

**HOME as my FIRST
CHOICE**

Community Resources



Health New Zealand
Te Whatu Ora



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

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

Please email CNAAdmin@southernhb.govt.nz or call 0800 627 236 if you have information or updates for your area.

Health New Zealand Te Whatu Ora

HOME as my FIRST CHOICE

The Home as 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. Te Whatu Ora 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.

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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 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

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.livingwellcentre.nz

Disabilities Resource Centre Southland

Free information service; disability equipment; Total Mobility assessor
60 Windsor street, Invercargill
03 214 5000 or 0800 100 531
info@drcsouth.co.nz www.drcsouth.co.nz

Mobility Solutions Centre

245 King Edward St, Dunedin
(03) 455 1201
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

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
Disability Vehicle Sales- Alex Loudon: 09 579 9632
alex@rodmilner.co.nz
Modifications/Serviceing - Darren Milner: 09 579 9632
ext1 darren@rodmilner.co.nz
www.disabilityrentals.co.nz



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.

Enliven, Presbyterian Support Otago

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

Age Concern

- Age Concern Otago 0800 65 2105
- Age Concern Otago (Dunedin) (03) 477 1040
- Age Concern Otago (Central Otago) (03) 448 7075
- Age Concern Otago (North Otago) (03) 434 7008
- Age Concern Otago (Clutha) (03) 418 0536
- Age Concern Southland (03) 218 6351

agecon@ageconcernotago.co.nz
www.ageconcernotago.com

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

Abbeyfield

Shared housing option for people who are looking for companionship and support for independent over 65s. Residents have their own studio with ensuite and share communal living areas such as the kitchen, dining room, lounge and laundry. A housekeeper provides two nutritious meals a day (breakfast is self-serve) and residents dine together.
Abbeyfield houses are rental only – no capital contribution is required.

Continued...

Abbeyfield Dunedin 210 Balmacewen Rd, Wakari, Dunedin, and has 9 suites.
abbeyfield.dunedin@gmail.com
(03) 464 0082
<https://www.abbeyfield.co.nz/house/abbeyfield-dunedin/>

Abbeyfield Wakatipu 31 Robertson Rd, Frankton, and has 12 suites.
manager@abbeyfieldwakatipu.co.nz
(03) 441 4448
<https://www.abbeyfield.co.nz/house/abbeyfield-wakatipu/>



Dementia

For information and services including a [Community Resources booklet with Dementia specific information](#) visit:

<https://www.southernhealth.nz/dementia>
<https://alzheimersotago.org.nz/>
<https://alzheimers.org.nz/southland/>



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.

Home Based Falls & Fracture Prevention Service

0800 477 115
wellsouth.nz/community/clinical-service/falls-and-fracture-prevention-team/
Bwellfallsandfractureteam@wellsouth.org.nz

Nymbi

[Nymbi Training - Apps on Google Play](#)
[Nymbi Training - Apple Appstore](#)

A free, fun and easy-to-use app that is fully funded by ACC. Nymbi is designed to help people 50 and older stay on their feet, combining simple body movements with brain games to challenge both the brain and body. Delivered by using a smart device app, designed by ACC.

Falls Prevention and Strength and Balance Classes (Dunedin)

Classes

Approved community strength and balance exercise classes.

Details of local classes. www.livestonger.org.nz
www.ageconcernotago.com/services

Steady As You Go

Is an evaluated physiotherapy-based falls prevention programme involving seated, standing and walking exercises that is beneficial for all.

Aligned to Go (A2Go)

Aligned to Go is a dance-based fall prevention programme with seated, standing and walking movements that is faster, more energetic and slightly longer. It is more suitable for slightly more able people.

Tai Chi

Tai Chi is usually standing and walking only although some classes may sometimes be seated for some of the time. It involves more coordination of arms and legs and is very suitable for fall prevention.

All the classes engender a social connectiveness that is supportive and friendly, assisting to avoid loneliness and depression.

Prospective participants can phone 03 4793052 to find out more and whether there is space in the class. Cost are about \$3/session and membership of Age Concern Otago @\$25 per year is encouraged and highly appreciated.

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>



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

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



Feedback for Te Whatu Ora Southern 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@southernhdb.govt.nz
- Website: 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 to it and Freepost back to the Southern DHB.



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 www.facebook.com/deafaotearoanz
Otago branch: Michelle.Sinclair@deaf.org.nz

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>

Ear Health South

557 Hillside Road, Caversham, Dunedin.
(03) 455 0801 for Ear Canal Micro Suction.
dunedin.south@earhealth.co.nz
<https://www.earhealth.co.nz/clinic/dunedin/>

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
www.hearing.org.nz/branches/southland

Hearing Support Otago

(03) 487 7641
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



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:

<https://www.workandincome.govt.nz/eligibility/health-and-disability/medical-alarms.html>

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

St Johns Medical Alarms

0800 502 323

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

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



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

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

<https://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

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

Footsteps Podiatry Invercargill

(03) 215 4666

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>

Health Care NZ

Provide in-home and community-based health, rehabilitation, nursing, mental health and disability support.

0800 002 722

www.healthcarenz.co.nz

My Care

Online website to find in private home support.

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

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 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

Dunedin Library Home Services

(03) 474 3681

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 Home Services

Alison Fraser (03) 211 1444 www.ilibrary.co.nz/home-services

Southland District Mobile Library Services

www.southlanddc.govt.nz/my-southland/libraries/mobile-bookbus

0800 732 542



Low Cost Health Services

Healthcare 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.

The fees at the Faculty of Dentistry are reduced to reflect that patients are being cared for by students in training.

(03) 479 8889

<https://www.otago.ac.nz/dentistry/patient-services/dunedin/>

Diabetes Otago (Dunedin)

Diabetes Otago offers a low cost podiatry service once a fortnight on Thursday at our branch offices at 135 Frederick Street. This service is run by a registered podiatrist. The cost is \$50.

135 Frederick Street, Dunedin

(03) 474 0240

noeline@diabetes.org.nz

Office Hours: Monday – Friday 10am-2pm

www.diabetes.org.nz/branch-otago

Drop In Clinic – This free service runs on the first Tuesday 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 \$19.50, other fees may apply.

92 Spey St, Invercargill

(03) 214 5260 or 0800 925 242

<https://nkmp.maori.nz>

Low Cost Medical and Dental Clinic

[Te Kāika | Dental Care \(tekaika.nz\)](http://Te Kāika | Dental Care (tekaika.nz))

(03) 471 9960

Te Kāika Dunedin

25 College Street,

Te Kāika Ōamaru

9AM - 5PM, Mon - Fri

32 Ribble Street, Ōamaru

Mountain Lakes Medical

8:30AM - 5:30PM, Mon - Fri

Level 1/44 Beach Street, Queenstown

Level 1/34 Grant Road, Frankton, Queenstown 9371

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

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

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 (03) 453 1000
- **Eat L&R (Eat Later)** www.eatl8r.co.nz
- **EAT Unlimited** www.eat.co.nz
- **MADE by Foodbag** 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 (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, 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

Queenstown Meal Services:

Arctic Kitchen, provide frozen meals, ready-to-go meals, delivery and fresh-to-go meals. This is the link to the website for the information that she would like included:

www.arctickitchen.co.nz

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 unsure whether this still takes place?

Big John's Mobility Express

www.bigjohns.co.nz
0800 566 893

Countdown Delivery

Delivers anywhere. Delivery charges can vary.
0800 40 40 40
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.

<https://drivingmissdaisy.co.nz/>

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

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

Invercargill: (03) 217 0932 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

Naphtali – Shopping Service (Dunedin)

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

New World Delivery (Southland)

New World deliver for a fee

<https://www.newworld.co.nz/shop>

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Plus Bus Shopping Service (Dunedin)

Tues and Thurs 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. \$10-\$14 return per person, area dependent.

Different suburbs on different days.

03 455 4050

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

Veggie Boys Delivery (Dunedin)

Delivers Monday to Saturday between 2pm-6pm. Order online or by phone. There will be a \$3-5 delivery fee.

(03) 477 7987

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 which has information about other community resources throughout NZ.

Age Concern Otago

www.ageconcernotago.com/services

This has links to the following services:

- Visiting Service
 - Elder Abuse Response and Prevention Service
 - Independent Living Seminars
 - Silvertech Smartphone Courses
 - Staying Safe Driving Workshops
 - Active Ageing centres such as The Octagon Club and Taieri Age Connect which offer groups such as line dancing, exercise classes, indoor bowls, Tai-chi, monthly social outings, and social craft.
 - Falls Prevention classes - Steady As You Go and Align to Go
- 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
- Invercargill: (03) 216 9099, tui-susan.hill@pss.org.nz
- Gore: (03) 208 0864, POfficerYoung@enlivensld.nz
- Wakatipu: (03) 442 4408, SCoulson@enlivensld.nz
-

Day Groups

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

- Sheen Street, Leslie Groves, Roslyn: (03) 474 1082
- Club Enliven: Dunedin (03 477 7115), Mosgiel (03 489 0075), and Ranui, Alexandra (03 477 7115).

www.psotago.org.nz/services/in-your-community/club-enliven

taieri.clubenliven@psotago.org.nz

enliven@psotago.org.nz

- Senior Link, South Dunedin: (03) 456 4249.
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.nzactivitieswaikiwi@gmail.com
- 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

secretary@dunedin60plus.co.nz

Continued...

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

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
- Maitai Menzshed

South Centre Anglican Care (Southland)

Social activities and other services offered including for people who are housebound.

(03) 2182777

<https://www.calledsouth.org.nz/home-bound-elderly/>

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

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

Arthritis NZ

Provides information, advice and support. 0800 663 463

www.arthritis.org.nz

Asthma & Respiratory Foundation NZ

www.asthmafoundation.org.nz

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

Citizens Advice Bureau Ōtepoti Dunedin (CAB)

Provides free, confidential, independent information and advice to anyone in the community about anything. There is no criteria people have to meet to use this service.

CAB helps people to understand their rights, provides people with the confidence and support they need to take the next steps, and advises on how to access services people need.

Phone: 03 4716166 Dunedin Direct or 0800 367 222

Nationwide freephone

Email: dunedin@cab.org.nz

Website: www.cab.org.nz

Facebook: <https://www.facebook.com/CABDunedin>

Rodgers House, 155 Princes Street, Dunedin

Continued...

Connected Eastern Southland

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

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

Diabetes Southland

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

(03) 218 3422

diabetes.southlandfo@xtra.co.nz

www.diabetes.org.nz/branch-southland

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.livingwellcentre.nz

Eldernet

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

www.eldernet.co.nz

Disabilities Resource Centre Southland

Free information service; disability equipment; Total Mobility assessor

60 Windsor street, Invercargill

03 214 5000 or 0800 100 531

info@drccsouth.co.nz www.drccsouth.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, Mataura, Ohai and Te Anau.

(03) 214 0393

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

Multiple Sclerosis Society (Otago)

8 Baker Street, Dunedin.

(03) 455 5894

info@msotago.org.nz

www.msotago.org.nz

Multiple Sclerosis Society (Southland)

151 Gala Street, Invercargill.

(03) 218 3975

info@mssouthland.org.nz

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

021 327 611

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

<https://www.parkinsons.org.nz/>

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

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.

kylireadyforliving@goredc.govt.nz 021 198 0480

kylireadyforliving@goredc.govt.nz

www.readyforliving.co.nz

Continued...

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

Seniornet

Community training classes helping people to enjoy technology confidently in everyday life.
www.seniornet.nz

Stroke Foundation

Hospital and home visits, support individuals and families, stroke clubs.
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



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

Specialize in a wide range of transportation services, including hospital and hospice transfers, for people in wheelchairs and requiring flotation chairs. Transportation for medical appointments, daily commutes, or leisure activities. Accepts Total Mobility vouchers and ACC registered.
www.bigjohns.co.nz
Phone 0800 566 893

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

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.
<https://drivingmissdaisy.co.nz/>
Dunedin Head Office: 0800 948 432
Dunedin South: (03) 486 2033 or 021 503 498
<https://drivingmissdaisy.co.nz/franchise/dunedin-south/?far=0>
Dunedin North: (03) 467 5017 or 021 503 298
<https://drivingmissdaisy.co.nz/franchise/dunedin-north/>

Driving Miss Daisy (Invercargill)

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

Freedom Drivers

Driving and Companion Services
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

Plus Bus Shopping Service (Dunedin)

door to door services to the supermarket
Tuesday: Hill Suburbs (Mornington, Kenmure, Wakari)
Thursday: South Dunedin, St Kilda, St Clair, Anderson's Bay.
Clients are collected from their home and helped to carry the groceries into the home. Able to assist in the supermarket if needed also.
Current prices are \$10-\$14 depending on the distance from the supermarket.
Clients enjoy the social aspect of travelling on the van together with others at a similar stage of life.
Phone 03 455-4050
Email is plusbusshops@gmail.com

Continued...

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

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

<https://www.stjohn.org.nz/what-we-do/community-programmes/health-shuttles-stjohn/>

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

Southland:

Total mobility Scheme:

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 Tahī / Māori Health Unit Southland

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

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

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

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

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

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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 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

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
(03) 471 9960
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
www.corstorphinecommunityhub.com

Te Kaika Caversham

General practice and nurse-led services, primary mental health & counselling.
25 College Street, Dunedin
(03) 471 9960

Kōkiri Training Centre

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

Pacific Trust Otago

Pacifica community services and support services including Ruahine Seniors Group -session of exercise, information, social time and lunch. Also an opportunity to get out of their homes to meet other seniors folks. Phone: 0211118476
And Health Link - navigator supporting people to access health services (GPs, Hospital appointments) with advocacy, advice and transport. Phone: 0272559903
360 South Road, Caversham, Dunedin
(03) 455 1722
office@pto.nz www.pto.nz
reception@tekaika.nz 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

Tumai Ora

Development of Whānau health plans, provision of health information and resources, one-on-one sessions with whanau to address needs and access to social agencies.
(03) 465 7651
0800 636 8240
info@tumaioara.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 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

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

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

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He Puna Waiora

Whānau GP service, primary mental health, counselling.
92 Spey Street, Invercargill
(03) 214 5261
hpw@kaitahu.maori.nz

Te Kakakura Trust

Needs assessment and community residential services. 25
Queens Drive, Invercargill
(03) 217 4170
info@kakakura.org.nz 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 Maitāwhiri, call or check website for
dates.

140 Charlton Road, Gore
(03) 208 7954
hokonui@xtra.co.nz www.hokonuirunanga.org.nz

Te Anau

Fiordland Community House 21 Luxmore Drive, Te Anau

(03) 03 249 7754
office@fiordlandcommunityhouse.co.nz
www.fiordlandcommunityhouse.co.nz

