

TAKIWĀTANGA



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Takiwātanga derives from "Tōku/Tōna anō takiwā", meaning "in his/her/their own time and space", and was crafted by rangatira and te reo expert Keri Opai. Keri created Te Reo Hāpai, a te reo Māori glossary for use in the mental health, addiction, and disability sectors. It was created to provide a glossary of positive terms through a Te Ao Māori lens.

Takiwātanga is underpinned by Te Ao Māori understandings of diversity and celebrates and encompasses traditional perspectives of Te Ao Māori approaches to health and disability.



WANT TO LEARN MORE?

We are a whānau who are passionate about sharing the positive whakaaro that Te Ao Māori can bring to whānau on their journey of living with takiwātanga.

We established Kanorau as a means to create a positive and nurturing environment for people to express their special abilities, to empower whānau and professionals to change the deficit narrative and stigma that surrounds 'disability', and to raise awareness on inclusive practices that accept and celebrate diversity.

Get in touch or check out our website if you would like to learn more!



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TE AO MĀORI PERSPECTIVE TO TAKIWĀTANGA

A Te Ao Māori perspective and approach to takiwātanga can be found in:

- Kōrero tuku iho;
- Pūrākau;
- Whakatāuki;
- Te Reo Māori;
- Tikanga Māori;
- Māori hauora models; and
- Traditional practices such as karakia, maramataka.

This is a body of knowledge that has been passed down through many generations and captures the wisdom of our tupuna (ancestors) that provides guidance for whānau on how they can lead positive lives through a Te Ao Māori worldview.



WHAT IS TAKIWĀTANGA?

- Takiwātanga is a life-long diversity that affects how people think, behave, communicate, interact with others, and see the world.
- Takiwātanga is not an illness or disease that can or needs to be cured.
- Takiwātanga can affect all areas of health and well-being; it is not just a 'neurological disorder' that affects development. It can impact the hinengaroa, wairua, whānau and tinana of a taonga. These are aspects that should not be isolated from one another.
- Although some taonga may present similarities, each taonga is unique in their own way.
- Takiwātanga acknowledges individuals are different - they move on their own frequency, at their own pace, and may have alternative routes to achieve tasks.
- There is a high prevalence of takiwātanga due to greater awareness and willingness to seek out diagnosis.

CHANGING THE WAY WE TALK ABOUT OUR TAONGA

The terminology and characteristics of taonga takiwātanga are often deficit based and carry negative connotations. It is important that when we are talking about people with takiwātanga that we too, do not describe them in a negative way - He mana tō te kupu! Words have power! Below are some examples of how we can change the language we use to describe our taonga.

Non-verbal → Communicates via alternative methods

Obsessive → Attention to detail

Runner → Explorer

Rude → Honest

Different → Unique

Other positive terminology can include: Special abilities; Superpowers; Interested; Preference; Attentive; Resilient; Tenacious; Creative; and persistence.

