

To contact Te Hauora Runanga o Wairarapa (Te Hauora), please go to [www.tehauora.org.nz](http://www.tehauora.org.nz) or phone 06 378 0140

There are also a range of supports that can be accessed, and paid for, privately.

**Your notes**

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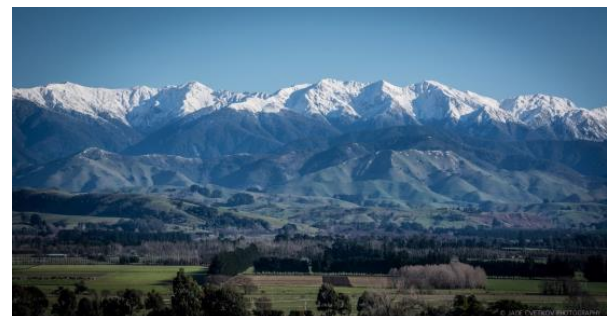
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**Office hours**  
8am to 5pm, Monday to Friday

Phone: **06 946 9813** (24 hrs)  
or **0800 900 001**  
Email: [focus@wairarapa.dhb.org.nz](mailto:focus@wairarapa.dhb.org.nz)  
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**Assistance for  
Palliative Care Patients  
and their Family/Whānau  
in the Wairarapa**



**FOCUS is a division of Wairarapa DHB**

## **Wairarapa Palliative care**

The Wairarapa Palliative Care Service, is not a singular service but a network of health professionals, service providers and agencies who all contribute to the palliative journey of a person and their family/whānau.

This journey is led by the GP Practice with input from specialists in palliative care, such as Kahukura Palliative Nursing Team, Te Omanga Hospice, Allied Health (Social Work, Occupational Therapy, Physiotherapy) or Hospice Wairarapa.

## **What can FOCUS help you with?**

We know how important home is to you and your family/whānau. We also acknowledge that there are times when extra help can make it easier to manage.

You, or with your permission, your family/whānau, or health professionals involved with your care, can contact FOCUS if you would like to consider support that may be available.

FOCUS will arrange to meet with you, and/or someone you choose to talk on your behalf, to discuss and document your needs and provide options of support so that you and/or your family/whānau can decide what will work best for you.

Based on your needs, support can be provided in a variety of ways including:

## **Personal Care (PC)**

You may need help with personal cares e.g. dressing and undressing, showering/bathing, personal grooming, getting up in the morning or getting ready for bed, overnight support.

## **Household Management (HM)**

Household management is about help with vacuuming, laundry, cleaning bathrooms and kitchens. In order to receive this you must have a Community Services Card. HM is not usually available if there is an able bodied person in the home.

## **Carer Support**

Carer Support can assist a main caregiver to take a break from their caring role for short periods of time. If you nominate a person who does not live with you to care for you in your own home, there is an allowance available for them.

## **Short Term Residential Care**

Short Term Residential Care is often referred to as respite and provides short periods of time away from home in a residential care facility where your needs can be met.

Short Term residential care can be used when you need additional support to manage symptoms or to give your main caregiver a break from their caring role.

## **Residential care**

Residential care can be accessed if you have needs that are not able to be managed in your own home.

There are residential subsidy criteria to consider if you are accessing residential care and FOCUS staff can provide this information for you.

## **Day Activity or Day Respite**

This service is to improve health and well-being by providing support, assistance, activities, and social interaction within a group setting.

The service is designed to provide the main caregiver with ongoing short breaks from their caring role.

## **Other options of support**

**Hospice Wairarapa** provides patient, caregiver and family/whānau support, counselling and emotional support, caregiver program, in home night support, bereavement support and a range of complimentary therapies such as massage. To contact Hospice Wairarapa, please go to [www.hospicewairarapa.co.nz](http://www.hospicewairarapa.co.nz) or phone 06 378 8888

**Te Hauora Runanga o Wairarapa (Te Hauora)** provides rongoa, mirimiri, whakapiripiri and wairuatanga