

**HOME as my FIRST  
CHOICE**

# **Community Resources**







An online version of this document and further information regarding local health services can be found on the 'Home as my First Choice' page on the Te Whatu Ora Southern website:

[www.southernhealth.nz/home-as-my-first-choice](http://www.southernhealth.nz/home-as-my-first-choice)

We will update this page with any information we receive about support in particular areas/communities.

Please email [CNAAdmin@southernhdb.govt.nz](mailto:CNAAdmin@southernhdb.govt.nz) or call 0800 627 236 if you have information or updates for your area.

## **Te Whatu Ora** Health New Zealand

### **HOME as my FIRST CHOICE**

The Home is My First Choice programme is committed to helping you, or members of your family, maintain health and independence in your community and home.

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The information supplied in this document is provided as a resource and for information purposes only. Southern DHB does not endorse or recommend any particular service or services and accepts no responsibility for any loss or injury that may arise through use of any of the services or for any inaccuracy in the content in any service provider's information. Consumers should contact the service providers directly for the most up to date information about the provision of services from that supplier.

[www.southernhealth.nz](http://www.southernhealth.nz)

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## Adaptive Equipment

There are many adaptive items to assist everyday living including kitchen, bathroom and bedroom aids, beds, wheelchairs, frames and chairs. There are local stores as well as a range of online suppliers selling adaptive equipment nationwide. Homeware stores also sell some helpful items. For example, the Warehouse and Briscoes who sell waterproof mattress protectors and Kmart who sell some mobility aids.

### Blind Low Vision NZ

Help for people who are blind or experiencing sight loss.  
(03) 466 4230  
[www.blindlowvision.org.nz](http://www.blindlowvision.org.nz)

### Living Well Disability Resource Centre (Dunedin)

Free information and advice, assistive equipment, continence product service, Total Mobility (disability parking permit) Provider.  
Ground Floor, Burns House, Cnr George and Bath Streets,  
10 George Street, Dunedin  
0800 115 891 or (03) 471 6152  
[www.disabilityinfo.co.nz](http://www.disabilityinfo.co.nz)

### Living Well: Disability Resource Centre (Southland)

Equipment, support for attending hospital appointments.  
25 Gala Street, Invercargill  
214 5000 or 0800 100 531  
[info@drcsouth.co.nz](mailto:info@drcsouth.co.nz)  
[www.drcsouth.co.nz](http://www.drcsouth.co.nz)

### Mobility Solutions Centre

245 King Edward St, Dunedin  
(03) 455 1201  
[www.mobilitysolutionscentre.co.nz](http://www.mobilitysolutionscentre.co.nz)

### Plain Health (Mosgiel)

A range of mobility equipment for hire and purchase.  
145 Gordon Road, Mosgiel  
(03) 489 0341  
[www.plainhealth.co.nz/products](http://www.plainhealth.co.nz/products)

### Disability Vehicle Specialists

Disability Vehicle Rentals have agents nationwide to help meet the needs of people with a disability that require transport. Short-term or long-term rentals, vans with hoist and different seating configurations, vehicles with left foot accelerator, hand controls, swing out seats and more.  
Brian Dalley- 0800 908 007  
[enquiries@disabilityrentals.co.nz](mailto:enquiries@disabilityrentals.co.nz)  
Disability Vehicle Sales- Alex Loudon: 09 579 9632  
[alex@rodmilner.co.nz](mailto:alex@rodmilner.co.nz)  
Modifications/Servicing - Darren Milner: 09 579 9632 ext1  
[darren@rodmilner.co.nz](mailto:darren@rodmilner.co.nz)  
[www.disabilityrentals.co.nz](http://www.disabilityrentals.co.nz)



## St Johns Caring Callers

Caring Callers is a service that St John provides for people who live alone or feel a bit lonely. Volunteers phone clients regularly to check that everything is ok.

0800 785 646  
[www.stjohn.org.nz/what-we-do/community-programmes/caring-caller](http://www.stjohn.org.nz/what-we-do/community-programmes/caring-caller)



## Companionship Services

Volunteer Visitors: Supporting people living alone or unable to drive. Volunteers visit people in their homes for a chat over a cup of tea, to play a game of cards, help with shopping, or share an outing. Regular contact and company.

### Age Concern

- Age Concern Otago (03) 477 1040
- Age Concern Otago (Central Otago) (03) 448 7075
- Age Concern Otago (North Otago) (03) 434 7008
- Age Concern Southland (03) 218 6351

[agecon@ageconcernotago.co.nz](mailto:agecon@ageconcernotago.co.nz)  
[www.ageconcernotago.com](http://www.ageconcernotago.com)

### Enliven, Presbyterian Support Otago

(03) 477 7115  
<https://psotago.org.nz/services/in-your-community/visiting-volunteers>



## Dementia

For information and services including a Community Resources booklet with Dementia specific information visit:  
<http://www.southernhealth.nz/dementia>

[www.alzheimersotago.org.nz](http://www.alzheimersotago.org.nz)  
<https://alzheimers.org.nz/southland/>  
<https://alzheimers.org.nz/>



## Falls Prevention/Strength and Balance Programmes

There are options to suit everyone who would benefit from improving strength and balance. This might be joining a local 'Steady As You Go' class, having an individual assessment at home or attending a physiotherapy clinic. People who have home based support may be able to have help with in-home exercise programs.

### Classes

Approved community strength and balance exercise classes. Details of local classes. [www.livestronger.org.nz](http://www.livestronger.org.nz)

### Home Based Falls & Fracture Prevention Service

0800 477 115

[Bwellfallsandfractureteam@wellsouth.org.nz](mailto:Bwellfallsandfractureteam@wellsouth.org.nz)

### School of Physiotherapy Clinics (Dunedin)

Includes balance, dizziness, and vertigo, sprains and strains, back and neck problems, arthritis, post-operative and rehabilitation clinics.

<https://www.otago.ac.nz/physio-clinic/index.html>

### Steady As You Go and Tai Chi (Dunedin)

[www.ageconcernotago.com/steady-as-you-go](http://www.ageconcernotago.com/steady-as-you-go)

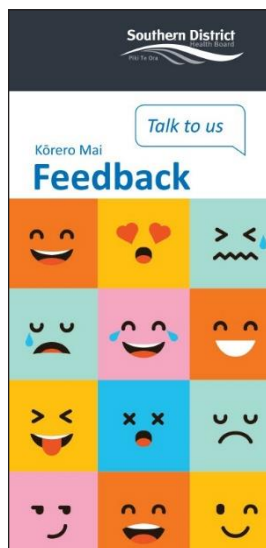


## Feedback for SDHB Services

Families are encouraged to give feedback at any time they feel they would like to. They can do this in a number of ways, by:

- Talking to any member of staff
- Phone: Patient Affairs Office (03) 470 9533
- E-mail: [feedback@southerndhb.govt.nz](mailto:feedback@southerndhb.govt.nz)
- Website: [www.southernhealth.nz](http://www.southernhealth.nz)

Patients can contact the Health and Disability Advocacy Service for free independent advice and support on 0800 555 050.



Look out for a copy of this brochure around the hospital. You can record your compliments, complaints or suggestions directly onto it and Freepost back to the Southern DHB.



## Financial Help

### Rates Rebate Scheme

The rates rebate scheme offers a discount to low income earners who pay rates on their own home. Ratepayers apply to their local council for the rebate <https://www.govt.nz/browse/housing-and-property/getting-help-with-housing/getting-a-rates-rebate/rates-rebate-application-form>

### Work and Income

- Disability Allowance:  
0800 559 009
- Community Services Card:  
0800 999 999



## Hearing Services

In addition to support from your local Audiology Centre, you can access assistance from volunteer agencies and charitable trusts. They offer free advice, information on funding options, and low cost options for devices that help to manage day to day activities independently.

### Deaf Aotearoa

[www.deaf.org.nz](http://www.deaf.org.nz)

[www.facebook.com/deafaotearoanz](https://www.facebook.com/deafaotearoanz)

Otago branch: [Michelle.Sinclair@deaf.org.nz](mailto:Michelle.Sinclair@deaf.org.nz)

### Ear Health South

557 Hillside Road, Caversham, Dunedin.

(03) 455 0801 for Ear Canal Micro Suction.

[dunedin.south@earhealth.co.nz](mailto:dunedin.south@earhealth.co.nz)

### Hearing aid hire

Subscription Service at Triton Hearing. A service for those who find hearing aids to be too costly upfront.

0800 45 45 43

<https://www.tritonhearing.co.nz/subscription>

### Hearing NZ Southland

126 Leet Street Invercargill 9810

(03) 214 9154

[hearingsouthland@xtra.co.nz](mailto:hearingsouthland@xtra.co.nz)

[www.hearing.org.nz/branches/southland](http://www.hearing.org.nz/branches/southland)

### Hearing Support Otago

(03) 487 7641

[otago@hearing.org.nz](mailto:otago@hearing.org.nz)

<https://www.hearing.org.nz/hearing-support-otago>

### Life Unlimited Hearing

Kelvin Gaskill Hearing Therapist (Dunedin)

(03) 456 4350 or 0800 008 011

[www.lifeunlimited.net.nz/hearing](http://www.lifeunlimited.net.nz/hearing)

To learn about what's happening in the local Deaf Community (or to advertise your event/workshop), sign up to Deaf Aotearoa Community Weekly newsletter:

<https://www.deaf.org.nz/newsletter>



## Home / Personal Safety Services

There a range of options for helping safety at home. These include alarms to press in case of an accident or illness, alarms that will trigger if a person falls and monitoring systems that help those caring for others.

The Ministry of Social Development have an accredited supplier list: [www.workandincome.govt.nz/eligibility/health-and-disability/medical-alarms.html#null](http://www.workandincome.govt.nz/eligibility/health-and-disability/medical-alarms.html#null)

### ADT Security Neva Alone

0800 111 238

<https://www.adtsecurity.co.nz/nevaalone>

### Freedom Medical Alarms

0800 380 280

<https://www.freedomalarms.co.nz>

### Guardian Support Services

027 7181061

[www.guardiansupportservices.co.nz](http://www.guardiansupportservices.co.nz)

### St Johns Medical Alarms

0800 502 323

[www.stjohn.org.nz/medical-alarms](http://www.stjohn.org.nz/medical-alarms)

### Securely

0800 865 865

<https://securely.nz>

### Vital Call (Chubb New Zealand)

0800 10 20 30

[www.vitalcall.co.nz](http://www.vitalcall.co.nz)

### Tracecare

0800 559 720

<https://nzmedicalalarms.co.nz>

You may be able to access financial assistance from WINZ to contribute to the cost of these devices.

### Your Local Fire Brigade

Your local fire brigade will install smoke alarms and change batteries if you are unable to do this. Look in your phone book and ring them directly (do not dial 111).

Free home fire safety visit- If you, or someone you know, is elderly, disabled or has a Community Services Card, you may qualify for a free home fire safety check. Call 0800 693 473 to see if you're eligible. You may qualify to have a free long-life, photoelectric alarm installed.

### ADT Monitored fire alarms

Protect your home and family with 24/7 monitored smoke and heat detection.

0800 510 9061

<https://www.adt.com>

### Smoke alarms for people who are deaf and hard of hearing

There are a number of specialised smoke alarm systems available for people who are deaf or hard of hearing. These alarms have extra features such as extra loud and/or lower pitch alarm sounds, flashing strobe lights, or vibrating devices.

[www.fireandemergency.nz/at-home/specialised-safety-equipment-and-service](http://www.fireandemergency.nz/at-home/specialised-safety-equipment-and-service)



## Healthy Homes

It is important to have a healthy home. The advice is to insulate your home, dry it out, air it out and warm it up. There's lots of advice, support and financial assistance to help you have a healthy home.

### Dunedin Curtain Bank

info@dunedincurtainbank.org.nz  
(03) 425 9678  
[www.dunedincurtainbank.org.nz](http://www.dunedincurtainbank.org.nz)

### NZ Red Cross Invercargill Curtain Bank

102 Yarrow Street, Invercargill  
(03) 218 4339  
Open Tuesdays and Thursdays 12.30pm to 2.00pm.

### For subsidies on ceiling and underfloor insulation

Otago:  
info@cosyhomes.org.nz, 021 999 395

Southland:  
synergy@awarua.org.nz, (03) 214 2927

### Information about warmer, drier homes:

Warmer, drier homes | Ministry of Health NZ  
[www.health.govt.nz/your-health/healthy-living/warmer-drier-homes](http://www.health.govt.nz/your-health/healthy-living/warmer-drier-homes)



## Home Support Services

There are a range of private and funded options for help at home including household chores, showering and dressing, skin care, managing medication and shopping.

### Access Community Health

Providing nursing, personal care, rehabilitation and household assistance to people in their own homes.  
Ph 0800 284 663  
info@access.org.nz  
[www.access.org.nz](http://www.access.org.nz)

### Dunedin Nursing Service

Private nursing care, social support, assistance with community activities and appointments.  
[www.dunedinnursingservice.co.nz](http://www.dunedinnursingservice.co.nz)  
Phone: (03) 476 0180 or 022 628 1308

### Florence Nightingale

Provider of a wide range of in-home care from short term help through to long term 24 hour care for people with serious injuries.  
Otago: (03) 470 1588  
Southland: (03) 214 0666  
[www.florence2care.co.nz](http://www.florence2care.co.nz)

### Footsteps Podiatry Invercargill

(03) 215 4666  
[www.footstepspodiatry.co.nz](http://www.footstepspodiatry.co.nz)

### Good Partners

Homecare & nursing organisation which specialises in home and community based services. Services range from domestic and personal support through to specialist and complex care.  
0800 262 301  
<http://www.goodpartners.co.nz>

### Gore Foot Clinic

53 Irk Street, Gore 9710  
(03) 208 3664

### Health Care NZ

Provide in-home and community-based health, rehabilitation, nursing, mental health and disability support.  
0800 002 722  
[www.healthcarenz.co.nz](http://www.healthcarenz.co.nz)

### In home foot care

Pedicare (Dunedin)  
(03) 4897860

### My Care

Online website to find in private home support.  
[www.mycare.co.nz](http://www.mycare.co.nz)

### Royal District Nursing Service

Provide home nursing and home support services to people of all ages and cultures in their own homes.  
0800 736 769  
[www.rdns.org.nz](http://www.rdns.org.nz)

### Sui's Finger and Toenail Grooming Service Dunedin

027451748

### The Good Companion

In home respite care, 24 hr live-in-care, post hospitalisation recovery support, palliative care, home based support and companionship.  
[www.thegoodcompanion.co.nz](http://www.thegoodcompanion.co.nz)  
021717884  
info@thegoodcompanion.co.nz

### Mobile Dental Service

A Dunedin company providing specialised at-home dental service.  
<http://www.zaara.co.nz>  
0274323101



## Library Services

Options for people who cannot get to the library.

### Dunedin Book Bus

Provides a free delivery service for people unable to attend the library or book bus due to illness or disability.

Timetable: [www.dunedinlibraries.govt.nz/locationhours/bookbus](http://www.dunedinlibraries.govt.nz/locationhours/bookbus)

### Dunedin Library Home Services

(03) 474 3681

[www.dunedinlibraries.govt.nz/services/home-services](http://www.dunedinlibraries.govt.nz/services/home-services)

### Gore Library

House bound service and Digital Library options.

(03) 203 9129

### Mosgiel Library

(03) 474 3690

### Invercargill Library

Alison Fraser (03) 211 1444

[www.ilibrary.co.nz/home-services](http://www.ilibrary.co.nz/home-services)

### Southland District Mobile Library Services

[www.southlanddc.govt.nz/my-southland/libraries/mobile-bookbus](http://www.southlanddc.govt.nz/my-southland/libraries/mobile-bookbus)



## Low Cost Health Services

Health care or services related to disability and age can be costly. Many people are eligible for financial assistance from WINZ to help pay for these costs. This may be in the form of a Community Services Card and/or Disability Allowance. This can help towards the cost of a range of things including doctors' visits, prescriptions, foot care, personal alarms, electricity and phone, lawn mowing and gardening services.

### Dental Care

The Admissions and Urgent Care Clinic (UCU) undertakes initial admission and diagnosis.

Please note that patients may be required pay a \$35 Consultation Fee before treatment in this clinic, if it relates to the Emergency Dental Care Scheme. For other treatment, normal charges will apply. Patients should discuss these with their treatment provider.

(03) 479 8889

[www.otago.ac.nz/dentistry/patient-services](http://www.otago.ac.nz/dentistry/patient-services)

### Diabetes Otago (Dunedin)

Diabetes Otago offers a low cost podiatry service on the first Tuesday & Wednesday of every month held at our branch offices at 135 Frederick Street. This service is run by a registered podiatrist.

135 Frederick Street, Dunedin

(03) 474 0240

[noeline@diabetes.org.nz](mailto:noeline@diabetes.org.nz)

Office Hours: Monday – Friday 10am-2pm

[www.diabetes.org.nz/branch-otago](http://www.diabetes.org.nz/branch-otago)

Drop In Clinic – This free service runs on the first Wednesday of every month. You get to talk to a health professional about diabetes. Learn about products and equipment, get support and resources, or have a blood

sugar or blood pressure check. Come and chat to the Long Term Conditions Community Nurse from WellSouth at Diabetes Otago branch office 135 Frederic Street, Dunedin. No appointment necessary.

### He Puna Waiora Wellness Centre (Southland)

Run by Nga Kete Matauranga Pounamu Charitable Trust, a 'Very Low Cost Access' (VLCA) GP Practice offering doctor and nursing services and rongoa/natural therapies. Late nights by appointment on Monday and Tuesday till 7pm. The base fee for their low cost GP service is \$18.00, other fees may apply.

92 Spey St, Invercargill

(03) 214 5260 or 0800 925 242

<https://nkmp.maori.nz/service/he-puna-waiora-wellness-centre/>

### Mataora Low Cost Medical and Dental Clinic (Dunedin)

25 College Street, Dunedin

(03) 471 9960

### School of Pharmacy Clinic Dunedin

The School of Pharmacy Clinic is open and available to assist patients with complex medication needs. Ask your doctor to refer you if you feel you would benefit from: patient education, clinical medicines review, de-prescribing recommendations and/or polypharmacy assessment.

Fully funded by SDHB and University of Otago.

FREE to patients.

Open Mon-Fri, 9-5pm

Free parking available

(03) 479 8141

[www.otago.ac.nz/pharmacy-clinic/index.html](http://www.otago.ac.nz/pharmacy-clinic/index.html)

### Te Kaika Caversham

Providing free and affordable health and social services, integrated health, social, employment, education and whānau services, wrap around support to ensure the maintenance of whānau wellbeing

25 College Street, Dunedin

(03) 471 9960

[reception@tekaika.nz](mailto:reception@tekaika.nz)

[www.tekaika.nz](http://www.tekaika.nz)





## Meal Services

### Dunedin Meal Services:

- **Home of St Barnabas Meals on Wheels** (03) 455 8298
- **Taieri Court** (03) 489 6044
- **Outram 4 Square** (03) 4861723
- **Port Chalmers 4 Square** (03) 472 8746
- **BBQuick** : [www.bbquick.co.nz](http://www.bbquick.co.nz) (03) 453 1000
- **Eat L8R (Eat Later)** [www.eatl8r.co.nz](http://www.eatl8r.co.nz)
- **EAT Unlimited** [www.eat.co.nz](http://www.eat.co.nz)
- **MADE by Foodbag** [www.getmade.co.nz](http://www.getmade.co.nz)

### Southland Meal Services:

- **Adagio Café** (Winton) deliver Monday to Friday in Winton (03) 2367272
- **Country Manor Catering (Winton)** offers delivered meal on wheels (if eligible) or meal able to be collected from bakery [www.countrymanor.co.nz](http://www.countrymanor.co.nz) (03) 236 8226
- **Age Concern** meals, eat in dining Tuesday to Friday. Also have takeaway meals and soup available. Forth Street Invercargill. (03) 2186549
- **Luvlee home cooked meals and takeaways.** Open seven days a week. 278 Tay Street, Invercargill. (03) 217 0854
- **Dinner Club Invercargill** [www.dinnerclub.co.nz](http://www.dinnerclub.co.nz), julie.macdonald8@gmail.com, (03) 216 2988 or 0274 906 174
- **Koha Kai** meals available from 'The Pantry' in Grace Street, South city
- **Timaru Roast** 33 Tay Street Invercargill. (03) 218 8988
- **Muffintops** 255 Elles Road, Invercargill. (03) 214 0532
- **Parata Gore** meals delivered hot weekdays. (03) 208 6303

Most supermarkets also have hot and frozen cooked meals.



## Shopping Services

You can catch the Shoppers Bus, receive help from Driving Miss Daisy, have your groceries delivered, or you can taxi to the supermarket and have the staff help you while you are there. Contact your local supermarket to see what assistance they can offer- they may be able to assist you with your shopping.

### Age Concern (Southland)

A van every Wednesday. Pick up and drop off for a gold coin donation. (03) 2186351

### Countdown Delivery

Delivers anywhere. Delivery charges can vary.

0800 40 40 40

[www.countdown.co.nz](http://www.countdown.co.nz)

### Driving Miss Daisy (Dunedin)

Charging are based on time and requirements of individual's needs. Covers regions from Waikouaiti – Outram. Accepts total mobility taxi vouchers. Dunedin Head Office: 0800 948 432  
Dunedin South: (03) 486 2033 or 021 503 498  
Dunedin North: (03) 467 5017 or 021 503 298

### Driving Miss Daisy (Invercargill)

Rachel Goodall: (03) 216 7763 or 021 503 334  
[www.drivingmissdaisy.co.nz/franchise/invercargill](http://www.drivingmissdaisy.co.nz/franchise/invercargill)

### Four Square Delivery

Four Square stores may also provide a delivery service – contact the 4-square store in your area. Cost ranges from \$3.00- \$7.50

### Freedom Drivers Dunedin and Invercargill

Companion driving service  
Dunedin: (03) 471 8177

Invercargill: (03) 217 0932  
[www.freedomdrivers.co.nz](http://www.freedomdrivers.co.nz)

### Fresh Choice Green Island Delivery

Order by email or phone. \$5 to deliver anywhere between South Dunedin, Wakari through to Brighton.  
(03) 488 2317 extn line 8  
[grocery@moyles.co.nz](mailto:grocery@moyles.co.nz)

### Napthali – Shopping Service (Dunedin)

A service provided by Napthali Activity Centre (North East Valley) for adults with intellectual disabilities as part of their community outreach.  
(03) 473 9104  
[andrea.mckenzie@packgroup.co.nz](mailto:andrea.mckenzie@packgroup.co.nz)

### New World Delivery (Southland)

New World, Windsor and South City Plaza all deliver for a fee.

### Plus Bus Shopping Service (Dunedin)

Tues-Fri door-to-door services to the supermarket. They can assist with carrying groceries, in the aisles if needed, at the same time as having a social outing. \$8-\$12 return per person, area dependent. Different suburbs on different days.  
03 455 4050  
[plusbusshops@gmail.com](mailto:plusbusshops@gmail.com)

### Student Volunteer Army

During times of strife the Student Volunteer Army assist with grocery delivery for over 65s, immunocompromised people and healthcare workers, and work with pharmacists to deliver prescriptions to housebound clients and provide childcare for healthcare workers.  
0800 005 902  
[www.sva.org.nz](http://www.sva.org.nz)

### Veggie Boys Delivery (Dunedin)

Delivers Monday to Saturday between 2pm-6pm. Order online or by phone, and spend \$25 for free Delivery.  
(03) 477 7987  
[www.veggieboys.net](http://www.veggieboys.net)



## Social Opportunities

There is a long list of social opportunities for people wanting to connect with peers and engage in social and recreational activities. These cater for people with a range of abilities. These are some that we know about. Also see [www.eldernet.co.nz](http://www.eldernet.co.nz) which has information about other community resources throughout NZ.

### Age Concern

[www.ageconcernotago.com/services](http://www.ageconcernotago.com/services)

This has links to the following services:

- Accredited visiting service
- Independent living seminars
- Senior Chef
- English for elders
- Active aging centres and groups
- South Dunedin Seniors
- Mosgiel Seniors.

Regular bus trips and annual five day holiday adventure, monthly book chat, variety concert, monthly outings, gym class, walking group, social art and crafts, line dancing, bowls, body-beat, Tai Chi, lunch and food share.

- Age Concern Otago (03) 477 1040
- Age Concern Otago (Central Otago) (03) 448 7075
- Age Concern Otago (North Otago) (03) 434 7008
- Age Concern Southland (03) 218 6351

### Enliven SupportLink

A free service that matches trained volunteers with older people living in their own home who are experiencing challenges that make living on their own more difficult. Offers different types of assistance depending on an

individual's needs e.g. transport to appointments, help with shopping or groceries, regular friendship or companionship, access to social activities, supporting older people while spouses or carers take time out.

- Dunedin: (03) 477 7115, [enliven@psotago.org.nz](mailto:enliven@psotago.org.nz)
- Invercargill: (03) 216 9099, [GSaich@Enlivensld.nz](mailto:GSaich@Enlivensld.nz)
- Gore: (03) 208 0864, [POfficerYoung@enlivensld.nz](mailto:POfficerYoung@enlivensld.nz)
- Wakatipu: (03) 442 4408, [Cherie.Morgan-McGrory@enlivensld.nz](mailto:Cherie.Morgan-McGrory@enlivensld.nz)

### Day Groups

For housebound or lonely elderly. Activities, outings, crafts. Transport and meals provided.

- Mosgiel Elder Care, Mosgiel: (03) 489 0075
- Sheen Street, Leslie Groves, Roslyn: (03) 474 1082
- Club Enliven: Dunedin and Ranui, Alexandra. (03) 4777115  
[www.psotago.org.nz/services/in-your-community/club-enliven](http://www.psotago.org.nz/services/in-your-community/club-enliven)
- Club Enliven, North East Valley, Dunedin: (03) 4777115
- Senior Link, South Dunedin: (03) 456 4249.  
[www.senior-link.org](http://www.senior-link.org)
- Waikiwi Gardens, Invercargill. Offers a \$35 a day pick up and drop off. Includes meals, an extra \$5 will purchase a meal to take home. (03) 2157200,  
[www.waikiwigardens.co.nz](http://www.waikiwigardens.co.nz)
- Parata Day Group, Invercargill. (03) 208 6303

### Dunedin 60 Plus Club

Friendship, fellowship and fun. Including: walking group, line dancing, singing group, indoor bowls, mah jong, tavern lunches, book club, movie club, coach trips, coffee and culture.

[www.dunedin60plus.co.nz](http://www.dunedin60plus.co.nz)  
[secretary@dunedin60plus.co.nz](mailto:secretary@dunedin60plus.co.nz)

### Gaius Cottage (Invercargill)

Day care for people with dementia to give full time carers a break. Private paying options/DHB funded places. Care Coordination Centre: 0800 223 225.

### Menz Sheds

A Menz Shed brings men together in one community space to share their skills, have a laugh, and work on practical tasks individually (personal projects) or as a group.  
[www.menzshed.org.nz](http://www.menzshed.org.nz)

Menz Sheds Otago area:

- Alexandra Men's Shed
- Arrowtown MenzShed Inc
- North Dunedin Shed
- Oamaru Menz Shed
- South Dunedin Bloke's Shed
- Taieri Bloke's Shed
- Tapanui

Menz Sheds Southland area:

- MenzShed Invercargill
- Lumsden
- Maitua Menzshed

### South Centre Anglican Care (Southland)

Social activities and other services offered including for people who are housebound. (03) 2182777

[www.calledsouth.org.nz](http://www.calledsouth.org.nz)

### Support Link Coffee Group Gore

Held monthly on the third Wednesday of the month. Coffee groups are a great chance to meet like-minded people and the venues tend to vary each month, making for interesting outings.

Patricia Officer Young: (03) 208 0864



## Support and Advice Agencies

There are many agencies available who offer valuable support, advice and equipment or aids.

### Age Concern NZ

Age Concern is a charitable organisation dedicated solely to people over 65. Local Age Concerns throughout New Zealand are the first port of call for older people in their communities. Age Concerns offer expertise and knowledge of all available services for older people as well as social activities.

[www.ageconcern.org.nz](http://www.ageconcern.org.nz)

### Alzheimer's New Zealand

Helping families coping with memory loss. Home visits, carer support groups, education.

- Dunedin: (03) 471 6154
- Alexandra: (03) 448 9056
- Queenstown: (03) 441 4955
- Oamaru: (03) 434 9090
- Invercargill: (03) 214 0984 and 02041444189
- [www.alzheimers.org.nz](http://www.alzheimers.org.nz)

### Arthritis NZ

Provides information, advice and support.

0800 663 463

[www.arthritis.org.nz](http://www.arthritis.org.nz)

### Asthma & Respiratory Foundation NZ

[www.asthmafoundation.org.nz](http://www.asthmafoundation.org.nz)

- Otago: (03) 471 6167  
[www.healthpages.co.nz/directory/listing/asthma-support-asthma-society-otago](http://www.healthpages.co.nz/directory/listing/asthma-support-asthma-society-otago)
- North Otago/Oamaru: [sec.noasthma@gmail.com](mailto:sec.noasthma@gmail.com),  
[www.fb.com/north.otago.asthma.society](http://www.fb.com/north.otago.asthma.society)
- Southland: (03) 214 2356  
[www.southernhealth.nz/services/southland-asthma-society](http://www.southernhealth.nz/services/southland-asthma-society)

### Community Connections Centre

Support, advice, information or connection to the right service for your needs (including free legal advice). There is printing, scanning and copying, help filling out forms, along with resources on a range of support groups in Eastern Southland. Total Mobility Assessor and Neighbourhood Support.

(03) 208 8480

[www.cnt.org.nz](http://www.cnt.org.nz)

### Diabetes Otago

Information and support for individuals and families, educational evenings, sells a wide range of diabetes products.

135 Frederick Street, Dunedin

(03) 474 0240

Office Hours: Monday – Friday 10am-2pm

[www.diabetes.org.nz](http://www.diabetes.org.nz)

### Diabetes Southland

151 Gala Street (behind MS Rooms entrance of Jed street)

(03) 218 3422

[diabetes.southlandfo@xtra.co.nz](mailto:diabetes.southlandfo@xtra.co.nz)

[www.diabetes.org.nz/branch-southland](http://www.diabetes.org.nz/branch-southland)

### Living Well: Disability Resource Centre (Otago)

Free information and advice, equipment and aids, continence product service with free samples and delivery. Ground floor Dunedin Community House, 301 Moray Place, Dunedin.

(03) 471 6152 or 0800 693 342

[www.disabilityinfo.co.nz](http://www.disabilityinfo.co.nz)

### Eldernet

To access information about bed availability/information about residential facilities and services in your area.

[www.eldernet.co.nz](http://www.eldernet.co.nz)

### Living Well: Disability Resource Centre (Southland)

For a range of services including equipment, and support to attend hospital appointments.

25 Gala Street, Invercargill.

(03) 214 5000 or 0800 100 531.

[info@drcsouth.co.nz](mailto:info@drcsouth.co.nz)

[www.drcsouth.co.nz](http://www.drcsouth.co.nz)

### Loss and Grief Centre:

Offer free support for people living with loss and grief of any sort- including grief from bereavement, separation, illness, isolation and other life changes.

Locations in Invercargill, Gore, Winton, Maitua, Ohai and Te Anau.

(03) 214 0393

[lossandgriefcentre@gmail.com](mailto:lossandgriefcentre@gmail.com)

<https://www.southernhealth.nz/services/loss-and-grief-centre>

### Dunedin Budget Advisory Service

Community House 283-301 Moray Pl, Dunedin.

(03) 471 6158

[www.budgetingdunedin.co.nz](http://www.budgetingdunedin.co.nz)

### Multiple Sclerosis Society (Otago)

8 Baker Street, Dunedin.

(03) 455 5894

[info@msotago.org.nz](mailto:info@msotago.org.nz)

[www.msotago.org.nz](http://www.msotago.org.nz)

### Multiple Sclerosis Society (Southland)

151 Gala Street, Invercargill.

(03) 218 3975

[info@mssouthland.org.nz](mailto:info@mssouthland.org.nz)

[Continued >](#)

**Newcomers Network Gore**

We welcome anyone from overseas or New Zealand who is new to our region. We can help you with settlement support information, make you aware of local activities and workshops as well as help connect you to other services in the area. We also organize events to provide opportunities for you to meet and greet other newcomers. [mmccann@goredc.govt.nz](mailto:mmccann@goredc.govt.nz)  
021 327 611  
[www.newcomers.co.nz/gore-eastern-southland](http://www.newcomers.co.nz/gore-eastern-southland)

**Parkinson's Society (Otago)**

Education support, support groups, exercise classes, home visits and individual assessments.  
(03) 455-7260  
[www.parkinsons.org.nz/our-divisions/otago](http://www.parkinsons.org.nz/our-divisions/otago)

**RSA**

Supports all current and former service personnel, and their families. They can help by:

- Financial assistance.
- Advocating for service benefits.
- Connections e.g. linking you to government, corporate or community groups to provide information, mentoring and support.

[www.rsa.org.nz](http://www.rsa.org.nz)

**Ready for Living – Eastern Southland**

A Ready for Living coordinator can help with advocacy for older people, connect people with social groups or volunteer opportunities, and help with applications for free 'over 80' parking. Strength and balance classes are also offered.

[kyliereadyforliving@goredc.govt.nz](mailto:kyliereadyforliving@goredc.govt.nz) 021 198 0480

[kyliereadyforliving@goredc.govt.nz](mailto:kyliereadyforliving@goredc.govt.nz)

[www.readyforliving.co.nz](http://www.readyforliving.co.nz)

**Senior Line**

Navigating services for older people. Information on how to get help at home, community services and rest homes.  
0800 725463  
[www.seniorline.org.nz](http://www.seniorline.org.nz)

**Seniornet**

Community training classes helping people to enjoy technology confidently in everyday life. [www.seniornet.nz](http://www.seniornet.nz)

**Stroke Foundation**

Hospital and home visits, support individuals and families, stroke clubs.  
[www.stroke.org.nz/home](http://www.stroke.org.nz/home)

**Veterans Affairs**

Receive referrals for local support i.e. for administration and advice on veterans' entitlements and care or practical things like organising a gardener.  
[www.veteransaffairs.mil.nz](http://www.veteransaffairs.mil.nz)





## Transport Services

People may be able to access discounted taxi fares if they are no longer able to drive. In addition to public transport and taxi services there are some transport services for health related appointments.

### Big Johns Transport Service Dunedin

Taxi service including specializing in transport for people in wheelchairs and requiring flotation chairs. Accepts Total Mobility vouchers and ACC registered.  
Phone 0800 566 893, 022 524 4564

### Disability Resource Centre Southland

Free transport to attend hospital based appointments.  
(03) 214 5000 or 0800 100 531

### Driver Assessment

Your clinician may refer you for a driver assessment. It may be suggested that you have this with an Occupational Therapist. The following fact sheet outlines what this may involve. You may also choose to have your assessment with the AA or a Registered Driving School.  
[www.nzta.govt.nz/assets/resources/factsheets/51/docs/51-ot-assessments.pdf](http://www.nzta.govt.nz/assets/resources/factsheets/51/docs/51-ot-assessments.pdf)

### Driving Miss Daisy (Dunedin)

Charging is based on time and requirements of individual's needs. Covers Regions from Waikouaiti – Outram. Accepts total mobility taxi vouchers.  
Dunedin Head Office: 0800 948 432  
Dunedin South: (03) 486 2033 or 021 503 498  
Dunedin North: (03) 467 5017 or 021 503 298

### Driving Miss Daisy (Invercargill)

Rachel Goodall: (03) 216 7763 or 021 503 334  
[www.drivingmissdaisy.co.nz/franchise/invercargill](http://www.drivingmissdaisy.co.nz/franchise/invercargill)

### Freedom Drivers

Driving and Companion Services  
[www.freedomdrivers.co.nz](http://www.freedomdrivers.co.nz)

Dunedin:  
Driver: Sally McArthur  
(03) 471 8177  
Invercargill:  
Driver: Stephen Pont  
(03) 217 0932

### NZ Red Cross Community Transport

Free transport to and from doctor, hospital or community appointment.  
(03) 4771527, 0800 RED CROSS (733 276)  
[otago@redcross.org.nz](mailto:otago@redcross.org.nz)

### Staying Safe

A refresher workshop for senior road users. Contact NZ Transport. A Self assessment quiz is available online.  
0800 822 422  
[www.nzta.govt.nz/safety/driving-safely/senior-drivers](http://www.nzta.govt.nz/safety/driving-safely/senior-drivers)

### St John Health Shuttles

A koha based community service that transports people to health-related visits, and then brings them home again.  
Dunedin Health Shuttle: runs door to door and covers the wider Dunedin area  
Health Shuttles between areas and towns:  
Central Otago to Dunedin  
Northern Southland to Invercargill or Dunedin  
Western Southland Area  
0800 103 046  
[www.stjohn.org.nz](http://www.stjohn.org.nz)

### Total Mobility Card

Half price taxi fare for people unable to drive and unable to use public transport. There are 15 supporting agencies across Otago to help people who have difficulty accessing public transport, assessing them for eligibility to access subsidised taxi transport.  
This is a 50% subsidy (up to \$25) on eligible door-to-door transport with one of 16 approved transport operators, including taxi companies and private hire companies.

Otago:

For more information about Total Mobility contact Otago Regional Council.  
0800 474 082  
[www.orc.govt.nz/public-transport/total-mobility](http://www.orc.govt.nz/public-transport/total-mobility)

Southland:

Total mobility Scheme:  
[www.icc.govt.nz/community/total-mobility](http://www.icc.govt.nz/community/total-mobility)  
Vouchers are available for subsidised travel from various services e.g. Aged Concern and Enliven. These can be used with services such as Good Partners (golden ride) 0800 262 301 and Driving Miss Daisy.



## Māori & Pasifika Health Service & Social Service Providers for Kaumātua

### Māori Support Services for Hospital Care:

#### Te Ara Hauora / Māori Health Liaison Service Dunedin

(03) 4740999 ext 8649 pager 6691 to make an appointment or speak to Te Ara Hauora.

#### Te Huinga Tahi / Māori Health Unit Southland

(03) 218 1949 extn 48309 to make an appointment or speak to Te Huinga Tahi.

#### Te Whare Whānau / Family Room & Accommodation

Phone the Māori Health Liaison Service for availability on 03 474 0999 (extn. 58649) for Dunedin Te Whare Whānau and 03 218 1949 (extn. 8814)

#### Te Korowai Hou Ora / Māori Mental Health Service – Southland

(03) 214 5786 or 0800 443366 to make an appointment or speak to Te Korowai Hauora.

#### Te Oranga Tonu Tanga / Māori Mental Health Service – Otago

(03) 474 0999 extn. 5510 to make an appointment or speak to Te Oranga Tonu Tanga.

For more information about these and further support available visit: [www.southernhealth.nz/getting-help-you-need/kaupapa-maori-services](https://www.southernhealth.nz/getting-help-you-need/kaupapa-maori-services)

#### Mauri Ora - Community Health services

Free gym, educational hui, diabetes, lifestyle and healthy kai. Personal trainer sessions, on-site computer access to electronic health diary, clinical support, basic health check, whānau ora kaimahi supporting whānau to access appropriate health resources.

[www.ururuwhenuahealth.co.nz/services](http://www.ururuwhenuahealth.co.nz/services)

### Māori Primary Care and Community Service Providers

<https://www.southernhealth.nz/getting-help-you-need/kaupapa-maori-services/maori-primary-care-and-community-service-providers>

#### Dunedin

##### Te Roopu Tautoko Ki Te Tonga

A non profit Māori health provider based in Dunedin. Runs a number of programmes and services that are free to access. Weekly ukulele and guitar playing group for Kaumātua. Thursdays 11.45am – 2.45pm, transport provided.

6 Wolseley Street, Dunedin  
(03) 477 4670  
[admin@tautoko.maori.nz](mailto:admin@tautoko.maori.nz)

##### Te Runanga O Otakou, Tamatea Road, Otakou, Dunedin

Weekly exercise group for runanga members over 50 years of age.

(03) 478 0352  
[office@tro.org.nz](mailto:office@tro.org.nz)

#### Kaitiaki

Whanau ora navigation. Kaupapa Māori courses and programmes for people inside/outside the justice system to positively transform lives.

77 Macandrew Road, South Dunedin  
(03) 471 5485  
[jodi@a3k.co.nz](mailto:jodi@a3k.co.nz)  
[www.a3k.co.nz](http://www.a3k.co.nz)

#### Aukaha

Health navigation, He Ara Hou Whānau Service, Maūri Ora  
268 Stuart Street, Dunedin  
(03) 477 0071  
[www.aukaha.co.nz](http://www.aukaha.co.nz)

### Arai Te Uru Whare Hauora

Whanau ora navigation, Māori cancer kaiarahi, educational hui (lifestyle, diabetes), Wellchild tamariki ora services, gym, health checks, computer access, health coach, disease state management, family violence, tu Mai rangatahi, mokopuna ora, maūri ora.

25 College Street, Dunedin  
[reception@araiteuru.co.nz](mailto:reception@araiteuru.co.nz)  
(03) 471 9960  
[www.araiteuru.co.nz](http://www.araiteuru.co.nz)

### Corstorphine Community Hub

Food share, reiki, community days, art classes.  
Middleton Road, Corstorphine, Dunedin  
(03) 487 9871 or 021 260 4840  
[corstorphinecommunityhub@gmail.com](mailto:corstorphinecommunityhub@gmail.com)  
[www.corstorphinecommunityhub.com](http://www.corstorphinecommunityhub.com)

### Kōkiri Training Centre

Whanau ora navigation, kaupapa Māori training services.  
51 Macandrew Road, South Dunedin  
(03) 455 5725  
[admin@kokiricentre.co.nz](mailto:admin@kokiricentre.co.nz)  
[www.kokiricentre.co.nz](http://www.kokiricentre.co.nz)

### Pacific Trust Otago

Māori residential and community services and support services.  
360 South Road, Caversham, Dunedin  
(03) 455 1722  
[office@pto.nz](mailto:office@pto.nz)  
[www.pto.nz](http://www.pto.nz)

### Te Roopu Tautoko Ki Te Tonga Inc

Te Puna Manawa, Nga Kakano Mai Rangiātea (Marae theatre in schools), Whānau ora navigation, Whānau ora/ Maūri ora, Hui/Wananga, Whānau ora /Whānau therapy, Kaumatua services.  
6 Wolseley Street, Dunedin

(03) 477 4670 or (03) 477 4681

[admin@tautoko.maori.nz](mailto:admin@tautoko.maori.nz)

### **Te Kaika Caversham**

General practice and nurse-led services, primary mental health & counselling.

25 College Street, Dunedin

(03) 471 9960

[reception@tekaika.nz](mailto:reception@tekaika.nz)

[www.tekaika.nz](http://www.tekaika.nz)

### **North Otago / Oamaru**

#### **Aukaha**

Whānau ora navigation, Maūri Ora and Te Kakano Nurse led clinics.

(03) 477 0071

[www.aukaha.co.nz](http://www.aukaha.co.nz)

#### **Tumai Ora**

Development of Whānau health plans, provision of health information and resources, one-on-one sessions with whānau to address needs and access to social agencies.

(03) 465 7651

0800 636 8240

[info@tumaiaora.co.nz](mailto:info@tumaiaora.co.nz)

### **South Otago / Milton**

#### **Tokomairiro Waiora Incorporated**

Youth justice, lifestyle changes, advocacy support, drug and alcohol support and help attending appointments.

4 Shakespeare Street, Milton

(03) 417 7430

[office@tokowaiora.co.nz](mailto:office@tokowaiora.co.nz)

[www.tokowaiora.co.nz](http://www.tokowaiora.co.nz)

### **Central Otago**

#### **Uruuruwhenua Health**

Healthcare navigation, maara kai, community youth, health and social service, assistance to access services, drug and alcohol support, mental health, individual and whānau health plans, auahi kore support services and whānau support.

113 Centennial Ave, Alexandra

0800 878 087

[www.ururuwhenuahealth.co.nz](http://www.ururuwhenuahealth.co.nz)

### **Invercargill**

#### **Awarua Whānau Services**

Mama & pepi/mokopuna ora, maūri ora, waiwai, whānau ora ki awarua, tahuri atu/about face, whānau support, supported bail, koha kai.

190 Forth Street, Invercargill

0800 292 782

(03) 218 6668

[www.awarua.nz](http://www.awarua.nz)

#### **Ngā Kete Matauranga Pounamu**

Southern stop smoking service (district wide), kia piki te ora, addiction service, tauira tautoko (student support), building financial capability, māori cancer kaiarahi, he poha ora, disability information/advice/advocacy, Rongoa, problem gambling, maūri ora, whānau ora (pathway goals), restorative justice.

92 Spey Street, Invercargill

(03) 214 5460

0800 925 242

[admin@kaitahu.maori.nz](mailto:admin@kaitahu.maori.nz)

### **He Puna Waiora**

Whānau GP service, primary mental health, counselling.

92 Spey Street, Invercargill

(03) 214 5261

[hpw@kaitahu.maori.nz](mailto:hpw@kaitahu.maori.nz)

### **Te kakakura Trust**

Needs assessment and community residential services.

25 Queens Drive, Invercargill

(03) 217 4170

[info@kakakura.org.nz](mailto:info@kakakura.org.nz)

[www.kakakura.org.nz](http://www.kakakura.org.nz)

### **Gore**

#### **Hokonui Runanga**

Whānau ora navigators, kaumatua health days, community youth and advocacy services, podiatry service, te Kakano – free nurse-led clinics. Te Kakano nurses are happy to see anyone for any health advice, education or support. They will work with other health providers (e.g. GPs) to enable the best care for you. This service is on two times a month in Gore and Mataura, call or check website for dates.

140 Charlton Road, Gore

(03) 208 7954

[hokonui@xtra.co.nz](mailto:hokonui@xtra.co.nz)

[www.hokonuirunanga.org.nz](http://www.hokonuirunanga.org.nz)

### **Te Anau**

#### **Fiordland Community House**

##### **21 Luxmore Drive, Te Anau**

(03) 03 249 7754

[office@fiordlandcommunityhouse.co.nz](mailto:office@fiordlandcommunityhouse.co.nz)

[www.fiordlandcommunityhouse.co.nz](http://www.fiordlandcommunityhouse.co.nz)



