

# Kōwhai Programme

## Support for whānau & carers

### Navigating the system: Central Otago Community and Financial Resources

#### Supportive and Financial Resources available in Central Otago

**Central Otago Community Hospice** 03 473 6005  
Care co-ordinator, counsellors, spiritual care worker,  
social worker

#### Community Health Service

District Nursing 03 440 4300  
Equipment - Occupational Therapy 03 440 4300  
Wheels to Dunstan 03 443 7799

#### Needs Assessment & Service Coordination (NASC)

Care Coordination Centre (over 65) 03 470 9300  
Whaikaha Disability Support 0800 566 601  
Kia Roha Your Way 03 477 6211  
Mental Health Synergy Wellness 03 476 2577

**Te Whata Ora** 0800 281 222

Carer Support Subsidy (option 3, 1) 0800 855 066

National Travel Assistance (option 3, 1) 0800 855 222

**Cancer Society** 0800 226 237  
[cancernz.org.nz](http://cancernz.org.nz)

**MND Association**  
South Island Support Advisor 027 298 1189

#### GP and PHO

##### Medical Alarms

Hato Hone St Johns (Central 03 477 7111)  
0800 785 646

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

NevaAlone (Personal Alarms) 0800 111 238  
[adtsecurity.co.nz/health-and-wellness/nevaalone/](http://adtsecurity.co.nz/health-and-wellness/nevaalone/)

**Livingwell Disability Resource Centre** 0800 115 891  
[livingwellcentre.nz](http://livingwellcentre.nz)

Assistive equipment for sale and hire  
Continence products at cost  
Total Mobility Scheme Provider

**Age Concern** 03 448 7075

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

[central@agedconcernotago.nz](mailto:central@agedconcernotago.nz)

Accredited visitor service, Total Mobility Assessment,  
Elder Abuse Falls Prevention

**Sweet Louise** 0800 112 277  
(Support for people with breast cancer)

#### Citizens Advice Bureau

[cab.org.nz](http://cab.org.nz) Queenstown 03 442 6799

Confidential free information, advice, referrals. Have  
specialty services that assist with consumer matters,  
advocacy and JP availability.

**Dunedin RSA Welfare Trust** 03 466 4888

[welfare@dn-rsa.org.nz](mailto:welfare@dn-rsa.org.nz)

Assistance to the service and ex-service community  
[veteransaffairs.mil.nz](http://veteransaffairs.mil.nz)

#### Cromwell Community House

[cromwellcommunityhouse@gmail.com](mailto:cromwellcommunityhouse@gmail.com) 03 445 1690

**Uruuruwhenua Health Inc** 0800 485 111

Kaupapa Māori Health and Wellbeing Service  
[uruuruwhenuahealth.co.nz](http://uruuruwhenuahealth.co.nz)

#### General information

##### Mobility Assistance

- **Mobility Parking Permit**  
CCS Disability Action 0800 227 2255  
[mobilityparking.org.nz](http://mobilityparking.org.nz)
- **Total Mobility** – taxi vouchers available  
via health support groups, e.g. Arthritis  
Foundation, or referral direct to CCS  
Disability Action
- **Community Networks Wanaka** 03 443 7799  
[communitynetworks.co.nz](http://communitynetworks.co.nz)
- **Alexandra Community Advice Network**  
[alexcan@ach.org.nz](mailto:alexcan@ach.org.nz) 03 448 771

##### Finances

- Central Otago Budgeting Services  
[cobas@ach.org.nz](mailto:cobas@ach.org.nz) 03 448 8072
- Alexandra Community House 03 440 0740

##### Meals – Home Delivery

- **Meals on Wheels** 03 440 4300  
(Referral from Health Professional)  
Subsidised cost.
- **Eat.co.nz** 0800 328 333  
Meal packs minimum 5 meals  
Fresh and frozen options.  
Varied menu – check prices.
- **BBquick meals.co.nz** 03 453 1000  
Minimum 8 meals, fresh and frozen options  
[info@bbccatering.co.nz](mailto:info@bbccatering.co.nz)
- **Food for Love (Wanaka only)** 027 365 3350  
(by nomination)  
[food@foodforlovewanaka.com](mailto:food@foodforlovewanaka.com)
- **Pub Grub – Alexa** 021 557 228  
(ready-made gourmet meals & pies). Pick up or  
Delivery Queensberry, Cromwell, Luggate, Pisa  
Moorings, Wanaka  
[info@pubgrub.co.nz](mailto:info@pubgrub.co.nz)

## Otago Council

[codc.govt.nz](http://codc.govt.nz)

Rates Rebate – you may be eligible if:

- You own the property and your name is on rates invoice, and
- Total income is within specified range.

The calculation considers income, number of dependants and rates amount.

## NOTES:

### Funeral Directors

Affinity Funerals	03 448 8405
Central Otago Funerals	03 448 8642

### Residential Care

Alexandra Ranui	03 448 8280
Cromwell Ripponburn	03 445 0021
Wanaka Elmslea	03 443 7899
Ranfurly Maniototo Hospital	03 444 9420
Roxburgh Teviot Valley	03 446 9041
Wanaka Aspiring Enliven	03 555 3010
Cromwell Golden View Care Home	03 928 6015

### Justice of the Peace (JP)

This is a free service. JP's are able to:

- Witness your signature on documents
- Certify copies of documents
- Administer an affidavit
- Complete a declaration

You can find a JP that is close to you via the Yellow Pages in the phone book (under: Justices of the Peace) or [justiceofthepeace.org.nz](http://justiceofthepeace.org.nz)

- Free legal appointments at Alexandra Community House on Mon 12:15-1:15pm and first Tuesday each month at Cromwell Community House.
- Free Justice of the Peace (JP) Clinic at Alexandra Community House on Fri 12:30-1:30pm Cromwell Community House Fri 12-2pm

### Kiwi Saver

You are eligible to withdraw your savings when you turn 65. You may be able to access your savings earlier if you have a serious illness. Contact your kiwi saver provider for more information.

### Life Insurance

Depending on your insurance provider and your policy agreement, you may be able to access your insurance funds on your diagnosis/prognosis. Contact your provider for more information.

