā-rohe mō te whakaratonga o ēnei ratonga. Mō te nuinga o ngā ratonga ka āhei hoki koe te waitohu ki ngā matohi me ngā kawerongo e whaimōhio ai koe ki ngā panoni wātaka me ngā kaupapa tiaki moni motuhake.



*'Kei te mōhio ngā taraiwa ki a au ināianei.  
Ka kite rātou i a au i te tūnga pahi me taku waka  
hokohoko. Ka tatari rātou kia heke au i te pahi, ā,  
ka mihi mai ki a au hoki.'*



## Te haerenga pāmamao

Kei roto i ngā kōwhiringa haerenga pāmamao ko ngā tereina me ngā pahī haere pāmamao me te rere. He nui pea te utu o te rere, engari ki te tāpui koe i ētahi marama i mua, ka waitohu rānei ki ngā kawerongo rānei (kia whakamōhiotia koe ki ngā tukunga motuhake) ka āhei koe te penapena i te moni rahi, nā reira e tata ana te utu o te rere ki ētahi atu o ngā kōwhiringa haerenga. Ko tētahi painga o te rere he tere ake i te haere mā te pahī, te rerewē rānei, engari ko tētahi taumahatanga ko te parahanga i te haerenga ā-wakarererangi he kino ake ki te taiao, ā, he uaua hoki pea te haere ki tō taunga wakarererangi tata rawa.

## Ngā tima

Mēnā e haere ana koe i waenganui i Te Ika-a-Māui me Te Waka-a-Māui me whakaaro pea koe ki te tima o Te Moana o Raukawa. E whakaratoa ana hoki ngā tekehī wai i ētahi wāhi ki te whakawhiti i ngā wai - tirohia mēnā e wātea ana ngā tekihī wai i tō takiwā mā te rapu i te ipurangi, te tiro i roto i te pukapuka waea, te whakapā atu rānei ki tō kaunihera ā-rohe.

## Ngā tereina

E whakaratoa ana te kōtuitui tereina wā roa e te wāhanga 'The Great Journeys of New Zealand' o KiwiRail, e whakarato ana i ngā ara e toru - 'Coastal Pacific' i waenganui i Picton me Ōtautahi; 'Norther Explorer' i waenganui i Te Whanganui-a-Tara me Tamakimakaurau; me te 'TranzAlpine' i waenganui i Ōtautahi me Greymouth. He maha ngā tūnga mō ēnei ratonga, nā reira he pai pea tēnei mēnā e hiahia ana koe ki te peka atu ki tētahi pito o te ara, tae atu ki te wāhi whakamutunga e haere ana koe. Ko te taumahatanga he kore auau ēnei ratonga. Heoi anō, he haerenga hāneanea, whakatā hoki. Rapua ētahi atu kōrero ki:

**[www.greatjourneysofnz.co.nz](http://www.greatjourneysofnz.co.nz)**

## Ngā pahi

Ko 'InterCity' te kamupene matua e whakarato ana i ngā ratonga pahi ā-motu. Ka āhei pea koe te kite i ētahi atu mōhiohio mō ngā kamupene pahi ā-rohe mā te rapu i runga i te ipurangi, mā te titiro kē i roto i tō pukapuka waea pakihi rānei.

Ina tāpui ana i te haerenga pāmamao, me tiro i ngā wā katoa mēnā e tukuna ana e te kaiwhakarato he hekeutu mā ngā kaumātua, mēnā rānei ka whiwhi hekeutu tō kāri SuperGold, mematangā AA rānei (e hāngai ana ngā utunga). Mēnā ka haere auau koe ki ngā wāhi pāmamao, ki te kite pea i ō whānau, tirohia mēnā he hōtaka tuku utu e whiwhi ai koe ki ngā hekeutu ā muri ake mō te utu o te haerenga (pērā i ngā piro 'frequent flyer').



# Te hīkoi



He ara hauora te hīkoi i ngā wā katoa o tō tauoranga. Ka whiti te tina, kāore he utu, ā, he ara pai ki te tāpae ki te taiao mā ake, mā te kore tāpiri ki te parahanga hau takiwā.



Ka āwhina te hīkoi kia tāwariwari ngā taihonotanga, ka whakakaha i ō ringaringa me ō waewae, ka āwhina i tō moruki me tō hangarite, ā, ka mataara tonu koe me te pai o te moe i ngā pō. He pai hoki mō tō manawa me ngā ia toto, ā, ka āwhina i a koe kia pūmau tonu i te taumaha tinana hauora, te maihea ioio me te kiato wheua. Tāpiri atu ki tēnei, he pai hoki te hīkoi mō te oranga aurongo, ā, ka āwhina ki te whakakaha i ētahi o ngā matū whīra pai i roto i ō tātou tinana.

Mēnā he āhuetanga hauora e whakaaweawe ana i tō hīkoi, ka āhei koe te kōrero ki tō ngaio tiaki hauora (rata, nēhi rānei), nā te mea ka āhei pea ia ki te āwhina i te āhei ki ngā pūāwhina hīkoi pērā i ngā tokotoko, anga hīkoi, whakatete hīkoi/tautoko rānei. Ka taea hoki e tō ngaio hauora te tuhi i te 'whakahau kākāriki' e āhei ai koe ki ngā hōtaka kori tinana mō te koreutu, utu iti rānei i roto i tō hapori. He mōhiohio whai take hoki tā te Office for Seniors mō te whakakori tinana i:

**[superseniors.msd.govt.nz/health-wellbeing/keeping-active/index.html](https://superseniors.msd.govt.nz/health-wellbeing/keeping-active/index.html)**

Me āta haere ina tīmata ana koe mā te hīkoi i te tuatahi, ā, kātahi ka piki haere. Nāwai rā ka kite koe ka roa rawa tō hīkoi i tērā i whakapono ai koe. I te tīmatanga me hīkoi mō te rima meneti, ka huri ki ngā hīkoi 10 meneti, kātahi ka 20 meneti, 30 meneti, roa atu rānei. Whakarongo ki tō tinana, ā, ka whakanui i tō roa hīkoi mēnā e hāneanea ana te rahi o tō hīkoitanga ināianei. Hei taura, ka whakapiki pea koe i te rahi o tō hīkoi i ia wiki, ia rua wiki rānei. Ka āwhina ki te whakapiki i tō manawaroa ngā hīkoi huhua i te rā kotahi.

Ka āhei hoki koe te kori tinana ki te kāinga e āwhina ana pea i tō manawaroa, āheinga tinana me te ngākau titikaha ki te hīkoi. Kua whakawhakanaketia e Accident Compensation Corporation (ACC) i te pae tukutuku ngāwari te whakamahi me ngā mōhiohio pai maha mō te korikori tinana ki te kāinga. Ka whakarato hoki te pae tukutuku i ngā mōhiohio mō ngā akoranga kaha, hangarite hoki.

**[www.livestronger.org.nz](https://www.livestronger.org.nz)**

Ka whakarato hoki a Age Concern i ngā akoranga 'Steady as you go'© i roto i ngā hapori maha, e āwhina ai pea i a koe ki te whakapiki i tō kaha, tū tautika, ngākau titikaha hoki: Whakapā atu ki Age Concern kia whaimōhio mai.

Mēnā ka neke koe ki tētahi wāhi hou, me whakaaro he aha ngā whakaurunga ka taea e te hīkoi, pērā i ngā tūnga pahi, ngā teihana tereina, ngā pokapū hapori, ngā toa, ngā pokapū hauora me ngā whare karakia. He ngahau ake te tauoranga mēnā e tata ana ngā whakaurunga e haere auau ana mātou.

## Te noho whakahihiko mā te hīkoi

- Me hīkoi tahi me ngā hoa, te whānau rānei.
- Ka āhei koe te tūhono ki tētahi rōpū hīkoi mēnā he rōpū pērā i tō hapori. Ka āwhina hoki tēnei ki te whakakaha i ō tūhononga pāpori. Whakapā atu ki Age Concern kia kite mēnā ka whakahaere rātou i te rōpū hīkoi i tō takiwā.
- Āta whakauru te hīkoi i roto i ō hātepe. Ki te eke pahi koe i tētahi wāhi, tērā pea e heke i te tūnga pahi kotahi, e rua rānei, i mua i tōu ake tūnga pahi.
- Whakaarohia te waihanga i ngā mahinga manatu i roto i ō mahi hīkoi. Mā te aro atu ki ngā taipitopito iti me te rahi o te ao tūroa ka whakaratoa ngā painga anō mō tō hauora.
- Tērā pea hokona tētahi haurapa whakapakari, ka tikiake rānei i te taupānga whakapakari ki tō waea atamai kia āhei koe te aroturuki i tō whanaketanga me te whiwhi ki ngā whakamahara whakaohoho.
- Tuhia tētahi rātaka o te auau, te tawhiti me te roa o tō hīkoi. Mā te tiro ki ō whakatutukitanga e whakaohohotia pea koe ki te haere tonu.
- Tērā pea whakaritea he whāinga, pērā i te piki i te puke nui rawa i tō takiwā.
- Whakamahara i a koe anō ki te pai e rangona ana e koe i muri i te hīkoi. I te nuinga o te wā he hua nō te kori tinana e pā ana ki ngā taiaki whakahari e tukua ana i roto i tō tinana.
- Auahatia te huhua o ngā ara hīkoi kia ngahau tonu te mahi hīkoi.
- Mēnā he makariri, he hāuaua rānei te huarere, he māniana rānei ngā papa, ka taea pea e koe te hīkoi i roto i te rohe toa tāuhi, tētahi atu whare rānei, pērā i te whare taonga, e mahana ana, e maroke ana.

*'Kāore au e tino taraiwa ana ināianei, nā reira he mea nui te haere mā raro. I te tuatahi kāore au e tino whiti ana, engari ināianei ka āhei au te hīkoi mō te wā roa, ā, he pai rawa ki te kite i ngā kanohi e mōhiohia ana i roto i tō mātou takiwā noho.'*



## **Te noho haumarū ki te hīkoi**

- Mēnā kei roto i tō hīkoi he whakawhitinga rori tuwhera, ka hiahia pea koe ki te whakamahere i ngā haerenga hīkoi ki ngā wāhi he iti iho he ikiiki.
- Mēnā kāore he whakawhitinga haere raro, kōwhiria te ara poto ki te whakawhiti i te rori.
- Whakamahia ngā motu haere raro ki te whakawhiti ki waenganui, ā, ki tērā atu taha ina haumarū ana.
- Mēnā kāore he motu ikiiki mō ngā haere raro, me whakatau he wā e tika ana ki te whakawhiti i ngā ara e rua.
- He pai hoki kia titiro ki ngā taraiwa, karu ki te karu, otirā e huri ana rātou.
- Whakawhiti ina mahea ana, wātea ana ngā rori i ngā mea e huna ana i ngā tirohanga a ngā taraiwa e haere mai ana (pērā i ngā puihi nui, ngā rākau rānei).
- Mēnā he māhiri tō kakī, ō pakihwi rānei, hurihia tō tinana katoa ki te karapa i te rori mō te ikiiki.



- Mēnā ka hīkoi pōturi koe, whakaarohia te rama whakawhitinga haere raro kākārīki hou ki ngā pūtahitanga ikiiki.
- Hīkoi i runga i ngā ara i ngā wā katoa, engari mēnā kāore he ara hīkoi mā te taha e anga atu ana ki te ikiiki e haere mai ana kia kite koe i ngā waka, ā, he ngāwari kia kitea koe e ngā kaitaraiwa.
- He tāeka mā i runga i ngā whakawhitinga haere raro i runga rori. E mana ana ngā haere raro ki te whakawhiti ki ēnei whakawhitinga i te tuatahi, engari me tū koe me te kimi i te ikiiki e haere mai ana.
- Kāore he tāeka mā i runga i ērā whakawhitinga me tautuku ngā haere raro ki ngā waka. Ka hāpaitia ēnei i te nuinga o te wā, ā, ka whai pereki, māka peita, ara pereki rānei e whakaatu ana i te rerekētanga i te papa rori noa. E whakatenatenahia ana ngā kaitaraiwa kia hūmārika ki ēnei whakawhitinga, engari me tūpatō ngā haere raro nā te mea me tautuku rātou ki ngā motokā.
- Me tautuku ngā waka wīra katoa ki ngā haere raro i runga i te ara hīkoi.
- Mēnā e toro atu ana koe ki ngā wāhi huhua, whakamaheretia tō haerenga kia iti rawa ngā whakawhitinga rori.
- Me mau i ngā kākahu tae tea, me kawē rānei i tētahi pēke kara kitakita. Ka āwhina tēnei i ngā kaitaraiwa me ngā kaieke paihikara kia kite i a koe.
- Mēnā e hīkoi ana koe i ngā pō, ina makaro ana rānei, ka āhei koe te mau i ngā kākahu whakaata, ngā tauri ringa rānei, me te kawē i te rama.
- Mēnā me mau koe i ngā mōhiti, te pūrere whakarongo rānei, me mau ina hīkoi ana koe.



# Te eke pahikara



He ngahau te eke pahikara, ā, he iti te utu ki te hāereere. He nui hoki ngā painga hauora o te eke pahikara, e āhua ōrite ana ki ngā painga hauora e pā ana ki te hīkoi, ā, he kaupapa tautoko taiao mō te haere.

Mēnā kātahi anō koe ka tīmata ki te eke pahikara, me kōrero pea ki tō ngaio tiaki hauora mō tō hauora me tō āheinga tinana ki tō pokapū hauora ā-rohe. Mēnā he āhuetanga hauora tāu e whakaaweawetia ai tō tū tautika, kaha tinana rānei, ka whai painga pea koe i ngā akoranga 'Steady as you go'<sup>®</sup> i whakaratoa e Age Concern. Whakapā atu ki Age Concern mō ētahi atu mōhiohio e pā ana ki ngā akoranga e wātea ana pea ki tō takiwā. Me tiro hoki pea koe ki te pae tukutuku a ACC 'live stronger for longer', kua whai mōhiohio pai mō te whakakori tinana ki te kāinga, tae atu ki ngā akoranga ā-rohe mō te kaha me te tū tautika i: [www.livestronger.org.nz](http://www.livestronger.org.nz)

## Ko ngā mahere me ngā rōpū eke paihikara

I te nuinga o te wā he mahere mō ngā ara eke paihikara kei tō kaunihera ā-rohe e tuku ana i ngā mōhiohio mō ngā tūmomo ara rerekē e wātea ana pērā i ngā ara tuari, ngā ara paihikara i runga i te rori, engari i wehea i te ikiiki, me ngā ara paihikara ka peitatia, kia āhei koe te whakamahere i te ara hei whakatutuki i ō hiahia. Ka hoatu hoki pea rātou i ngā mōhiohio mō ngā rōpū eke ā-rohe, tae atu ki ngā rōpū eke paihikara pāpori mā ngā kaumātua.

Ka whakarato hoki a Waka Kotahi i tētahi mahere kōtuitui eke paihikara pāhekoheko ki: [www.nzta.govt.nz/walking-cycling-and-public-transport/cycling/cycling-in-new-zealand/cycle-touring](http://www.nzta.govt.nz/walking-cycling-and-public-transport/cycling/cycling-in-new-zealand/cycle-touring)

## Te tāpoi paihikara

E 22 ngā 'Ekenga Hira' i runga i te Ara Paihikara o Aotearoa ka hiahia pea koe ki te titiro. I te nuinga o te wā he ara rā-maha rori-kore ngā ekenga hira mā ngā tirohanga whenua whakamīharo, ā, kua whakataua te nuinga hei ara ngāwari. Ka āwhina pea ngā paihikara hiko kia ngāwari ake - i te nuinga o ngā ara ka āhei te rēti i ngā paihikara, ngā ī-paihikara rānei. Ka taea te kimi i ngā taipitopito mō ngā ara rerekē, tae atu ki ētahi atu mōhiohio mō te eke paihikara me te whakamahere i te hararei paihikara ki: [www.nzta.govt.nz/walking-cycling-and-public-transport/cycling/cycling-in-new-zealand/cycle-touring](http://www.nzta.govt.nz/walking-cycling-and-public-transport/cycling/cycling-in-new-zealand/cycle-touring)

## Ngā ī-paihikara

Ka tino āwhina ngā paihikara hiko, e mōhiohia whānuitia ana ki te ingoa ī-paihikara, i tō ekenga, e tautoko ana i a koe ki te haere mō ngā haerenga tino pāmamao, ā, ka āwhina ki ngā puke me te hau. Ka āwhina hoki kia tere te puta mai i ngā pūtahitanga, ā, he ngāwari ake te kawē pīkaunga.





Ko te tikanga he taumaha ake ngā ī-paihikara i ngā paihikara noa, me te aha ka rerekē te āhua o te haere. Pērā i ngā paihikara hou katoa he pai kia ako ki te āhua o te whakahaere i te paihikara i mua i te haerenga mā runga rori.

He whānui ngā tūmomo taera o ngā ī-paihikara - kaieke, paihikara maunga, paihikara utanga rānei. He huahua ngā tūmomo āhuatanga me ngā tere teitei e āwhinatia ana e te pūkaha. Ka marohi a Waka Kotahi i:

- Ngā ī-paihikara me te tere mōrahi whakamutunga o te 25km/h mō rātou kātahi anō ka tīmata ki te eke, 32km/h mō ngā kaieke whai wheako e whakapau ana i te wā nui ake i runga i te rori.
- Ko te nui o te kaha o ngā ī-paihikara e hāngai ana ki te rahi o tō whakamahi teka, nā te mea ka āhua ōrite ēnei ki te paihikara kore hiko i tō ngā ī-paihikara whai katirere.
- Ko ngā ī-paihikara me te pūkaha waenganui, i muri rānei, kaua i te wīra o mua, nā te mea ka whakahaeretia ēnei pērā i ngā paihikara kore hiko i te nuinga o te wā.

Ka taea te kimi i ētahi atu mōhiohio ki: [www.nzta.govt.nz/walking-cycling-and-public-transport/cycling/cycling-in-new-zealand/electric-bikes](http://www.nzta.govt.nz/walking-cycling-and-public-transport/cycling/cycling-in-new-zealand/electric-bikes)

## **Ko ngā ture mō te eke paihikara i runga i ngā rori me ngā arahaere**

Ka whakamārama te *puka tikanga o Aotearoa* mō te eke paihikara me pēhea te whakahāngai i ngā ture ikiiki whenua. Ka whakarato te puka tikanga i ngā mōhiohio mārama ina eke paihikara ana me te pāhekoheko koe ki ētahi atu tāngata i runga i ngā rori me ngā arahaere o Aotearoa. Ka kapi hoki ngā tūāhua rerekē maha me ngā tohu ka kite koe, tae atu ki ngā tohutohu hei āwhina i a koe kia ngākau titikaha e tika ana ō mahi.

Kei konei te puka tikanga:

[www.nzta.govt.nz/roadcode/code-for-cycling](http://www.nzta.govt.nz/roadcode/code-for-cycling)

## **He tīwhiri mō te eke paihikara o ia rā**

Kei te whakarato ngā pae tukutuku o BikeReady me Waka Kotahi i ngā tohutohu me ngā rauemi hei āwhina i a koe ki te whakarite mō te eke paihikara me te whakahaere i ngā tūāhua ka tūpono koe. Kei roto i te pae tukutuku a BikeReady ngā mōhiohio me ngā ataata mō ngā kaupapa pērā i te rotarota me te whakahaere i ngā pūtahitanga. E wātea ana ngā taipitopito ki: [www.bikeready.govt.nz/adults](http://www.bikeready.govt.nz/adults)



### Te whakarite ki te eke

- Me mōhio koe e pai ana te āhua o tō paihikara me ngā pereki pai.
- Whakamaheretia tētahi ara e tika ana kia hāneanea koe, ki tō taumata pūkenga rānei.
- Whakaritea he rama āu (ā, kua whakahiko katoatia) mēnā e haere ana koe i ngā pō.
- Whakaritea e tika ana te pōtae mārō mō tō upoko. Kotahi anake te whakahaumarua a te pōtae mārō i tō roro. Mēnā kua pāngia tō pōtae mārō e te tūtukitanga, e te pātōtō kaha rawa, hokona mai he mea hou. Ki te kore koe e mōhio ki te hītori o te pōtae mārō, tīkina tētahi atu.

## Te eke haere

- Te whakaatu i ō whakaaro mā te āta rotarota.
- Karapa mō ngā mōrearea pērā i te huaki ohorere i te kūaha motokā, ngā motokā e huri ana ki roto, i waho rānei i ngā rori ki te taha i mua i a koe, he tangata e oma ana ki runga te rori i mua i a koe, he rāpihi/whārua rānei hei whakakōrure, hei whakatāngarangara rānei i a koe.
- Haere i te wāhi e kitea ai koe, kaua e eke ki roto i te kōrere kei tūtuki ki ngā kuoro me ngā rāpihi, kia tōtika te haere ina eke ana, kaua e tataha ki tēnei taha, ki tērā taha, engari me whai tonu i te ara kei roto koe, ki ngā pūtahitanga, ina whakahipa ana i ngā motokā e tū ana i te taha, ā, i ngā wā he whāiti rawa te rori mō te tētahi kaitaraiwa ki te whakahipa i a koe i runga i te haumarū.
- Me tūpato i ngā taraka me ngā pahi. He nui rawa te porohita huri o ngā waka nui pērā i ngā taraka, me ngā wāhanga kāpō nui, nā reira kāore pea e taea e te kaitaraiwa te kite koe mēnā kei mua tonu koe i a rātou, kei te eke paihikara i te taha rānei. Me noho ki muri kia kite koe i a rātou, whakaputa rānei ki mua rawa kia kite ai rātou i a koe. Kaua e haere i te taha o aua waka nunui. Mēnā kua tū koe ki te pūtahitanga, ā, e whakaaro ana kāore i kitea koe e te taraiwa, neke atu me te tiro karu ki te karu.
- Me piātaata i te pō. Whakaritea he rama mua, muri hoki ōu. Ka āwhina te kākahu whakaata, otirā i runga i ngā waewae kia tino kitea koe i ngā pō.
- Kia āta haere i ngā wāhi e haere ana ētahi atu i runga i ngā ara tuari. Ina tuari ana ngā tāngata eke paihikara, kutarere, e haere ana mā raro rānei i te ara, kia āta haere ina tata ana ki ētahi atu tāngata, ā, tukua he mokowā ki ngā tāngata ina whakahipa ana koe.
- Me mutu te eke paihikara mēnā e waimaero ana koe. Ka puta pea te waimaero i te whara, te mate, te rongoā, te waipiro, ngā pūroi turekore, ētahi atu matū rānei.

He ara pai hei whakaharatau i ēnei pūkenga ko te haere ki tētahi akoranga whakangungu pūkenga paihikara mā ngā pakeke. Ka tūtaki hoki pea koe ki ētahi tāngata e whakaaro pērā ana hei hoa eke paihikara. Toro atu ki te pae tukutuku Bike Ready kia kite mēnā he akoranga e wātea ana i tō takiwā.

# Ngā wakanekeneke



Ko te pūtake matua o te wakanekeneke wīra-whā (te nuinga o te wā) whakahiko ko te āwhina i ngā tāngata ki te hāereere i roto tō rātou hapori mēnā ka ngenge, ka manawarau rānei ina hīkoi ana i te pāmamao poto, kāore e taea rānei te hīkoi. Ehara i te mea me rēhita ngā wakanekeneke, me whai raihana rānei te kaiwhakamahi.



Mēnā e whakaaro ana koe ki te hoko i te wakanekeneke anei he pātai māu:

- Ka taea e au te whakatau pai i te tawhiti?
- He pai taku kitenga (te mau mōhiti, te kore mau mōhiti rānei)
- Ka tere te urupare ina puta mai tētahi mea ohorere?
- He pai taku rongu (te mau pūrere whakarongo, te kore mau rānei)?
- Ka taea e au te tiro mai i te taha mauī ki te taha matau, ā, mai anō i te taha matau ki te taha mauī, me te kore raruraru?
- Ka taea e au te waka whai pūkaha te whakahaere haumaruru?

Mēnā i 'whakaae' koe ki ēnei pātai, he kōwhiringa pea te hoko wakanekeneke māu. Mēnā i 'whakahē' koe i tētahi o ēnei pātai, he whakaaro pai ki te kōrerorero i te tūāhua ki tō ngaio tiaki hauora. Me kaua koe e whakamahi i te wakanekeneke mēnā kua ngaro tō raihana taraiwa nā ngā raruraru kitenga, whakarongo rānei.



Mēnā e whakaaro ana koe ki te hoko i te wakanekeneke, me mōhio koe ki ngā whakaritenga ā-ture:

- Me tautuku ngā waka wīra katoa ki ngā haere raro i runga i te ara hīkoi.
- Me tūpato me mākohā hoki te eke i tō wakanekeneke.
- Me taraiwa i tō wakanekeneke i runga i te ara hīkoi mēnā ka taea.
- Ki te kore he ara hīkoi, me whakatata koe ki te taha o te rori.
- Haere i runga i te ara hīkoi i te tere e haumarū ana mō ētahi atu tāngata.
- Me taraiwa ngā wakanekeneke mā te āhua e ārai ai i ngā whara ki ētahi atu tāngata.
- Me whakamahi ngā wakanekeneke e te tangata kotahi e noho ana i runga.
- Mēnā ka tūtuki koe ki tētahi atu, me tū koe kia kite mēnā kua mamae tētahi tangata. Me āwhina koe i tētahi tangata kua mamae. I tua atu, me pūrongo koe i te tūtuki ki ngā pirihimana i mua i te hipatanga o ngā haora 24.



Me whai hoki i ngā herenga taraiwatanga haumarua ina whakamahi ana i te wakanekeneke:

- Kia mōhio mai ina eke ana i te wakanekeneke ka mau pea ngā kākahu tangoro, roa hoki i roto i ngā taea, ā, ka pā mai pea ki te kaieke te wharanga taumaha, whakamate rānei.
- Mēnā ka mau mōhiti koe i te nuinga o te wā, me mau mōhiti hoki koe ina taraiwa ana.
- Mēnā ka mau pūrere whakarongo koe i te nuinga o te wā, me mau pūrere whakarongo hoki koe ina taraiwa ana.
- Me mutu te eke wakanekeneke mēnā e waimaero ana koe. Ka puta pea te waimaero i te whara, te mate, te rongoā, te waipiro, ngā pūroi turekore, ētahi atu matū rānei.
- Me kua koe e whakamahi i te waea pūkoro/paparorohiko ā-ringa rānei ki te tuku, te whiwhi rānei ki ngā karere kuputuhi, ngā waea rānei ina taraiwa ana.
- He tata ake ki te whenua ngā wakanekeneke i ngā haere raro, waka pūkaha rānei, nā reira me mōhio e kitea ana koe mā te whakamau i te haki kara pīataata ki tō wakanekeneke, ā, kia kua e iti iho i te kotahi me te hawhe mita i te whenua.

E wātea ana ngā mōhiohio āmiki atu mō ngā wakanekeneke i:

**[www.nzta.govt.nz/mobility-scooters](http://www.nzta.govt.nz/mobility-scooters)**

He mōhiohio whai take hoki kei te *whārangi meka 31 a Waka Kotahi, Ngā hauātanga me te taraiwatanga* (whārangi 2) mō ngā wakanekeneke me ngā tūru hiko.

He whānui ngā tari kāwanatanga e whakarato ana i ngā akoranga eke wakanekeneke. E wātea ana te rārangi o ngā kaiwhakarato akoranga i:

**[www.nzta.govt.nz/mobility-scooter-courses](http://www.nzta.govt.nz/mobility-scooter-courses)**

Kia mōhio mai: Kāore a Waka Kotahi e whakarite, whakaae, whakamana rānei i ngā akoranga kutarere hāereere.

Ka hiahia hoki pea koe ki te whakapā atu ki tō kaunihera ā-rohe, nā te mea i ētahi wā he kaupapa ā rātou hei hoatu taurewa i ngā wakanekeneke hei āwhina i a koe ki te hāereere i te pokapū tāonenui, ā, i ētahi wā ka whakarato ngā rohe toa tāuhi i ngā wakanekeneke i reira.



# Te tautoko me ngā mōhiohio anō

## **Age Concern**

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

Waea: 0800 65 2 105

Īmēra: [national.office@ageconcern.org.nz](mailto:national.office@ageconcern.org.nz)

He akoranga ariā whakahou koreutu 'Staying Safe':

[www.nzta.govt.nz/staying-safe](http://www.nzta.govt.nz/staying-safe)

## **Office for Seniors**

[www.superseniors.msd.govt.nz](http://www.superseniors.msd.govt.nz)

Īmēra: [osc@msd.govt.nz](mailto:osc@msd.govt.nz)

## **Ngā kaunihera ā-rohe**

[www.localcouncils.govt.nz](http://www.localcouncils.govt.nz)

Pāwhiritia ngā 'Council Profiles'

## **Neighbourhood support**

[www.neighbourhoodsupport.co.nz](http://www.neighbourhoodsupport.co.nz)

Waea: 0800 463 444

## **NZ Automobile Association (AA)**

[www.aa.co.nz/contact-us](http://www.aa.co.nz/contact-us)

Waea: 0800 500 444

(He utu hāngai ki te uru ki ngā ratonga o AA)

## **Vehicle Testing NZ (VTNZ)**

[www.vtnz.co.nz/contact-us](http://www.vtnz.co.nz/contact-us)

Waea 0800 88 88 69

(He utu hāngai ki te uru ki ngā ratonga o VTNZ)

E wātea ana tēnei puka ā-tuihono  
[www.nzta.govt.nz/resources/  
getting-around-as-a-senior](http://www.nzta.govt.nz/resources/getting-around-as-a-senior)



He mataora ngā tūhononga  
ipurangi katoa i roto i tēnei puka  
nā reira ka āhei te pāwhiri  
mō ētahi atu mōhiohio  
mō ia kaupapa.

## Te tiaki hauora matua

Ki te whai āhei atu ki ngā ngaio tiaki hauora (rata, nēhi rānei)

[www.healthpoint.co.nz/gps-accident-urgent-medical-care](http://www.healthpoint.co.nz/gps-accident-urgent-medical-care)

[www.health.govt.nz/your-health/services-and-support/health-care-  
services/visiting-doctor-or-nurse](http://www.health.govt.nz/your-health/services-and-support/health-care-services/visiting-doctor-or-nurse)

## Waka Kotahi o Aotearoa

[www.nzta.govt.nz/senior-drivers](http://www.nzta.govt.nz/senior-drivers)

Waea: 0800 822 422

Īmēra: [info@nzta.govt.nz](mailto:info@nzta.govt.nz)

He koreutu ngā tānga a Waka Kotahi e whai ake nei, ā, kei roto he  
mōhiohio e whai take ana pea māu:

- *Ko te ara ki mua mā ngā kaumātua* - he puka e tuku ana i te tirohanga  
whānui poto o ā mātou puka mōhiohio taraiwa kaumātua matua:
- *Te taraiwa haumaruru hei kaumātua*
- *Te tautoko i ngā taraiwa kaumātua*
- *Te hāereere hei kaumātua*
- *Te whakahou i tō raihana taraiwa hei kaumātua*
- *He whakamaumahara tikanga rori mā ngā kaumātua*
- *Tirotiro i tō motokā*
- *He puka ārahi ki te whakamātautau haumaruru i runga rori*
- *He taraiwatanga haumaruru i te hōtoke*

## Kia whiwhi ki tētahi o ēnei tānga

Īmēra: [info@nzta.govt.nz](mailto:info@nzta.govt.nz)

Toro atu ki: [www-ak.bspg.co.nz/WebForm/NZTAWN\\_PB?form=Public%20Publications](http://www-ak.bspg.co.nz/WebForm/NZTAWN_PB?form=Public%20Publications)

Waea: 0800 822 422

## Ka kitea ā mātou whārangi meka katoa ki [www.nzta.govt.nz/resources/factsheets/category](http://www.nzta.govt.nz/resources/factsheets/category)

- *Whārangi meka 1: Ngā paihikara, ture rori me ngā taputapu*
- *Whārangi meka 7: Ngā tūru mai tamaiti*
- *Whārangi meka 16: Te mate huka me te taraiwatanga*
- *Whārangi meka 17: Te mate hukihuki me te taraiwatanga*
- *Whārangi meka 23: Te korongenge me te taraiwatanga*
- *Whārangi meka 24: Te ruha: te noho mataara i a koe e taraiwa ana*
- *Whārangi meka 25: Te kitenga me te taraiwatanga*
- *Whārangi meka 31: Ngā hauātanga me te taraiwatanga*
- *Whārangi meka 51: Ko ngā aromatawai OT: kaihaumanu whakamahi tinana me te raihana taraiwa*
- *Whārangi meka 57: Ngā taraiwa mātāpuputu: Te whakahou raihana*

## Ngā tikanga huarahi

[www.nzta.govt.nz/roadcode](http://www.nzta.govt.nz/roadcode)

## Tā mātou wāhinoho

Waka Kotahi o Aotearoa

Pouaka poutāpeta 11777

Palmerston North 4442







Mēnā he pātai anō āu,  
waea atu ki tō mātou pokapū  
whakapā i runga i 0800 699 000  
tuhi mai rānei ki a mātou:

Waka Kotahi  
NZ Transport Agency  
Pouaka Poutāpeta 6995  
Te Whanganui-a-Tara 6141

E wātea ana hoki tēnei tānga i  
runga i tā mātou pae tukutuku i  
[www.nzta.govt.nz](http://www.nzta.govt.nz)

