

Ētahi meka e pā ana ki te Aroreretini (ADHD)

Ehara kau te Aroreretini (ADHD) i te mate kaikiri, i te mate whakapararahako ira, ā, ka rere tautau hoki. He mate ā-whānau, ā, ehara i te mate korehāhā noa nei i roto i te wā.

1 ⁱ _i **roto** **20** tāngata puta noa i te ao ka pāngia e te mate Aroreretini (ADHD).
Ko tōna 280,000 tāngata tēnei nō Aotearoa



ADHD /,eɪ,diː,etʃˈdiː/ *abbr.* Attention Deficit Hyperactivity Disorder.

Attention Deficit Hyperactivity Disorder /əˈtɛnʃ(ə)n/ˈdɛfɪsɪt/ˌhʌɪpəˈrækˈtɪvɪti/dɪsˈɔːdə/ tūingoa 1 he mate hinengaro e whai pānga ana ki te wāhanga o te hinengaro e taea ai tātou te hanga mahere, te whakatau i ngā rere tōtōā me te kōkiri i ngā mahi.

Mō te āhua ki te Aroreretini (ADHD), ko tōna toru tau te pōturi o te pakeketanga ake o te Roro-Takamua (he wāhanga o mua i te Panemua) ki te reanga tamariki, kōhungahunga.

Nā reira, he uua ake te tātari haere i ngā whai aronga, ngā whanonga, ngā kare ō-rongo.

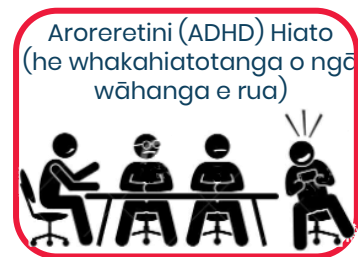
Ngā korenga whanaketanga ā-hinengaro mō ngā kawenga whakahaere o te hinengaro o te tangata e pāngia ana e te Aroreretini (ADHD):

- ngā kawenga whakahaere – arā, ko ā mātou mahi whakamahere, whakaritenga hoki
- ngā tātariwhanga whai aronga
- ngā kawenga ngao
- ngā kare ō-rongo
- ngā mahi whakawā
- ngā whanonga.

Mō te korenga o ngā whakataunga ADHD, i te nuinga o te wā ka kitea ēnei korenga hei momo:

- māngere, mate wareware
- rite-kore, tūreiti i ngā wā katoa
- pōraruraru, aro-kore, wawata noa
- tou tīrairaka
- pahūtanga ā-ngākau
- māhunga wai; he pōrearea, he mauri rere i ngā wā whakawhanaunga.

Ka uru te hunga e pāngia ana e te Aroreretini (ADHD) ki tētahi o ngā “wāhanga” e toru. Mā te kino o ngā rerekētanga o ngā tohu mate e tū ai ia tangata e pāngia ana e te Aroreretini me tōna kotahi. Anei ngā wāhanga:



He tokomaha te hunga kāore nei i te tino harikoa i te kura, i te mahi rānei. Heoi, ko te mea pai kē, he tautokotanga e wātea ana.

Mō ētahi atu pārongo:

He taupānga/pāraharaha āwhina mā ngā tauira

- [Massey University assignment planning calculator tool](#)
- [Get InFlow tool to help with planning](#)
- [otter.ai speech to text recorder](#)

Mō ētahi atu pārongo:

- [ADHD New Zealand](#)
- [SPELD New Zealand](#)
- [CHADD \(US\)](#)
- [Additude \(US\)](#)



ADHD
New Zealand

Tirohia a: ADHD.org.nz/tertiary-ed

He mea waihangā, he mea tautoko e: [Tertiary Education Commission](#).