

# Independent living guide Birth to 64 years

*People Achieving Life Satisfaction*

This brochure may assist you to identify possible solutions to some challenges you could face each day while maintaining your independence

## Contact details

FOCUS

Wairarapa Hospital

Blair St

Masterton

Ph: 0800 900 001 or 06 946 9813

Email: [focus@wairarapa.dhb.org.nz](mailto:focus@wairarapa.dhb.org.nz)



# CONTENTS

1.	Who is FOCUS	1
2.	What is a disability	1
3.	How do I get help from FOCUS	1
4.	Physical Wellbeing and Daily Activities	2
5.	Mental Emotional and Spiritual Wellbeing	4
6.	Sleep Routines	6
7.	Healthy Eating	7
8.	Continence Issues	7
9.	Remaining Well	8
10.	Good Circulation	9
11.	Mobility and Transport	10
12.	Home Safety and Security	11
13.	Healthy Homes	13
14.	Environment and Neighbourhood	13
15.	Legal and Financial Support	14
16.	Lighting and Energy Efficiency	15
17.	Abuse and or Neglect	16

# NOTES

## **Who is FOCUS?**

FOCUS is a service of the Wairarapa District Health Board. FOCUS is a Needs Assessment Service Co-ordination (NASC) Agency for people who have a disability.

FOCUS receives referrals for Community Nursing, Kahukura (palliative care), Short Term and Long-term Support Services.

FOCUS also provides Needs Assessment and arranges support services for people with long-term disabilities. The aim is to support a person's independence.

## **What is a disability?**

A disability is an impairment which can make routine tasks more difficult or impossible.

The Ministry of Health definition of disability for access to Disability Support Services (DSS) is:

- People who have a physical, intellectual or sensory disability (or a combination of these) which:
  - Is likely to continue for at least 6 months
  - Limits their ability to function independently, to the extent that ongoing support is required

These are mainly younger people under the age of 65 years.

The Ministry will also fund DSS for people with:

- Some neurological conditions that result in permanent disabilities
- Some developmental disabilities in children and young people, such as autism
- Physical, intellectual or sensory disability that co-exists with a health condition and/or injury.

## **How do I get help from FOCUS?**

Anyone can refer to FOCUS. You may give consent to another person who can refer on your behalf.

You do not have to go through your DOCTOR, although that can be helpful as your DOCTOR knows a lot about your disability and medical history.

If you would like help regarding making a referral please contact us.

**CHALLENGES****POSSIBLE SOLUTIONS****Physical Wellbeing & Daily Activity**

- Remain physically active
- Regular daily walking or walking groups
- Muscle strengthening and weight-bearing exercises
- Exercises using a range of movement
- Exercise DVDs or exercise with friends
- Swimming groups
- Gardening
- Sports clubs
- Toy libraries
- Youth groups
- Play groups

**INFORMATION/ASSISTANCE**

- Citizens Advice Bureau, Ph: 377 0078, 0800 367 222, [www.cab.org.nz](http://www.cab.org.nz)
- Check your local paper and newsletters
  - Wairarapa Times Age
  - Community News
  - Wairarapa News
  - Carterton Crier
  - Greytown Grapevine
  - Martinborough Matters
  - Featherston Phoenix
- CCS Disability Action Wairarapa, information on local activities for people with disabilities e.g. bocchia group, archery, ten pin bowling, Ph: 378 2426
- Destination New Zealand (i-site), for general information on activities in the Wairarapa, Ph: 370 0900, [www.wairarapanz.com](http://www.wairarapanz.com)
- Henley Men's Shed Masterton, Ph: 377 1379
- Menzshed Carterton, Ph: 06 377 3544 or 027 722 0771
- Greytown Menzshed, 06 3047960 or [johnmboon@gmail.com](mailto:johnmboon@gmail.com)
- Martinborough Men's Shed, Ph: 021 905808 or [martinboroughShed@gmail.com](mailto:martinboroughShed@gmail.com)
- Featherston Men's Shed, Ph: 06 3086545 or [featherstonmenzshed@hotmail.com](mailto:featherstonmenzshed@hotmail.com)  
A place for men to be involved in the community, work on projects and be in the company of like-minded blokes
- King Street Art Works, a creative space for those who have used mental health services, Ph:378 9777, [www.kingstreetartworks.co.nz](http://www.kingstreetartworks.co.nz)
- Local gyms and exercise groups
  - Way Yoga, Ph: 377 1802
  - Body Mind Pilates, Ph: 370 1121
  - City Fitness, Ph: 377 7699
  - CLM Health and Fitness, Ph: 370 0060
  - Greytown Health and Fitness, Ph: 304 8656
  - Wai Weight, Ph: 370 9339

**Please feel free to contact these organisations**

- Local Swimming pools
  - Genesis Recreation Centre, Ph:378 7758
  - Carterton, Ph: 379 5067
  - Greytown (only open during summer), Ph:306 9611
- Craft Groups
  - Happy Circle, Ph: 377 2003
  - Care and Craft, Ph: 378 7090
- Community Centres
  - Masterton, Ph: 377 1022
  - Featherston, Ph: 308 8239
- IDEA Services, Vocational services for people with an Intellectual disability, Ph: 370 6450
- Martial Arts
  - Masterton Taekwon-Do, Ph: Simon O'Hara 027 607 3337
  - Okinawan Goju-Ryu Karate-Do Wairarapa Inc,
    - Masterton, Steve Riley, Ph: 378 8814
    - Greytown, John Whitby, Ph: 379 8866 or 027 263 7765
    - Featherston, Paul Cantwell, Ph: 308 9839 or 027 376 9804
- Masterton Senior Citizens and Beneficiaries Association, Ph: Linda 377 5598
- Ministry of Education, for general information about NZ education, contact Group Education, Ph 370 0140 or [www.minedu.govt.nz/Parents](http://www.minedu.govt.nz/Parents)
- Mobility Wairarapa, Ph: 370 1023
- Occupational Therapy Department at the Hospital for equipment, contact your doctor to talk about a referral
- Parkinsons exercise group, Ph: 0800 306 844
- Playgroups, check the yellow pages under play centres & preschool centres, childcare and education or kindergartens for your local centres
- Parent to Parent, support, educate and empower families who have a child or family member with disabilities, health impairments or special needs. 04 569 9398 or [wellington@parent2parent.org.nz](mailto:wellington@parent2parent.org.nz)
- RSA, Ph: 370 0010
- Special Olympics, Contact Regional Coordinator 04 5600369
- STARS Trust, Support transition and related services 06 377 3171
- Sport Wairarapa, will be able to let you know about activities and sports clubs available in the Wairarapa, Ph:370 9157, [www.sportwellington.org.nz](http://www.sportwellington.org.nz)
- St Marks chair exercises, Ph: 379 8371
- STARS Trust, vocational support for people with disabilities Ph: 377 3171
- Te Hauora Runanga, total holistic wellbeing, Ph: 378 0140, [www.tehauora.org.nz](http://www.tehauora.org.nz)
- Toy Libraries, look in your phone book or contact Citizens Advice for a local group
- Walking groups, contact Sport Wairarapa or find a group of friends to walk with
- Participate in the annual Walk Wairarapa, contact Wairarapa Population Health (formally Public Health), Ph: 946 9814
- Wairarapa Addiction Services, Ph: 377 3156
- Wairarapa REAP for activities available in the Wairarapa,

**Please feel free to contact these organisations**

Ph: 377 1379 or 0800 WAIREAP, [www.waireap.org.nz](http://www.waireap.org.nz)

- Wairarapa Population Health (formally Public Health), Ph: 946 9814
- Age Concern Wairarapa WOOPs Inc, Ph: 377 0066
  - Sit and Be Fit
  - Walking Group
  - Water Aquarobics
- Whaiora, a face-to-face service about wellness, Ph: 370 0818, [www.whaiora.org.nz](http://www.whaiora.org.nz)
- Wairarapa Women’s Centre, Ph: 378 2453
- YMCA, Ph: 377 5499
  - Tai Chi - several locations in the Wairarapa
  - Aqua aerobics - 3 times a week at Lansdowne Park
- Youth Groups
  - Scouting New Zealand, Ph: 0800 scouts (726 887), [www.scouts.org.nz](http://www.scouts.org.nz)
  - Girl Guiding New Zealand, Ph: Janet Palmer-Langley 377 0272, [www.girlguidingnz.org.nz](http://www.girlguidingnz.org.nz)
  - Church groups – check the phone book for groups available in your area
  - Masterton Youth Council, Glenda Moss, Ph: 377 1379 or txt 0222 670 0645
  - The Spot youth Centre, Glenda Moss, Ph: 377 1379 or txt 0222 670 0645

### CHALLENGES

### POSSIBLE SOLUTIONS

#### Mental Emotional & Spiritual Wellbeing

- Make yourself lists or notes
- Establish routines
- Mental stimulation, keep learning
- Remain active and involved with family, friends and community
- Get to know your neighbour
- Join your local library (ask about home delivery)
- Become involved with church, club or social groups
- Balance rest and activity periods
- Neighbourhood support groups
- Puzzles and crosswords
- Internet
- Creative pastimes

### INFORMATION/ASSISTANCE

- Accredited Visiting Service, provides visits and support, Ph: 377 0066 [avs@woops.org.nz](mailto:avs@woops.org.nz)
- Adult Continuing Education, Wairarapa College, Rex Fowler 370 0410, [r.fowler@waicol.co.nz](mailto:r.fowler@waicol.co.nz) [http://www.waicol.co.nz/community\\_education.php](http://www.waicol.co.nz/community_education.php)
- Alzheimer’s Incorporated and Related Disorders Society, Ph: 377 0066
- CCS Disability Action Wairarapa, supporting people with disabilities and their families to live successfully in the home and community, Ph: 378 2426
- Grey Power, Ph: 378 6268
- Harmony Ladies, ladies entertainment group, Ph: 378 8192 or 377 3206

**Please feel free to contact these organisations**

- Check your local paper and newsletters - Wairarapa Times Age, Community News, Wairarapa News, Carterton Crier, Greytown Grapevine, Martinborough Matters, Featherston Phoenix
- Libraries
  - Masterton, Ph:370 6300
  - Carterton, Ph:379 5071
  - Greytown, Ph: 304 9061
  - Featherston, Ph:308 9030
  - Martinborough, Ph:306 9758
- Rangitane O Wairarapa, iwi based social services including counselling, Ph: 370 8984
- Savage Club, entertainment club, Ph: 377 0343
- Senior Citizen Assn, Ph:378 6595
- Senior Net, Ph: 378 2565, [www.waisenior.orconhosting.net.nz](http://www.waisenior.orconhosting.net.nz)
- Supporting Families, for support and education for families affected by mental illness, Ph:377 3081
- Te Hauora Runanga O Wairarapa, Ph:378 0140
- Whaiora, a face-to-face service about wellness, Ph: 370 0818
- Age Concern Wairarapa Woops Inc, Ph: 377 0066
  - Telling Your Stories
  - Choir (Melody Makers)
  - Lunch at the movies
  - Coffee Mornings,
    - Masterton, 1st Tuesday, Town Hall
    - Carterton/Greytown 3rd Friday, Carterton RSA
    - Featherston – 2nd Wednesday, Community Centre
- To Be Heard, for help with mild to moderate mental health concerns, Ph: 370 8055
- U3A, University of the Third Age, social and cultural groups for people in retirement or semi-retirement, Ph: Lyn Barrett 3787198
- Yellow pages for a list of churches in the Wairarapa
- Family Works, Featherston, Ph: 308 8028
- Strengthening Families, support for better access to health and education, Ph: 378 8900
- The Lowdown, interactive website to help youth to understand and deal with depression, [www.thelowdown.co.nz](http://www.thelowdown.co.nz)
- ALAC, Information and resources about drinking alcohol in moderation, alcohol drug helpline, 0800 787 797, national office Ph: (04) 917 0060, [www.alcohol.org.nz](http://www.alcohol.org.nz)
- New Zealand Drug Foundation, information, policy and advocacy about preventing and reducing harm from drugs, Ph: (04) 801 6303, [www.nzdf.org.nz](http://www.nzdf.org.nz)
- Information and links to support to become smokefree, [www.smokefree.co.nz](http://www.smokefree.co.nz) or quit line on [www.quit.co.nz](http://www.quit.co.nz)
- Whatsup, youth helpline available from 12noon to midnight, seven days a week, to listen and help solve problems, Ph: 0800 whatsup (942 8787), [www.whatsup.co.nz](http://www.whatsup.co.nz)
- Pillars, support for children and families of prisoners in NZ, Ph: 0505 Pillars (745 527), [www.yellowribbon.org.nz](http://www.yellowribbon.org.nz)

**Please feel free to contact these organisations**



- Child, youth and family, for help support and information on keeping families safe, Ph: 0508 family (326 459). [www.cyf.govt.nz](http://www.cyf.govt.nz)
- Family Planning, information, support and resources on positive sexual health, Ph:0800 611 116 or <http://www.familyplanning.org.nz> or for youth under 25 years <http://www.theword.org.nz>
- Youthline information and support on a range of issues, Ph: 080037 66 33 or [www.youthline.co.nz](http://www.youthline.co.nz)
- Youth Law, provides information for children and young people about how the law can help overcome issues, Ph: 0800 youthlaw (968 8452), [www.youthlaw.co.nz](http://www.youthlaw.co.nz)
- Link'd supports young people aged 15-19 with further education, training and work, Ph:370 4404, [www.wairarapaworkforce.org.nz](http://www.wairarapaworkforce.org.nz)

## CHALLENGES

## POSSIBLE SOLUTIONS

### Sleep Routines

- Have a warm bed
- Radio for company
- Light switch by bed
- Fresh air and exercise daily
- Telephone and torch by bed

## INFORMATION/ASSISTANCE

- A qualified electrician for annual checks on electric blankets
- Hardware store
- See your doctor if you have difficulty sleeping
- Automatic timer for electric blanket – ensure your blanket is switched off before going to sleep

**Please feel free to contact these organisations**

CHALLENGES	POSSIBLE SOLUTIONS
<b>Healthy Eating</b>	<ul style="list-style-type: none"> <li>• Eat a variety of foods:               <ul style="list-style-type: none"> <li>○ High in fibre</li> <li>○ 5+ a day fruit and vegetables</li> <li>○ 2 Servings of milk products per day</li> <li>○ Foods low in salt, fat and sugar</li> <li>○ Drink water each day</li> </ul> </li> <li>• Healthy teeth and gums</li> </ul>

**INFORMATION/ASSISTANCE**

- Dentist – look in the yellow pages for a dentist in your area
- Diabetes and Asthma Educators, Ph: 946 9827
- Dietician at Wairarapa Hospital see your doctor for a referral
- Heart Foundation, Ph:378 8303
- Meals on Wheels and Frozen Easy Meals, phone FOCUS for a list of providers
- Wairarapa Population Health (formally Public Health), Ph: 946 9814
- Supermarkets who take phone orders and deliver
  - Featherston Community Supermarket (free delivery), Ph 308 9104
  - New World Carterton, (delivery charge), Ph:379 8016
  - Masterton New World, (delivery charge), Ph: 370 0618
  - Fresh Choice Greytown Ph: 06 304 7237
- Whaiora, a face-to-face service about wellness, Ph: 370 0818
- Work and Income assistance with dental services e.g. emergency treatment, advances on benefits Ph: 0800 559 009

CHALLENGES	POSSIBLE SOLUTIONS
<b>Continence Issues</b>	<ul style="list-style-type: none"> <li>• Bathroom and or toilet modifications</li> <li>• Seek medical advice</li> <li>• Drink water daily</li> <li>• Regular pelvic floor exercises</li> <li>• Enquire about available products</li> <li>• Purchase products from the supermarket</li> </ul>

**INFORMATION/ASSISTANCE**

- See your doctor who may refer you to the continence nurse or occupational therapist at the hospital for equipment
- Pharmacy or supermarket
- Greater Wellington Regional Council Ph: 378 2484 or FOCUS for brochure on disability accessible toilets

**Please feel free to contact these organisations**

**CHALLENGES****POSSIBLE SOLUTIONS****Remaining Well**

- See your doctor on a regular basis
- See your doctor as necessary for a medications review
- Talk to your doctor about supplements that may be appropriate for you
- Consider a daily medications organiser/blister pack
- Join appropriate support groups
- Have your medication routine written clearly on a card and keep it in a prominent place
- Annual flu vaccination
- Support groups for addiction concerns
- Look at immunisation options

**INFORMATION/ASSISTANCE**

- Arthritis Foundation, Ph: 370 8318, 027 256 9262, 0800 663 463, [www.arthritis.org.nz](http://www.arthritis.org.nz)
- Asthma and Diabetes Education, see your doctor for a referral
- Autism Wairarapa Charitable Trust, autism support group, Ph: 3704590 or email [autismwairarapa@gmail.com](mailto:autismwairarapa@gmail.com)
- CCS Disability Action Wairarapa, support and education for people with a disability and their families, Ph: 378 2462, 0800 227 200, [www.ccsdisabilityaction.org.nz](http://www.ccsdisabilityaction.org.nz)
- Chemists
- Diabetes NZ, Ph: 0800 369 636, [www.diabetes.org.nz](http://www.diabetes.org.nz)
- Drug and Alcohol drop in centres
  - Masterton, Anne, Ph: 378 2338 or Pete, Ph: 021 167 3121
  - Carterton, Denis, Ph: 377 5355 or Martin, Ph: 372 7764
- Royal NZ Foundation for the Blind, Ph: 378 2686 or 0800 24 33 33 [www.rnzfb.org.nz](http://www.rnzfb.org.nz)
- Doctor or practice nurse
- Epilepsy NZ, Ph: (04) 586 2420, 0800 20 21 22, [www.epilepsy.org.nz](http://www.epilepsy.org.nz)
- Equipment for help around the home, see your Doctor for a referral
- Free community clinics, phone Primary Health Organisation (PHO) for details on days and times clinics open Ph: 370 8055
  - School clinic nurse at Makoura and Kuranui Colleges
  - Cameron Clinic, cnr Church St & Stuart Cres
  - Te Rangimarie Marae Clinic, Cole Street
- Hearing Association, Ph:370 2222
- Huntington's Disease Association of NZ, Ph: 0800 432 825, (04) 569 3252, [www.huntingtons.org.nz](http://www.huntingtons.org.nz)
- Immunisation Advisory Centre, 0800 immune (466 863) [www.immune.org.nz](http://www.immune.org.nz)
- La Leche League, Donna, Ph: 378 6323 [www.lalecheleague.org.nz](http://www.lalecheleague.org.nz)
- Mobility Wairarapa, Ph: 370 1023

**Please feel free to contact these organisations**

- Motor Neurone Disease Association, Ph: 021 027 84494, [www.mnda.org.nz](http://www.mnda.org.nz)
- Multiple Sclerosis Society, Ph: 372 3414, 0800 675 463, <http://www.msnz.org.nz>
- Parkinsonism Society, Ph: 0800 306 844, [www.parkinsons.org.nz](http://www.parkinsons.org.nz)
- Plunket
  - Masterton, Ph:378 6101 or 377 4592
  - Carterton, Ph: 379 8153
  - Greytown, Ph:304 9798
  - Featherston, Ph:308 9767
  - Martinborough, Ph:306 9107
- Post Polio Support, Ph: 306 9925
- Population Health for Public Health Nurses, Ph: 946 9814
- Stroke Foundation, Ph: 306 9084
- Speech therapy, contact Population Health, Ph: 946 9814
- Te Hauora Runanga, total holistic wellbeing, Ph: 378 0140,
- Wairarapa Addiction Services, Ph: 377 3156
- Wairarapa Asthma Society, Ph: 377 1175
- Whaiora, a face-to-face service about wellness, Ph: 370 0818
- Age Concern Wairarapa WOOPs Inc, Ph:377 0066

## CHALLENGES

## POSSIBLE SOLUTIONS

### Good Circulation

- Don't ignore skin tears, punctures or leg ulcers
- Wear protective clothing and gloves when gardening
- Take care of your feet and wear comfortable supporting shoes
- Keep physically active
- Dry between toes and keep nails trimmed
- Keep head, feet and hands warm with wool
- Smoke free environment

## INFORMATION/ASSISTANCE

- Age Concern Wairarapa WOOPs Inc, Ph:377 0066
- Asthma Society Easy Breathers Support Group, Ph: 377 1175
- Heart Foundation, Ph: 378 8303
- Quitline, Ph: 0800 778 778
- Podiatrist,
- See the Physical Wellbeing and Daily Activity section in this booklet
- See your doctor
- Wairarapa Population Health, Ph: 946 9814
- Whaiora, a face-to-face service about wellness, Ph: 370 0818
- FOCUS for an information sheet on podiatrists and pedicurists Ph: 946 9813 or 0800 900 001, check the yellow pages or ask your doctor

**Please feel free to contact these organisations**

CHALLENGES	POSSIBLE SOLUTIONS
<b>Mobility &amp; Transport</b>	<ul style="list-style-type: none"> <li>• Total Mobility Scheme</li> <li>• Red Cross Bus</li> <li>• Mobility parking</li> <li>• Mobility taxis</li> <li>• Occupational therapy equipment</li> <li>• Community transport</li> <li>• Saint John's Health shuttle</li> </ul>
INFORMATION/ASSISTANCE	
<ul style="list-style-type: none"> <li>• CCS Disability Action, for mobility parking, Ph: 378 2426</li> <li>• Metlink 0800 801 700, txt bus (287), txt train (876) <a href="http://www.metlink.org.nz">www.metlink.org.nz</a>, wheel chair hoist is available on the train</li> <li>• Mobility Wairarapa, Ph: 370 1023</li> <li>• Red Cross Bus for medical appointments 0800 WAI BUS, 0800 924 287</li> <li>• Total Mobility cards are available for eligible clients through the following organisations, you may need to be a client, member or pay a fee <ul style="list-style-type: none"> <li>○ FOCUS, Ph: 946 9813</li> <li>○ CCS Disability Action, Ph:378 2462</li> <li>○ Stroke Foundation, Ph:306 9084</li> <li>○ Parkinsons, Ph: 0800 306 844</li> <li>○ Multiple Sclerosis Society, Ph:372 3414</li> <li>○ IDEA Services, Ph:370 6450</li> <li>○ WOOPs, Ph:377 0066</li> <li>○ Greater Wellington Regional Council 0800 801 700 (free)</li> </ul> </li> <li>• Supermarkets who take phone orders and deliver <ul style="list-style-type: none"> <li>○ Featherston Supermarket (free delivery), Ph: 308 9104</li> <li>○ New World Carterton, (delivery charge), Ph:379 8016</li> <li>○ Masterton New World, (delivery charge), Ph: 370 0618</li> </ul> </li> <li>• Transport often available, if a member, through <ul style="list-style-type: none"> <li>○ Whaiora, Ph: 370 0818, <a href="http://www.whaiora.org.nz">www.whaiora.org.nz</a></li> <li>○ Cancer Society, Ph: 378 8039</li> <li>○ Friends of St John, Ph:0800 502 323</li> <li>○ WOOPs, Ph: 377 0066</li> <li>○ Te Hauora, Ph: 378 0140</li> <li>○ Heart Foundation, Ph: 378 8303</li> <li>○ Churches (see phone book) for volunteers to take you to and from church</li> </ul> </li> <li>• Taxis and Driving Miss Daisy, check the phone book</li> <li>• See your doctor about a referral to occupational therapy or physiotherapist for equipment</li> <li>• Greater Wellington Regional Council Ph: 378 2484 or FOCUS for a Accessible Wellington Guide</li> <li>• New Zealand Transport Agency, Ph: 0800 822 422, <a href="http://www.nzta.govt.nz">www.nzta.govt.nz</a></li> </ul>	

**Please feel free to contact these organisations**

**CHALLENGES****POSSIBLE SOLUTIONS****Home Safety & Security**

- Consider installing security window latches, security lights and screens, door chains and wide angle door viewer
- Consider completing a first aid course through Red Cross or St Johns
- Plan an alternative exit for emergencies
- Purchase an extinguisher and fire blanket (keep this in the kitchen)
- Working smoke alarms (check these every year)
- Keep a cell phone on your person
- Consider a personal alarm, check with Work and Income if you are eligible for a subsidy
- Speed dial numbers on your phone for family or friends
- Life Tubes - contain emergency information
- Housing modifications
- Prevent trips and falls
  - Remove or secure mats and rugs or use non-slip surfaces or mats in wet areas
  - Tape loose cords out of the way
  - Keep traffic areas obstacle free
  - Maintain outside pathways
  - Rails and grab handles and ramps as required
  - Clear access to the bath or shower
  - Wear well-fitting footwear
  - Use walking aids as instructed
- Store often used items at a convenient height
- Use a multi plug power board with surge protection, don't overload power points
- Purchase curly electric cords, shorten or attach cords to a wall to prevent children being able to reach them
- Make sure saucepan handles are facing to the back of the stove or use back elements if possible
- Watch children in a swimming area
- Ensure you know where children are when you back down a driveway
- Annual check on gas heaters and bottles
- Refrain from smoking in your bedroom
- Annual chimney clean
- Checking system with your neighbour e.g. curtains pulled in the morning by a certain time

**INFORMATION/ASSISTANCE**

- Community Police
  - Masterton, Ph:370 0300
  - Carterton, Ph: 379 8032
  - Greytown, Ph: 304 9003

**Please feel free to contact these organisations**

- Featherston, Ph: 308 9044
- Martinborough, Ph: 306 9401
  
- Hardware store
- Landlord may be happy to do minor maintenance
- Installation of security can be done by yourself, family, friend or handyman
- Local Lions Clubs
  - Masterton, Ph: 377 1681 or 378 2067
  - Carterton, Ph: 379 7524 or 379 8167
  - Greytown, Ph: 304 9088
  - Featherston, Ph: 308 9763
  - Martinborough, Ph: 306 6128
  - [www.lionsclubs.org.nz](http://www.lionsclubs.org.nz)
- Neighbourhood Watch through REAP, Ph: 377 1379 or 0800 WAIREAP
- Life Tubes through WOOPs, Ph:377 0066
- Contact Focus or your doctor for a referral if you would like help with housing modifications or equipment
- Contact your doctor for a referral for Occupational Therapy for advice on installation option of rails and ramps, Ph: 946 9800
- Fire department will help with emergency plans and installing the right smoke alarms in the right place (home must have smoke alarms for insurance)
  - Masterton, Ph:370 9550
  - Carterton, Ph: 379 8300
  - Greytown, Ph: 304 9401
  - Featherston, Ph: 308 9550
  - Martinborough, Ph: 306 9601
- ACC, Ph: 370 0100 or 0800 101 996
- Chimney Sweep – check yellow pages
- Family or friends
- If choosing to use gas heaters and bottles ensure annual safety check and ensure good ventilation, gas heaters can be hazardous
- Plumber/gasfitter
- Security companies. Look in the phone book. Check it is a reputable company
- Personal alarms. Contact FOCUS for a range of providers

**Please feel free to contact these organisations**

CHALLENGES	POSSIBLE SOLUTIONS
<p><b>Healthy Homes</b></p>	<ul style="list-style-type: none"> <li>• Keep your home environment at a stable temperature, (avoid having one of your living spaces significantly warmer than another, aim for an even temperature of between 18-21 degrees)</li> <li>• Fully insulate your house</li> <li>• Drought proof doors and windows</li> <li>• Use safe forms of heating electric, gas or log fires (do not use your oven as a heater)</li> </ul>
<b>INFORMATION/ASSISTANCE</b>	
<ul style="list-style-type: none"> <li>• If you have a community services card and an ongoing health issue you may be eligible for the Healthy Homes project for funding towards insulation and heat pumps through Population Health, Ph: 946 9814</li> <li>• Local organisations may be able to assist with sourcing firewood</li> <li>• Wairarapa Healthy Homes, Ph: 370 1019, <a href="http://www.energysmart.co.nz">www.energysmart.co.nz</a></li> </ul>	
CHALLENGES	POSSIBLE SOLUTIONS
<p><b>Environment &amp; Neighborhood</b></p>	<ul style="list-style-type: none"> <li>• Get to know your neighbours</li> <li>• Join a Neighbourhood Watch group</li> <li>• Be alert and aware of happenings</li> <li>• Phone by your bed</li> <li>• Use phones with large numbered buttons</li> <li>• Keep your home secure (see home safety and security section)</li> </ul>
<b>INFORMATION/ASSISTANCE</b>	
<ul style="list-style-type: none"> <li>• Community Constable, Ph: 370 0300</li> <li>• Citizens Advice Bureau, Ph: 377 0078, 0800 367 222, <a href="http://www.cab.org.nz">www.cab.org.nz</a></li> <li>• Neighbourhood Watch through REAP, Ph: 377 1379 or 0800 WAIREAP</li> <li>• Check your local paper and newsletters <ul style="list-style-type: none"> <li>○ Wairarapa Times Age</li> <li>○ Community News</li> <li>○ Wairarapa News</li> <li>○ Carterton Crier</li> <li>○ Greytown Grapevine</li> <li>○ Martinborough Matters</li> <li>○ Featherston Phoenix</li> </ul> </li> <li>• Your phone company</li> </ul>	

**Please feel free to contact these organisations**



CHALLENGES	POSSIBLE SOLUTIONS
<p><b>Legal and Financial Support</b></p>	<ul style="list-style-type: none"> <li>• Check your entitlement to <ul style="list-style-type: none"> <li>○ Gold Card</li> <li>○ High Use Health Card</li> <li>○ Community Services Card</li> <li>○ Supported Living payment</li> <li>○ Disability allowance</li> <li>○ Child disability allowance</li> <li>○ Accommodation allowance</li> <li>○ Food vouchers</li> </ul> </li> <li>• Compare electricity prices</li> </ul>
INFORMATION/ASSISTANCE	
<ul style="list-style-type: none"> <li>• Wairarapa Community Law Centre, Ph: 377 4134</li> <li>• Health and Disability Commissioner for health and disability advocacy and advice, Ph: 0800 11 22 33, <a href="http://www.hdc.org.nz">www.hdc.org.nz</a></li> <li>• Human Rights Commission, Ph: 0800 496 877, <a href="http://www.hrc.co.nz">www.hrc.co.nz</a></li> <li>• Budget Advisory Services, <ul style="list-style-type: none"> <li>○ Wairarapa Free Budget Advisory Service, Ph: 377 0017</li> <li>○ Sorted: <a href="http://www.sorted.org.nz">www.sorted.org.nz</a></li> <li>○ Every Dollar Counts <a href="http://www.everydollarcounts.org.nz">www.everydollarcounts.org.nz</a></li> </ul> </li> <li>• Community Police <ul style="list-style-type: none"> <li>○ Masterton, Ph:370 0300</li> <li>○ Carterton, Ph: 379 8032</li> <li>○ Greytown, Ph: 304 9003</li> <li>○ Featherston, Ph: 308 9044</li> <li>○ Martinborough, Ph: 306 9401</li> </ul> </li> <li>• Work and Income, (WINZ), for financial assistance, subsidies or a Community Services Card, Ph: 0800 552 002, other financial assistance through Work and Income, Ph: 0800 552 002 or <a href="http://www.workandincome.govt.nz">www.workandincome.govt.nz</a></li> <li>• Gold Card, Ph: 0800 25 45 65</li> <li>• See your doctor about a High Use Health Card. They can put in an application if you meet the criteria</li> <li>• Ombudsman Services consider complaints regarding all types of personal and domestic insurances, and savings services, check your phone book or phone Citizens Advice, Ph: 377 0078 or 0800 367 222</li> </ul>	

**Please feel free to contact these organisations**

CHALLENGES	POSSIBLE SOLUTIONS
<p><b>Lighting &amp; Energy Efficiency</b></p>	<ul style="list-style-type: none"> <li>• External security lights</li> <li>• Brighter bulbs</li> <li>• Night light in the hallway</li> <li>• Torches conveniently placed around the house</li> <li>• Highlight step edges</li> <li>• Light switch by your bed</li> <li>• Turn equipment off standby when not in use</li> <li>• Energy saving light bulbs</li> <li>• Torches and spare bulbs and batteries</li> <li>• Compare electricity companies through <a href="http://www.consumer.org.nz">www.consumer.org.nz</a> or <a href="http://www.whatsmynumber.org.nz">www.whatsmynumber.org.nz</a></li> </ul>
INFORMATION/ASSISTANCE	
<ul style="list-style-type: none"> <li>• A qualified electrician</li> <li>• Hardware store</li> <li>• Save power <ul style="list-style-type: none"> <li>○ Only heat rooms that are being used.</li> <li>○ Draught-proof doors and windows.</li> <li>○ Seal off open fireplaces when not in use</li> <li>○ Fix dripping hot taps</li> <li>○ Fill the kettle or jug from the cold tap and only heat the amount needed</li> <li>○ Turn lights off when leaving a room</li> <li>○ Maximise the use of natural light</li> <li>○ For more information on home heating options and products, visit <a href="http://www.consumer.org.nz">www.consumer.org.nz</a></li> </ul> </li> </ul>	

**Please feel free to contact these organisations**

CHALLENGES	POSSIBLE SOLUTIONS
<b>Abuse &amp;/or Neglect</b>	<ul style="list-style-type: none"> <li>• Plan ahead around your personal and financial affairs</li> <li>• If you are caring for someone, you are important too, take care of yourself</li> <li>• Enduring Power of Attorney (EPOA)</li> <li>• Talk to someone you trust about abuse or neglect and ask for help</li> </ul>
INFORMATION/ASSISTANCE	
<ul style="list-style-type: none"> <li>• Elder Abuse and Neglect Prevention Co-ordinator, Ph: 377 0066</li> <li>• ADNET Advocacy Network Services, Ph: 370 8870</li> <li>• Contact your doctor</li> <li>• Lawyer or alternative legal entity</li> <li>• Stopping Violence Services, Ph: 377 0933</li> <li>• Community Police <ul style="list-style-type: none"> <li>○ Masterton, Ph:370 0300</li> <li>○ Carterton, Ph: 379 8032</li> <li>○ Greytown, Ph: 304 9003</li> <li>○ Featherston, Ph: 308 9044</li> <li>○ Martinborough, Ph: 306 9401</li> </ul> </li> <li>• Child Youth and Family for help support and information on keeping families safe, Ph: 0508 family (326 459). <a href="http://www.cyf.govt.nz">www.cyf.govt.nz</a></li> <li>• Rape Crisis, for a 24 hours free and confidential service, Ph: 0800 614 614</li> <li>• Wairarapa Women's Refuge, for support and advocacy, Ph: 377 1717 (24 hour crisis line)</li> <li>• School Guidance Councillor</li> <li>• IHC Advocacy Services, Ph: (04) 495 2773</li> <li>• Personal Advocacy Trust, Ph: 378 8556</li> </ul>	

**Please feel free to contact these organisations**