

# Kōwhai Programme

## Support for whānau & carers

### Navigating the system: Dunedin Community and Financial Resources

#### Supportive and Financial Resources available in Dunedin

<b>Otago Community Hospice</b>	473 6005 (Free phone: 0800 473 6005)
<b>Dunedin Hospital Community Health Services</b>	
District Nurses	476 6044
Meals on Wheels	470 9113
Short term loan equipment	470 9197
<b>Needs Assessment &amp; Service Coordination (NASC)</b>	
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
<b>Ministry of Health</b>	<b>0800 281 222</b>
Carer Support & National Travel Assistance	
<b>GP and PHO</b>	
HighUser Card	
GP Palliative Funding	
<b>Medical Alarms</b>	
<b>St Johns</b>	0800 785 646
Also have a falls alarm	
<a href="http://stjohn.org.nz/medical-alarms">stjohn.org.nz/medical-alarms</a>	
<b>NevaAlone</b>	0800 111 238
<a href="http://adtsecurity.co.nz/health-and-wellness/nevaalone/">adtsecurity.co.nz/health-and-wellness/nevaalone/</a>	
<b>Livingwell Disability Resource Centre</b>	0800 115 891
<a href="http://livingwellcentre.nz">livingwellcentre.nz</a>	
Assistive equipment for sale and hire	
Continence products at cost	
Total Mobility Scheme Provider	
<b>Age Concern</b>	0800 652 105
<a href="http://ageconcernotago.com">ageconcernotago.com</a>	
Accredited visitor service, Total Mobility Assessment, Elder Abuse Falls Prevention	
<b>Sweet Louise</b>	027 328 8003
Support for people with breast cancer	
<b>Cancer Society</b>	477 7447
<a href="http://cancernz.org.nz">cancernz.org.nz</a>	
Volunteer visitor service	
Transport to hospital appointments	
Support groups	
<b>MND Association</b>	
Chevonne – Sth Is Fieldworker	029 777 9944
<a href="mailto:southisfieldwork@mnda.org.nz">southisfieldwork@mnda.org.nz</a>	

<b>Citizens Advice Bureau</b>	471 6166
<a href="http://cab.org.nz">cab.org.nz</a>	
Confidential free information, advice, referrals. Have specialty services that assist with consumer matters, advocacy and JP availability.	
<b>Dunedin RSA Welfare Trust</b>	466 4888
<a href="mailto:welfare@dn-rsa.org.nz">welfare@dn-rsa.org.nz</a>	
Assistance to the service and ex-service community	
<b>Hato Hone St John</b>	0800 785 646
<a href="http://stjohn.org.nz">stjohn.org.nz</a>	
Caring caller	0800 780 780
Health Shuttle	0800 103 046
Supporter scheme: \$55 Individual, \$75 Joint, \$90 Household	
<b>Māori Cancer Kaiārahi Service</b>	
Arai te Uru Whare Hauora	471 9960

#### Dunedin City Council

<b>DCC Rates Rebate</b>	
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.	
<a href="http://dunedin.govt.nz/services/rates-information/rates-rebate">dunedin.govt.nz/services/rates-information/rates-rebate</a>	
<b>Assisted Rubbish Collection</b>	
If you need help putting out your wheelie bins.	03 4777 4000
<b>Electricity Fund</b>	
<ul style="list-style-type: none"><li>Grant towards an electricity account.</li><li>Need to see a Budget Advisor (they are available through: Anglican Family Care, Presbyterian Support Services, Salvation Army, Budget Advisory Service, Catholic Social Services).</li></ul>	

#### General information

<b>Mobility Assistance</b>	
<b>Mobility Parking Permit</b>	
<ul style="list-style-type: none"><li>CCS Disability Action 0800 227 2255</li></ul>	
<a href="http://mobilityparking.org.nz">mobilityparking.org.nz</a>	
<ul style="list-style-type: none"><li>Sommerville Disability Support Services 0508 787 7678</li></ul>	
<a href="http://sommerville.org.nz">sommerville.org.nz</a>	

### 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

#### Assisted Mobility Transport

- St John Health Shuttle 0800 103 046
- Big Johns Mobility Express 0800 566 893  
022 5244 564
- Freedom Companion Drivers 027 228 0035  
Sally McArthur  
[dunedinnorth@freedomdrivers.co.nz](mailto:dunedinnorth@freedomdrivers.co.nz)
- Driving Miss Daisy 03 467 5017  
Kerri Bolt 021 503 298  
[dunedinth@drivingmissdaisy.co.nz](mailto:dunedinth@drivingmissdaisy.co.nz)
- Lyn Hippolite 03 486 2033  
021 503498  
[dunedinsth@drivingmissdaisy.co.nz](mailto:dunedinsth@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](http://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](mailto:info@bbcatering.co.nz)  
free pick-up, delivery extra.
- **Eatl8er** 03 420 0722  
[eatl8r@yahoo.com](mailto:eatl8r@yahoo.com)  
Deliver on a Friday to Dunedin/Mosgiel, have a delivery charge – \$6.00
- **Your Pro Chef** 03 473 1680  
[karl@yourprochef.nz](mailto: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](http://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](http://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: