



Help and support for carers

The **New Zealand Carers Alliance** is a coalition of 45 national non-profit organisations seeking progress for family carers.

Carers New Zealand is a national charitable trust that provides information and support to family, whānau and aiga carers. It is also the Secretariat for the New Zealand Carers Alliance.



A Guide for Carers

He Aratohu mā ngā Kaitiaki



Go to **www.carers.net.nz** for more information or call for a free guide to services and support available to carers on:



**0800
777
797**

For a free guide, information about financial help or to speak to someone in another language about carer information, call Work and Income 0800 559 009.



MINISTRY OF SOCIAL DEVELOPMENT
Te Manatū Whakahiato Ora



newzealand.govt.nz

English version
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Practical help for people caring for family or friends who are older or have ill health, a disability or a mental health, alcohol or other drug issue.



Are you a carer?

Do you often help an older relative, a sick friend, a disabled family member, or someone with mental health, alcohol or other drug issues with everyday activities? If this sounds like you, then chances are there are services and support to help you.



Financial help

Benefits and financial assistance Work and Income

0800 559 009

www.workandincome.govt.nz



If you have an injury call ACC

0800 101 996

www.acc.co.nz



Equipment and modifications

Equipment, housing and vehicle modifications

0508 001 002 (Auckland/Northland)

www.accessable.co.nz

0800 17 1981 (rest of New Zealand)

www.enable.co.nz



Help at home

With household, caring and nursing tasks
Your needs are assessed by a **NASC**

Child with special education needs

Talk to your doctor, child's teacher or school principal, or Ministry of Education, Special Education

0800 622 222

www.minedu.govt.nz

Health and Disability rights

Health and Disability Commissioner's office

0800 555 050

www.hdc.org.nz

Your rights at work

Department of Labour

0800 20 90 20

www.ers.govt.nz

info@dol.govt.nz

Need a break?

Your needs are assessed by a **NASC**

What help do you need



Needs Assessment and Service Co-ordination Agency (NASC)

For younger people (under 65 years)

You can find a list of NASCs at
www.moh.govt.nz/disability
or phone

0800 DSD MOH (0800 373 664).

For older people (over 65 years)

You can find a list of NASCs at
www.moh.govt.nz/olderpeople
or call your local District Health Board and ask to talk to the NASC team for older people.

For people with mental health, alcohol or other drug issues

Call your local District Health Board and ask to talk to the NASC team for mental health.