

## For Information on how to access Government Funded Support for Care at Home or Rest-home Care...

Call the Care Coordination Centre Southern District Health Board on 03 470 9300 or 0800 627 236 to get more information

Also visit these two websites: [www.southerndhb.govt.nz](http://www.southerndhb.govt.nz) then search for: 'community services' [www.eldernet.co.nz/Home](http://www.eldernet.co.nz/Home)

### Local Providers of Government Funded Services include:

**Healthcare NZ** Call 03 448 6670

**Access Home help** Call 0800 284 663

**Royal District Nursing Service** Call 0800 736 769

**Healthline** Call 0800 611 116

**Dunstan Hospital** 03 440 4300 (Allied Health)



**73 Brownston St, Wanaka | Ph. (03) 443 7799**

Check out our database for information on Community Services, Community Groups and Organisations, Leisure Groups, Support Groups and Networks and lots more found on our website

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

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## Useful Information for our Seniors

### Superannuation

Click on 'Apply for NZ Super' at [www.seniors.msd.govt.nz](http://www.seniors.msd.govt.nz) or call: 0800 552 002  
**Veteran's Pension:** 0800 659 656

### Selecting your Tax Code (or any Tax query)

Use the Online Calculator at [www.ird.govt.nz](http://www.ird.govt.nz) or call: 0800 227 774 with your IRD number ready

### Financial Assistance

**SuperGold Card** offers discounts from some business and government/local council services. Visit [www.supergold.govt.nz](http://www.supergold.govt.nz) or call: 0800 25 45 65

### Accommodation Supplement

Visit [www.seniors.msd.govt.nz](http://www.seniors.msd.govt.nz)

**Community Services Card** application forms are available at Community Networks or visit [www.seniors.msd.govt.nz](http://www.seniors.msd.govt.nz) or call: 0800 999 999

**Disability Allowance** Visit [www.seniors.msd.govt.nz](http://www.seniors.msd.govt.nz) or call: 0800 552 002

*More specific information regarding financial assistance can be found in the 'Services for Seniors' brochure at Community Networks, as can the necessary application forms.*

## Help from Organisations

**Four Square** offers a same day delivery service for groceries. Call 443 7173.

**Health & Disability Support Services** Southern District Health Board  
[www.southerndhb.govt.nz](http://www.southerndhb.govt.nz) or call 03 474 0999

**High Use Health Card/Pharmaceutical Subsidy Card**  
Talk to your Pharmacist or visit [www.health.govt.nz](http://www.health.govt.nz)

**Hearing Aid Subsidy** [www.accessable.co.nz/hearing](http://www.accessable.co.nz/hearing) or call 0508 001 002

**Home Insulation Funding**  
[www.energywise.govt.nz](http://www.energywise.govt.nz) or call 0800 749 782

**Medical Centres:** Wanaka Medical 443 0710, Aspiring Medical 443 0725  
**Pharmacies:** Aspiring Pharmacy 443 7986, Wanaka Pharmacy 443 8000

**Meals on Wheels** Contact your practice nurse for a referral

**Mobility Parking Scheme**  
[www.ccsdisabilityaction.org.nz](http://www.ccsdisabilityaction.org.nz) or call 0800 227 2255

**Hire of mobility scooters** Bruce Habit 03 443 1915. Google Central Otago Masonic Mobility Scooter Loan Scheme for info.

**National Travel Assistance** - Provides financial assistance to people who are referred to a specialist and need to travel long distances or travel frequently. Ministry of Health 0800 281 222 (press 2)

**New Zealand Fire Service** to help you install and check your smoke alarms  
[www.fire.org.nz](http://www.fire.org.nz) or call 443 7602

**Penny's Home Care** (non-government funded) Call 03 443 1929

**Rates Rebate Scheme** for an application form visit [www.ratesrebates.govt.nz](http://www.ratesrebates.govt.nz) or call QLDC on 443 0024

**Seniorline** - Helping older people to navigate the system  
[www.adhb.govt.nz/seniorline](http://www.adhb.govt.nz/seniorline) or call 0800 725 463

**THINK Fitness**, mobile personal training for 'the mature and motivated'. Amber Schuecker: 022 427 0362 [www.thinkfitness.co.nz](http://www.thinkfitness.co.nz)

**Total Mobility Scheme** for subsidised taxi vouchers contact Community Networks for more info or to arrange an assessment on 443 7799

## Help from Community Groups

**Alzheimers Society** [www.alzheimers.org.nz](http://www.alzheimers.org.nz) or call Donna on 03 448 9056

**Age Concern** Michele Stainburn - Central Otago Coordinator  
(03) 448 7075 or Email: [central@ageconcernotago.co.nz](mailto:central@ageconcernotago.co.nz)

**Budgeting Advice** Call in to Community Networks to make an appointment or call 0800 842 834

**Carers New Zealand** for a pack of information and advice for family carers  
Call 0800 777 797 or visit [www.carers.net.nz](http://www.carers.net.nz)

**Citizens Advice Bureau** [www.cab.org.nz](http://www.cab.org.nz)

**Family Services National Directory** [www.familyservices.govt.nz/directory](http://www.familyservices.govt.nz/directory)

**Lions Men:** Mike Kelly 443 6330, **Women:** Judy Reid 443 4636

**Mental Health Support** Brief intervention through Well South PHO, ask for Tina Simmonds on 0800 477 115 or speak to your GP

**Primetimers** (formerly Senior Citizens) contact Helen Millar on 021 043 1054

**Probus Men:** Gordon Brander 443 4394, **Women:** Lynne Hore 443 8137

**Rotary Wanaka** Contact Peter Harridge 443 8957

**Senior Net** [www.seniornet.co.nz](http://www.seniornet.co.nz)

**Social Work Referrals** Available through Community Networks, call in or phone 443 7799, or contact Jenny from Family Works (PSO) on 027 631 2919

**University of the 3rd Age (U3A)** Contact Lynne Fegan 443 6838

**Volunteering** [www.volunteeringcentral.org.nz](http://www.volunteeringcentral.org.nz) or call Gillian on 443 4102

**Wanaka Time Bank** A way of trading skills in a community  
[www.wanakatimebank.org](http://www.wanakatimebank.org)

**Wheels to Dunstan** For travel to Dunstan Hospital, Alexandra Eye Clinic and to catch the shuttle to Dunedin, make an appointment by calling Community Networks. (For the shuttle to Dunedin hospital, call Cromwell Resource Centre on 0800 785 276 to book from Cromwell.)

**Visiting Service: 'Companionship for older people'** A local project where a volunteer visits an older person on a regular basis. To receive visits or to volunteer please contact Community Networks or email [championforolderpeople@gmail.com](mailto:championforolderpeople@gmail.com)