

I am Deaf

let's 
talk

25 Signs to Learn for
Medical Situations

deaf.org.nz



Deaf
AOTEAROA
TANGATA 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 national service provider for Deaf people in New Zealand.

We work with Deaf communities and provide information, resources and services including:

- Access to employment
- Educational programmes
- Service coordination and needs assessment
- Specialised equipment
- Youth development and transition programmes
- Community development
- New Zealand Sign Language interpreting
- NZSL teaching and support for families of deaf children aged 0-5 years.

Deaf Aotearoa works closely with government agencies, not-for-profit sector organisations, and the corporate sector to increase awareness of the Deaf community, promote New Zealand Sign Language and strengthen the rights of Deaf people.

As well as being a Disabled Person's Organisation, Deaf Aotearoa is also the New Zealand representative member of the World Federation of the Deaf, the international body for Deaf people.

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

Learn NZSL vocabulary and grammar specific to your workplace. Courses are individually designed to provide managers and staff with the words and phrases they use regularly. These can then be applied quickly in a practical setting when working with Deaf customers, clients or staff.



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

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 English or a mixture of both.

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. 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

bookings@isign.co.nz

A FEW TIPS FOR SIGN LANGUAGE

Facial expressions

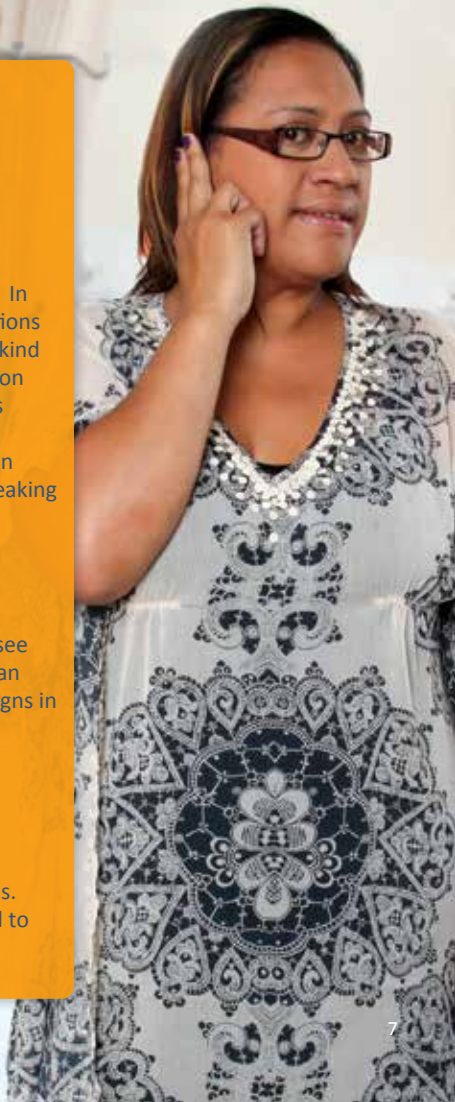
Facial expressions are an important aspect of NZSL. In spoken languages, intonations are used to indicate what kind of sentence it is – a question or statement. NZSL shows intonation using facial expressions. Having a plain facial expression is like speaking with a monotonous voice. It's boring!

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 online dictionary at nzsl.vuw.ac.nz.

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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25 Signs to Learn for
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I am Deaf
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25 Signs to Learn at
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I am Deaf
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25 Signs to Learn with
Your Family
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I am Deaf
LET'S
talk

25 Signs to Learn for
Maori Concepts
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25 SIGNS TO LEARN FOR A MEDICAL SITUATION

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 at Work

25 Signs to Learn for the Weekend

25 Signs to Learn for Māori Concepts

25 Signs to Learn with Your Family



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.



< Back

Event Details

Edit

Doctor's appointment

383 Pembroke Street, Waikato Hospital, Hamilton
3204, New Zealand

Monday, 20 Feb 2017
from 11 AM to 12 PM

To: All

11 AM

Event

1 PM

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.



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.





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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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.



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.

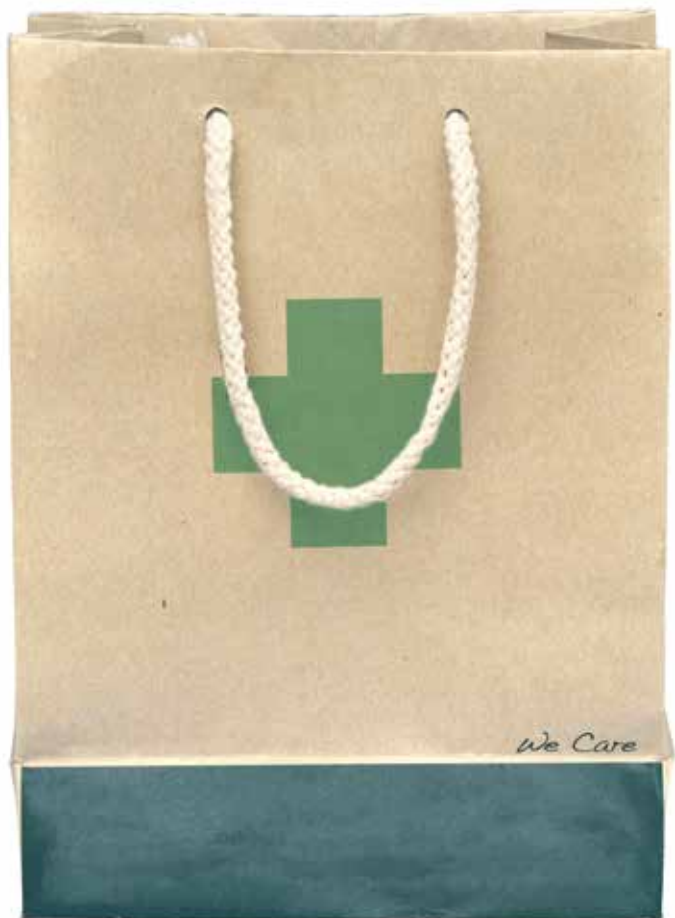


tired



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

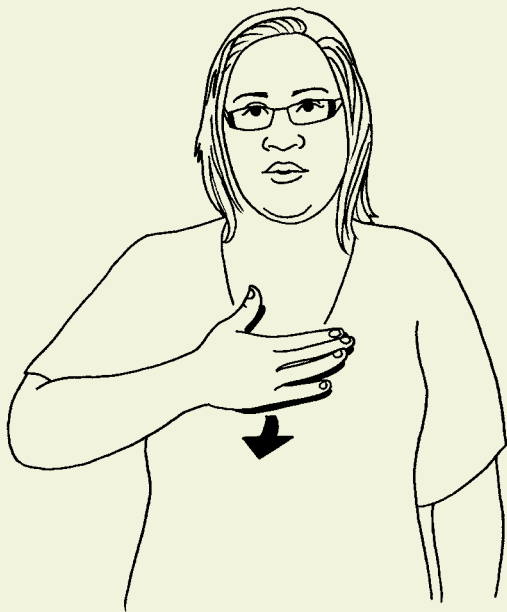


INSTRUCTIONS

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

PLEASE SUPPORT DEAF AOTEAROA

DONATE NOW

givealittle
from the  Spark Foundation

www.givealittle.co.nz/org/deafaotearoa

For more information visit deaf.org.nz

The instructions for the NZ Sign Language illustrations
were adapted from the Online Dictionary of NZSL,
Deaf Studies Research Unit, Victoria University of Wellington



A woman with glasses and a patterned top is standing in a hospital room, touching her ear. The background shows hospital beds and blue balloons.

I am Deaf

Lola MOTHER

**NEW ZEALAND
SIGN LANGUAGE WEEK**

TE WIKI O TE REO TURI
ANNUALLY DURING MAY