

For information on how to access government funded support for Care at Home or Rest-home Care:

Aged Care Needs Assessment and Service Coordination Dunedin

Ph 03 470 9300 or 0800 627 236

Having a Needs Assessment: <https://www.southernhealth.nz/getting-help-you-need/older-peoples-health/having-needs-assessment>

Home Help: <https://www.workandincome.govt.nz/products/a-z-benefits/home-help.html>

Visit these websites: <https://www.eldernet.co.nz/Home>
<https://www.access.org.nz/>

Local Providers of Government Funded Services and more information on health include:

Dunstan Hospital Ph 03 440 4302 (Allied Health)

<https://www.cohsl.co.nz/our-services>

<https://www.health.govt.nz/about-ministry/leadership-ministry/allied-health>

Healthcare NZ (Personal Care and Household Management) Ph 03 448 6670

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

Healthline Ph 0800 611 116 <https://www.health.govt.nz/your-health/services-and-support/health-care-services/healthline>

Royal District Nursing Service Ph 0800 736 769 <https://www.rdns.org.nz/>



34 McDougall St, Wanaka | Ph. (03) 443 7799

Check out our website for more information <https://communitynetworks.co.nz/> or pop by and have a chat.



Useful Information for our Seniors

Superannuation

Click on 'Apply for NZ Super' at www.seniors.msd.govt.nz or call: 0800 552 002

Selecting your Tax Code (or other tax queries)

<https://www.ird.govt.nz/income-tax/income-tax-for-individuals/tax-codes-and-tax-rates-for-individuals/tax-codes-for-individuals/work-out-my-tax-code> 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 or call 0800 25 45 65

For more information and to find out how you can get more help and/or apply for an Accommodation Supplement, Community Services Card, Disability Allowance or the Winter Energy Payment, check out this brochure, 'Services for Seniors'

<https://www.workandincome.govt.nz/documents/eligibility/seniors/services-for-seniors.pdf>

Work and Income application forms are available at Community Networks or visit www.seniors.msd.govt.nz or call: 0800 999 999

Local Support:

Age Concern To organise companionship and for all aged services
Ph Marie Roxburgh (Central Otago Coordinator) (03) 448 7075

Alzheimers Society <https://alzheimersotago.org.nz/> Ph Donna 03 448 9056

Budgeting Advice

Central Otago Budgeting Services Inc Ph Pam Hughes 021 0826 3175

Family Works Financial Mentor Ph Nicole Huddleston 021 629 483

Groceries delivery **Four Square Wanaka** Ph 443 7173

Four Square Albert Town Ph 443 1604

New World Central Email order to wanaka@newworld-si.co.nz
Ph 443 0048

New World Three Parks Email order to
orders.threeparks@newworld-si.co.nz Ph 443 4810

Hire of mobility scooters Bruce Habit Ph 03 443 1915

short term \$20 /week to borrow, for injuries/acc and out of towners.

Meals on Wheels Speak to medical social worker at
Dunstan Hospital Ph 443 4300 or your GP for referral

Medical Centres **Wanaka Medical** Ph 443 0710
Aspiring Medical Ph 443 0725

Mental Health Support **Brief Intervention** available through your GP or contact
Community Networks for a list of Counsellors and Mental
Health services available Ph 443 7799

UC Messenger (Wednesdays) look at *My Community Diary* for weekly events

Penny's Home Care (non-government funded)
<http://pennyhomecare.co.nz/> Ph 027 343 4776

Pharmacies **Aspiring Pharmacy** Ph 443 7986 **Wanaka Pharmacy** Ph 443 8000
Wanacare Pharmacy (Medical Centre) Ph 443 5290

Primetimers (formerly Senior Citizens) Ph Helen Millar 021 043 1054

Rates Rebate/Postponement Scheme

<https://www.qldc.govt.nz/services/rates-property/rates-rebates-remission-postponement> Ph QLDC Wanaka 443 0024

<https://www.orc.govt.nz/rates/rates-rebate> Ph ORC 03 474 0827

Senior Net –Technology/Computer Skills Ph Jan Scown 0223 506 605
www.seniornet.co.nz

Smoke Alarms for help to install and check **Wanaka Volunteer Fire Service** Ph 443 7602

Social Clubs

Wanaka Grandview Club (mixed formerly Probus) Ph David Leslie 443 9262

Pembroke Ladies (formerly Probus) Ph Heather Malcolm 443 5266

Pembroke Men's (formerly Probus) Ph Russell McGeorge 443 9176

Rotary Wanaka Ph Mike Eliot 027 432 9243

Wanaka & District Lions Email: info@wanakalions.co.nz

Wanaka Concert Society <https://www.wanakaconcertsociety.org.nz/>

Ph Kate Lovell 443 9037

Wanaka Travel Club Ph Marion Furneaux 443 8120

Social Workers Referrals available through Community Networks Ph 443 7799

Total Mobility Scheme for subsidised taxis

Ph Community Networks 443 7799 for more info or to arrange an assessment

University of the 3rd Age (U3A) <https://www.u3a.nz/> Ph John Binney 02041134402

Volunteering <https://volunteeringcentral.org.nz/> Ph Gillian 027 506 5705

Wheels to Dunstan For travel to Dunstan Hospital, Alexandra Eye Clinic and to catch the
St John Health Shuttle to Dunedin Ph Community Networks 443 7799 for bookings

For other information and help

Carers New Zealand For information and advice for family carer
Ph 0800 777 797 or visit <http://carers.net.nz/>

Citizens Advice Bureau <https://www.cab.org.nz/>

Family Services National Directory <https://www.familyservices.govt.nz/>

Health & Disability Support Services

Southern District Health Board <https://www.southernhealth.nz/> Ph 03 474 0999

Enable <https://www.enable.co.nz/> Ph 0800 362 253

High Use Health Card/Pharmaceutical Subsidy Card Talk to your GP or visit
<https://www.health.govt.nz/>

Home Insulation/Heating <https://www.energywise.govt.nz/> Ph 0800 749 782

Mobility Parking Scheme <https://www.ccsdisabilityaction.org.nz/> Ph 0800 227 2255

National Travel Assistance Provides financial assistance for medical travel

<https://www.health.govt.nz/new-zealand-health-system/claims-provider-payments-and-entitlements/national-travel-assistance> Ministry of Health Ph 0800 281 222 (press 2)

Seniorline - Helping older people to navigate the system <http://www.seniorline.org.nz/>