

RESOURCES, SUPPORT SERVICES, WEB-SITES TO ACCESS COMMUNITY HELP

Help that can be accessed: Through your GP: personal Care; home help; disability parking coupon; medical alarms; referral to Older Persons assessment **Through WINZ if you have a community services card:** lawn mowing and gardening; counselling [+ you can self refer]The 3 Radius Medical Centres have social workers for their patients at no cost.

Taxi Vouchers: There are 11 agencies that issue vouchers following assessment. The criteria are changing from October 1 so that more people will be able to qualify for discount vouchers. CCS Disability Action 853 9761 can tell you which agency is the best one to contact depending on your disability.

Life Unlimited: 839 5506 in Palmerston St, have excellent equipment for people with disabilities. This can be rented until issued equipment arrives.

Enliven – Positive Ageing Services: www.enliven.org.nz 22 Delamere Rd, St Andrews 850 9417. A service of Presbyterian Support. Has a day care service.

Tamahere Eventide Home [Methodist] has a day care service. 856 5162

Services for Seniors: www.seniors.msd.govt.nz Excellent on-line information. Also brochure is available from Ministry of Social Development or Work and Income Offices.

A Guide for Carers: practical help for people caring for family or friends who are older or have ill health, a disability or a mental health, alcohol or other drug issue. For a free guide or information about financial help, call Work and Income: 0800 559 009.

Family Care magazine has useful information for carers. It can be ordered through tania@carers.net.nz

Information Kit for over 60's: A guide to services in your community.
Excellent free book from 07 839 6813.

St John Caring Caller Service: 07 847 2849 ext. 7848

Where from here? Handbook: essential information for older people in association with www.eldernet.co.nz [look for Frequently asked Questions -

FAQ] There is a useful section under **Support at home and Community and other services**. Phone 03 388 1204 for a free copy.

Age Concern: www.ageconcern.gen.nz Fieldwork Service and Accredited Visiting Service. Also excellent brochure: *Ageing is Living: A guide to positive ageing*. Age Concern provide a Shopping Service which is free and not means tested if you have been assessed by Disability Support Link 839 1441 as needing the service.

Caring for someone with dementia: Free book from Bupa 0800 608099.

Iris: www.iristeam.co.nz is a service supporting women who experience depression or the effects of trauma. It is local, mobile and free, 07 857 1565 or info@iristeam.co.nz or via your GP.

The Journal – a new programme to help with depression. For free information, case studies and an effective online self-management programme visit www.depression.org.nz

Depression helpline: 0800 111 757 [8am till midnight]

Mental health resources for young people, Maori and Pacific Islanders: www.headspace.org.nz and www.thelowdown.co.nz

Guide to Retirement Living: Free book 088 738 473 updated annually.

NZ Aged Care Association [NZACA] have designed a web-site with essential information about how to apply for a care assessment and much more: www.findaresthome.co.nz