

Kōwhai Programme

Support for whānau & carers

Navigating the system: Dunedin Community and Financial Resources

Supportive and Financial Resources available in Dunedin

Otago Community Hospice 473 6005
(Free phone: 0800 473 6005)

Dunedin Hospital Community Health Services

District Nurses 476 6044
Meals on Wheels 470 9113
Short term loan equipment 470 9197

Needs Assessment & Service Coordination (NASC)

Care Coordination Centre (over 65) 470 9300
Disability Support (under 65)
Kia Roha Your Way 0800 008 011
Mental Health (under 65) Miramare 474 5552

Ministry of Health 0800 281 222

Carer Support & National Travel Assistance

GP and PHO

HighUser Card
GP Palliative Funding

Medical Alarms

St Johns 0800 785 646

Also have a falls alarm
stjohn.org.nz/medical-alarms

NevaAlone 0800 111 238
adtsecurity.co.nz/health-and-wellness/nevaalone/

Livingwell Disability Resource Centre 0800 115 891
livingwellcentre.nz

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

Age Concern 0800 652 105
ageconcernotago.com

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

Sweet Louise 027 328 8003
Support for people with breast cancer

Cancer Society 477 7447
cancernz.org.nz

Volunteer visitor service
Transport to hospital appointments
Support groups

MND Association
Chevonne – Sth Is Fieldworker 029 777 9944
southisfieldwork@mnda.org.nz

Citizens Advice Bureau 471 6166
cab.org.nz

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

Dunedin RSA Welfare Trust 466 4888
welfare@dn-rsa.org.nz

Assistance to the service and ex-service community

Hato Hone St John 0800 785 646
stjohn.org.nz

Caring caller 0800 780 780
Health Shuttle 0800 103 046

Supporter scheme:
\$55 Individual, \$75 Joint, \$90 Household

Māori Cancer Kaiārahi Service
Arai te Uru Whare Hauora 471 9960

Mama Taana mama.taana@tekaika.nz
25 College Street, Caversham, Dunedin

Dunedin City Council

DCC Rates Rebate

You may be eligible depending on household income
and number of dependents. Search DCC Rates rebate or
the web address below to check.

The maximum 2024/2025 rebate is \$790 and is credited
to your rate account.

dunedin.govt.nz/services/rates-information/rates-rebate

Assisted Rubbish Collection

If you need help putting out your
wheelie bins. 03 4777 4000

Electricity Fund

- Grant towards an electricity account.
- Need to see a Budget Advisor (they are available
through: Anglican Family Care, Presbyterian Support
Services, Salvation Army, Budget Advisory Service,
Catholic Social Services).

General information

Mobility Assistance

Mobility Parking Permit

- CCS Disability Action 0800 227 2255
mobilityparking.org.nz
- Sommerville Disability Support Services 0508 787 7678
sommerville.org.nz

Total Mobility

Reduced price taxis through the Otago Regional Council
Enquiries: orc.govt.nz/public-transport/total-mobility

Assessments done by:

Age Concern	03 477 1040
CCS Disability Action	0800 227 2255
Disability Information Service	0800 693 342
Livingwell Disability Resource Centre	03 471 6152
Presbyterian Support Otago	03 477 7115

Assisted Mobility Transport

- St John Health Shuttle 0800 103 046
- Big Johns Mobility Express 0800 566 893
022 5244 564
027 228 0035
- Freedom Companion Drivers
Sally McArthur
dunedinnorth@freedomdrivers.co.nz
- Driving Miss Daisy 03 467 5017
Kerri Bolt 021 503 298
dunedinth@drivingmissdaisy.co.nz
- Lyn Hippolite 03 486 2033
021 503498

dunedinth@drivingmissdaisy.co.nz

DCC Card

- 75+ Parking Permit: allows drivers aged 75 years and over to park for free in pay & display areas up to the maximum stay.
dunedin.govt.nz/services/parking/schemes-and-permits/75-parking-permit

Meals – Home Delivery

- **Meals on wheels** 03 470 9113
Need a referral from GP or hospital
Main and dessert, Mon-Fri
- **St Barnabas** 03 455 8298
Mon-Sat various meal options (soups, hot, frozen, sandwiches, puree options). Delivered or can be picked up.
- **Taieri Court, Mosgiel** 03 489 6044
Main and dessert; delivery \$0.50 in Mosgiel
Mon to Fri, plus frozen options
- **Eat.co.nz** 0800 328 333
Meal packs of 5-6 meals with soup or dessert.
Fresh and frozen options. Varied menu.
- **BBQuick Meals** 03 453 1000
info@bbcatering.co.nz
free pick-up, delivery extra.
- **Eat18er** 03 420 0722
eat18r@yahoo.com
Deliver on a Friday to Dunedin/Mosgiel, have a delivery charge – \$6.00
- **Your Pro Chef** 03 473 1680
karl@yourprochef.nz
\$7.99 - \$19.90 frozen meals delivery charge,
free pick up from North East Valley
- **Lou's Kitchen** 021 201 5150
Mains, soups, desserts. Menu changes weekly.
Delivery charge \$6.00.
- **The Bowling Club**
thebowlingclub.co.nz
Frozen and hot meals, pick up or home delivery.
Can pay as you can afford. See website for details.

Pet Care

Free emergency foster care, pet feeding, dog care and walking, adoptions (re-homing).

SPCA	03 473 8252
Urban Canine – Lauren McNeil	021 296 4249
Cat Rescue	03 487 6789

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

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.

NOTES:

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