

Kowhai Programme North Otago

Support for families, whānau & carers

Navigating the system: North Otago Community and financial resources

Supportive and Financial Resources Oamaru Contacts

Otago Community Hospice – North Otago Hub

343 Thames Highway
Community Care Coordinators (03) 434 2179
bridget.mcatamney@otagohospice.co.nz
rachael.martin@otagohospice.co.nz
24/7 phone advice service 0800 473 6005

Community Health Services

District Nursing and MOW (03) 433 0670
Social Work (Medical) (03) 433 0290
ext 9063

Needs Assessment & Service Coordination (NASC)

People with age-related disability
North Otago (in same office as SW) 0800 627 236
Disability Support (under 65)
AccessAbility (03) 477 6211
Long Term support for chronic health
Michelle Downey 0800 223 225
Mental Health (under 65)
Alcohol and Drug Service Miramare (03) 434 1125
oamaru@miramare.co.nz

Ministry of Health

Healthpac – Carer Support 0800 458 448
National Travel Assistance 0800 281 222

GP and PHO

HighUser Card
GP Palliative Funding
Care Plus (PHO only)

Medical Alarms

St Johns 0800 785 646
Also have a falls alarm
www.stjohn.org.nz/medical-alarms
NevaAlone 0800 111 238
www.adtsecurity.co.nz/health-and-wellness/nevaalone/

Livingwell Disability Resource Centre 0800 115 891

<https://livingcentre.nz/>
Assistive equipment for sale and hire
Continence products at cost
Total Mobility Scheme Provider

Age Concern

0800 652 105
<https://ageconcernotago.com>
Accredited visitor service, Total Mobility Assessment,
Elder Abuse Falls Prevention

Sweet Louise 027 328 8003

lesley.narayanan@sweetlouise.co.nz
Support for people with breast cancer

Cancer Society

Leanne Kennard (03) 434 3284
Support groups 027 674 4200
0800 226 237
www.cancernz.org.nz

Volunteer drivers

Counselling for clients and/or family members

Coffee group

Accommodation for clients requiring
treatment in Dunedin (03) 477 7447

North Otago Asthma Society

northotagoasthma@xtra.co.nz (03) 434 3202

Heart Foundation NZ

Otago Branch 477 3999
www.heartfoundation.org.nz

Citizens Advice Bureau

www.cab.northotago@xtra.co.nz (03) 434 9743
Confidential free information, advice, referrals. Have
specialty services that assist with consumer matters,
advocacy and JP availability.

St John

0800 785 646
www.stjohn.org.nz
Caring caller 0800 780 780
Supporter scheme:
\$55 Individual, \$75 Joint, \$90 Household

Mobility Assistance

- Mobility Parking Permit available from Somerville
Disability Support Services 0508 787 7678
CCS 03 437 9005
- Total Mobility – taxi vouchers available from
CCS 03 437 9005
Idea Services 03 433 1006
- Cancer Society – volunteers may be available for
transports to medical appointments
- Driving Miss Daisy – (03) 434 8421/027 226 8347
oamaru@drivingmissdaisy.co.nz
- Sharon and Don Green (03) 434 9506
oamarudunedinshuttle@gmail.com
- Whitestone Taxis (03) 434 1234
Have two wheelchair taxis, operate a bus servicing
north end of Oamaru, runs three times daily Mon-Fri

Meals – Home Delivery

Most supermarkets have a small range of fresh or frozen ready meals.

- **Meals on wheels** (03) 470 9113
Need a referral from GP or hospital, \$5.00
- **Eat.co.nz** 0800 328 333
Meal packs of 5-6 meals with soup or dessert.
Fresh and frozen options. Varied menu – check prices
- **Couplands** (03) 434 2250
Ready meals
- **The Hangi Pie Food Delivery Service**
Andrea and Bruce 027 721 8922
- **Whalan Lodge Rest Home, Kurow** (03) 436 0578
Meals on Wheels through
Oamaru District Nurses Oamaru
- **Four Square, Kurow** (03) 436 0720
Some ready meals
- **BB Quick Meals** 03 453 1000
<https://bbquick.co.nz/>
Frozen meals bulk delivered

Age Concern Waitaki (03) 434 7008
Information
Wheelchair hire
Accredited visiting service

North Otago Budget Advice (03) 434 6196
Free confidential budgeting service.

Pet Care
Four Paws Home Sitting Service 021 109 1344
Ritz on Reservoir 027 368 0478
Paws Awhile Cattery (03) 434 1296
Kritter Sitter 027 434 2044

Waitaki Council

Rates Rebate – you are eligible if:

- you own the property and your name is on the rates invoice, and
- the total income of the owners of the property is within the range given.

The calculation use to determine your rates rebate takes into account your income, number of dependents, and the amount of rates you pay.

- The maximum rebate for the current rating year (1 July 2021 to 30 June 2022) is \$665.

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 www.justiceofthepeace.org.nz or ask at Oamaru Library

Kiwi Saver

You are eligible to withdraw your savings when you turn 65. You can access your savings earlier if you have a serious illness. Contact your kiwi saver provider to gain your savings.

Life Insurance

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

Funeral Homes

Oamaru Funeral Services
Paul Searle (03) 434 8266
www.wallsfuneralservices.oamaru.net.nz

Whitestone Funerals (03) 434 8266
www.whitestonefuneralsoamaru.co.nz

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