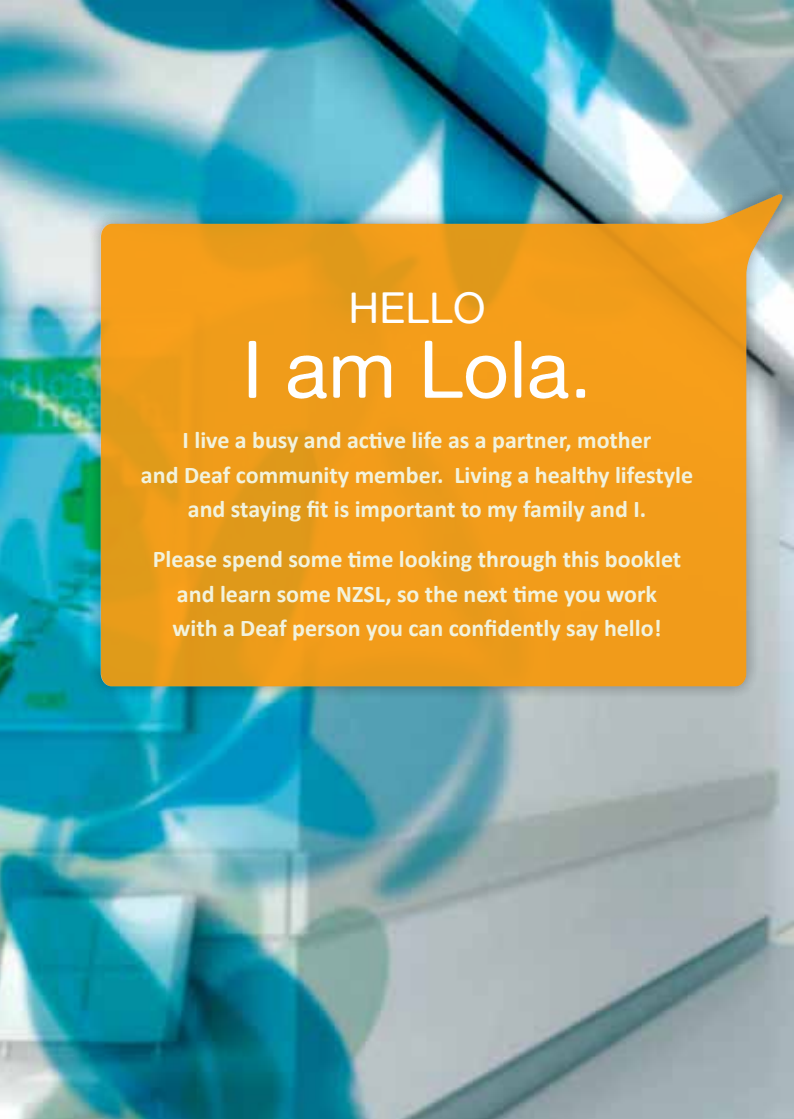
I am Deaf
let's talk
25 Signs to Learn for
Medical Situations
deaf.org.nz
Deaf
AOTEAROA
TĀNGATA TURI



HELLO
I am Lola.

I live a busy and active life as a partner, mother and Deaf community member. Living a healthy lifestyle and staying fit is important to my family and I.

Please spend some time looking through this booklet and learn some NZSL, so the next time you work with a Deaf person you can confidently say hello!

Deaf Aotearoa

Deaf Aotearoa is the Disabled Persons' Organisation (DPO) representing the voice of Deaf People, and the national service provider for Deaf people in New Zealand.

Deaf Aotearoa's services include:

- First Signs – access to NZSL and language development for families of deaf children age 0 – 5
- Youth – activities that develop strong Deaf identities and leadership skills, and providing a youth internship programme
- Employment – a transition programme and job seeking support, and supports Deaf people to retain their employment or upskill
- Hauora – needs assessments, assistive equipment, and information and advice
- iSign – NZSL interpreting services that assist communication between Deaf and hearing people.

Deaf Aotearoa works closely with Deaf communities, government agencies and other organisations to increase awareness, promote NZSL and strengthen the rights of Deaf people.

Deaf Aotearoa is the New Zealand representative to the World Federation of the Deaf.

Deaf Aotearoa also provides education and awareness courses to organisations that want to learn about Deaf culture and NZSL. These courses can be tailored to accommodate organisations' interests and time requirements.

Deaf Awareness courses

Get an insight into the Deaf world, explore NZSL, Deaf culture and the community through these interactive courses. They're ideal for breaking down communication barriers for businesses, groups and organisations.

NZSL Courses

NZSL courses are tailored to your environment. Courses can teach basic principles of NZSL including NZSL grammar and common words and phrases. Courses can also be designed to teach words and phrases specific to your environment. NZSL courses can be provided in a setting that suits you, for example, First Signs family's home, Kindergartens or Early Childhood Education centres.

Deaf
AOTEAROA
TĀNGATA TURI

For more information visit deaf.org.nz

NEW ZEALAND

SIGN LANGUAGE WEEK

TE WIKI O TE REO TURI

Every May, Deaf Aotearoa organises New Zealand Sign Language Week – a celebration of one of the country's official languages.

NZSL Week is a chance for the Deaf community to stand proud as Deaf, and to celebrate their language and culture. It also works to break down barriers, fears and misconceptions. NZSL Week lets Deaf New Zealanders put their hands up and be seen!

Our vision for NZSL Week is to increase awareness and understanding of NZSL and the Deaf community, and to empower and strengthen the Deaf community.

For more information visit nzslweek.org.nz

SIGN LANGUAGE WEEK
8-14 MAY
NZSL Week Events
Welcome to New Zealand Sign Language Week!
Taster Class Registrations Now Open!
FREE NZSL Taster Classes

HOW TO COMMUNICATE **WITH A DEAF PERSON**

A conversation with a Deaf person is the same as a conversation with a hearing person – Deaf people just use different communication tools.
Like hearing people, Deaf people are unique individuals with interesting qualities and skills. They have families, jobs and hobbies.

You can communicate with Deaf people in several ways, including New Zealand Sign Language, spoken/written English or a mix of these.

Appropriate use of gesture, body language and facial expressions can also be very effective, as Deaf people communicate visually.

Not all Deaf people can lip read well. It's estimated 70% of lip reading is guesswork, even if the speaker articulates clearly. That's why relying solely on lip reading as a way to communicate isn't recommended.

Face the Deaf person and get their attention before speaking. Eye contact is very important so try to maintain it and don't turn away while the Deaf person is signing.

Using a New Zealand Sign Language Interpreter is the best way to ensure full communication occurs. Booking an interpreter is easy and quick and will avoid communication breakdowns.

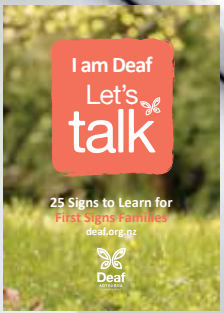
To book an interpreter, contact iSign:
www.isign.co.nz
0800 934 683 or Free TXT: 3359
bookings@isign.co.nz

A FEW TIPS FOR **SIGN LANGUAGE**

Facial expressions
Facial expressions are an important aspect of NZSL. In spoken languages, intonations are used to indicate what kind of sentence it is – a question or statement. NZSL shows intonation using facial expressions. Having a plain facial expression is like speaking with a monotonous voice. It's boring!

Hand position
Hand positioning is very important. It's helpful to see the signs in action – you can look up videos for these signs in the NZSL Dictionary online at nzsl.nz or download the app from Google Play and the Apple App store.

Which hand to use?
Use your dominant hand – the hand you write with – to execute all of the signs. For some signs you'll need to use both hands.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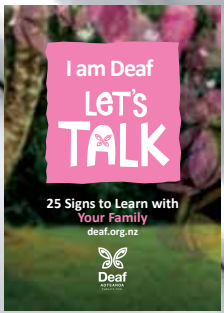
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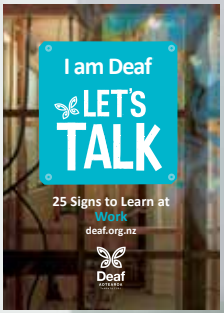
I am Deaf
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Work
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25 Signs to Learn for
the Weekend
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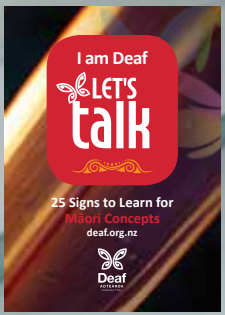
I am Deaf
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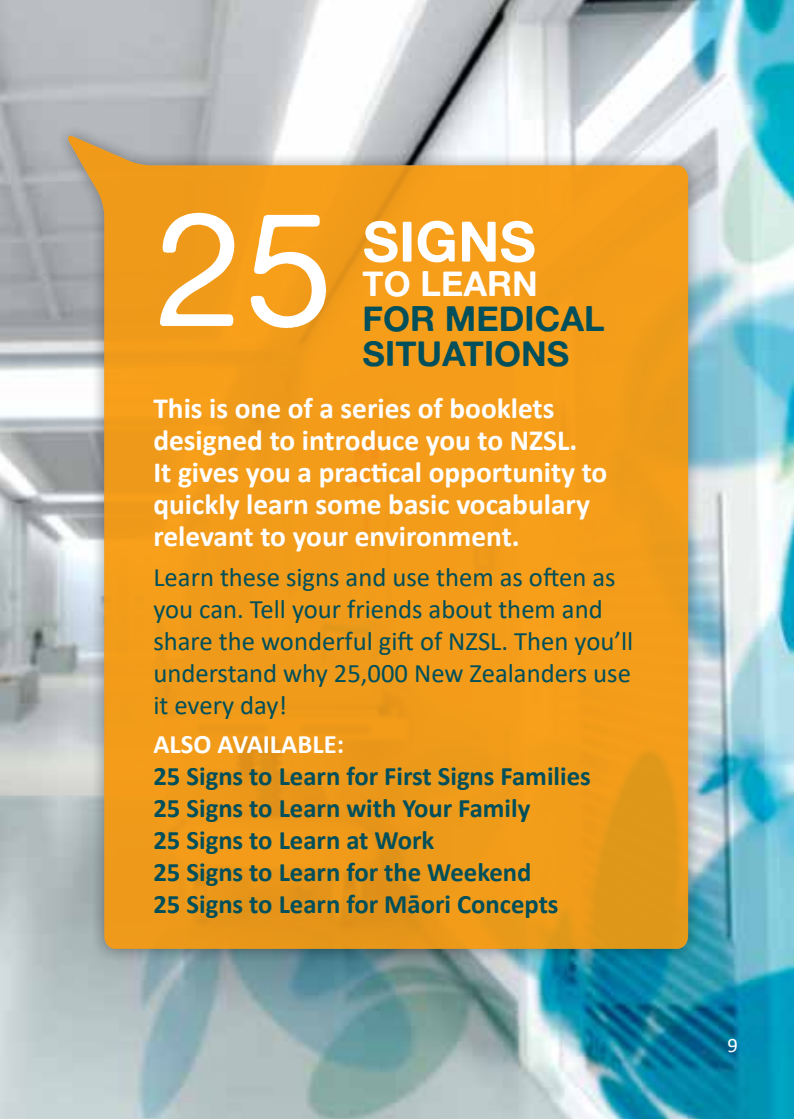

25 SIGNS TO LEARN FOR MEDICAL SITUATIONS

This is one of a series of booklets designed to introduce you to NZSL. It gives you a practical opportunity to quickly learn some basic vocabulary relevant to your environment.

Learn these signs and use them as often as you can. Tell your friends about them and share the wonderful gift of NZSL. Then you'll understand why 25,000 New Zealanders use it every day!

ALSO AVAILABLE:

25 Signs to Learn for First Signs Families
25 Signs to Learn with Your Family
25 Signs to Learn at Work
25 Signs to Learn for the Weekend
25 Signs to Learn for Māori Concepts

afraid

INSTRUCTIONS

Right hand clawed slightly, fingertips touching jaw, twist hand from the wrist a few times.

angry

INSTRUCTIONS

Right hand clawed and palm facing chest, touching left upper chest with fingertips. Move hand and arm to the right.

Voda NZ 4G
3:31 PM
58%
Back
Event Details
Edit
Doctor's appointment
183 Pembroke Street, Waikato Hospital, Hamilton 3204, New Zealand
Monday, 20 Feb 2017
from 11 AM to 12 PM
11 AM
Doctor's appointment
Waikato Hospital
Calendar
Work
Alert
Time to Leave
Delete Event

appointment

INSTRUCTIONS

Left hand out, palm facing up; right hand fist with forefinger and thumb together (as if holding a pen), “write” across left hand a few times.

ADC

blood pressure

INSTRUCTIONS

Right hand (palm down) making contact with left arm at elbow, fingers flat, with thumb protruding underneath fingers. Thumb and fingers make contact a couple of times.

cold

INSTRUCTIONS

Both arms in front of body close tightly, scrunched shoulders and closed fists. Shake your arms as if shivering.

doctor

INSTRUCTIONS

Right hand (palm down), index and middle fingers on top of left wrist, with thumb underneath wrist. Fingers to move up and down a couple of times.

feel

INSTRUCTIONS

Right hand in front of mid chest, middle finger bent. Hand is flicked up the middle of the chest, briefly making contact at the sternum.

hot

INSTRUCTIONS

Place flat right hand on the left side of forehead, fingers touching head. Sweep across forehead then flick outwards.

hungry

INSTRUCTIONS

Right hand palm on stomach, move in small clockwise circle a few times.

ill

INSTRUCTIONS

Both hands in front of chest, twisted at wrists so palms are facing outwards, thumbs and pinky fingers extended. The pinky fingers touch the chest at the fingertip, hands pulled downwards with pinky fingers sliding down the chest.

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Prep pads
For professional and hospital us
70% ISOPROPYL ALCOHOL AND
2% CHLORHEXIDINE
Expires on: 08/2012

injection

INSTRUCTIONS

Right hand is placed above the left inner elbow with palm facing up; the thumb, index and middle fingers all extended. As you push your right hand into the inner elbow, draw the thumb and two fingers together as if you're giving an injection, ending when the right hand contacts the inner elbow.

interpreter

INSTRUCTIONS

Take your index fingers and thumbs on both hands to create two circles, with all other fingers extended. Bring the two circles together so that the two sets of thumbs and index fingers are in contact in front of your chest; keep the left hand in position with palm facing forwards, and twist the right wrist, pivoting at the point of contact.

PAMOL
JUNIOR

medicine

INSTRUCTIONS

Make fists with both hands as if each hand is holding a spoon. Make a scooping motion with the right hand, bringing the spoon towards your mouth.

more

INSTRUCTIONS

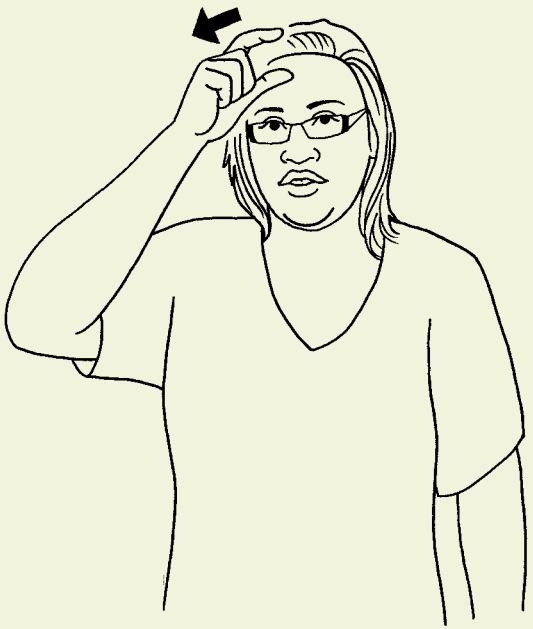
Right hand clawed, with fingertips touching the chest. Move hand outwards once.

need

INSTRUCTIONS

Right hand with thumb extended and fingers bent 90 degrees at the knuckles; point fingertips at chest with back of hand facing forward and wrist slightly raised; keeping fingertips in contact with the chest, pivot hand downwards once.

nurse



INSTRUCTIONS

Make a fist with the right hand, thumb and index finger extended to make a C-shape. Place C-shape of hand against the left side of your forehead, and sweep the hand across to the right side.

pain

INSTRUCTIONS

Open both hands at stomach level, palms facing body with fingers spread. Twist hands at the wrist as if waving hello (your palms should still face your stomach), alternating hands.

tablet

INSTRUCTIONS

Right fist up near chin with thumb and index fingertip pressed together. Flick the thumb and index fingertip up towards the chin as if flicking a pill into your mouth, keeping the other right hand fingers closed in a fist.

therapist

INSTRUCTIONS

Flat left hand out in front of your stomach, fingertips pointing right. Right fist with thumb extended placed on top of your left hand, thumb pointing upwards and thumbnail facing back at you. Slide your right fist side to side twice along the fingers of your left hand.

thirsty

INSTRUCTIONS

Place right hand at throat, thumb to the right side, fingers to the left side. Pull hand downwards, simultaneously drawing the thumb and fingertips together.

time

INSTRUCTIONS

Both hands out flat, palms facing down. Right hand taps the left wrist twice.

tired

INSTRUCTIONS

Right hand with fingers bent 90 degrees at the knuckles; point fingertips at chest with back of hand facing forward and wrist slightly raised; keeping fingertips in contact with the chest, pivot hand downwards once.

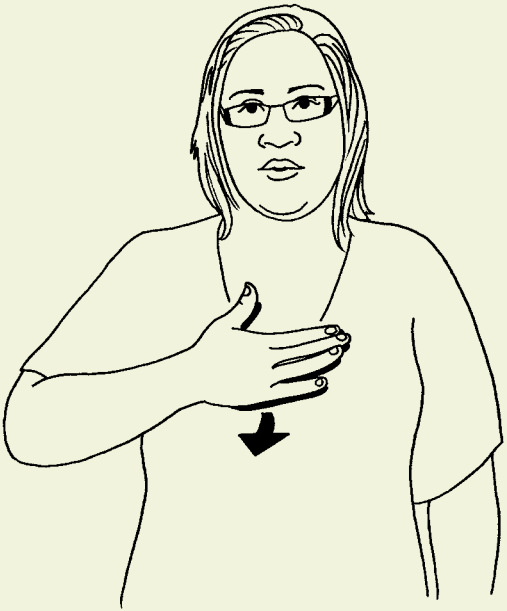
We Care

vomit

INSTRUCTIONS

Right hand up by the mouth, palm facing forward, with thumb over fingers; move outwards and downwards with hand opening up to flat, and ending with palm facing downwards.

want



INSTRUCTIONS

Flat hand on upper chest, fingertips pointing left. Slide hand down the chest, angling hand outwards slightly at the end.

where

INSTRUCTIONS

Arms at the sides, hands out, palms facing up, fingers spread (as if holding something like a big platter).
Bring hands together at the middle of your stomach and back twice in a short burst.

THANKS!

Deaf Aotearoa would like to thank Waitemata District Health Board and their staff for their contribution to the development of this booklet. Particular thanks also to Lola.

New Zealand Government

Waitemata District Health Board
Te Wai Awhina

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https://www.supportdeafaotearoa.org.nz/

For more information visit deaf.org.nz

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I am Deaf

Lola MOTHER

NEW ZEALAND
SIGN LANGUAGE WEEK
TE WIKI O TE REO TURI
ANNUALLY DURING MAY