

For information on how to access government funded support for Care at Home or Rest-home Care:

Aged Care Needs Assessment and Service Coordination Dunedin

Ph: 03 470 9300 or 0800 627 236

Having a Needs Assessment: <https://www.healthpoint.co.nz/public/older-peoples-health/southern-dhb-needs-assessment-care-coordinator-1/>

Home Help: <https://www.workandincome.govt.nz/products/a-z-benefits/home-help.html>

Visit these websites: <https://www.eldernet.co.nz/>
<https://www.access.org.nz/>

Local Providers of Government Funded Services and more information on health include:

Dunstan Hospital Ph: 03 440 4300 (Allied Health)
<https://www.cohsl.co.nz/our-services>

<https://www.health.govt.nz/about-ministry/leadership-ministry/allied-health>

Healthcare NZ (Personal Care and Household Management) Ph: 0800 333 676
<https://www.healthcarenz.co.nz/>

Healthline Ph: 0800 611 116 <https://www.health.govt.nz/your-health/services-and-support/health-care-services/healthline>

Royal District Nursing Service Ph 0800 736 769 <https://www.rdns.org.nz/>



34 McDougall St, Wanaka | Ph: (03) 443 7799

<https://communitynetworks.co.nz/>

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Useful Information for our Seniors

Superannuation

Click on 'Apply for NZ Super' at www.seniors.ms.govt.nz or call: 0800 552 002

Selecting your Tax Code (or other tax queries)

<https://www.ird.govt.nz/income-tax/income-tax-for-individuals/tax-codes-and-tax-rates-for-individuals/tax-codes-for-individuals/work-out-my-tax-code> or call 0800 227 774 with your IRD number ready

Financial Assistance

SuperGold Card offers discounts from some business and government/local council services. Visit www.supergold.govt.nz or call: 0800 25 45 65

For more information and to find out how you can get more help and/or apply for an Accommodation Supplement, Community Services Card, Disability Allowance or the Winter Energy Payment, check out this brochure, '**Services for Seniors**'

<https://www.workandincome.govt.nz/documents/eligibility/seniors/services-for-seniors.pdf>

Work and Income application forms are available at Community Networks or visit www.workandincome.govt.nz/eligibility/seniors/index.html or call: 0800 999 999

Local Support:

- Age Concern** To organise companionship and for all aged services
Freephone: 0800 652105 and for Central Otago (03) 448 7075
- Alzheimers Society** <https://alzheimersotago.org.nz/>
- Budgeting Advice**
Central Otago Budgeting Services Inc Ph: 03 4488072 cobas@ach.org.nz
Family Works Financial Mentor Ph: Nicole Huddleston 021 629 483
- Grocery deliveries** **Four Square Wanaka** Ph: 03 443 7173
Four Square Albert Town Ph: 03 443 1604
New World Central Email order to wanaka@newworld-si.co.nz Ph: 03 443 0048
New World Three Parks Ph: 03 443 4810
Email order to orders.threeparks@newworld-si.co.nz
- Hire of mobility scooters** Bruce Habit Ph: 03 443 1915
short term \$20 /week to borrow, for injuries/ACC and out of towners.
- Meals on Wheels** Speak to medical social worker at Dunstan Hospital Ph: 03 443 4300 or your GP for referral
- Medical Centres** **Wanaka Medical Centre** Ph: 03 443 0710
Aspiring Medical Centre Ph: 03 443 0725
- Mental Health Support** **Brief Intervention** available through your GP or contact Community Networks for a list of Counsellors and Mental Health services available
Ph: 03 443 7799
- UC Messenger (Wednesdays)** look at *My Community Diary* for weekly events
- Penny's Home Care** Ph: 027 343 4776 <http://pennyshomecare.co.nz/>
(non-government funded)
- Pharmacies** **Aspiring Pharmacy** Ph: 03 443 7986
Wanaka Pharmacy Ph: 03 443 8000
Wanacare Pharmacy (Medical Centre) Ph: 03 443 5290
- PrimeCare NZ** <http://primecare.nz> (non-government funded)
Email: laura@primecare.nz Ph: 027 365 6669
- Primetimers** Ph: 021 043 1054 Helen Millar
(formerly Senior Citizens)
- Rates Rebate/Postponement Scheme** Ph: QLDC Wanaka 03 443 0024
<https://www.qldc.govt.nz/services/rates-property/rates-rebates-remission-postponement>
<https://www.orc.govt.nz/rates/rates-rebate> Ph: ORC 03 474 0827
- Seniorline** Helping older people to navigate the system
<http://www.seniorline.org.nz/>

Senior Net www.seniornet.co.nz Technology/Computer Skills Ph: 0223 506 605 Jan Scown

Smoke Alarms for help to install and check **Wanaka Volunteer Fire Service** Ph: 03 443 7602

Social Clubs Wanaka

Grandview Club (mixed formerly Probus) Ph: David Leslie 03 443 9262
Pembroke Ladies (formerly Probus) Ph: Heather Malcolm 03 443 5266
Pembroke Men's (formerly Probus) Ph: Russell McGeorge 03 443 9176
Rotary Wanaka Ph: Mike Eliot 027 432 9243
Wanaka & District Lions Email: info@wanakalions.co.nz
Wanaka Concert Society <https://www.wanakaconcertsociety.org.nz/>
Ph: Kate Lovell 021 481358
Wanaka Travel Club Ph: Marion Furneaux 03 443 8120

Social Workers Referrals available through Community Networks Ph 443 7799

Total Mobility Scheme for subsidised taxis www.ccsdisability.org.nz
Ph: Community Networks 03 443 7799 for more info or to arrange an assessment

University of the 3rd Age (U3A) <https://www.u3a.nz/> Ph: John Binney 0204 1134402

Volunteering <https://volunteeringsouth.org.nz/> Ph: Gillian 027 506 5705

Wheels to Dunstan Ph: Community Networks 03 443 7799 for bookings
For travel to Dunedin Hospital/St John Health Shuttle Ph: 0800 103046

For other information and help

Carers New Zealand For information and advice for family carer Ph: 0800 777 797 or visit
<http://carers.net.nz/>

Citizens Advice Bureau <https://www.cab.org.nz/> Ph: 0800 367 222

Family Services National Directory <https://www.familyservices.govt.nz/>

Health & Disability Support Services
Southern District Health Board <https://www.southernhealth.nz/> Ph: 03 474 0999
<https://www.enable.co.nz/> Ph: 0800 362 253 (enable)

High Use Health Card/Pharmaceutical Subsidy Card Talk to your GP or visit
<https://www.health.govt.nz/>

Home Insulation/Heating www.eecq.govt.nz Ph: 0800 749 782

Mobility Parking Scheme <https://www.ccsdisabilityaction.org.nz/> Ph: 0800 227 2255

National Travel Assistance Provides financial assistance for medical travel
<https://www.health.govt.nz/new-zealand-health-system/claims-provider-payments-and-entitlements/national-travel-assistance> Ministry of Health Ph: 0800 855 066 (press 2)