

# Kōwhai Programme

## Support for whānau & carers

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

#### Otago Community Hospice

24 hour telephone advice 0800 473 6005

#### Community Health Services

Clutha Health First (03) 419 0500

#### District Nursing & MOW

Social Work (Medical)

Mental Health (Under 65)

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

#### People with age-related disability

Dunedin Site 0800 627 236

South Otago – Sandra Faddes (03) 419 0520

Disability Support (Under 65) (Inv) 0800 223 225

Your Way/Kia Roha (03) 477 6211

0800 758 700

Mental Health, Alcohol & Drug Service (03) 419 0440

(acute care or after hours) 0800 443366

Rural Support Trust 0800 787254

#### Ministry of Health

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

Carer Support 0800 855 066

National Travel Assistance 0800 855 066 (press 2)

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

NevaAlone 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

<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](mailto:lesley.narayanan@sweetlouise.co.nz)

Support for people with breast cancer

#### Home Care Agencies

HealthcareNZ (03) 418 3666

0800 002 722

#### Access Home Health

(03) 418 0299

0800 284 663

[access.org.nz](http://access.org.nz)

#### Cancer Society – South Otago

[cancernz.org.nz](http://cancernz.org.nz)

37 Clyde Street, Balclutha – Helpline: 0800 226 237

Diana Power (03) 418 3916

027 2777 632

[diana.power@cansoc.org.nz](mailto:diana.power@cansoc.org.nz)

#### Support groups

Volunteer home support.

Volunteer drivers.

Counselling for clients and/or family members

Some equipment – power lazyboys/call bells/baby  
monitors

Accommodation for clients requiring treatment in Dunedin

Community Support.

#### MND Association

South Island Fieldworker

[southisfieldwork@mnda.org.nz](mailto:southisfieldwork@mnda.org.nz)

Chevonne Stringer 029 777 9944

#### Catlins Information Centre & Library

10 Campbell Street, Owaka 9535 (03) 415 8371

#### Clutha Budget Advisory Service

Open Tues, Weds & Thurs 9.30-2.30

14C James Street, Balclutha (03) 418 0463

[advice@budgetingclutha.org.nz](mailto:advice@budgetingclutha.org.nz)

#### Clutha Information & Service

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

4 Clyde Street, Balclutha (03) 418 0388

[clutha.vin@cluthadc.govt.nz](mailto:clutha.vin@cluthadc.govt.nz)

Diabetes NZ – South Otago Branch (03) 418 2681

34 Lanark Street, Balclutha – Ila Ryan

Grey Power – South Otago 027 963 4161

12 Athol Place, Balclutha – Ray Crosswell

#### Meals – Home Delivery

- Meals on Wheels (03) 419 0500

\$5.50 subsidised – assessed by District Nurses;  
or \$8.50 unsubsidised)

- Eat.co.nz 0800 328 333

(from \$8.80 + delivery charge for up  
to 14 meals – Eat.co.nz do deliver  
nationwide however they do not do  
rural deliveries so phone to check  
your address includes delivery).

## Mobility Assistance

### Mobility Parking Permit

- CCS Disability Action 0800 227 2255  
[mobilityparking.org.nz](http://mobilityparking.org.nz)

- Sommerville Disability Support Services 0508 787 7678  
[leigh@sommerville.org.nz](mailto:leigh@sommerville.org.nz)

### Total Mobility

Reduced price taxis through the Otago Regional Council  
Enquiries:

[orc.govt.nz/public-transport/total-mobility](http://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

**Cancer Society** – volunteers may be available for transport to medical appointments.

**Hato Hone St. John** 0800 785 646  
[stjohn.org.nz](http://stjohn.org.nz)

7 High Street, Balclutha (03) 418 0840

Supporter Scheme Membership  
(includes free emergency ambulance cover).

Fee: Individual \$55; 2 people at same address \$75;  
Household \$90

Non-member part charge for ambulance – \$98

Caring Caller

0800 780 780

If you, or someone you know would benefit from regular telephone contact.

## Shopping Delivery

**Rosebank 4 Square, Balclutha** (03) 418 0811  
(Free delivery within the town – payment to be arranged)

**Milton 4 Square** (03) 417 8736  
(Free delivery – payment to be arranged).

### Tapanui 4 Square - Matt

(03) 204 8630

(Free delivery on Wednesdays. Delivery on days other than Wednesdays to be arranged – Phone to discuss)

**Owaka 4 Square – Ross or Pip** (03) 415 8201

(Free delivery if close by; for rural areas can be delivered by Rural Delivery van – no charge for Hospice patients)

## Taxi

**Nathan's Taxi** 027 804 0592

Mondays, Tuesdays, Thursdays & Fridays, 9am-5pm.

Bookings preferred.

## Clutha District Council

1 Rosebank Terrace, Balclutha

(03) 419 0200

0800 801 350

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

### Rates Rebate

To be eligible for a rates rebate for the 2022/23 rating year;

- You must be the legal ratepayer for the property that was your home on 1 July 2022.
- You must pay rates for the home in which you live in.
- You must be an individual i.e. not a family trust.
- It must not principally be used for commercial, industrial, business or farming purposes.

The amount of any rates rebate is based on three factors;

- The amount of your annual rates levy.
- The total income received by you and your partner.
- The number of dependents residing on the property.

## Justice of the Peace (JP)

This is a free service and you can find a JP that is close to you via the Yellow Pages in the phone book (under: Justices of the Peace) or look up JP's in your area on the website [justiceofthepeace.org.nz](http://justiceofthepeace.org.nz)

JP's are able to:

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

## 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 apply for early withdrawal of 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.

