

'Laters' ... this year



What's Next? Transition options for school leavers with disabilities for the Central Region Updated 2018

Hello, future ...



Acknowledgement

We would like to thank all the individuals and organisations that have so willingly given their time, knowledge and experience to assist in the development of this resource. In particular, we thank those members of the New Zealand Disability Support Network who collected, collated and created this information.

This booklet has been reproduced in electronic format and can be downloaded from the New Zealand Disability Support Network website at www.nzdsn.org.nz

United Nations Convention on the Rights of Persons with Disabilities

We support the United Nations Convention on the Rights of Persons with Disabilities, with particular reference in this instance to Article 19 'Living independently and being included in the community, which states: 'Parties to this Convention recognize the equal right of all persons with disabilities to live in the community, with choices equal to others, and shall take effective and appropriate measures to facilitate full enjoyment by persons with disabilities of this right and their full inclusion and participation in the community, including by ensuring that:

- Persons with disabilities have the opportunity to choose their place of residence and where and with whom they live on an equal basis with others and are not obliged to live in a particular living arrangement;
- Persons with disabilities have access to a range of in-home, residential and other community support services, including personal assistance necessary to support living and inclusion in the community, and to prevent isolation or segregation from the community;
- Community services and facilities for the general population are available on an equal basis to persons with disabilities and are responsive to their needs.'

Contents

Introduction	4
Definitions	5
Abbreviations	5
FAQ Directory	6
Local Secondary School Transition Advisers Director	11
Directory of Websites	32
Checklists	67
Post-school Services Directory	
Kapiti/Horowhenua	33
Manwatu	34
Whanganui	35



Where to look

Introduction

This publication has been designed to provide information for students who experience disability, together with their families/whānau, teachers, friends and others, in planning for life beyond the classroom. This publication also provides a list of various support services available in the Whanganui, Manawatu, Tararua, Horowhenua and Kāpiti areas that can potentially assist students during and after their transition from school. Designed to help plan and prepare students to think about their options for the future, this publication can also be used as a resource for the supports and professionals within the disability sector associated with students.

Throughout the booklet, the transition process is defined as the process where young people who experience disability plan for life beyond the parameters of school and explore options they may like to pursue. It can be an exciting and challenging time and often involves making decisions and choices about increasing their independence as a young adult. Some options to think about may include:

- Moving into further education or employment
- Budgeting advice and attaining benefits
- Pursuing different living arrangements
- Maintaining relationships and developing new ones
- Continuing with sporting and leisure activities
- Accessing and connecting with supports in the wider community

This booklet begins with some basic information about the transition process from school, followed by a Frequently Asked Questions (FAQ) section and finally a directory of regional services available. We have tried to include as many services as possible, however, some may have been missed, some services may have begun after this booklet was published and some may have changed the way they operate. In this sense there will always be the potential for it to be updated. If you have any feedback that will improve any part of this booklet, or update any of its information, please contact Ministry of Education. Feedback should be directed to the District Manager.

Definitions

Below is a list of definitions and abbreviations you will encounter in this booklet and in services you may wish to use.

Throughout this resource the term 'Disability' has been used as it is defined in the New Zealand Disability Strategy, *“Disability is not something individuals have. What individuals have, are impairments. They may be physical, sensory, neurological, psychiatric, intellectual or other impairments. Disability is the process which happens when one group of people create barriers by designing a world only for their way of living, taking no account of the impairments other people have”* (NZDS, 2001:7).

The term 'Transition' (from school) also refers to the process of planning to explore options for life beyond school and implementing that plan.

Abbreviations

ACC	Accident Compensation Corporation
CAB	Citizen Advice Bureau
CYF	Children, Youth and Family
DPA	Disabled Persons' Assembly
DSS	Disability Support Services (funding arm of the MoH)
EGL	Enabling Good Lives
EPOA	Enduring Power of Attorney
FAQ	Frequently Asked Questions
GP	General Practitioner or family doctor
HNZ	Housing New Zealand
IEP	Individual Education Plan
IF	Individualised Funding
ITP	Individual Transition Plan
MoE	Ministry of Education
MoH	Ministry of Health
MSD	Ministry of Social Development

NASC	Needs Assessment and Service Coordination (agency)
ORS	Ongoing and Resourcing Scheme
OSCAR	Out of School Care and Recreation Subsidy
OT	Occupational Therapist
PCP	Person-centred Planning
SIL	Supported Independent Living
SLT	Speech Language Therapist
SPELD	Specific Learning Disabilities Federation
TIA	Training Incentive Allowance
W&I	Work and Income (Formerly known as WINZ)

FAQ Directory

The following pages have been divided into subject areas for ease of use. You can go to the area you are broadly interested in and look at some of the FAQs and answers that are most relevant to you. The areas are:

Enabling Good Lives Principles	7
Transition process	8
Local Secondary School Transitions Advisers' Directory	11
The school's role in Transition	14
Support needs	15
Cultural support	18
Māori	19
Income	20
Further education	22
Employment	24
Housing and living arrangements	26
Recreation and leisure	27
Advocacy	28
Miscellaneous	30

Enabling Good Lives Principles

The Enabling Good Lives principles have grown from families and individuals desire to have more choice, flexibility and control over the supports they receive and the lives they lead. Enabling Good Lives includes a commitment from MOH, MSD and MOE to work together to consider flexible use of existing funding and contracts to support people to have a good life.

The Enabling Good Lives Leadership group is looking at ways to improve the quality of life for people who experience disability and look at the way services are delivered.

The Enabling Good Lives Principles are:

- **Self Determination** – Disabled people are in control of their lives
- **Beginning Early** – Invest early in whanau to support them to be aspirational for their disabled child, to build community and natural
- **Person-centred** – Disabled people have supports that are tailored to their individual needs and goals, and that take a whole life approach
- **Ordinary Life Outcomes** – Disabled people are supported to live an everyday life in everyday place; and are regarded as citizens with opportunities for learning, employment, having a home and family and social participations – like others at similar stages of life
- **Mainstream First** – Disabled people are supported to access mainstream services before specialist disability services
- **Mana Enhancing** – The abilities and contributions of disabled people and their whānau are recognised and respected
- **Easy to Use** – Disabled people have supports that are simple to use and flexible
- **Relationship Building** – Relationships between disabled people, their whānau and community are built and strengthened
- **Community Building** - Engage and support communities to be more welcoming and inclusive of disabled people – create accessible communities

A good life for you will look different to somebody else's. It needs to reflect the things that are important to you.

Transition process



What is
Transition?

Simply put, transition from school is a process of planning for what you as a young person will do when you leave the schooling system and then implement a plan. It is based on the principles of inclusion, community participation and civil rights.

Traditionally, one of the areas people who have experienced disability found most difficult whilst transitioning, was into employment. However, there are supported employment support services that can help and are primarily engaged in the process.

With more of a community focus, the Ministry of Social Development (MSD) is able to assist people who are recipients of the Ongoing Resourcing Scheme (ORS). The MSD will fund 'high' and 'very high' ORS verified students in their last year of schooling to participate in transition services.

However, transition is about you and not just employment. For a successful transition you need to consider things such as: how do you participate in your community, where will you live, transport, or if you'd like to further your education.

You may also want to think about how you might continue to develop your social networks and relationships, attain economic independence, or develop autonomy and interdependence.

The National Administrative Guidelines (NAGs) require that schools identify and make provision for students likely to experience barriers in making a successful transition from school. As a result, most schools that support students with an experience of disability have an organised process for transition.

In order for a transition from school to work, there needs to be a strong partnership between the school, family/whānau, and post-school providers. Post-school providers are organisations such as tertiary education providers, supported employment services, supported living agencies and vocational/day activity providers. These partners will need on-going information sharing to remain up-to-date with the options available for you and your family/whānau/care givers. This resource is part of that information sharing.

You should start planning the 'where to' and 'goals' part of the process at least 2–3 years before you leave, addressing this at your Individual Education Plan (IEP). A suggested age to start thinking about transition is 14 years old, in order to prepare yourself as much as possible.

If you can start planning as early as 14 years old, then it doesn't need to take up much time – it can just be thinking about what you might like to do and trying a few things out, such as joining clubs or getting an after-school job or work experience.



When should
I start to
think about
leaving

If you experience disabilities within the last two years of secondary school then an Individual Education Plan (IEP) should focus on 'transition out of school' needs such as money handling and budgeting, self-help skills, use of transport options, work experience, community skills, social and recreational pursuits and developing links with adult community services.

If you are a 'very high' ORS funded, aged between 16 years to 21 years and in your final years at school, you may qualify for 'individual funding' from MSD for Transition to Adult Life and community based service support. Talk with your school's Transition Advisor or Counsellor for assistance in applying for this funding.

Looking at your goals and where you want to be in *your* future can allow you to think about what skills or learning you need to do to be as independent as possible, creating options and making decisions.

Find out through your school's Transition Advisor or Counsellor about other possible options for transition services.

Transition planning can cover anything that is important to you or that you think might need to be organised. Some of the common areas of transition are:



What things
does
Transition
cover?

- employment
- income and finances
- housing or living arrangements
- support needs
- cultural support
- further education
- recreation and leisure
- advocacy
- friends and relationships
- transport or community access

If the Ministry of Education (MoE) has supplied your equipment, it would normally be returned to the school when you leave.

If you think you will need to use the equipment outside of school discuss this with your school's Transition Advisor or Counsellor or the regional MoE representative. You should also discuss the possibility of needing equipment as part of your Trar



What happens to
my equipment
I use at school
once I leave?

If you own the equipment, then you take it with you.

Local Secondary School Transitions Advisors' Directory

Please note some names may have changed since the printing of this publication. If a school does not have a Transition Advisor, often the school's Learning Support, Guidance Counsellor or Principal will be able to assist.

Manawatu School Region	Transition Advisor	Phone	Email
Feilding High School	Phil Underwood	06-3234029	punderwood@feildinghigh.school.nz
Hato Paora College		06-3289731	
Longburn Adventist College	Marie Carter	06-3541059	mariec@lac.school.nz

Rangitikei School Region	Transition Advisor	Phone	Email
Nga Tawa Diocesan School	Ashley Holland	06-3276429 Ext 7825	hollandashley@ngatawa.school.nz
Rangitikei College	Tanya Thorogood	06-3277024	tthorogood@rangitikeicollege.school.nz
Taihape Area School	Barb Wallis	06-3880130	bwallis@tas.school.nz
Turakina Maori Girls' College	Terehia Channings	06-3277244	office@tmgc.school.nz

Ruapehu School Region	Transition Advisor	Phone	Email
Ruapehu College	Louise Beukes	06-3858398	lbeukes@ruapehu.school.nz
Taumarunui High School	Suni Tuckosh	07-8957179	uni.tuckosh@taumarunui.co.nz

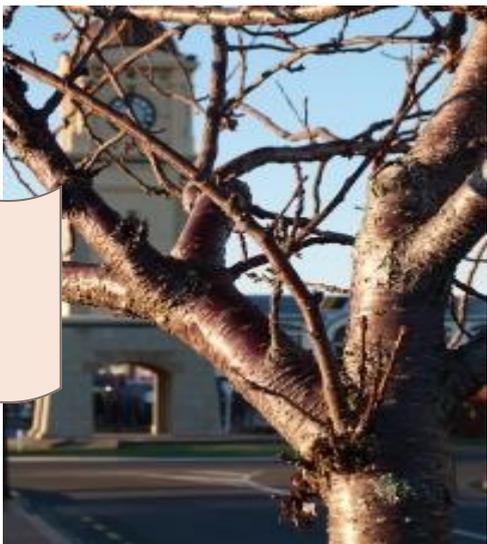
Palmerston North School Region	Transition Advisor	Phone	Email
Awatapu College	Karen Amey-Parsons	06-3564817	parsons@awatapu.school.nz
Freyberg High School	Helen Green	06-3584971	GreenH@freyberg.ac.nz
Mana Tamariki		06-3564383	
Palmerston North Boys' High School	John Adams	06-3545176	counsellor@pnbhs.school.nz
Palmerston North Girls' High School	Raeleen McLaughlin	06-3579194 Extn 858	R.mclaughlin@pnghs.school.nz
Queen Elizabeth College		06-3589033	
St Peter's College (Palmerston North)		06-3544198	
Longburn Adventist College	Marie Carter	06-3541059	mariec@lac.school.nz

Tararua School Region	Transition Advisor	Phone	Email
Dannevirke High School	Lloyd Parkes	06-3748302	parksie@dannevirkehigh.school.nz
Tararua College	Gilda McKnight	06-3768344	gmcknight@tararuacollege.school.nz
Te Kura Kaupapa Maori o Tamaki Nui A Rua	Brian Paewai	06-3745858	tari@tamakinuiarua.school.nz
Totara College of Accelerated Learning	Stuart Wright	06-3746165	stu.wright@xtra.co.nz

Whanganui School Region	Transition Advisor	Phone	Email
Cullinane College	Deborah Foster	06-3490105	dfoster@cullinane.school.nz
Kokohuia School	Retihiamatikei Cribb	06-3446368	
St Dominic's College	See Principal	06-3443814	
Te Kura Kaupapa Maori o Tupoho	Stuart Kawau	06-3490552	tupoho@xtra.co.nz
Wanganui City College	Bob Wilson	06-3490180	ashleyw@wcc.school.nz
Wanganui Collegiate School	Grant Muirhead	06-3490210	Grant.muirhead@collegiate.school.nz
Wanganui Girls' College	Bev Ward	06-3490944	bward@wanganui-girls.school.nz
Wanganui High School	Wendi Girven	06-3490178	Girven.W@wanganuihigh.school.nz



Should I leave my hometown?





The school's role in supporting students into post-school options

What are my options with Secondary Education and how can they assist me in preparing for transition to “life beyond school?”

If you are of school age and ORS verified, you have a right to attend a secondary school until the end of the year in which you turn 21 years old. Some students remain at school until this time, but others leave at a younger age. This decision is up to you and your family/whānau/caregiver.

Any secondary age student can attend their local school or school of choice, subject to zone restrictions. For students who receive Ongoing Resourcing scheme (ORS) funding the Ministry of Education will work with the school to provide services to meet their additional learning needs. Specialist input may be provided from a:

- Special Education Advisor
- Speech Language Therapist
- Occupational Therapist
- Physiotherapist
- Educational psychologist

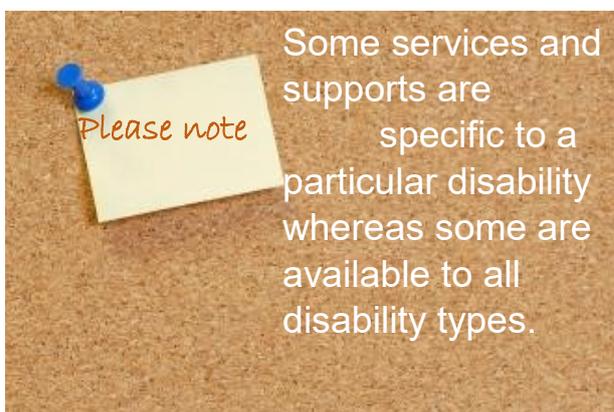
Where a school is a fund holder they receive funding directly from the Ministry of Education for students who have ORS funding. They are responsible for coordinating access to specialist services and my contract services from the Ministry of Education or use private providers.

All schools will work alongside whanau and the Ministry of Education to put resources in place to create a plan that meets the transition needs of the student with an experience of disability. Where appropriate this plan will link in with other organisations in the community who can support the development of an individualised plan.

What can I expect schools to provide as part of a transition service or programme?

There will be variations between schools in the type and level of transition support they offer. Ask about the following when discussing options for life beyond school:

1. What transition skills are taught through mainstream curriculum subjects?
2. What transition programmes are offered through individualised or alternative education programmes within the school environment?
3. What experiences beyond the classroom are made available to assist preparation for life beyond school, like community based experiences or work experience.
4. What planning, advice and guidance is given to facilitate links to post-school agencies, service providers and tertiary institutions (eg training, vocational and community living).



Support Needs

Where do I go to get funding for my support needs?

First you will need an official confirmation of the disability from a specialist health professional. If your disability is due to an accident or medical misadventure, contact Accident Compensation Corporation (ACC) for an assessment of need and help with identifying the providers who can support you.

If your specialist has confirmed that you have a long term disability that has not been caused by an accident or medical misadventure contact your local Needs Assessment and Service Coordination agency (NASC) for assessment. They will help identify the supports you may need.

For Manawatu, Taraua and Horowhenua regions the NASC is Enable, phone 0800 221411 or (06) 3535899, for the Whanganui and Rangitikei regions the NASC is Access Ability, phone 0800 300412 or (06) 348 8411; and for the Kāpiti region the NASC is Capital Support, phone 0800 353 375 or (04) 230 6400.

Possible funding for services is available for those who meet either ACC or NASC criteria. Those who do not meet NASC or ACC criteria can still contact

the NASC or ACC for a list of services that can be purchased on a private basis.

For assistance with health related costs contact the Work and Income Call Centre, phone 0800 559 009.

If you are recovering from an injury and have been in hospital, talk with the hospital social worker about potential 'short term' assistance.

How do I find a specialist if I am asked for a report about my disability?

To find out the best way to get a specialist report, contact one or more of the following people:

- Your GP or their practice nurse
- The hospital social worker
- Your NASC service coordinator
- Your ACC case manager
- Advisor from the Ministry of Education

Where can I find out about technology to help me to communicate?

Talk with your teachers at school if under an Ongoing Resourcing Scheme (ORS) to inquire about Speech Language Therapist (SLT) support.

Contact Talklink Wellington to ask whether their service may be appropriate, visit www.talklink.org.nz or phone (04) 381 4956.

You could also contact Enable on 0800 ENABLE for further information or Deaf Aotearoa if you need support with New Zealand sign language at www.deaf.co.nz.

Where can I find out more information about disabilities?

- your GP
- Enable NZ, your local Disability Information or Resource Centre
- New Zealand Federation of Disability Information Centres phone 0800 693 342 or visit www.weka.net.nz
- IHC Library for access to their resources, phone 0800 442 442 or visit www.ihc.org.nz
- CCS Disability Action Library, phone 0800 227 2255 or email info@ccsdisabilityaction.org.nz
- Local libraries and the Citizens Advice Bureau

- Contact NASC or someone from a service provider agency
- District Councils have information on their websites
- District Health Boards

How do we organise respite for my carer if I have one?

Talk to NASC or ACC (dependant on which is the Funder) about what services are able to provide respite and how much you may qualify for.

Ensure that when you or your family member has been assessed for support that the service coordinator helps you to develop a plan for using the respite allocation. You can check with HealthPac on 0800 281 222 how many Carer Relief days you have left.

Where can I find carers for using my respite allocation?

Some suggestions:

- Develop your network of family and friends to help assist
- Think about community based activities that can be attended by you or your family member with a disability independently
- Contact Student Job Search, phone 0800 757 562 or put an advertisement in the paper
- Contact your local Parent to Parent organisation, visit www.parent2parent.org.nz
- Contact your local tertiary education providers that have Human Nursing trainees who could assist
- Discuss your respite allocation with ACC Case Manager or NASC Coordinator

Cultural Support

How can I find out about services that are specific to my culture or religion?

Talk with any providers who work with you about what cultural or religious support services they may have to offer or contact The Office of Ethnic Affairs for further information, visit www.ethnicaffairs.govt.nz.

What do I do if I need a social or language interpreter?

An interpreter is a person who explains what the meaning of words are, or translates words into your language. If you have difficulty understanding some words or situations, then you may want to get an interpreter. This person may be a friend, a family member, an advocate or a professional.

You have the right to have a support person of your choosing with you at any meetings for you. Remember you do not need to go to meetings on your own. Ask the people whom you trust to be a social interpreter. You can talk with the NASC Service Coordinator about getting social support or a personal assistant and it is advisable that where possible, that you should have an interpreter independent of the organisation or your support network at meetings to ensure a neutral translation occurs.

Contact the Deaf Aotearoa if you need support with New Zealand Sign Language, www.deaf.org.nz/contact/local-offices. To contact Language Line phone 0800 656 656, for more information on Language Line visit The Office of Ethnic Affairs www.ethnicaffairs.govt.nz/story/how-language-line-works or for access to Deafblind coordinators, phone the Royal New Zealand Foundation of the Blind on 0800 243 333.

What help can I get if English is my second language?

You can access an interpreter through NTIS New Zealand Translation Services LTD, visit <http://www.ntis.co.nz> or phone 03 548 9944 or use the Language Line phone 0800 656 656. For documents that need translating into English phone 0800 872 675 or visit The Translation Service at www.dia.govt.nz/Services-Translation-Index

Māori

You can expect that your provider will exercise their powers of governance in a manner that fulfils the intent of the Treaty of Waitangi. Māori, as tangata whānau, have the right to expect that the health and education systems will support their cultural preferences, wellbeing and developmental aspirations.



Ask for direction or guidance from your service provider/s for the support needed as Māori.

The Ministry of Health released (August 2012) the action plan, 'Whāia Te Ao Mārama', and can be found on the Ministry of Health website at: www.health.govt.nz

The aim of 'Whāia Te Ao Mārama: Disability Action Plan 2012 to 2017' is to establish priority areas of action to enable Māori disabled to achieve their aspirations, and to reduce barriers that may impede Māori disabled and their whānau from gaining better outcomes.

'Whāia Te Ao Mārama' literally translated means pursuing the world of enlightenment. It is an apt title for the document, which outlines a pathway towards supporting Māori with disabilities to achieve overall wellbeing, and bringing both them and our communities into a place of shared understanding and action.

Culture is an important component of our overall wellbeing, and providing culturally specific action plans such as this recognises the diverse contexts from which we all come, and the unique responses that are required to address the needs of the Māori disabled community.

Priority 1 of the 'Whāia Te Ao Mārama' action plan articulates that:

Improved outcomes for Māori disabled

- Require providers to ensure that personal plans to support Māori disabled are culturally appropriate and specifically identify the individual's cultural needs
- Provide a range of new and innovative support options for supporting disabled people that offer Māori disabled and their whānau more personalised support arrangements and greater choice and control over the supports they use

Income



How do I claim
a benefit if I
need one?

You are able to apply for a Benefit and associated allowances once you turn 16 years old. (ACC will take funding responsibility from the age of 18 years for those whose loss of earnings is due to injury. But, you need to wait until you turn 18 before you can find out if you're eligible or not.)

Talk to Work and Income (W&I) about eligibility for any Benefits, Disability Allowance and Accommodation Supplement. W&I will allocate someone to speak with you about your entitlements. Talk to this person to ensure you are getting everything you are entitled to. Discuss options for future employment support with Workbridge or Supported Employment services.

Discuss with your GP or the practice nurse about Disability Allowances. Contact W&I about accessing the Disability Allowance and if you are already receiving the maximum allowance, you may qualify for a Special Benefit.

Keep a folder for your receipts relating to disability based costs in one place.

Consider whether you could do some part-time work and discuss with W&I about how this may affect you.



Is there any other
assistance with
costs relating to
my disability?



What if I need assistance to do this?

If you need help talking with W&I you can appoint a friend or family member who can act on your behalf, this person would be your nominated person and they will be required to complete a form before proceeding.

Your nominated person may be useful especially if you are having difficulty communicating your needs or understanding the forms or information.

Talk with your local Citizens Advice Bureau about what budget advice services are available.

If you get a job it can affect your benefit, however, working part-time will usually allow you to earn more money than being on a benefit alone. Talk to someone at W&I about your options.



If I get a job, does it affect my benefit?



Mocha anyone?



Further Education

Who do I talk to if I want to do tertiary study?

Each Tertiary Provider has a contact person or service for people with disability. Contact the Disability Coordinators at the education facility that you are interested in going to. They will help you look at options to assist your access to their campus and can provide a range of options for support within the learning environment.

Massey University

Phone (06) 356 9099 or 0800 627 739

UCOL Whanganui

Phone (06) 952 7000 or 0800 468 265

Te Wananga o Aotearoa

Phone (06) 355 3381 or 0800 355 553

Te Wananga o Raukawa

Phone (06) 364 7820

Whitireia New Zealand (Kāpiti campus)

Phone (04) 298 0205

For details on student loans and allowances phone Study Link on 0800 88 99 00 or contact your local Work and Income office for information on the Training Incentive Allowance (TIA). Talk to your local Workbridge office regarding training support funding. Some disability agencies, for example the Royal New Zealand Foundation of the Blind (RNZFB) have funding for specific impairments in a tertiary environment, so if you are registered with a community agency discussing your plans with them is a good idea.

What if I want to study part time?

If you want to study part time, talk with someone at Student Services at your chosen tertiary institution about your options. Studying part-time may effect an allowance you may be receiving from W&I.



Websites worth visiting for further education

- www.studylink.govt.nz
- www.massey.ac.nz
- www.vuw.ac.nz
- www.itpnz.ac.nz
- www.tec.govt.nz
- www.xtend.co.nz
- www.whitireia.ac.nz
- www.weltec.ac.nz
- www.literacy.org.nz
- www.openpolytechnic.ac.nz
- www.twoa.ac.nz
- www.ucol.ac.nz

Employment

Can I get a job before I leave school?

Getting a job while at school is a wonderful way to get work experience and to develop an employment history. You could start with some part-time work outside school hours. Sometimes it is also possible to negotiate a job within school hours if it is considered part of your school programme and fits with the school's policies. The best way to get a job after you finish secondary school is to have one before you leave.

How do I start to find a job?

There are many ways to find work. Many young people find their first job through family and friends. You may also consider using an employment agency or a supported employment agency.

Start looking in the papers on Wednesdays and Saturdays in the employment section. Also go online and look through the listed jobs on the Trademe and Seek websites.

For those under 21 years old, you can contact Modern Apprenticeships through Tertiary Education Commission on 0800 601 301 or visit www.modern-apprenticeships.govt.nz

Talk to someone at W&I about being a 'job seeker' and ask if they could suggest some employment or educational options. Discuss whether the employment programme PATHS (Providing Access to Health Services) may be able to help with environmental modifications at a potential work place to enable access. For a list of support agencies, please refer to the directory in this publication.

Contact Workbridge or Supported Employment services in your region for assistance to find part-time or full-time work. Discuss with them ways to conduct a job search, develop a CV and how to access funding for equipment and support if required.

There are a number of supported employment agencies who can support your move to the workforce. Go to the Association of Supported Employment in New Zealand (ASENZ) website for a list of some employment agencies.

What do supported employment agencies do?

Supported employment agencies are there to assist people with disability to find and retain employment in the community. They can help you decide: what job

you want, prepare a CV, find a job, support you at job interviews, assist you in learning the job, provide on-going job support and organise job coaches if required.

Supported employment agencies can also assist you in making applications for support funds from services and sectors such as Ministry of Social Development (MSD) and Workbridge. For more information about supported employment visit www.asenz.org.nz. To find out about the MSD mainstream employment programme visit www.msd.govt.nz/what-we-can-do/disability-services/mainstream

What do I do if I only want to work part-time?

Many jobs are by 'word-of-mouth', consider who you know and can ask or can spread the word for you. 'beat the feet' and knock on doors – in other words, go looking and remember to have a CV or something similar to leave with prospective employers. You could try looking in the newspaper, online or enrol with Student Job Search (if you qualify as a student), talk to someone at Workbridge or any employment agencies in your area.

What else is there to do if I don't get a job?

You could consider further education (see previous section), vocational training, an agency that provides daytime support, or get involved in recreational and leisure pursuits. For a list of support agencies, please refer to the directory in this publication.

Who can advise me about the kinds of jobs I might be able to do?

Talk to your teachers or career guidance counsellor at school or your key worker at Work & Income. There are also people available at Careers New Zealand able to assist with employment advice, phone 0800 222 733

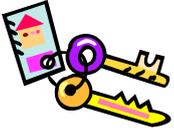
Do employers have the right not to hire me just because I have a disability?

No. Under the Human Rights Act employers are not allowed to discriminate against you solely on the grounds of your disability. Some employers may wish to know if the nature of your disability may cause a health and safety risk to you or others, such as driving a fork-lift truck with epilepsy. It is a good idea to plan how you will handle any questions about your disability before you talk to employers so you know what, if anything, you want to say.

Housing and Living Arrangements

How do I find a place to rent or buy?

Register with local real estate agents or rental companies and they will call you when houses become available that are wheelchair friendly or meet your needs.



Note: some may charge you for this service so check with them first.

Contact Housing New Zealand Corporation (HNZ) on 0800 801 601 for support on finding a rental. They can also access specialists such as an Occupational Therapists (OT) who can look at potential housing modifications through their housing solutions service.

Contact HNZ, your local council, or 'community housing' for assistance or the Disabled Person's Assembly (DPA) to enquire around people who may be looking for flatmates.



Contact The Housing Advice Centre for advice about tenancies, provide rental listings and help when things go wrong in rental accommodation.

How do I make modifications to my house or flat to make it more accessible or usable for me?

Get a referral through your GP for Occupational Therapy (OT) input to support you in assessing potential homes that meet your needs. You can also contact Enable and your NASC coordinator about referral options to an OT.

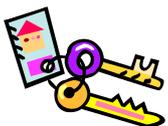


How do I find support to help me live in my own place?

If you need support, then you may be eligible to use a supported living service. You will need to contact your NASC or ACC coordinator, or a supported living service. For a list of support agencies, please refer to the directory in this publication.

Where do I go to get emergency housing?

- Housing New Zealand
- NASCA or ACC around potential 'Short Term Residential' options suitable for the situation or need
- Citizen Advice Bureau



Recreation and Leisure

How do I find out what things are in the community that I might want to take part in?

Visit your local Council website to see what they have in the way of activities and events

- Whanganui District Council, www.whanganui.govt.nz
- Palmerston North City Council, www.pncc.govt.nz
- Horowhenua District Council, www.horowhenua.govt.nz
- Kapiti Coast District Council, www.kapiticoast.govt.nz
- Rangitikei District Council, www.rangitikei.govt.nz
- Ruapehu District Council, www.ruapehu.govt.nz

You can also contact the Whanganui Disability Resources Centre (Whanganui DRC), CCS Disability Action or Options in Community Living if you are receiving a benefit and see if you meet their criteria for a community case worker to assist in finding recreational activities that suit your interests.

My access to local clubs and activities is limited due to my disability. How can I remove the barriers?

Contact the Halberg Trust Sport Opportunity Adviser at Sport Manawatu who will help link you into a sport or physical activity in your region.

The Sport Opportunity Adviser may also be able to help get funding for people under 20 years old to help cover the 'extra' costs needed to do an activity with your peers. If you are looking for daytime support, contact MSD at www.msd.govt.nz

What are some ideas to help access social activities?

- Youth and church groups
- Local A-Z directory
- CCS Disability Action
- Options in Community Living
- Citizens Advice Bureau
- Local council for information on what is in your area
- Recreation centres and holiday programmes
- Cultural groups and centre or local Marae

Advocacy

Advocacy is where you are assisted by another person to say what you want or to do what you want. Usually advocacy is used when someone is unhappy about something and wishes to make a complaint or to get something changed. You can also advocate for yourself.

Who can I contact if I want an advocate?

You can use a friend, family member or other trusted person to assist you with advocacy or you can use one of the following formal advocacy services:

- Health and Disability Advocacy service phone 0800 555 050 or email advocacy@hdc.org.nz
- Citizens Advice Bureau for assistance on advocacy advice
- IHC Advocacy Service, phone 0800 442 442 or email advocacy@ihc.org.nz
- The Personal Advocacy Trust, phone (04) 385 9175 or email patrust@paradise.net.nz around advocacy for people with Intellectual Disabilities
- People First NZ Nga Tangata Tuatahi, phone 0800 20 60 70
- The Disabled Persons Assembly (DPA), phone/(TeleType) TTY (04) 801 9100
- Contact the Strengthening Families coordinator in your local area if you require support around an 'interagency approach' for children under 17 years' old
- Your local Member of Parliament (MP)

What do I do if I don't like something a service provider is doing?

All services should have a complaints procedure and the service provider should inform you of this. If you do not know their complaints procedure, ask the service for a copy.

Initially discuss your concern/complaint with the manager of the service and remember, you can take a support person along when you do this. If the concern/complaint is not resolved ask about the complaints procedure of that service, and it is advisable at this point to put it into writing.

If the issue is not resolved with the provider contact the funder of the service. This may be ACC, the local NASC or Ministry of Social Development (MSD). They can assist you to look at other service options and give you advice on further action.

If you cannot resolve your issue with the service provider, contact the Health and Disability Advocacy service on 0800 555 050 for advice and assistance.

You can also make a complaint about the Ministry of Health, Disability Support Services or the disability support services funded by them by calling 0800 373 664 or email on dsdcomplaints@moh.govt.nz

Who can provide long-term advocacy for me for when my parents or family aren't able to?

You can discuss this issue with your Local Citizens Advice Bureau, community law society or IHC Advocacy Service. You can also contact the Health and Disability Advocacy service on 0800 555 050 or for advocacy for people with intellectual disabilities, contact The Personal Advocacy Trust on (04) 385 9175 or email patrust@paradise.net.nz. You can also contact BIACD (Brain Injury Association Central Districts) for advocacy for people affected by brain injury, to provide resources, fact sheets and contact numbers, go to BIACD website www.brain-injury.org.nz



Ashleigh, the last of the big spenders ...



Miscellaneous

If you are having difficulty coping with your disability, talk to your school's Guidance Counsellor or with your local NASC for further options.



If I am having difficulty coping with my disability (or my child's), who can I talk to?

If you (or your child) are having difficulty dealing with change, loss or grief, phone Skylight on 0800 299 100 or visit their website www.skylight.org.nz

There are also options of talking to your service provider or the hospital's social worker. Counsellors are available in your area and listed in the Yellow Pages directory. You can also contact your GP for counselling - your first six sessions are free.

Who can I talk to if I want to find out more about my sexuality and about relationships?

If you are unable to discuss your queries with a family member or close friend you trust, contact Family Planning on (06) 355 0743 for information and support. The family/whānau coordinators at CCS Action Disability and IDEA Services can often suggest learning resources. You could also phone Relationship Services on 0800 735 283 or Youthline on 0800 37 66 33.

Where can I find help if some of my behaviours seem strange to others, or are misunderstood, or others see them as challenging?

Contact Tautoko services who can advise and support you if you have an intellectual disability on (06) 368 2611 or visit their website at www.tautoko.org.nz. If you are currently involved with IDEA Services, you can be referred through to their Behavioural Support Team or contact Explore services on 0800 275 174.

Your GP, service coordinator or case manager should also be able to assist or talk with you about your options. Consider discussing with your GP whether your behaviour may be linked to any mental health issues. GPs can refer you to a number of Mental Health services. The side effects of some medications can have an impact on behaviour; discuss this with your GP or Specialist.

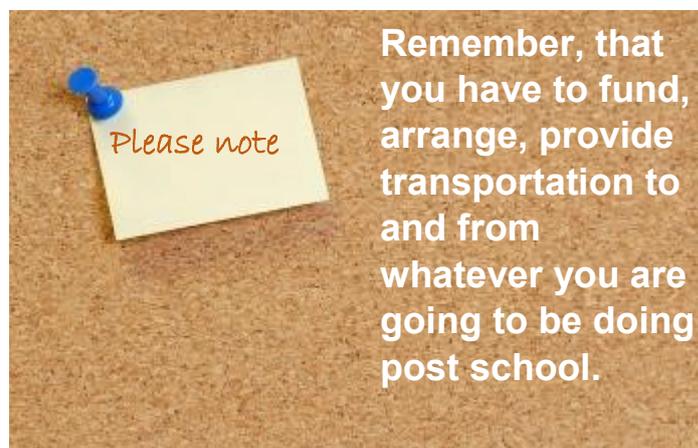
BIACD (Brain Injury Association Central Districts) can provide information, support and also education to others affected (eg family, friends, workplaces) by brain injury and increase awareness and understanding.

If you are a parent or a full-time carer of a person with a disability, contact

NASC to discuss accessing possible respite options if you consider this a need.

Work and Income will recognise an Agent, (a friend or family member), who can act on your behalf and this may be useful initially, if you are having difficulty communicating your needs.

Contact Autism New Zealand around information and support for people with Asperger's Syndrome and Autism on 0800 AUTISM or visit www.autismnz.org.nz.



Useful Websites Directory

The following are websites you can access for information relating to support and options for transition and life after school. www.yousearched.com is an accessible search engine. It means that anyone using screen readers or refreshable Braille, people who cannot view images or those not using pointing devices can search the web.

www.autismnz.org.nz	www.ccs.org.nz
www.ccdhb.org.nz	www.diversityworks.co.nz
www.deaf.co.nz	www.enable.co.nz
www.dpa.org.nz	www.ethnicaffairs.govt.nz
www.epilepsy.org.nz	www.hdc.org.nz
www.familyservices.govt.nz	www.ihc.org.nz
www.horowhenua.govt.nz	www.itpnz.ac.nz
www.inclusion.com	www.massey.ac.nz
www.literacy.org.nz	www.modern-apprenticeships.govt.nz
www.mentalhealth.org.nz	www.odi.govt.nz
www.msaki.org.nz	www.parent2parent.org.nz
www.openpolytechnic.ac.nz	www.phcc.govt.nz
www.peoplefirst.org.nz	www.rnzfb.org.nz
www.skylight.org.nz	www.studylink.govt.nz
www.ssc.govt.nz/mainstream	www.supportfind.com
www.sommerville.org.nz	www.tautoko.org.nz
www.talklink.org.nz	www.transitions.org.nz
www.tec.govt.nz	www.vuw.ac.nz
www.twoa.ac.nz	www.wellington.govt.nz
www.weka.net.nz	www.whitireia.ac.nz
www.weltec.ac.nz	www.xtend.co.nz
www.withyoueverystepoftheway.com	

Post-school Services Directory

Kāpiti / Horowhenua

Blind Foundation	40
Cerebral Palsy Society of New Zealand (National)	41
Community Connections Supported Living	42
Enliven Community Support (National)	45
Hearing New Zealand	46
Horowhenua Learning Centre (HLC)	46
Horowhenua Adult Literacy Services	48
IHC/IDEA Services	47
Kāpiti Family Budgeting Service	48
L'Arche New Zealand	49
Mainstream Supported Employment (National)	51
Ministry of Education – Learning Support	53
National Health and Disability Advocacy (National)	54
New Zealand Down Syndrome Association (National)	54
Ngāti Kāpo O Aotearoa Inc. (National)	55
Outward Bound (National)	56
People First (National)	57
Riding for Disabled Association (Levin)	58
Special Olympics New Zealand (National)	60
SPELD NZ – Specific Learning Disabilities (Mana)	60
Sport Manawatu (Levin)	61
SuperGrans Manawatu Charitable Trust (Levin)	62
Te Wānanga o Aotearoa	64
Total Mobility (Levin)	64
Trade & Commerce	65
Volunteering New Zealand (Kāpiti)	66

Manawatu

ACROSS: Te Kotahitanga o Te Wairua	37
Adult Literacy Palmerston North	38
Autism New Zealand Manawatu Branch	38
Best Care Whakapai Hauora Charitable Trust	39
BIACD (Brain Injury Association Central Districts Inc)	39
Blind Foundation	40
Careers New Zealand	40
CCS Disability Action	41
Cerebral Palsy Society of New Zealand (National)	41
Creative Journeys Ltd	43
Deaf Aotearoa Manawatu	43
Employment Plus – Salvation Army	44
Enable New Zealand	45
Enliven Community Support (National)	44
Explore: Health Care New Zealand	44
Halberg Trust Sports access	45
Hearing Association Manawatu	48
IHC/IDEA Services	47
Literacy Feilding Inc	49
Manawatu Hearing Association Inc	50
Manawatu Home Budgeting Service	50
Manawatu Stewart Centre Trust for Brain Injury	50
Mainstream Supported Employment (National)	51
MASH Trust	51
Massey University	52
Ministry of Education	53
National Health and Disabilities Advocacy (National)	54
New Zealand Down Syndrome Association	54
Ngāti Kāpo O Aotearoa Inc. (National)	55
Open Learning Centre: Te Whare Akonga	56

Manawatu Continued ...

Options in Community Living	56
Outward Bound (National)	56
ParaFed Manawatu	57
People First (National)	57
Phoenix Incorporated Manawatu	58
Riding for Disabled Association (Manawatu)	58
Ryder-Cheshire Foundation	59
Special Olympics New Zealand	60
Sport Manawatu	61
SuperGrans Manawatu Charitable Trust	62
Te Aroha Noa: Community Services	62
Te Wānanga o Aotearoa	64
Total Mobility Scheme	64
The Housing Advice Centre	65
Trade and Commerce	65
UCOL: University College of Learning	65
Volunteering New Zealand (Manawatu)	66
Workbridge	67
YMCA	67

Whanganui

AccessAbility	37
BIACD (Brain Injury Association Central Districts Inc)	39
Blind Foundation	40
CCS Disability Action	41
Cerebral Palsy Society of New Zealand (National)	41
Citizen Advice Bureau Whanganui	42
Christian Social Services Whanganui (City Mission)	42

Whanganui Continued

Deaf Aotearoa	43
Enliven Community Support (National)	43
Hearing New Zealand	46
IHC/IDEA Services	47
Inspire Whanganui Health and Fitness Centre	48
Laura Fergusson Rehabilitation	48
Mainstream Supported Employment (National)	49
Ministry of Education	53
National Health and Disability Advocacy Service	54
New Zealand Down Syndrome Association	54
Ngāti Kāpo O Aotearoa Inc. (National)	55
Omahanui Special Care Unit	55
Outward Bound (National)	56
People First (National)	57
Riding for Disabled Association	58
Sommerville Disability Support Services	59
Special Olympics New Zealand	60
SPELD – Specific Learning Disabilities Association	60
Sport Whanganui – Active Living Programme	61
SuperGrans Manawatu Charitable Trust	62
Te Oranganui Iwi Health Authority	63
Total Mobility Scheme	64
UCOL: University College of Learning	65
Volunteering New Zealand (Whanganui)	66
Whanganui Budget Advisory Service	66
Whanganui Learning Centre Trust	66
Whanganui Peoples Centre	66
Workbridge	67

AccessAbility Whanganui

Phone 0800 300 412 or (06) 348 8411
Email whanganui@accessability.org.nz
Address 244 Victoria Avenue
Whanganui 4500
Website www.accessability.org.nz

AccessAbility has always been committed to a set of values in relation to disabled people.

The services we provide are Needs Assessment and Service Coordination (NASC) for people with disabilities to access support in Wanganui. The Needs Assessment is a process that helps to identify ones' strengths, abilities, needs and goals and the Service Coordinator assistance will read your Needs Assessment report and look for the best way to meet your needs within the resources available.

Access Ability has Maori and Pacific Assessment Facilitators who are available to work with Maori and Pacific people with disability related needs.

ACROSS: Te Kotahitanga o Te Wairua

Phone (06) 356 7486
Email across@inspire.org.nz
Address 294a Church Street, Palmerston North
(behind Community Probation Services)
Contact Graeme Munford



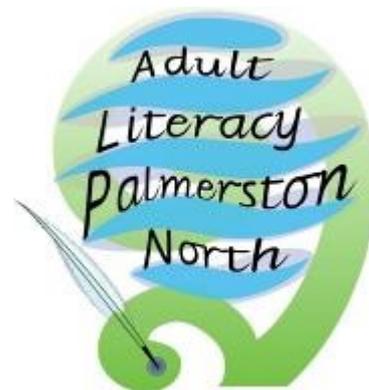
ACROSS Te Kotahitanga O te Wairua was formed in September 1990 and became an incorporated society under the Charitable Trust Act (1957), in July 1991. In 1996 a new Constitution was adopted as a result of a merger between its parent bodies, the Anglican All Saints' Children's Home Trust and Catholic Social Services in Palmerston North.

The agency prides itself on its special character which includes responding in a caring and compassionate way to the needs of those in the community requiring immediate and/or long term support.

We are a community based service and do not charge for services.

Adult Literacy Palmerston North

Phone (06) 359 2615
Email alpn@inspire.net.nz
Address Rear Courtyard Square Edge
Jersey Lane, Palmerston North, 4410
Website www.alpn.org.nz



Adult Literacy Palmerston North (ALPN) are passionate about learning and teaching too. They offer individual or small group tuition for literacy, particularly reading and writing English for pleasure or for business and numeracy, with basic skills in handling and understanding numbers for personal or business use.

They also offer tuition for "Computeracy," a word they have invented to refer to basic skills in using popular personal computer software. They provide services at no direct cost to the individual learner.

Adult Literacy Palmerston North also try to ensure that every prospective student receives the tuition which will best satisfy the needs discussed at a preliminary interview before enrolment.

Autism New Zealand Manawatu Branch

Phone (06) 357 7846
Email Manawatu@autismnz.org.nz
Address 248 Broadway Avenue,
Palmerston North 4410
Website www.autismnz.org.nz
Office hours Monday 9am - 12pm, Tuesday 9am - 2.30pm, Wednesday 9am - 12pm



Autism New Zealand Manawatu Branch is run by volunteers and offers various levels of support, including holiday programmes, music therapy, social skills programmes, coffee mornings, regular meetings with guest speakers, and pre-school support. Some branches have paid staff who are field staff or support coordinators.

The main purpose of Autism New Zealand Inc. is to provide support, resources and information on autism spectrum disorders to those with these conditions, their family/whānau, caregivers and professionals working with them. The main purpose of Autism New Zealand Inc. is to provide support, resources and information on autism spectrum disorders to those with these conditions, their family/whānau, caregivers and professionals working with them.

Best Care Whakapai Hauora Charitable Trust

Phone (06) 3536385
Email BCWH@rangitaane.iwi.nz
Address 140-148 Maxwells Line, Palmerston North
Website www.whakapaihauora.maori.nz



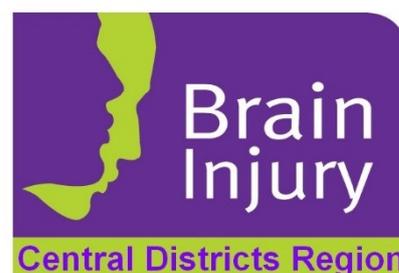
We are the Manawhenua health, disability support and social service arm of Tanenuiarangi Manawatu Incorporated, the iwi authority for Rangitaane O Manawatu.

Our vision is to be the most proactive, culturally appropriate client centered provider of holistic health, disability support and social services for people regardless of age, disability or cultural background in the Manawatu. We provide a wide range of health and social services such as GP services, Whānau Ora and Community Health Nursing, Disability Support, Health Promotion (including smoking cessation) Mental Health & Alcohol and Drug Services, Social Services and Kaumatua Services

BIACD (Brain Injury Association Central Districts)

BIACD Palmerston North

Phone (06) 354 3540
Email liaison@braininjurycd.org.nz
Address Palmerston North Community House
77-85 King Street
PO Box 1054
Palmerston North
Website www.brain-injury.org.nz



BIACD Whanganui

Phone (06) 347 9721
Email liaison.whanganui@brain-injury.org.nz
Address PO Box 102
Whanganui
Website www.brain-injury.org.nz

We service the Manawatu, Horowhenua (down to Waikanae) and Taranaki regions. Our Brain Injury Liaison Service provides information, support, advocacy and education services – our mission statement is to promote a quality of life that maximizes potential, choice and independence for people with acquired brain injury, their families, whānau and carers.

Blind Foundation

Blind Foundation – Kapiti Coast

Phone 0800 24 33 33
Website <https://blindfoundation.org.nz>
Address 6 Tongariro Street
Paraparaumu



Blind Foundation – Palmerston North

Phone 0800 24 33 33
Website <https://blindfoundation.org.nz>
Address 49 Walding Street
Palmerston North 4110

Blind Foundation – Whanganui

Phone 0800 24 33 33
Website <https://blindfoundation.org.nz>
Address 102 Peat Street, Whanganui 4500

The Blind Foundation is New Zealand's main provider of practical and emotional support for the 12,100 Kiwis who are blind or have low vision, enabling them to face their future with confidence.

We equip people with the skills needed to participate fully in society. This includes support in living independently, getting around, using technology, continuing to read and communicate, being socially active and staying in or looking for work.

Careers New Zealand

Phone 0800 222 733
Address Level 1, AMP Building
26 Broadway Avenue
PO Box 646
Palmerston North
Website www.careers.govt.nz
Hours Monday to Friday, 8am to 6pm

This information has
been sourced from the
organisation's website

Careers New Zealand is the government agency responsible for leading the career development of all New Zealanders. Careers New Zealand is the leading careers support agency for all New Zealanders needing information, advice and support to make life-defining decisions – with particular emphasis on young people, Māori and Pasifika.

Careers New Zealand offers expert, free advice and support to help New Zealanders make smart, well-informed decisions about their career. We provide an extensive nationwide hub of careers expertise and support.

CCS Disability Action

Manawatu/Horowhenua

Phone 0800 227 2255
Address 248 Broadway Avenue
Palmerston North, 4410
Website www.ccsdisabilityaction.org.nz
Email manawatu@ccsdisabilityaction.org.nz

Whanganui

Phone 0800 789 654
Address 28 Church Street
Whanganui 4540
Website www.ccsdisabilityaction.org.nz
Email Whanganui@ccsDisabilityAction.org.nz

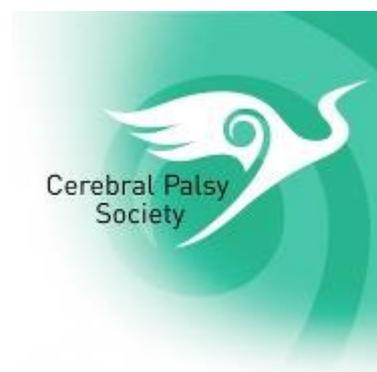


We offer a range of services for disabled people and their family and whānau. All our [support services](#) (with the exception of [Mobility Parking](#) and [Total Mobility](#)) are free.

There are a number of ways you can access them. While some of our services may need a referral and not all the services offered by CCS Disability Action are available from different branches, please get in touch with us directly to discuss your needs and what we can offer you.

Cerebral Palsy Society of New Zealand Inc.

Phone 0800 503 603, extn 1
Address 14 Erson Avenue
Royal Oak
Auckland
Website www.cpsociety.org.nz
Email cpsociety@cpsociety.org.nz



“To enhance the lives of people with Cerebral Palsy in NZ by empowering them to make their own choices”

Members with cerebral palsy are eligible for subsidy for Total mobility transport, to gain greater access into the community, to purchase small items that assist with the management of cerebral palsy and to access grants, where government funding has been declined / not funded.

GetPhysical is a scheme to assist members to help maintain their physical ability and fitness. The service is for people of all ages, who have cerebral palsy, and their families.

Citizen Advice Bureau: Whanganui

Phone 0800 367 222 or (06) 345 0844
Address 120 Guyton Street
Whanganui
Website www.cab.org.nz

This information has been sourced from the organisation's website

Citizens Advice Bureau provides free and confidential advice to everyone. They take the time to listen to you and equip you with the information, options and support that fit your needs.

People can also contact them to find out how to access Justices of the Peace (JPs), free legal assistance and other specialist advice.

Christian Social Services (City Mission) Whanganui

Phone (06) 345 2139
Address 183 Wicksteed St
Whanganui

This information has been sourced from the organisation's website

Community Connections Supported Living Charitable Trust

Phone (04) 298 7703
Email admin@ccslt.org.nz
Website www.ccslt.org.nz
Address 1/7 Hinemoa Street
Paraparaumu 5254



We are a community based disability service which primarily offers a **Supported Living service** with some **Residential Services** as well.

We operate in the Greater Wellington region (Wellington, Hutt Valley, Porirua and Kapiti), Palmerston North and the Hawke's Bay.

We have a strong commitment to a person-centred approach so people can live the life they choose within their own community.

Our vision is of a society where people with disabilities are embraced as fully participating citizens, where barriers to inclusion are removed and where each person is respected and valued for who they are.

We believe that, with support, people with disabilities can live the life they choose within the community of their choice.

We offer support to people who have a disability with the aim of providing them with the natural supports necessary to enable them to live in their own home, to connect with their community and to enjoy an independent, fulfilling life.

Creative Journeys Ltd

Phone (06) 3555947 or 027 6944147
Email creativej@xtra.co.nz
Address Square Edge Building Courtyard
52 The Square
Palmerston North



Although a basic human need, the importance of creativity is often overlooked as a tool to support those who need opportunity and guidance to live an ordinary life.

Creative Journeys welcomes adults, and those entering the adult world, who experience barriers to inclusion, to experience the joy and growth creativity can bring to ones' life.

By offering specialist therapeutic creative expression and awareness groups, the NGO day program is designed to complement other work/learning experiences.

Visual Art is developed to a professional level - exhibiting, promoting and selling works. Performing Arts allow the opportunity to be involved in stage (local theatre companies), and competition presentations.

Deaf Aotearoa

Manawatu

Phone/TTY (06) 357 5942
Email manawatu@deaf.org.nz
Address Level 2, United Building, 74 The Square, Palmerston North 4410
Website www.deaf.org.nz

Whanganui

Phone (06) 347 1176
Address Whanganui Disability Resource Centre
28 Churton Street, Whanganui 4500
Website www.deaf.org.nz



Deaf Aotearoa is a national organisation representing the voice of Deaf people, and the national service provider for Deaf people in New Zealand. Deaf Aotearoa also works closely with Deaf communities, government agencies and other organisations to increase awareness, promote New Zealand Sign Language and strengthen the rights of Deaf people. Deaf Aotearoa is one of 133 [ordinary members](#) of the [World Federation of the Deaf](#) and is also the New Zealand representative.

Deaf Aotearoa delivers flexible and responsive services which accommodates te Deaf community's needs. We provide knowledge, information, resources and skills. With these, Deaf people are able to independently manage events in their own lives.

Deaf Aotearoa works with government agencies, business and other organisations to provide information and resources on life for Deaf New Zealanders, the Deaf community and NZSL. Deaf Aotearoa delivers key services to the Deaf community, in line with the objectives defined in the Strategic Direction. These services are designed to ensure Deaf people can achieve their goals at any stage in life, from birth onwards.

Employment Plus—The Salvation Army

Phone 0800 437 587 or (06) 3239017
Address Feilding Training Centre
148 Manchester Street, Feilding
Website <http://salvationarmy.org.nz/here-to-help/employment-plus/>
Email fielding@eplus-salvationarmy.org.nz



Employment Plus assists disadvantaged people into employment through life skills, work behaviours, educational credits and vocational skills development.

Employers benefit from The Salvation Army Employment Plus developing workers with the skills that employers need.

Employment Plus' mission is to eradicate poverty person by person by assisting individuals achieve and sustain employment.

Enable New Zealand

Phone 0800 36 22 53 or (06) 353 5800
Email enable@enable.co.nz
Website www.enable.co.nz
Address 69 Malden Street
PO Box 4547, Palmerston North 4442



Enable New Zealand facilitates and delivers quality access to resources for people with identified health and disability support needs.

Enable New Zealand is contracted by the Ministry of Health, Accident Compensation Corporation and District Health Boards to provide services for people living with disabilities.

Enable New Zealand is an operating division of MidCentral District Health Board, Palmerston North.

Explore - Health Care New Zealand

Phone 0800 275 174
Email explore@explore.org.nz
Website www.healthcarenz.co.nz
Address Level 2, 1-17 Broadway, The Square, Palmerston North 4410

As New Zealand's largest provider of community-based health and disability support, we are committed to enabling each person to enjoy greater wellbeing and quality of life, regardless of their age or of any injury, illness or disability they may have.

People's right to be treated with dignity and respect lies at the heart of everything we do, and over the past 20 years we have established a dedicated team, strong systems, a robust infrastructure and an extensive range of services.

Our commitment to safety, quality, value and innovation means that our services continue to develop and grow today, and we are committed to ensuring that people can access the high-quality support they need, now and in the future.

Enliven: Positive Ageing Services

Phone (06) 439 4900
Address 3-5 George Street, Thorndon, Wellington
Website <http://www.psc.org.nz/enliven/>
Email enliven@psc.org.nz



Enliven is a division of Presbyterian Support Central. We have a proud history of supporting our communities for more than a century. Today, Enliven Central provides a full range of services that support people to maintain their independence and enjoy fulfilling lives.

The principles of caring, enabling and supporting underpin everything we do. We'll spend time getting to know you and your family, tailoring our range of services to meet your unique needs.

Services and support provided by Enliven Central throughout the lower North Island include:

- Boutique and vibrant retirement villages
- Practical in-home support and personal care services to support people to maintain their independence at home
- Warm, welcoming elder-directed rest homes and hospitals
- Respite and social clubs (day activity programmes) for older people living in their own homes
- Residential care, respite and day programmes for people living with dementia
- Other health services, including provision of continence products and tai chi classes

Halberg Trust Sports Access

Contact Helen Johnson
Phone (06) 357 5349
Email Helen.johnson@sportmanawatu.org.nz
Website www.halberg.co.nz
Regional offices 56-62 Queen Street, Palmerston North
131 Manchester Street, Feilding
Events Centre, Victoria Street, Levin
Taranua District Council, Gordon Street, Dannevirke



Halberg Trust is a charity that works to enhance the lives of disabled people by enabling them to participate in sport. We work with families, communities, clubs and national sports organisations to open doors and remove barriers to participation. The Westpac Halberg Awards is the Trust's flagship event to honor sporting excellence and raise vital funds for our year-round disability sport work.

We also rely on the on-going contributions of our sponsors and supporters, who play a vital role in helping the Trust to achieve Sir Murray Halberg's vision: to live in a society where all New Zealanders, regardless of their ability, have the right to participate in the sport of their choice, with no exceptions.

Hearing New Zealand (Horowhenua)

Phone (06) 368 2469
Email horowhenua@hearing.org.nz
Website www.hearing.org.nz
Address 538 Queen Street, Levin 5510



Hearing New Zealand (Palmerston North)

Phone (06) 357 8708
Email manawatu@hearing.org.nz
Website www.hearing.org.nz
Address 435 Church Street, Palmerston North 4410

Hearing New Zealand (Whanganui)

Phone (06) 347 9743
Email wanganui@hearing.org.nz
Website www.hearing.org.nz
Address 35 Dublin Street, Wanganui 4500

The Hearing Association exists to help people with any form of hearing problem. They are a volunteer organisation and receive no government funding. Branches offer support to all people with hearing problems, members and non-members alike, both socially and in the workplace.

The Hearing Association does not fit hearing aids, as this needs to be done by qualified professionals. But we do provide a full range of other assistive devices. We also run public education in the prevention of hearing loss.

Horowhenua Learning Centre (HLC)

Phone 0800 3681095
Email enquiries@hlc.ac.nz
Website www.hlc.ac.nz
Address 152 Bath Street, Levin



HLC is a private training establishment in Levin partially funded by MSD to work with people with disabilities in the wider Horowhenua area.

Services we provide include Transition for ORS funded students from College to employment, further training or appropriate service providers, Supported Employment Services, and delivery of a National Certificate in Work and Community Skills for students with learning impairments.

Our services may include identification of skills and strengths, career planning, work experience, advocacy with funding agencies and service providers, and on-going support. Our aim is to provide students with specific needs the same opportunities as their peers.

IDEA Services Kāpiti, Mana, Horowhenua

Phone (04) 463 2448

Email central@idea.org.nz

Website www.ihc.org.nz

Address 8c Ihakara St
Paraparaumu



IDEA Services Whanganui

Phone (06) 349 2650

Email central@idea.org.nz

Website www.ihc.org.nz

Address 46 Alma Road, Gonville
Whanganui 4501

IDEA Services Palmerston North, Rangitikei

Phone (06) 350 9372

Email central@idea.org.nz

Website www.ihc.org.nz

Address Level 1, TSB Tower
1-19 Fitzherbert Avenue
Palmerston North 4410

IDEA Services offers Transition Services that support students to move from school to the adult world. Students are supported to plan and move into further education, employment and local community activities in their last year of school.

IDEA Services also has youth services for people under 25 to receive an extended transition into adult life. The young people are around people their own age, who are going through the same things and are supported to reach their own goals in life. That might be further education, independent living skills or finding a job.

They have Supported Employment, which helps people to find paid jobs. This involves job search, job training and ongoing job support. There are some people that want to set up their own small business. IDEA Services supports person to explore this goal.

IDEA Services also offer those wanting to contribute to the community by becoming a volunteer, supporting people to identify learning needs and develop skills, and supporting people to identify and participate in community activities to follow their interests, passions and dreams.

They can offer Day Services to support people to achieve their goals as well as meeting their disability support needs and have a number of art studios which provide access to various art mediums as well as community based arts activities for people.

IDEA is an **ihc** service in your community

Inspire Whanganui Health and Fitness Centre

Phone (06) 345 9486
Email mere@inspirewhanganui.co.nz
Website www.inspirewhanganui.co.nz
Address 32 Wilson St, Whanganui 4500



The Inspire Health & Fitness Centre is a fully functional gymnasium offering an excellent facility and wide range of specialised services to the Whanganui community. Our gymnasium is wheelchair accessible with disability shower and toilet facilities. We offer concession rates for members with disabilities and special needs (of all levels) plus tailored programmes prescribed and delivered with the support of family and caregivers.

We also offer complimentary rehabilitation and health services including Trigger Point massage therapy, Active Physiotherapy, Greg Miles Chiropractor, Diane Mickleson a nutritional microscopist, Natural Therapy Clinic and Cardiac Rehabilitation seminars.

Inspire Health & Fitness Centre aspire to be the most enjoyable health and fitness facility in Whanganui and be known as a leader in customer service and creating a community atmosphere.

Kāpiti Family Budgeting Service

Phone (04) 298 8570
Email kfbs@paradise.net.nz
Address First Floor, Coastlands, Paraparaumu

Laura Ferguson Rehabilitation

Phone 0800 4 REHAB or (06) 345 1410
Email info@laurafergusson.co.nz
Website www.laurafergusson.co.nz
Address 115-117 Liverpool Street, Whanganui 4501



Laura Ferguson Rehabilitation provide specialised rehabilitation services, both residential and community based. We have a particular focus on rehabilitation for those who have sustained neurological trauma – be it caused by congenital, accident or medical condition. We also provide rehabilitation services to individuals with other conditions, and have a comprehensive team of specialists including Physiotherapists, Occupational Therapists, Speech Language Therapists, Social Workers, Nurses, Rehabilitation Coaches, Supported Living Coaches, Medical Specialists, Clinical Psychologists, Pain Specialists and more.

We hold service contracts with the Ministry of Health, Accident Compensation Corporation and Ministry of Social Development as well as a number of private contracts, all managed from our base facilities in Auckland, Waikato and Whanganui.

L'Arche New Zealand

Contact Alejandro (Alex) Pagnucco
Phone (04) 298 4633
Email larche@larche.org.nz
Address 7 Hinemoa Street, Paraparaumu

This information has
been sourced from the
organisation's website

The L'Arche Kāpiti community encompasses two homes and a day activity centre. L'Arche Kāpiti operates according to a not-for-profit 'community model'.

People with disabilities, and those who assist them, live together in homes, sharing life with one another and building community as responsible adults.

Everyone is believed to have the capacity to grow and to mature into adulthood, and to make a contribution to society, regardless of the physical or intellectual limitations with which they may be living.

Literacy Aotearoa Inc

Literacy Feilding Inc.

Phone (06) 323 1256 or 027 323 1255
Email literacy.feilding@xtra.co.nz
Website www.literacy.org.nz
Address: Community House, 131 Manchester Street, Feilding 4702



Literacy Aotearoa
Choice Change Freedom

Literacy Tamaki Nui a Rua Dannevirke

Phone (06) 374 6717
Email ltnar@xtra.co.nz
Website www.literacy.org.nz
Address Railway Station, 3 Hall Street, Dannevirke 4930

Adult Literacy Palmerston North

Phone (06) 359 2615
Email alp@inspire.net.nz
Website www.literacy.org.nz
Address PO Box 1831, Palmerston North 4440

Horowhenua Adult Literacy Services

Phone (06) 368 6064
Email piri.alh@xtra.co.nz
Webmail http://www.literacy.org.nz
Address 13 Bristol Street, Levin 5510

Get the help you need to take charge of your life by improving your reading, writing and maths skills. We're committed to helping you in the way that suits you best. You'll get private, one-to-one or small group tutoring from trained tutors using methods that work. We will find out what you want to learn, and why. That puts you in charge of your own learning. When learning is relevant to you, it's more interesting, which means you can achieve better results faster. And that will change your life. What's more, it will cost you nothing.

Manawatu Hearing Association Inc. Palmerston North

Phone (06) 357 8708
Email palmerstonnorth@hearing.org.nz
Website <http://www.manawatu.hearing.org.nz>
Address 435 Church Street
Palmerston North 4410

This information has
been sourced from the
organisation's website

To advance the interests and general welfare of all persons with a hearing loss, their family, whanau and all who support them, to improve their quality of life. Branches offer support to all people with hearing problems, members and non-members alike, both socially and in the workplace.

We offer free hearing tests in conjunction with LIFE Unlimited. Many of LIFE's trained therapists work from our branch premises.

The Hearing Association does not fit hearing aids, as this needs to be done by qualified professionals. But we do provide a full range of other assistive devices.

We also run public education in the prevention of hearing loss.

Manawatu Home Budgeting Service

Phone 0800 228 343 (0800 BUDGET) or (06) 358 2279
Email mhbs@mhbs.org.nz
Address First Floor, Room F6, Hancock Community House
77-85 King Street, Palmerston North 4410



Manawatu Stewart Centre Trust for Brain Injury

Contact Janet Webb
Phone (06) 354 6728
Email manawatu@stewartcentre.org.nz
Website www.stewartcentre.org.nz
Address Manawatu Stewart Centre Trust
38 West Street, Palmerston North 4440



The Manawatu Stewart Centre Trust for Brain Injury service the Manawatu, Horowhenua and Tararua regions.

The Manawatu Stewart Centre provides training for independent living, education, vocational training, meaningful activities and rehabilitation, for people aged 16 to 60 years-of-age who have an acquired or traumatic brain injury. This may be an injury from an assault, car accident, sports injury, or stroke, heart attack, or infection. Our focus is on rehabilitation and reaching potential using a person's strengths, interests and aspirations. We will do 'Whatever it Takes' to enhance personal development, personal relationships, independent function and quality of life.

Mainstream Supported Employment

This information has been sourced from the organisation's website

Deaf Link free-fax	0800 621 621
Telephone typewriter (TTY)	0800 111 113
Text	029 286 7170
Email	MSD_Deaf_Services@msd.govt.nz

The Mainstream Employment Programme provides a package of subsidies, training, and other support to help people with significant disabilities get work. By taking part in the Programme, employers are tapping into the benefits of employing someone with a disability and future-proofing their workforce.

It's a four-way partnership among Work and Income, supported employment agents (disability employment experts), employers, and people with disabilities. The specially-created positions are tailored to the skills and aptitude of the participants, and the needs of the employers. Participants are not expected to be 'job-ready' when they start. They are trained on the job and have access to extra training funding from Mainstream. Pay is comparable to the pay of others performing similar duties. Knowledge and skills are built up over time, with the support and goodwill of co-workers.

MASH Trust

Phone	(06) 355-7200
Email	manawatu@mashttrust.org.nz
Website	www.mashttrust.org.nz
Address	602 - 606 Main Street Palmerston North 4410



MASH Trust provides support for people with experience of mental illness, people with intellectual disability, people with physical disability and people who have issues with addiction to alcohol and other drugs.

Services provided range from fully supported residential care in a flatting situation with up to 5 people, individual support and support in the community. Day bases are available for people with intellectual disability who wish to have activities away from their home. Assistance is provided to obtain skills to move to employment and independent living. A Healthy Lifestyles programme is also available to assist with healthy eating and participation in community activities to promote physical activity.

Massey University



Contact Philip Godfrey
Phone (06) 356-9099 Ext 81958
Email disinfo@massey.ac.nz
Website www.massey.ac.nz
Address Private Bag 11-222
Palmerston North

Disability Services at Massey University provide a range of services and support for internal and distance students who have health and disability issues that are impacting on their study.

Disability Services strives to provide a flexible and responsive service that is focused on a student's individual needs. This involves identifying how a health or disability issue is making study more difficult, and how Massey University can accommodate students so they can focus on their chosen course of study.



Ministry of Education—Learning Support



Palmerston North Office

Phone 06 350 9850
Fax 06 355 0503
Address 1-3 Oxford Street
(Corner of Ferguson & Oxford St)
Palmerston North 4410
PO Box 1154, Palmerston North 4440

Whanganui Office

Phone 06 349 6300
Fax 06 349 6301
Address 93 Ingestre Street
Whanganui 4500
Private Bag 3012, Whanganui 4540

Taranaki Office

Phone 06 757 6400
Fax 06 758 4135
Address 54 Gill Street, New Plymouth

Learning Support is a service that can provide support to students with additional learning needs within educational settings.

Learning support is able to provide advice and information around transition for students leaving education and moving to community based settings. Although this is usually for students on the Ongoing Resourcing Scheme (ORS), support may also be provided for other students who experience additional challenges around transition because of their learning needs.

The aim is to enable a smooth transition by promoting collaboration between the student, family/whanau and school team. Individual Education Plan (IEP) meetings or other pathway planning meetings, which are coordinated by the school team, will provide an opportunity for discussions around transition for the student. There will be an increased focus on transition as the student progresses through the school. Most schools have a teacher who has a role to support transition and is able to assist families to access information about services that are available.

www.education.govt.nz has information for family/whanau around transition including the National Transition Guidelines.

<https://education.govt.nz/school/student-support/special-education/national-transition-guidelines-for-students-with-special-education-needs/> A booklet titled Preparing to Leave School is also available through our local offices.

National Health and Disability Advocacy

Phone 0800 555 050 or (06) 353 7236
Website www.hdc.org.nz
Email advocacy@hdc.org.nz



The Nationwide Health & Disability Advocacy Service is a free, confidential and independent service, provided under the Health and Disability Commissioner's Act 1994.

Advocates assist consumers who have concerns about a health or disability service they have received. Advocates provide information and support to enable consumers to resolve concerns direct with the provider where appropriate and to achieve low level resolution. The concept is not new and people who have used the service find that just having someone to guide them through the process is of great assistance. We have found that many people just need to be pointed in the right direction to resolve their complaint while others require moral support at meetings or assistance with putting their thoughts onto paper. Advocates, in many cases come from health or disability backgrounds and know how the systems work.

In addition to advocacy, Advocates provide education to provider and consumer groups about the Code of Health & Disability Services Consumers' Rights, the Health & Disability Commissioner's office and the role of advocacy. If you are a consumer or provider who would like to know more about the Code or the work of the advocacy service, please feel free to contact us.

New Zealand Down Syndrome Association

Phone 0800 693 724
Email neo@nzda.org.nz
Website <http://www.nzdsa.org.nz>
Address PO Box 4142, Auckland



The New Zealand Down Syndrome Association's mission is to work alongside families, whanau and carers to support and empower people with Down syndrome to realise their potential and aspirations through all life stages and within all communities. The NZDSA can link young people to social activities that are available in their region and offers a "Plan for the Future Resource" which provides information on how to take positive steps from school into adult life.

Ngāti Kāpo O Aotearoa Inc

Phone 0800 770 990
Please call their main office and they will refer you to the appropriate regional office.

Email Can be contacted through website

Website www.kapomaori.com

Address 510 Market Street South, Hastings



Ngāti Kāpo o Aotearoa Inc. is an exceptionally governed, managed, business focused and operational national consumer driven Māori health and disability service provider which offers high quality kaupapa Māori based disability support services to disabled Māori and their whānau throughout Aotearoa (New Zealand).

Ngāti Kāpo is in the business of developing and implementing initiatives that empower and create opportunities for kāpo Māori and their whānau to lead independent, self fulfilling lives – upholding their dignity and taking their rightful place as Tangata Whenua in Aotearoa society.

The society offers peer support, information and advice. advocacy (self and external), research and development, training, policy advice, public awareness and workforce development.



Omahanui Special Care Unit

Phone (06) 345 3500

Website <http://www.omahanuiwhanganui.co.nz>

Address 140 Great North Road, Whanganui

This information has been sourced from the organisation's website

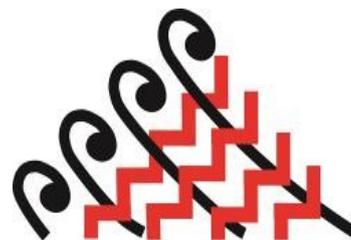
The Omahanui Special Care Units are a special place for very special people. Omahanui provides specialised facilities dedicated to caring for younger disabled people in a home environment.

Some of the young men and women who make Omahanui their home, have come to us as the result of an accident causing physical and head injuries. A number of our past residents have serious physical health problems due to illness.

The quality of life for those who come to live at Omahanui is something of which we are justly proud. Omahanui is unrivalled but affordable to all.

Open Learning Centre – Te Whare Akonga Manawatu Incorporated

Phone (06) 357 7882
Email twaenquiry@xtra.co.nz
Address 120 The Square
Palmerston North 4410
Website www.twaolc.co.nz



Since our establishment in 1991 we have helped thousands of people to improve their way of living through literacy, language and learning support. Our core service area is Palmerston North. There is no cost for learners to participate in our programmes. Our current programmes include: road safety; cultural literacy; women's writing; IT for beginners; literacy and numeracy.

Options in Community Living — Manawatu

Transition Coordinator Mike Beer
Phone (06) 353 2242
Email mike@options.org.nz
Website <http://www.tautoko.org.nz>
Address 31 Princess Street, Palmerston North
Regions Manawatu, Rangitikei, Tararua, Horowhenua



Our vision of 'great lives for us all' guides our work of supporting people to develop their unique life-style based on choices and opportunities available to all New Zealanders. We provide planning and practical support for people to develop and live their preferred life-style across many areas of life including: community involvement; employment support; planning for life after school; further education; social life and moving into your own home.

You can access Options in Community Living by contacting us directly or another agency/school may contact us on your behalf. For information on our services please visit our website.

Outward Bound Trust of New Zealand

Phone 0800 688 927
Email info@outwardbound.co.nz
Website www.outwardbound.co.nz
Address PO Box 25274, Panama Street, Wellington



Outward Bound is an adventure based experience located in Anakiwa, Marlborough Sounds. Our range of low impact and disability courses will get you outdoors and pushing your limits. Some activities are adapted or have extra support, but it's no holiday camp. You will be challenged both as an individual and as a team. Each course has specific criteria to ensure you can safely and fully participate – call us to check you meet the criteria before enrolling.

ParaFed Manawatu

Phone (06) 357 5349
Website www.sportmanawatu.org.nz
Regional office PO Box 1557
Palmerston North 4440



ParaFed Manawatu is a hub of information for disabled New Zealanders wanting to be involved with sport and activity. Most sports clubs in the Manawatu include disabled athletes into their clubs: we currently have people actively involved in swimming, athletics, archery, shooting, lawn bowls, judo, sailing, and table tennis. Disability sports offered in the Manawatu include: adaptive snow sports, wheelchair rugby, wheelchair basketball, wheelchair tennis, wheelchair athletics, power chair football and boccia. If you are keen to be involved, then please contact Gregory Wright.

People First

Phone 0800 20 60 70
Email mail@peoplefirst.org.nz
Website www.peoplefirst.org.nz
National office Level 4
Century City Tower
173-175 Victoria Street
Wellington



People First is a nationwide organisation run by and for people with learning disability. There are local groups all over New Zealand. To be a member of People First you must be a person with a learning disability and be over 18 years of age.

At People First meetings, members are able to have their ideas heard by local and national government, councils and service providers, teach people in the community about valuing people with disabilities, learn about rights and responsibilities, learn about how to take part in decisions that affect us, learn to speak out when we are treated unfairly and also to have fun and make new friends.

Phoenix Incorporated Manawatu

Phone (06) 354 7520
Website www.phoenixinc.org.nz
Address Unit 4 Northcote Park Offices
145 Queen Street
Palmerston North



Phoenix Incorporated is a supported employment agency that achieves significant and sustained employment outcomes for people with disability, particularly for people who experience significant barriers to employment.

Phoenix Supported Employment services are specifically designed for people with disabilities who have never experienced paid employment, have not had access to mainstream training opportunities, have very interrupted work histories, or may require intensive and ongoing support services in order to stay in paid employment.

Riding for Disabled Association

Levin

Phone (06) 368 0324
Address Kimberley Centre
147 Kimberley Road, Levin

This information has
been sourced from the
organisation's website

Manawatu

Phone (06) 323 4622
Address Fire Number 248
Awahuri Road, Feilding

Whanganui

Phone (06) 347 1542
Email wanganuirda@xtra.co.nz
Address Purnell Street, Wanganui

Riding for the Disabled caters for people of all ages. They may be referred from therapists, doctors, specialists, other health professionals, teachers, caregivers and referrals from parents and riders themselves.

Riding for Disabled Association cater for people who are physically challenged with cerebral palsy, spina bifida, paraplegia, multiple sclerosis, muscular dystrophy, traumatic brain injury, stroke or have visual or hearing impairment are welcomed. They also welcome people that have intellectual disabilities or multiple disabilities or learning disabilities.

Ryder-Cheshire Foundation Manawatu

This information has
been sourced from the
organisation's website

Phone (06) 357 1557
Email admin@rcm.org.nz
Website www.rydercheshiremanawatu.org.nz
Address 114 Te Awe Awe Street
Hokowhitu, Palmerston North

People with disabilities, like everyone else, wish to live as normally as possible in the privacy of their own homes where they can plan their lives and make their own decisions.

The Ryder-Cheshire Foundation Manawatu is an established residential complex in Palmerston North where physical care is provided but does not dominate daily living, rather it provides people with the support they need to play a part in their community.

The complex is situated in a well-developed residential area, with easy access to suburban shops, bus route and other amenities. There are nine specially designed houses on the complex for residents with a variety of physical disabilities - both congenital and those resulting from traumatic brain injury. We are able to provide care for a range of levels - from highly dependent to those who are able to live in a flatting situation where with daily staff supervision and/or assistance they can prepare for the day when they might become independent and choose to live elsewhere in the community. There is also provision for short stays, for respite care.

Sommerville Disability Support Services

Email info@sommerville.org.nz
Website www.sommerville.org.nz
Phone (06) 345 0566 or toll free 0508 787-7678
Address 45 Campbell Street, Whanganui



At the Abilities Centre we provide a service for school leavers and adults. We work with the individual to develop a holistic plan that will build on abilities. We find ways to overcome barriers so the individual can be assisted towards achieving identified goals. Individuals are encouraged to become actively involved in our local community and wider world.

At the Abilities Centre we offer: Community Participation, Life Skills, Recreation and Leisure Activities, Computer Skills and Vocational Training.

We work in partnership with local supported employment agencies to assist individuals to obtain employment.

Special Olympics Lower North Island

Contact Julia Sanson
Phone 027 299 4734
Email julia@specialolympics.org.nz
Website www.specialolympics.org.nz
Regional office 50 Queen Street, Palmerston North
Clubs Special Olympics Manawatu:

- manawatu@specialolympics.org.nz
- Special Olympics Horowhenua: horowhenua@specialolympics.org.nz
- Special Olympics Kāpiti : Kapiti@specialolympics.org.nz
- Special Olympics Whanganui: wanganui@specialolympics.org.nz



Special Olympics New Zealand is a year-round programme of sports training and competition for children and adults with intellectual disabilities. More than 6000 athletes throughout the country train and compete in 13 different Olympic-type summer and winter sports. We have meaningful sport opportunities, in a safe environment for our athletes regardless of their ability.

The secondary school programme and the Lower North Island clubs offer a range of sports including: aquatics, athletics, basketball, bocce, bowling (Tenpin), equestrian, football, golf, indoor bowls, power lifting and, snow sports (skiing and boarding). Our athletes benefit from social opportunities, the chance to get fit and active at training sessions and the challenge offered at competitions. Getting involved with Special Olympics will provide athletes, their families and volunteers with unique life experiences that they never thought possible.

Check the Special Olympics New Zealand website for details.

SPELD NZ: Specific Learning Disabilities Association

Website www.speld.org.nz
Phone 0800 773 536
Address PO Box 2008 Stortford Lodge
Hastings 4253
Regions Mana, Whanganui



Dyslexia, ADHD, Dyspraxia and Dyscalculia are all Specific learning disabilities. Speld nz is a not for profit organisation that provides information, assessment and tuition to families, whanau, schools, businesses and individuals living with Dyslexia and other Specific Learning Disabilities.

Speld provides the following services across New Zealand: information and advice on dyslexia and other specific learning disabilities; individual student screening and assessment services for those suspected of dyslexia or other specific learning disabilities; individual tuition by qualified teachers with specialist training (theory and practical) in dyslexia and specific learning disabilities; support for families and whanau; and training courses for parents, caregivers and other interested people.

Sport Manawatu

Contact	Helen Johnson
Phone	(06) 357 5349 or 027 2588 558
Email	Helen.johnson@sportmanawatu.org.nz
Website	www.sportmanawatu.org.nz
Regional offices	50 Queen street, Palmerston North 131 Manchester Street, Feilding Events Centre, Victoria Street, Levin Taranua District Council, Gordon Street, Dannevirke



Sport Manawatu actively support people living with a disability to get involved with a sport and recreation. Helen Johnson, Sport Opportunity Advisor works with families, schools, communities, clubs and national sport organisations to open doors and remove barriers to participation. There are sport opportunities for all, regardless of their ability. Sport opportunities range from adaptive sport to inclusive opportunities in clubs and at international events. Sport Manawatu is a hub of information to anyone looking for sport opportunities.

Sport Whanganui – Active Living

To find out about Active Families

Phone	(06) 349 2300
Email	info@sportwhanganui.co.nz
Website	www.sportwhanganui.co.nz
Address	40 Maria Place Extension Whanganui



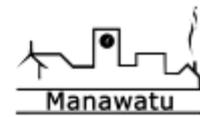
Sport Whanganui offers many opportunities for people to keep active. Active Living looks at how you can be active in different ways, whether it be in a group or individually.

Sport Whanganui proudly offer Rangatahi (children) and whanau (families) an exciting and fun filled physical activity and nutrition programme. Green Prescription (GRx) Active Families is a free physical activity and nutrition programme where you, your children, and your whanau can all have heaps of fun together in a safe supportive environment.

GRx Active Families programme gets everyone involved in playing games, you can develop new skills, you can learn more about food, and the whanau can set goals together. So if you're into having fun, want to learn more about food and basically want to create a lifetime of healthy habits, then GRx Active Families is for you!

SuperGrans Charitable Trust

Website www.sgmanawatu.org.nz



Manawatu Region

Phone (06) 354 3804
Email admin@sgmanawatu.org.nz
Address Level 2, 74 The Square
Palmerston North

Horowhenua Region

Phone (06) 354 3804
Email horowhenua@supergrans.net.nz
Address 28 Queens Street West
Levin

Whanganui Region

Mobile 027 414 0332
Phone (06) 367 0680
Email whanganui@sgmanawatu.org.nz

Kapiti Region

Phone (04) 905 0667
Email Kapiti@supergrans.net.nz
Address 6 Ngahina Street
Paraparaumu 5032

SuperGrans is a service open to all to brush up on the basic skills needed to provide for oneself or for the family. SuperGrans is an organisation that works with people at a level they can manage and encourages new ways of working. SuperGrans volunteers are mature people who when working with our clients are able to draw on a lifetime of experience. They pass on their homemaking and gardening skills and knowledge with empathy, kindness and integrity. SuperGrans will not do it for you, they will help you to do it yourself.

Te Aroha Noa: Community Services

Phone (06) 358 2255
Email reception@tearohana.org.nz
Address 12–32 Brentwood Avenue, Palmerston North
Website www.tearohana.org.nz



Te Aroha Noa Community Services (TANCS) is committed to providing multi-disciplinary, holistic and integrated services that are designed to assist young families/whanau unleash their potential. It seeks to empower the community through a community development approach to identify its own needs, resources and solutions. A feature of our approach is the encouragement of community members to actively participate in the unleashing of their own lives and the community.

Te Aroha Noa Community Services aims to empower community members to take responsibility for the development of their own solutions via a methodology that creates an ever expanding number of community members who have experienced transformation of their own lives until a critical mass change point is reached that impacts the whole community. It has also been deeply committed to developing collaborative practice partnerships with both Government and locally based community organisations and institutions.

Te Oranganui Iwi Health Authority

Te Ara Toiora Disability Vocational Services
Phone (06) 348-0476
Email info@teoranganui.co.nz
Address 39 Drews Avenue, Whanganui
Website www.teoranganui.co.nz



Te Ara Toiora Disability Vocational Services provides a programme seeking the Mana, Mauri and Tapu for people with disabilities encapsulating key living skills and interacting with the local community.

Whanaungatanga (engagement) embraces karakia, waiata, Iwi korero, whakapapa and roles and responsibilities seeking Tino Rangatiratanga (self-determination).

- Whakawaatea reaffirming your identity
- Whakariterite active participation in group activities
- Whakaoho setting personal goals collectively and bringing whanau together
- Whakaoho Mauri celebrating self-determination.

The main aims of their Vocational service is to support people to access and take part in activities in the community; develop skills to participate in the community; acquire the skills needed to obtain employment and gain and/or retain employment.

Te Wānanga o Aotearoa

Palmerston North

Phone 0800 355 553 / (06) 350 0180
Email TekeiMarketing@twoa.ac.nz
Website www.twoa.ac.nz
Address Centennial Drive, Palmerston North

This information has
been sourced from the
organisation's website

Levin

Phone (06) 368 3977
Website www.twoa.ac.nz
Address Hokio Beach Road, Levin

Te Wānanga o Aotearoa is one of New Zealand's largest tertiary education providers. They offer a comprehensive range of certificate to degree level qualifications to New Zealanders of all ages and walks of life.

Guided by Māori principles and values, they take great pride in this nurturing and inclusive learning environment, as well as the depth and diversity of our courses in small business, computing, social work, teaching, Māori performing arts and te reo Māori.

Disability Support includes support for those with permanent as well as temporary conditions. To get Disability Support, you will need to provide proof of your disability, unless you suffer from a mobility disability and are confined to a wheelchair or other aide. You must provide proof, such as a letter from your doctor or other community health provider outlining your disability.

Total Mobility Scheme Manawatu / Whanganui Regions

Phone 0508 800 800
Address Horizons Regional Council
Private Bag 11025, Palmerston North
Website www.nzta.govt.nz/resources/total-mobility-scheme/manawatu-whanganui.html

The Total Mobility Scheme provides subsidised taxi services to people who have an impairment that prevents them from undertaking any one or more of the following five components of a journey unaccompanied, on a bus, train or ferry in a safe and dignified manner. The scheme assists people who have an impairment in getting to the place from where the transport departs, getting onto the transport, riding securely, getting off the transport, and getting to the destination.

The Total Mobility scheme operates in Feilding, Palmerston North, Levin, Taumarunui, Marton, Whanganui and Foxton.

The Housing Advice Centre

Phone (06) 358 4875
Email info@housingadvice.org.nz
Website http://www.housingadvice.org.nz
Address Hancock Community House
77-85 King Street, Palmerston North 4410



The Housing Advice Centre provides rental listings, gives advice about tenancies and helps when things go wrong in rental accommodation—be it between flat-mates or between a tenant and landlord. We like to work with people before things go wrong and are a good place to come to for advice before people go flatting.

Trade & Commerce

Phone (04) 298 8894
Email coling@tradeandcommerce.co.nz
Address 11 Kodex Place, Paraparaumu 5032
Website www.tradeandcommerce.co.nz



Trade and Commerce helps people to achieve their goals whether they may be employment qualifications, or pathwaying to further training opportunities.

We are a Private Training Company and have been serving your community for over 25 years. NZQA registration ensures our courses are approved and provide high quality education and training in a sound and stable learning environment.

You can attend our training courses at venues located throughout New Zealand. Our supportive tutors will help you gain new skills and the confidence to find a job you enjoy. Check out our website for more information.

UCOL: Universal College of Learning

Palmerston North Campus

Phone (06) 952 7223
Email j.nelson@ucol.ac.nz
Address Block 11, Kearns Building
140 King St, Palmerston North
Contact John Nelson
Website www.ucol.ac.nz

This information has been sourced from the organisation's website

Whanganui Campus

Phone (06) 965 3800 ext 60704
Email k.moore@ucol.ac.nz
Address 16 Rutland St, Whanganui
Contact Karen Moore
Website www.ucol.ac.nz

Disability Services provide a supportive learning environment that aims to meet the individual needs of all learners. Students with impairment, health issues or conditions that require support in or out of the classroom, or special equipment or technology, should contact the Accessibility/Disability coordinator in their region. The coordinator will discuss what we can do to help provide these facilities and help you succeed in your studies.

**Volunteering New Zealand
Whanganui Volunteer Centre**

Phone (06) 347 9430
Email whanganuivolunteercentre@xtra.co.nz
Address Room 106, 60 Ridgeway St, Whanganui
Website www.volunteerwhanganui.org.nz



Volunteer Resource Centre Manawatu & Districts

Phone 0800 865 2687 or (06) 354 6027
Email info@vrcmanawatu.org.nz
Address Ground Floor, Community House, 77 King Street,
Palmerston North
Website www.vrcmanawatu.org.nz

Volunteer Kāpiti

Phone (04) 905 8884
Email info@volunteerkapiti.org.nz
Address Kāpiti Community Centre, 15 Ngahina Street,
Paraparaumu 5032
Website www.volunteerkapiti.org.nz



Volunteer New Zealand's mission is to create an environment which supports, promotes, values and encourages effective volunteering by the people of Aotearoa New Zealand.

Whanganui Budget Advisory Service

Phone (06) 345 3746
Email wangbudget@xtra.co.nz
Address Room 9 Trinity Building
172 Victoria Ave, Whanganui

Whanganui Learning Centre Trust

Phone (06) 348 4950
Email wlc@xtra.co.nz
Website www.digitalwhanganui.org.nz
Address 232 Wicksteed Street, Whanganui 4500



Whanganui Peoples Centre

Phone (06) 345 8656
Website www.whanganuipeoplescentre.nz
Address 60 Ridgeway Street, Whanganui Central

This information has
been sourced from the
organisation's website

The Whanganui People's Centre provides free support and an advocacy service for beneficiaries and low income workers who are clients of Work & Income, Inland Revenue or Housing New Zealand.

Workbridge

Wanganui

Phone (06) 348 0352
Email whanganui@workbridge.co.nz
Website www.workbridge.co.nz
Address 69G Taupo Quay, Whanganui
Workbridge Whanganui also covers Marton, Ohakune, Taihape.



Palmerston North

Phone (06) 952 5640
Email palmerstonnorth@workbridge.co.nz
Website www.workbridge.co.nz
Address Corner of Walding and Rangitikei Streets, Palmerston North

Workbridge Palmerston North also covers Feilding.

Established in 1991, Workbridge is a professional employment service for people with all types of disability, including people who have lived with the long-term effects of injury and illness.

Workbridge also administers Support Funds on behalf of the Ministry of Social Development. This fund can help with any additional costs directly relating to a person's disability when gaining or retaining a job, entering training, or commencing self-employment.

Workbridge employment consultants work in partnership with you to: find out what you want to do; set work goals and plan how to reach them; prepare a current curriculum vitae (CV); learn job search skills, how to apply for jobs, and interview skills. To be eligible a Workbridge job seeker will: have been living with the effects of their disability, injury or illness for more than six months; be currently living in New Zealand, and be a New Zealand citizen, a permanent resident, or hold an appropriate open work permit, and be aged between 16 and 65 years.

Once you are in a job, we will keep in contact with you to make sure that everything is going well.

YMCA

Phone (06) 358 8921
Email pnooffice@ymcacentral.org.nz
Address 148 Park Road, Palmerston North 4410
Website www.ymcacentral.org.nz



The National Council of YMCA's of New Zealand Inc is a registered private training establishment with NZQA which specialises in training 13—17 year-olds in youth training, alternative education and STAR courses.

We also offer a range of vocational and life skill courses offer National Certificates, unit standards and work experience towards individual employment goals.

Every YMCA training programme places great emphasis on personal growth and development.



Good luck ...

Checklists

Fill out the following to see if you have left anything out of your planning.



TICK	Things to think about if you are thinking about moving out of home
	Contact your local NASC or ACC when you start to consider leaving home to discuss options for support in the community (do this as early as possible as processes can take some time).
	Consider where you are going to live in relation to your transport needs, e.g. availability of Total Mobility Taxi's, public transport services such as buses and trains, getting to and from work.
	Consider if you are going to live alone or with others and who they may be.
	Contact a NASC agency to discuss support for finding flatmates.
	Contact a NASC agency to discuss support and advice on gaining good community access.
	If you think you might need 24hr support talk to your local NASC or ACC about disability residential options and how you may transition out of home.
	Consider what you are going to do during the day? (work, leisure, education, social options etc.)
	Consider options for increasing your self-help skills both prior to and after you move out (learning is a life time process).
	Contact HNZ, or real estate agents around finding an accessible home.
	Contact HNZ around "income related rentals" if you are unable to work.

Checklist continued



Talk with Work and Income to ensure that you have all the benefits you are eligible for, for example, accommodation allowance, disability allowance, special benefit, etc.

Contact your GP, NASC, ACC, or HNZ around specialist input for modifications to existing homes to make them accessible.

Consider who are the natural networks such as, family, friends, neighbours who can help support you to live as independently as possible.

Consider your own budgeting skills and look at getting support with this if you have the need.

Consider a 0900 toll bar on phone to avoid unnecessary costs on your telephone bill.

Talk to Work and Income, your local NASC, GP about all the options for Home Alone alarms as there are many different options and prices.

If you are a teenager or young adult still at home, have you and your parents considered your ability and confidence to be at home alone? You may like to start trying this in a planned way (We acknowledge that this may not be appropriate for everyone).

Things to think about when preparing to leave school

TICK	Things to think about when preparing to leave school.
	Have you done any planning for your future that sets clear goals for where you want to be, and breaking them down into smaller steps or goals?
	Think about how you get around your own community now and how you will in the future. You may need support to develop new skills to access public transport, or obtain a drivers licence.
	Have you had an opportunity for work skills development and to gain work place experiences?
	Consider your numeracy and literacy skills, what support and on-going education you will need
	Identify key people for areas you may need support with. For example, filling in forms, legal documentation and disclosure of your personal information
	Have you talked to the school's career or guidance counsellor about developing a career plan?
	Consider your skills that will help assist living as independently as possible, e.g., cooking, housework, budgeting...
	Don't be afraid to take a risk in trying new things, it is okay to make mistakes, it is how everyone learns
	Think of ways you can keep in contact with the friends you have at school when you leave
	Look at joining sports groups, clubs, activity groups, church or youth groups which will give you lots to do after you leave school
	Do you have an IRD number? Get one.
	Do have an 18+ card? Get one.
	Are you developing skills that will help you maintain your safety with adult relationships?

Images

Images

Page 3:

Friends of NZDSN

Page 14:

Feilding town clock (left and right)

Page 22:

Friends of NZDSN (left)
Mocha Drink (right)

Cover images:

Friends of the NZDSN

Images

Page 32:

Cow in paddock,
Feilding

Page 53:

Friend of NZDSN
playing guitar

Page 56:

Manawatu Hills

Page 69:

Friends of NZDSN

Images

Page 24:

Friend of NZDSN

Page 30:

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