

HE AHA TE MATE PŌREWAREWA?

Ko te mate pōrewarewa, koia tērā ko te ngoikore haere o tō hinengaro. I pā mai ai nā ngā panonitanga ki ngā hanganga kikokiko o te hinengaro. Ka pā ēnei panonitanga ki te pūmahara, ngā whakaaro me ngā kare ā-roto. Ko te mate pōrewarewa e kitea noahia ko te Mate Wareware. Ko ētahi atu momo mate pōrewarewa ko te mate pōrewarewa iaia toto, mate pōrewarewa whai Rīwi me te mate pōrewarewa roro ō mua. Ehara te mate pōrewarewa i tētahi āhuetanga o te pakeketanga.

NĀ TE AHA E PĀ MAI AI TE MATE PŌREWAREWA?

Kāore anō kia mōhiotia te pūtake o te mate pōrewarewa.

Kāore i kitea tētahi āhuetanga kotahi mō te pupūtanga o te Mate Wareware. Te āhua nei nā runga i te kōtuitanga o ētahi āhuetanga pēnei i te taipakeke, ira whakaheke me te taiao.

Pā mai te mate pōrewarewa iaia toto nā te tūkinotanga o ngā iaia toto heri toto ki te roro. Ko ngā tāngata whai pānga ki tēnei mate ko te hunga kai paipa, mate toto pūrotu rānei, he nui te mōmona i roto i ō rātau toto, he mate huka rānei. Kāore i te mōhiotia te pūtake o te mate pōrewarewa whai Rīwi me te roro ō mua.

KO WAI TE HUNGA PĀNGIA E TĒNEI MATE?

Ka pā ngā tāngata o ngā momo mātāwaka, mōhiotanga katoa hoki ki te mate pōrewarewa.

Ahakoia kitea tēnei mate i roto i te taipakeke neke atu i te 65, ka pā mai anō ki ngā tāngata i raro i ngā tau 45.

HE AHA NGĀ TOHUMATE O TE MATE PŌREWAREWA?

He kaikaha te mate pōrewarewa, arā, ka kaha haere atu ngā tohumate, engari ko te āhua me te tere kei te āhua anō o te tangata. He rerekē ia tangata e pāngia e te mate pōrewarewa.

Ko ētahi tohumate e kitea noa:

- Ka ngoikore haere te pūmahara
- Ka tuaruahia ngā kōrero, pātai rānei
- He uaua tonu te mahi i ētahi mahi noa
- He uaua te whāwhā moni
- Kua kore te kakama
- Ka hē te whakawā
- Ka tāhūhū ki te wā me te wāhi
- Ka rerekē tōna tuakiri
- Ka rerekē tōna āhua, whanonga rānei
- Ka uaua te kōrero
- Ka tupuheke ōna pūkenga taraiwa
- He rite te ngaro o ana mea

Otirā, ka pā haere ki te nuinga o ngā mahi o te roro. Taro rawa, ka hiahia āwhina te hunga mate pōrewarewa me ngā mahi o ia rā pēnei ki te whakamau kaka, te haere ki te wharepaku, te horoi me te kai.

ME AHA AU MĒNĀ KEI TE ĀWANGAWANGA AU MŌKU, MŌ TĒTAHI ATU RĀNEI?

Ko te mea nui kia kaua e tere whakatau whakaaro.

Ehara i te mea kei te mate pōrewarewa koe, tētahi o tō whānau rānei mēnā he pōkaikaha, he wareware rānei. Tērā ētahi atu āhuetanga e ōrite ana ka taea te whakatika pēnei i te mate urutā, he mate nā ētahi rongoā me te mate whakapāhi.

1. I te tuatahi, me whakapā atu koe ki tō Tākuta ki te kōrero i ō āwangawanga. Ka tonu mō tētahi whakamātautau ā-tinana, ā-hinengaro, ā-tangata hoki. I mua i tō haerenga atu me tuhi e koe ō take me te heri hoa atu anō ki tō whakaritenga. Tērā pea ka tonu anō te Tākuta i tētahi tohunga ki te āwhina ki te whakatau mate.

Kāore he whakamātautau kotahi mō te whakatau mēnā e mate pōrewarewa te tangata. Mā te whakakore atu i ētahi atu pānga o ngā tohumate e whakatau ai he mate pōrewarewa. Koinei e hira ai tētahi whakamātautau whānui.

2. Tuarua, whakapā atu ki te whakahaere Alzheimers tūtata ki a koe mō te whiwhi āwhina, pārongo me te mātauranga. Ahakoia kāore he rongoā mō te nuinga o ngā pūtake o te mate pōrewarewa, he nui tonu te āwhina kei te wātea. Kei reira anō ētahi rongoā hei whakahirihiri i ētahi tohumate mō ētahi tāngata mō tētahi wā. Ko te mea nui kia wawe te rapu āwhina.

Mā te whakatau wawe:

- Ka taea e koe te whakatikatika mō ngā rā e tū mai
- E āwhina ngā rongoā i a koe
- E āwhina i a koe ki te tautuhi wāhi tohutohu me te āwhina

HE AHA NGĀ ĀWHINA E WĀTEA ANA?

Mēnā e mate pōrewarewa koe, tētahi atu rānei, he tikanga tonu te noho pōkeka me te āwangawanga. Ehara i te mea me noho noa iho koe ko tōu kotahi. Mā te tiki āwhina, tautoko me te tohutohu tētahi whakamāmā nui. E 23 ngā pokapū ā-rohe ā Alzheimers New Zealand e whakarato pārongo, tautoko me te whai wāhitanga ki ngā ratonga o te hunga pāngia e ngā momo mate pōrewarewa katoa, tae noa ki ō rātau kaitiaki, whānau me ngā hoa.

Ko ētahi atu ratonga e whakaratohia pea e ngā whakahaere Alzheimers ko ngā:

- Rōpū tautoko mō ngā kaitiaki me ngā whānau
- Rōpū tautoko mō te hunga mate pōrewarewa, hei tauira, mō te pānga mai o te mate me ngā rōpū "tāne"
- Kōrero mātauranga
- Rauemi me ngā pārongo
- Kaupapa mātauranga kaitiaki
- Hōtaka rā me te mahi
- Ratonga whaihoa

I te whakahaere ā-motu, e tautoko ana a Alzheimers New Zealand i ngā mahi ā ngā pokapū ā-rohe, e tū hei māngai mō ngā tāngata mate pōrewarewa, ō rātau kaitiaki me ngā whānau, mā te whakatūtū, te whakamōhio i te iwi whānui me te whakarato pārongo.

**FOR MORE INFORMATION
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