



Fa'ahinga mahaki'ia  
'o e 'atamai fa'a ma'u  
mei he kei tamasi'i  
'iloa koe ASD

Ko e fakahinohino 'a e NZ ASD

# 'Oku fēfē 'a e tō'onga 'a e ASD?



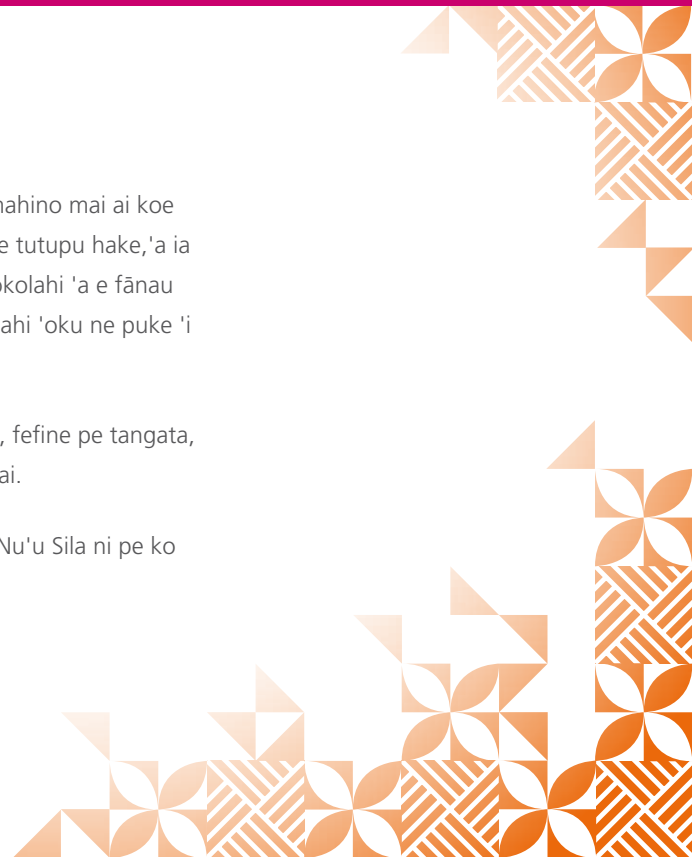
Mālō e lelei,

## Ko e hā 'a e autism spectrum disorder

- Ko e autism spectrum disorder (ASD) ko e hingoa ki ha ngaahi tō'onga 'oku mahino mai ai koe tokotaha ko ia 'oku tuai pe faingata'a'ia 'i he 'elia 'e tolu 'oku mahu'inga ki he tutupu hake,'a ia ko e fakafetu'utaki, fakafeohi, mo e 'atamai (fakakaukau) pe tō'onga. 'Oku tokolahi 'a e fānau 'oku nau tuai 'i ha taha 'o e ngaahi fo'i 'elia ni, ka ko ha tamasi'i pe tokotaha lahi 'oku ne puke 'i he ASD, 'oku ne faingata'a'ia 'i he ngaahi fo'i 'elia 'e tolu kotoa.
- 'Oku hā kehekehe 'a e ASD 'i he tokotaha kotoa pe 'o fakatatau ki honau ta'u, fefine pe tangata, tefito'i 'ulungāanga, fāmili mo e matakali, lahi 'o e mahaki mo e ivi faka'atamai.
- Ko e ASD kakato 'oku pehē 'oku ne uesia 'a e mo'ui 'o e 1% 'o e tokolahi 'o Nu'u Sila ni pe ko ha kakai 'e toko 40,000.

Toe lahi ange 'a e fakamatala 'i he: [www.nzgg.org.nz/asd](http://www.nzgg.org.nz/asd)

Vakai ki he peesi hoko mai ki he **Ngaahi faka'ilonga 'o e ASD.**



# Ngaahi faka'ilonga 'o e ala ma'u 'e he ASD

Te ke lava ke fakatokanga'i (pe fakamatala 'e ha mātu'a pe tokotaha kehe) ha tamasi'i pe tokotaha lahi 'oku:

Tongan

## Fakafetu'utaki

- tuai 'i he ako lea fetu'utaki
- faikehe 'enau fakamahino mai kinautolu (ngāue'aki ha me'a pe ko ha nima 'o ha tokotaha)
- faingata'a ke mahino kiate ia 'a e me'a 'oku 'uhinga ki ai 'a e kakai kehe (lava ke ne ta'etokanga mai pe ta'efanongo)
- lea 'i ha founa kehe ('ikai ke fakafasi 'ene lea, le'o tatau pe, toe lea mai 'aki pe 'a e lea 'oku fu'u faka'e'i'eiki pe 'akatēmika).

## Fakafeohi

- 'ikai kau he va'inga pe faingamālie ke fakasōsiale
- manako ke fai ha'ane me'a tokotaha pe
- 'ikai kene tali mai 'a e lea fakafe'ioloaki atu, malimali pe ta'ata'alo
- 'ikai fakahāhā 'a e me'ava'inga pe me'a kehe pe vahevahe 'enau fakakaukau mo e kakai kehe
- faingata'a'ia 'i he fakafeohi, pōtalanoa mo e ngaahi founa fakasōsiale.

## Fakakaukau pe tō'onga

- ngaahi founa angakehe pe toutou fai 'a e me'a tatau (hangē ko hono fokotu'u laine ha ngaahi me'a, fai ha ngaahi fo'i ngaue 'i ha fa'ahinga founa tatau, tāpuni 'a e ngaahi matapā etc)
- loto lili mo ta'efiemālie 'i he hiki mei he fo'i ngāue 'e taha ki ha toe ngāue pe ko ha toe feitu'u mei ha feitu'u na'e 'i ai, pe koe taimi 'oku motuhi ai ha me'a 'oku ne toutou fai.
- haka faikehe ofi ki hono ongo fo'i mata
- 'ikai sai'ia pea 'ohovale 'a e longoā'a lahi pe 'ikai sai'ia he ngaahi nanamu ni'ihi, ngaahi ifo ni'ihi pe ngaahi matakupesi.
- ma'ulalo 'aupito 'a e mafia ke solova ha palopalema pe fokotu'utu'u fakalelei ha fo'i ngāue.
- 'i ai e me'a 'oku tokanga lahi ki ai pea manako ke ne talanoa'i pea 'oku mole ai 'a e taimi lahi.
- kovi 'a e fengāue'aki 'a e ngaahi kongokonga 'o e sino, tautefito ki he nima moe va'e.

Fakamatala lahi ange 'i he: [www.nzgg.org.nz/asd](http://www.nzgg.org.nz/asd)

## Signs of possible ASD

A person of any age with ASD will have some delay or difficulty in **all three** development areas. For example, they might:

English

### Communication

- be delayed in developing communication or language
- have unusual ways of making themselves understood (may use objects or another person's hand to indicate what s/he wants)
- find difficulty in understanding others (can sometimes appear to ignore or not to hear)
- use language in an unusual way (monotone voice, copy or echo what others say, use overly formal or academic language).

### Social interaction

- not join in with play or social opportunities
- prefer to do things alone
- not respond to other people's greetings, smiles or waves
- not show toys, objects or share their interests with other people
- have difficulty with social situations, conversation or social rules.

### Thinking (cognition) or behaviour

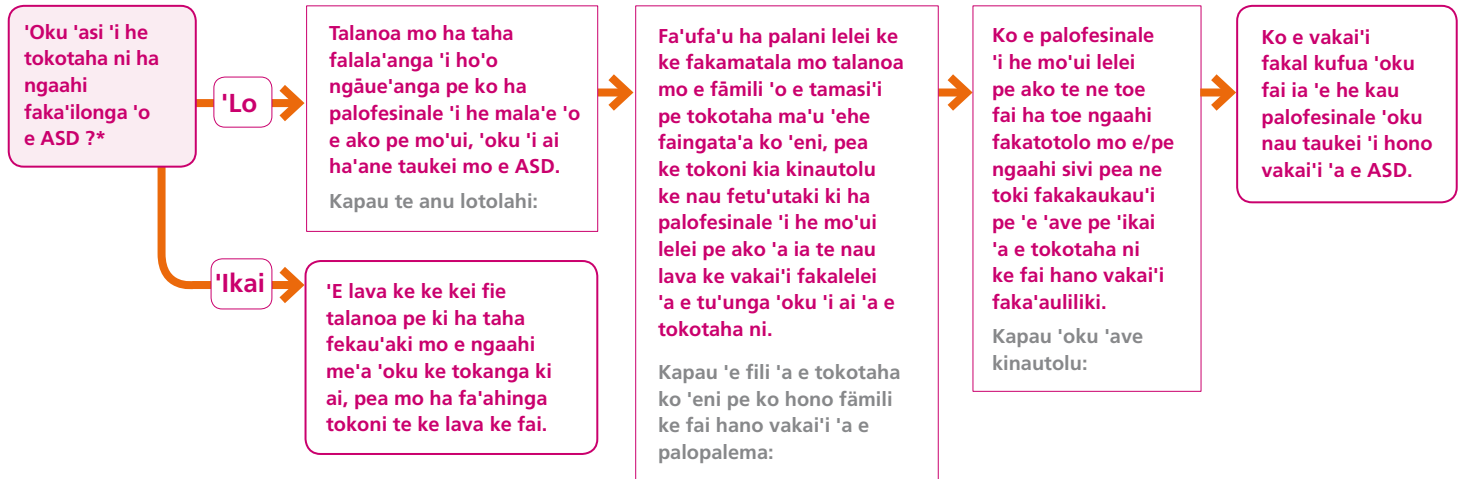
- need unusual rituals or routines (such as lining things up, completing tasks in a particular pattern, shutting doors etc)
- get very upset when moving from one task or place to another or when routines are interrupted
- make unusual movements near their eyes or face
- over-react to loud noises or be very sensitive to particular smells, tastes or textures
- have poor problem-solving or organisation skills
- have a strong interest which s/he likes to talk about and takes up a lot of time
- have poor coordination or motor skills.

More information at: [www.nzgg.org.nz/asd](http://www.nzgg.org.nz/asd)

# Ko e hā te u fai kapau te u mahalo'i ko e ASD?

Ko e fakafuofua pe 'oku ma'u 'e ha taha 'a e ASD pea mo hono fakapapau'i pe 'e talanoa'i mo kinautolu mo e/pe honau fāmili, 'oku fiema'u ki ai 'a e taukei ngāue pea 'e lava ke laka he tu'o taha 'a e 'a'ahi ki he tokotaha ni. Ko e founga 'oku fakamatala'i fakanounou 'i lalo.

Ko e hala ki hano fakapapau'i



\* 'Oua te ke 'ave ha taha ta'ema'u 'a 'ene tali loto mahino ke 'ave ia.

Lotongā hono vakai'i mo e/pe fakatotolo'i 'oku malava ke ma'u mai 'e he ngaahi fāmili 'a e ngaahi fakamatala pou pou, nāunau, polokalama ako, tokoni tauhi 'o e tokotaha ni, mo e ngaahi fale'i mo e ngaahi sēvesi.

**Neongo pe ko e hā 'a e ta'u motu'a. 'oku 'ikai ke tōmui ai ke ma'u ha ngaahi tokoni ma'a kinautolu 'oku ASD.**

Fakamatala lahi ange 'i he: [www.nzgg.org.nz/asd](http://www.nzgg.org.nz/asd)

Ko e kaati fakatātā vave 'oku fa'u ia mei he fakamatala nounou mei he ki'i tohi (e-booklet) na'e ma'u fakamatala mei he fakahinohino 'a e NZ ASD (NZ ASD Guideline) pea 'oku ui ia koe " 'Oku fēfē 'a e tō'onga 'a e ASD? 'Ota ta'etotongi ha ngaahi tatau mei he 'uepisiati [www.nzgg.org.nz/asd](http://www.nzgg.org.nz/asd); ko e fika 'o e 'ota ko e Order no. HP5121. Ko e ngaahi tohi fakahinohino kotoa 'oku ala ma'u mei he 'uepisiati.

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