'PLANNING FOR CHANGE AS WE AGE' RESOURCES

HOME SUPPORT

NASC
Nelson/Marlborough: 281 Queen Street, Richmond, 7020, phone: 0800 244 300,
email: support.works@nmdhb.govt.nz
Need Assessment Services Co-ordination agencies work with older people to help identify their needs and to outline what support services are available.

Seniorline: www.seniorline.org.nz/living-in-your-own-home/home-care/
Information on support available for living in your own home.

Eldernet: www.eldernet.co.nz/making-life-easier
Home and community services.

Health Quality and Safety Commission NZ: www.hqsc.govt.nz/resources/resource-library/my-advance-care-plan-and-guide/ Provides the downloadable advance care plan (ACPlan) and guidance on what you might think about or consider as you complete your advance care plan.

Shuttle Service: The 'Wrinklies Express' is a member-only service providing transport to medical appointments for people over 50, and disabled persons. Users pay an annual subscription and are asked to make a donation for each trip. Contact Hank Visker 03 525 9775. See the pdf Transportation and Me for other transport and food support services in the Nelson Tasman region.

RESIDENTIAL CARE

Ministry of Health: www.health.govt.nz/system/files/documents/publications/long-term-residential-care-for-older-people-feb19.pdf
This is a very useful booklet that goes through all the steps required to access long term residential care, including the cost and subsidies.

Eldernet: www.eldernet.co.nz/
List of retirement villages and care homes across NZ. It also has up to date information about vacancies. A booklet called *Where From Here* provides information on services and is available for purchase from their website.

Golden Bay Community Health Aged Residential Care: www.gbhealth.org.nz/resthome

Abbeyfield: www.abbeyfield.co.nz

NZ Government: www.govt.nz/browse/health/rest-homes-and-residential-care/choose-your-residential-care/
Online information on choosing you residential care.

Work and Income: www.workandincome.govt.nz/eligibility/health-and-disability/residential-care.html Information on financial assistance available for home or residential care.

Seniorline: www.seniorline.org.nz/rest-homes-hospitals/
A guide for support in navigating the move into residential care.

OTHER USEFUL WEBSITES

Ministry of Health: information on support services for older people. www.health.govt.nz/your-health/services-and-support/health-care-services/services-older-people/support-services-older-people

Office for Seniors, Ministry of Social Development: information promoting the wellbeing and concerns of older people and increasing awareness of the issues facing our ageing population. https://officeforseniors.govt.nz

Work and Income Senior Services: information relating to superannuation, entitlements, work and income, financial means assessment and gold cards. www.workandincome.govt.nz/eligibility/seniors/index.html

Age Concern NZ works to promote the rights, quality of life and well-being of older people around New Zealand. www.ageconcern.org.nz

Agewell promotes the quality of life and well-being of older people and advocates positive healthy ageing for people of all ages. www.ageconcern.org.nz/Public/Information/Age_Well/Public/Info/Age_Well.aspx?hkey=066ae373-f5a9-432a-98dd-1ec69bcd333a

Alzheimers NZ is a support and advocacy organisation for people with dementia, their carers, family, whānau and community. https://alzheimers.org.nz

Citizens Advice Bureau provides information on a wide range of topics as well as specialist consumer advocacy services, and free legal and budget advice. www.cab.org.nz

Dementia New Zealand supports the delivery of high-quality services by dementia organisations working in the community. https://dementia.nz

Greypower NZ is an association for all New Zealanders aged 50 years and over. It acts as a public voice to represent the views and issues of its members. https://greypower.co.nz

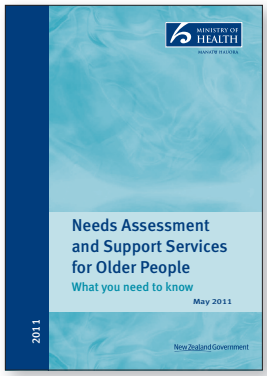
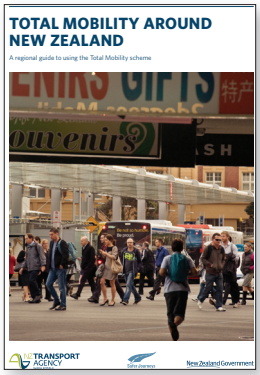
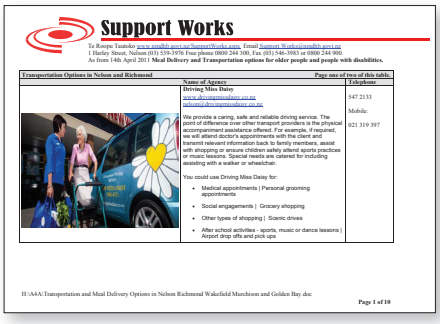
Live Stronger provides information for older people and their carers about preventing falls and fractures. (ACC, Ministry of Health, Health Quality & Safety Commission) www.livestronger.org.nz

New Zealand Home & Community Health Association provides information on available home health care services. https://hcha.org.nz

Residential Care Line provides information for older people, their family/whānau, or carers to make decisions about staying at home, retirement villages, homecare, day care and rest homes. 0800 725 463

Safer Walking / WanderSearch New Zealand provides information related to people with cognitive impairments including dementia, Alzheimer's and autism who are at risk of going missing (wandering) and a directory of groups that provide WanderSearch programme in New Zealand. https://wandersearchnz.org.nz

Sorted provides information on managing your money and moving into a rest home or retirement village. https://sorted.org.nz

SuperGold Card is a discounts and concessions card issued free to all eligible seniors and veterans. https://supergold.govt.nz

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