

# EXPLORING FUTURES

YOUR STEP-BY-STEP GUIDE TO MOVING ON



2012 AND BEYOND



# Acknowledgements

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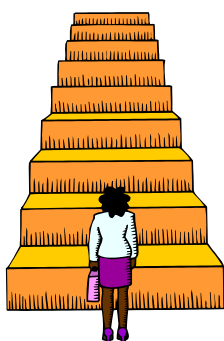
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# Your step-by-step guide

- This book is designed for you, the **young person** with a disability, who is moving on from school and for your **families and whanau**.
- It is a **step-by-step guide** to make it easy for you as you plan your next moves.
- This book is something for you and your family to look through **together**. It is important to get the right support when moving on from school.
- The purpose of the Exploring Futures book is to **signpost** you to find out more about organisations that can help you.
- There is a **wordbank** on Page 34 to help explain any difficult words.
- Moving on from school can be really hard. This book is intended to help you find a **pathway** towards your dreams!



Part 1- Pages 6-34	Part 2- Pages 36-85
<ul style="list-style-type: none"> <li>• Gives you information on transition</li> <li>• Helps you plan for your future</li> <li>• Give you Key Contacts- or people to speak to</li> </ul>	<ul style="list-style-type: none"> <li>• Has information on people who provide services and can give you information</li> </ul>



# What is 'transition'?

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- ✓ In this book when we talk about transition, we're talking about moving from **school to adult life**.
- ✓ The better you **plan** for your transition the easier it will be. When you know what is going to happen things seem much easier.

## To start preparing you need to:

- ✓ Start thinking about **what you want to do**
- ✓ Speak to the **disability support services** at your school
- ✓ Start thinking about the next steps at about **14 years old**
- ✓ Look in the **Information on Services section (Part 2)** at the back of this book for people who can help you plan
- ✓ Speak to the **Special Needs Education Coordinator** at your school (SENCO)
- ✓ Look at the National Transition **guidelines** by the Ministry of Education.  
<http://www.minedu.govt.nz/NationalTransitionGuidelines.aspx>





# How to plan for transition

- Transition Planning should start with your **dreams and goals**. How do they compare with what families/whanau want for you?
- Transition planning should be a **team process**. Everybody who is part of the team should be working towards helping you work towards your dreams and goals.

Things you might need to think about:

- ✓ **Further Education**- Would you like to continue learning and go to college or university?
- ✓ **Paid Work**- Do you want a job? What kind of job?
- ✓ **Hobbies and Interests**- What to do for fun? Do you have hobbies or interests you would like to continue? Maybe you could join a group?
- ✓ **Housing**- Where are you going to live? Some young people start to think about leaving home once they have finished school.
- ✓ **Support**- What help are you going to need?

**Once you know where you want to go, you can start thinking about how you can get there.**





# Transition services that can help you

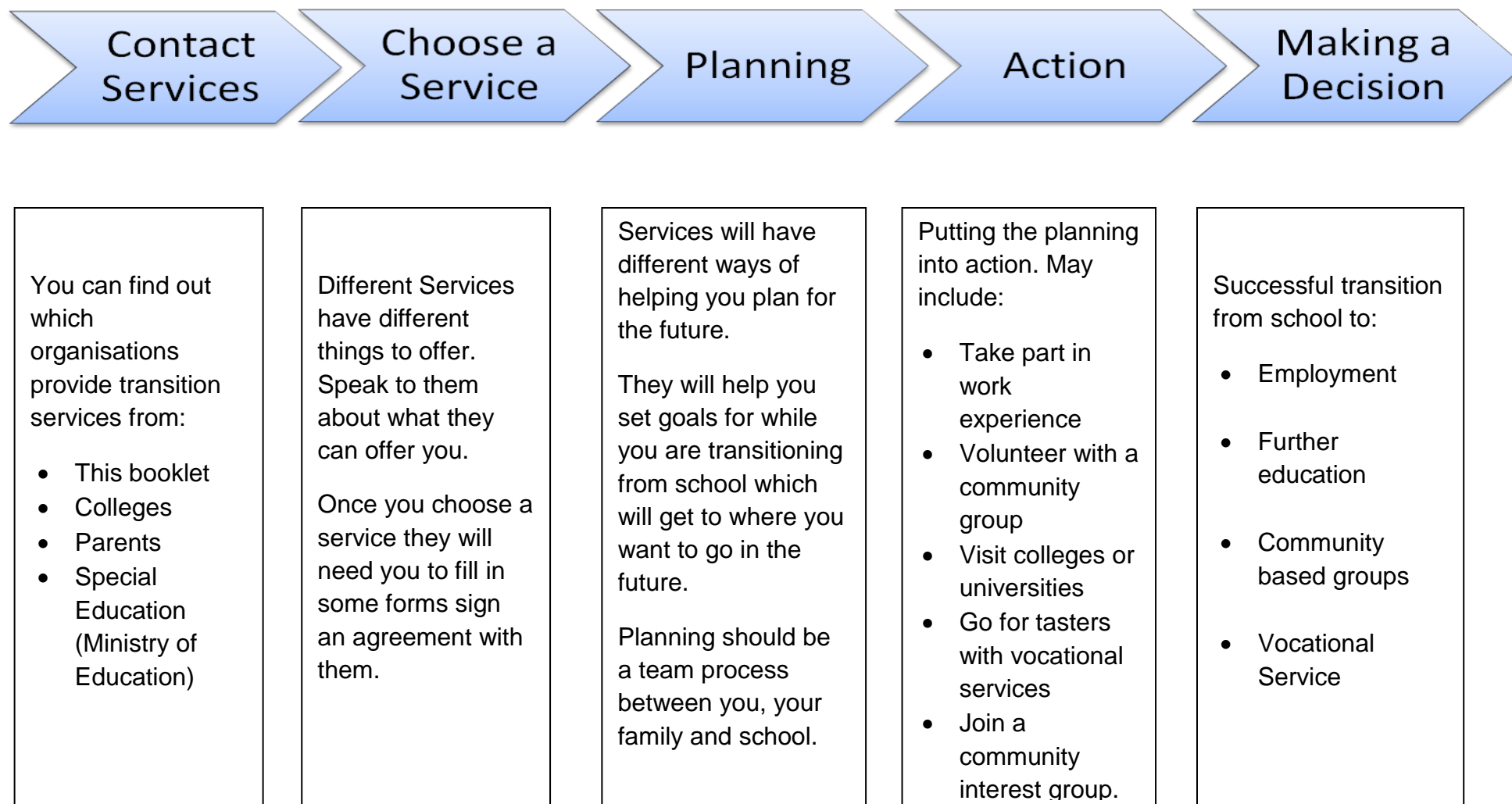
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- There is a list of **transition service providers** in **Part 2** at the back of this book.
- Transition services help you **plan for the future** and put you in touch with different people to help.
- It's up to you to speak to the service providers; they offer **different services**. Your school and people who work in Special Education can help you with that.
- Transition providers should be offering you **choices** for when you move on from school.
- You can decide what is the best **pathway**.



# Transition service flowchart

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# Funding that can help you: Ongoing Resourcing Scheme- ORS

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## **What is ORS?**

- ORS is funding for students with High and Very High special education needs- from the Ministry of Education (MOE)

## **How long does ORS funding continue?**

- ORS funding for High and Very High needs continues until the end of the year you turn 21.
- ORS-Extension- ORS-E funding continues until the end of the year you turn 19.
- You can leave school before the funding ends if you want to. Funding ends when you leave school.

## **Additional funding in the last year of schooling.**

- If you have High or Very High ORS there is funding from the Ministry of Social Development (MSD) in your last year of school to help plan your move from school.
- This funding is to make the next steps to adult life.
- There are many transition service providers who are paid for with the MSD funding.
- School staff can advise of who these agencies are.
- Contact details are in **Part 2** at the back of this book.

## **Funding for students with Very High ORS after school.**




- If you have Very High ORS you qualify for MSD funding when you leave school.
- MSD will contact you about this.



# Assistive equipment

## What happens to the assistive equipment that I use in school when I leave?

- Equipment (computers and or software and specialised equipment) should have a sticker on it. This lets you know who funded it. It will either be Enable (Health) - or Ministry of Education funded.
- If the equipment has been supplied by the MOE and you think that you will need to use the equipment once you have left school- you should talk with your lead worker first or you can contact the Regional Coordinator for Assistive Equipment 0800-737-275.
- The possibility of having the equipment gifted to you can then be talked about as part of planning for the future. If the equipment is no longer needed then it should be returned to MOE for re-allocation. Please contact your lead worker to arrange a transfer of the equipment.

Key Contacts	Phone/Internet
Enable	 0800 362 252  <a href="http://www.enable.co.nz/">http://www.enable.co.nz/</a>
Regional Coordinator for Assistive Equipment	 0800-737-275.
Ministry of Education	See Part 2 of this book







# Further education & training

## I want to Study after I leave school. Who do I talk to?

- **Disability Support Services** - Each tertiary education provider (University or Polytech) has these (**see Part 2 of this book**).
- **Studylink** – For information on Student Allowance and Student Loans
- **Work and Income** - Information on Training Incentive Allowances
- **Workbridge** – Information about training support funds
- **School Career Guidance Counsellor** – Advice on which study environment might be best

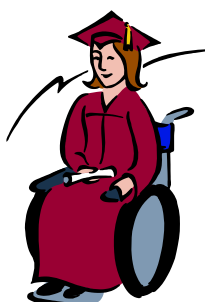
See Part 2 of this book for a list of Education & Training providers in your local area.

Key Contacts	Phone/Internet	
Studylink		0800 88 99 00/
		<a href="http://www.studylink.govt.nz">www.studylink.govt.nz</a>
Workbridge		0508 858 858
		See <b>Part 2</b> of this book
Work & Income		0800 559 009



# Education and career websites

Website	Brief Overview
<a href="http://www.careers.govt.nz"><u>www.careers.govt.nz</u></a>	Career guidance site
<a href="http://www.itpnz.ac.nz"><u>www.itpnz.ac.nz</u></a>	Training provider
<a href="http://www.kiwicareers.govt.nz"><u>www.kiwicareers.govt.nz</u></a>	Financial assistance
<a href="http://www.literacywellington.org.nz"><u>www.literacywellington.org.nz</u></a>	Training Provider
<a href="http://www.modern-apprenticeships.govt.nz/"><u>www.modern-apprenticeships.govt.nz/</u></a>	Apprenticeships
<a href="http://www.openpolytechnic.ac.nz"><u>www.openpolytechnic.ac.nz</u></a>	Correspondence courses
<a href="http://www.tki.org.nz"><u>www.tki.org.nz</u></a>	Training Provider
<a href="http://www.twoa.ac.nz"><u>www.twoa.ac.nz</u></a>	Training Provider
<a href="http://www.tlc.ac.nz"><u>www.tlc.ac.nz</u></a>	Art and creativity training





# Getting a Job

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**Finding Employment can be difficult but there is lots of support out there!**

## Where to Start

- **Work and Income** - Register as a Job Seeker
- **Supported Employment Agencies** - Register to have support looking for work and in work support (see the **Part 2** of this book)

## Finding Jobs

- **Internet**
  - This is the best place to look for advertised positions
- **Workbridge**
  - Register to have support funds available when looking for work
- **Supported Employment**
  - Register to have support with finding work
- **Your local community**
  - Many people find jobs through people they already know.

## Schemes to help you get a job

- **Providing Access To Health Solutions (PATHS)**
  - Provides a service to Invalids and Sickness Beneficiaries
  - Clients who want to find work and have an unmet health need.
- **Mainstream Employment Programme**
  - Provides subsidies, training, and other support to help people with disabilities to get work in the government sector

## Extra funding you can get

- Work and Income have a range of support available such as:
  - **Modification Grants** for workplace changes or equipment
  - **Car Modification** Funding
  - **‘Self-Start’** – a grant to help disabled people become self-employed

## **Differences between Workbridge and Supported Employment services**

<b>Workbridge</b>	<b>Supported Employment</b>
Work with people with Disabilities to : <ul style="list-style-type: none"><li>• Help find employment</li><li>• Administer Support funds for employment</li></ul>	Provide support by: <ul style="list-style-type: none"><li>• Help find employment</li><li>• Work brokering</li><li>• Job Coaching</li><li>• Job placement support</li></ul>





# Other things to do when you leave school

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Work and Further Education isn't right for everyone.

Some people choose **Vocational Opportunities**.

There are 2 different types:

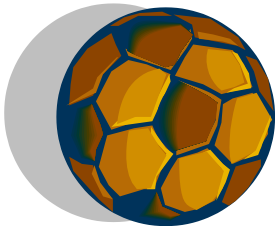
- **Centre Based**

- ✓ Complex/high needs
- ✓ More concrete supports
- ✓ Access to the community with support

- **Facilitation Based**

- ✓ Teach skills for life like independence and confidence
- ✓ Learning skills for employment
- ✓ Peer support
- ✓ Community based
- ✓ Support to find opportunities for volunteering or joining a group in the community.

**Look in Part 2 of this book for a list of vocational service providers in your area.**



# Hobbies and interests

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It's really **important** to build a life outside of school. This means that when you leave, you have some things which stay the same, like an outside sports group or club.

## Why is this important?

- ✓ Meet new people
  - ✓ Have an active lifestyle
  - ✓ Learn social skills
  - ✓ Be part of your community
  - ✓ Have fun
  - ✓ Create a routine
- 
- You may need some help joining a community group. **Call in advance** to explain how you might need help.
  - You could join a community group with someone else, like **a friend or a volunteer**. This might help you feel comfortable until you get to know people.
  - Once you have joined a new social/community/sports group, you will find it much **easier to join another!**

## Types of Groups you can join:

- ✓ Groups for **people with disabilities**
- ✓ **Community groups** for everyone
- ✓ Groups for **young people**

## Who do I contact to get involved?

- ✓ Local Community Centres
- ✓ Citizens Advice Bureau
- ✓ Vocational Providers (see information on organisation Page 36)
- ✓ Needs Assessment Service Centre (NASC)

Key Contacts	Phone/Internet	What they do
Halberg Trust	 021 550943  <a href="http://www.halberg.co.nz/">www.halberg.co.nz/</a>	Help <b>physically disabled</b> young people participate in sport
Special Olympics	 04 560 0369  <a href="http://www.specialolympics.org.nz/">www.specialolympics.org.nz/</a>	Offers a programme of sports training for people with an <b>intellectual disability</b>
YMCA	 <a href="http://www.ymcawellington.org.nz/">www.ymcawellington.org.nz/</a>	Provide Education and Youth programmes.
Adventure Wellington	 <a href="http://www.adventurewellington.co.nz">www.adventurewellington.co.nz</a>	Website to find information about things to do in Wellington
Menz Sheds	 <a href="http://www.menssheds.org.nz/wellington-area/">www.menssheds.org.nz/wellington-area/</a>  027 4384660	Community workshop for men wanting to reconnect and use their skills.
Wellington City Council	 <a href="http://www.wellington.govt.nz/services/commdirectory/index.php">www.wellington.govt.nz/services/commdirectory/index.php</a>	Community directory of many community groups in Wellington City
Hutt City Council	 <a href="http://www.huttcity.govt.nz">www.huttcity.govt.nz</a>	Community directory of many groups in Hutt City
Upper Hutt City Council	 <a href="http://www.upperhuttcity.com/">www.upperhuttcity.com/</a>	Community directory of many groups in Upper Hutt
Porirua City Council	 <a href="http://www.pcc.govt.nz/">www.pcc.govt.nz/</a>	Community directory of many groups in Porirua



# Telling people about your disability

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- Some organisations will need proof of your disability.
- You will need to get this from a specialist like:
  - ✓ A GP or Practice Nurse
  - ✓ Paediatrician or Medical Specialist
  - ✓ Hospital Social Worker
  - ✓ Special Education Lead Worker (Ministry of Education)
  - ✓ School Principal (if the school provides a specialist service)



# Your rights

## You are seen as an Adult when you turn 18 years old

### What is a power of attorney?





Giving someone the legal right to act on your behalf

For Example:

- ✓ looking after your finances
- ✓ managing your property
- ✓ other aspects of your life

### Making a Complaint

- ✓ You have the right to make a complaint if you're unhappy with a service you're receiving
- ✓ Some advocacy services can help you with this (see page 21 or Key Contacts Below)

Name of Organisation		Contact
Health & Disability Advocacy Service		0800 555 050
		<a href="http://www.advocacy.hdc.org.nz/">www.advocacy.hdc.org.nz/</a>
Health and Disability Commissioner		0800 112233
		<a href="http://www.hdc.org.nz/">http://www.hdc.org.nz/</a>



# Advocacy and self advocacy

There are times when you might need someone to help you with making decisions, filling out forms, speaking up for yourself or speaking to different agencies.

Organisation	Contact Details	What they do
<b>Youth Law</b>	 09 309 6967 Call Collect 09 306 7590.  <a href="http://www.youthlaw.co.nz">www.youthlaw.co.nz</a>	Free telephone <b>legal</b> advice for young people under 25 nationally.
<b>IHC Advocacy</b>	 0800 442 442	Advocacy service for people with an <b>intellectual disability</b> , their families and whanau.
<b>Community Law Centre</b>	 <a href="http://www.communitylaw.org.nz">www.communitylaw.org.nz</a>	Free <b>legal</b> help, centres across New Zealand
<b>People First New Zealand</b>	 0800 20 60 70 (or see <b>Part 2</b> of this book)  <a href="http://www.peoplefirst.org.nz">www.peoplefirst.org.nz</a>	Self advocacy organisation run by and for people with a <b>learning/intellectual disability</b> .
<b>The Personal Advocacy Trust</b>	 <a href="mailto:patrust@paradise.net.nz">patrust@paradise.net.nz</a>	Organisation to provide support for people with an <b>intellectual disability</b> .
<b>Disabled People's Assembly (DPA)</b>	 04 801 9100  <a href="http://www.dpa.org.nz">www.dpa.org.nz</a>	Organisation advocating on behalf of disabled people. <b>Regional forums</b> for members to attend are listed on their website.
<b>Citizens Advice Bureau</b>	 <a href="http://www.cab.org.nz">www.cab.org.nz</a>	Advice and support.





# Money & Benefits

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## How can I get financial support?

**Work and Income** provide benefits if you are 18 years or over.

### You will need:

- ✓ An **IRD number**
- ✓ A bank account in **your own name**
- ✓ **Support** - if you need it a friend or family member may be helpful
- ✓ **Agent** - Sometimes you may need someone to act on your behalf

## Disability Allowance

There is an extra benefit which can help with medical costs if you have ongoing medical bills. It is provided along with your main benefit.

### **You will need to:**



- ✓ Speak to your **Doctor**
- ✓ Speak to **Work and Income**
- ✓ Keep a folder of your **receipts**

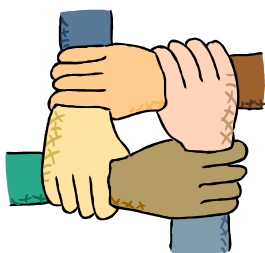
If Work & Income can't help, you could look into **community funding options (see Key Contacts overleaf.)**



## Help to Manage Money

Speak to Work & Income about help with managing your money. There are other people who can help too, like Citizens Advice Bureau.






Key Contacts	Website/Phone
Work and Income	 0800 559 009  <a href="http://www.workandincome.govt.nz/">www.workandincome.govt.nz/</a>
Inland Revenue	 0800 227 774  <a href="http://www.ird.govt.nz">www.ird.govt.nz</a>
Lottery Grants Board	 <a href="http://www.dia.govt.nz/lotterygrantsboard">www.dia.govt.nz/lotterygrantsboard</a>
Funding Information Service	 04 471 8900  <a href="http://www.fis.org.nz">www.fis.org.nz</a>
Citizen's Advice Bureau	 <a href="http://www.cab.org.nz">www.cab.org.nz</a>
Wellington People's Centre	 04 385 8596  <a href="http://www.wellingtonpeoplescentre.org.nz">www.wellingtonpeoplescentre.org.nz</a>
City Mission	 04 389 2033  <a href="http://www.wellingtoncitymission.org.nz">www.wellingtoncitymission.org.nz</a>
Salvation Army	 04 384 5649  <a href="http://www.salvationarmy.org.nz">www.salvationarmy.org.nz</a>









# Support Needs

## Where can I go for more information or support with my disability?







- **Accident Compensation Corporation (ACC)**- if your disability is due to an accident or injury
- **Needs Assessment and Service Coordination Agency (NASC)**- will provide assessments for people with long term disabilities. They also provide information for people who want to purchase services privately.
- **Care Coordination Centre**- for short term assistance for people who are recovering from a visit to hospital.

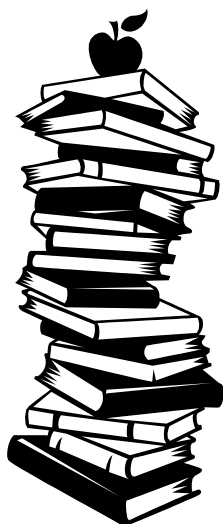
Type of Organisation	Name	Contact Details
<b>NASC – Covers Wellington and Kapiti Coast</b>	Capital Support –	 0800 353 375  <a href="mailto:capitalsupport@ccdhb.org.nz">capitalsupport@ccdhb.org.nz</a>
<b>NASC- Covers Hutt Valley</b>	Life Unlimited	 04 569 3102
<b>ACC</b>	ACC	 0800 101 996
<b>Care Coordination Centre</b>	Nurse Maude	 04 238 2020

## Who can help me get equipment to help my communication?

Who	What do they do	Contact Details
<b>Talklink Wellington</b>	Offers free assessment services	 04 381 4956  <a href="http://www.talklink.org.nz">www.talklink.org.nz</a>
<b>Enable</b>	Provide equipment and housing changes	 0800 362 252  <a href="http://www.enable.co.nz">www.enable.co.nz</a>
<b>Deaf Aotearoa</b>	Support organisation for deaf people	 04 801 8965  <a href="http://www.deaf.co.nz">www.deaf.co.nz</a>
<b>Speech and Language Therapists</b>	Can assess and make recommendations	Look in Google/Yellow Pages or contact your local NASC

## Services that can help with behaviour support

Who	What do they do?	Contact Details
<b>Tautoko</b>	Behaviour Support for people with an intellectual disability and/or Autism Spectrum Disorder.	 04 233 0164  <a href="http://www.tautoko.org.nz">www.tautoko.org.nz</a>
<b>Autism New Zealand</b>	Provides support on Autism Spectrum Disorders	 0800 288 476  <a href="http://www.autismnz.org.nz">www.autismnz.org.nz</a>
<b>Parent to Parent</b>	Seeks to support, educate and empower families.	 04 569 9398  <a href="http://www.parent2parent.org.nz/">www.parent2parent.org.nz/</a>
<b>Doctor</b>	Your GP will be able to help.	



# Libraries that provide information on disability

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Who	Contact Details
	 0800 362253  <a href="http://www.enable.co.nz">www.enable.co.nz</a>
IHC Library	 04 471 5741  <a href="http://www.ihc.org.nz">www.ihc.org.nz</a>
CCS Disability Action	 0800 227 2255  <a href="http://www.ccsdisabilityaction.org.nz">www.ccsdisabilityaction.org.nz</a>
WEKA- Disability Information Website	 <a href="http://www.weka.net.nz">www.weka.net.nz</a>



# Individualised Funding

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- Individualised Funding (IF) is a way of paying for support services, which lets you **manage your own money** to pay for disability support.
- It gives you **choice and control** about how you receive support.
- Individualised Funding is only for **Household Management** and **Personal Care** support.
- You will need to use an Individualised Funding '**Host**'. They will help you with the whole process including how to pay for the support. Information from Host providers is in **Part 2 of this book**.
- If you are interested in using Individualised Funding speak to your **NASC**.

## Flow Chart

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# Transport

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How will I get to these places? Here are some things to think about:

## Cars

- Work and Income can provide money to help modify your car.
- Some charities will provide funding to help you buy or modify a car- see Key Contacts below.










## Buses, Trains and Taxis

- **Getting on and off buses-** lots of buses have steps that lift up and down, they also have places saved for wheelchairs. If you need the driver to lower the step- ask before you get on.
- **Timetables-** you will need to get to know the train or bus routes near your house
- **Practice-**
  - ✓ You can practice with a friend or family member and then when you feel comfortable try going by yourself.
  - ✓ Some service providers can help you to learn how to use public transport.
  - ✓ If you are worried about travelling by yourself practice one important route first.



## Cell Phones

- ✓ You can use your cell phone to help keep you safe while you become more independent. You can ring someone if you need help, or people can call you.
- ✓ Store a contact number of someone you trust on your phone.
- ✓ You can get advice on easy to use cell phones.

Who or What	How it works	Contact Details
<b>Snapper Card</b>	Snapper is a card which you can pay for your bus fares with. It is easy to use and gives you a cheaper fare.	 04 801 5079  <a href="https://www.snapper.co.nz/">https://www.snapper.co.nz/</a>
<b>Total Mobility Scheme</b>	Scheme for people to get reduced rate taxi fares- you will need an assessment by a specialist.	 0800 801 700  <a href="http://www.gw.govt.nz/total-mobility">http://www.gw.govt.nz/total-mobility</a>
<b>Driving Miss Daisy</b>	Companion driving service which provides additional support than a normal taxi service	 0800 948 432  <a href="http://www.drivingmissdaisy.co.nz">www.drivingmissdaisy.co.nz</a>
<b>Lotteries Commission</b>	Provides grants	 <a href="http://www.mylotto.co.nz/Lotterygrants/">http://www.mylotto.co.nz/Lotterygrants/</a>
<b>Work and Income</b>	Car Modification Funding	 0800 559009  <a href="http://www.workandincome.govt.nz/">www.workandincome.govt.nz/</a>



# Cultural support

- **All** service providers should be able to help you to meet your cultural needs. Ask them about what services they can offer.
- There are some service providers who provide **specific** services around cultural support.
- If English is your second language, there are a number of **interpreter** services you can use. If you are using a DHB provided service, you can use a free interpreter.
- You have the **right** to have a support person or interpreter that you **choose** at any meetings.

Name	What they do	Contact Details
<b>Office of Ethnic Affairs</b>	The website contains a number of resources.	 04 494 0546  <a href="http://www.ethnicaffairs.govt.nz/">www.ethnicaffairs.govt.nz/</a>
<b>Deaf Aotearoa</b>	Deaf culture advice and support	 04 801 8965  <a href="http://www.deaf.co.nz/">www.deaf.co.nz/</a>
<b>Interpreting New Zealand</b>	Provide interpretation support	 04 384 2849  <a href="http://www.interpret.org.nz/">www.interpret.org.nz/</a>
<b>Language Line</b>	Telephone interpreting service run by the Office of Ethnic Affairs	 0800 000 147
<b>MClass</b>	Offers free education and support for refugees and migrants.	 (04) 384 3693  <a href="http://www.mclass.org.nz/">www.mclass.org.nz/</a>
<b>Vakaola</b>	Pacific Community Mental Health Support	 04 577 0777



# Housing

When you're thinking about leaving school, you may be thinking about moving out of home and finding a place of your own.

- If you have any special needs or need **modifications (changes)** to your home, you should speak to your **NASC** or your **Doctor**.
- Speak to **Housing New Zealand** about options for renting, support for buying or emergency housing.
- Contact your local **land-agents** or **rental companies**, if you have particular needs, like wheelchair accessibility make sure you let them know.
- Lots of Service Providers can help you with looking for housing. Look in **Part 2** at the back of this book for more details.

Name of Organisation	Contact Details
Housing New Zealand	 0800 801-601  <a href="http://www.hnzc.co.nz/">www.hnzc.co.nz/</a>
Wellington City Council	 04 499 4444  <a href="http://www.wellington.govt.nz/">www.wellington.govt.nz/</a>
Hutt City Council	 04 570 6666  <a href="http://www.huttcity.govt.nz/">www.huttcity.govt.nz/</a>
Upper Hutt City Council	 04 527-2169  <a href="http://www.upperhuttcity.com/">www.upperhuttcity.com/</a>
Porirua City Council	 04 237 5089  <a href="http://www.pcc.govt.nz/">www.pcc.govt.nz/</a>



# Useful websites

Website	What It Is
<a href="http://www.ccdhb.org.nz">www.ccdhb.org.nz</a>	Information on Wellington Hospital
<a href="http://www.diversityworks.co.nz">www.diversityworks.co.nz</a>	Information on projects and community opportunities
<a href="http://www.dpa.org.nz">www.dpa.org.nz</a>	Disabled persons assembly
<a href="http://www.enable.co.nz">www.enable.co.nz</a>	Provider of different services through DHB and MOE
<a href="http://www.familyservices.govt.nz">www.familyservices.govt.nz</a>	Tips for families and family service directory
<a href="http://www.hdc.org.nz">www.hdc.org.nz</a>	Health and disability commissioner
<a href="http://www.inclusion.com">www.inclusion.com</a>	Person centred planning info
<a href="http://www.life.nzl.org">www.life.nzl.org</a>	Life unlimited – NASC provider
<a href="http://www.mentalhealth.org.nz">www.mentalhealth.org.nz</a>	A resource and info service on mental health
<a href="http://www.odi.govt.nz">www.odi.govt.nz</a>	Info on NZ disability strategies
<a href="http://www.weka.net.nz">www.weka.net.nz</a>	Disability Information site



# Transition checklist

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## **Make a Plan**

- ✓ Think of things you want to achieve
- ✓ Get support from your school, a transition service, friends and family

## **Friends and Extra Support**

- ✓ Make a list of people who can support you
- ✓ Sign up with a support organisation

## **Hobbies and Interests**

- ✓ Join a hobby or interest group

## **Your Rights**

- ✓ At 18 you are an adult

## **Advocacy**

- ✓ Find someone who is able to speak on your behalf

## **Money and Benefits**

- ✓ Make an appointment with Work and Income/ACC
- ✓ Get an IRD number

## **Support Needs**

- ✓ Your NASC can help you
- ✓ ACC can help (if your disability is accident or injury related)

## **Transport**

- ✓ Learn how to use public transport
- ✓ Keep a cell phone on you

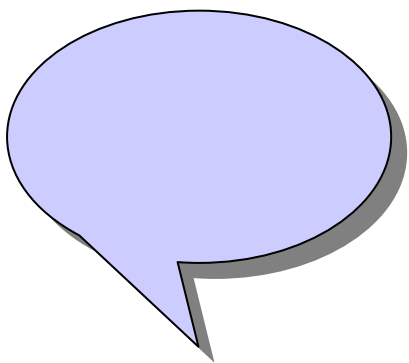
## **Cultural support**

- ✓ All organisations should be able to support you to meet your cultural needs

## **Housing**

- ✓ Decide when you want to move out of home and where to live
- ✓ Talk to your NASC about support options
- ✓ Talk to Work and Income about what financial support you can get





## Word Bank

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Words	Meaning
<b>Acknowledgements</b>	Recognizing
<b>Administer</b>	To give something
<b>Assistive Technology</b>	Helpful items for everyday use
<b>Benefits</b>	Weekly money from Work and Income
<b>Brokering</b>	Setting up something
<b>Coaching</b>	Teaching someone how to do something
<b>Facilitation</b>	Helping someone to learn
<b>Financial</b>	Money
<b>Individualised</b>	One person focus
<b>Job Placement</b>	Getting a job
<b>Land Agent</b>	A person who looks after your land
<b>Paediatrician</b>	A specialised Doctor for young people
<b>Process</b>	Actions to move forward
<b>Register</b>	Sign up
<b>Scheme</b>	A plan for helping

<b>Self-Advocacy</b>	Speaking for yourself
<b>Service Provider</b>	Organisations that can help you
<b>Signpost</b>	Point you in the right place
<b>Special Education</b>	Helps support people with special education needs
<b>Student Allowance</b>	Living money for when you are studying
<b>Transition</b>	Moving from one thing to another
<b>Vocational Opportunities</b>	Chances to work on skills
<b>Work and Income</b>	A place that can assist you with money and help you find work

<b>Abbreviations</b>	<b>Meaning</b>
<b>ACC</b>	Accident Compensation Corporation
<b>DHB</b>	District Health Board - Hospital
<b>IRD</b>	Inland Revenue Department
<b>MOE</b>	Ministry of Education
<b>NASC</b>	Needs Assessment Service Co-ordination
<b>ORS Funding</b>	(Ongoing resourcing scheme)  Money to help you at school ie: teacher aids

# Information on Services

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## **Assessment Services**

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## **Assistive Equipment**

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Performance Mobility Services	pg 69

## **Disability Information**

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## **Community Services (things to do in the day)**

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## **Education and Training**

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## **Other**

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### **Support**

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### **Supported Employment**

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### **Supported Living**

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### **Transition providers**

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Expect Success	pg 53
Hutt Valley Disabled Resources Trust	pg 54
IDEA- Youth and Transition	pg 57
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**These fact sheets are designed by each individual organisation to give you a brief overview of the services they can offer and how to contact them.**

**Please note that this is not a complete list of all services you can access. All of the information is correct as of August 2012, however things may change over time. Contact the organisation to get more up-to-date information.**

## Transition Listserv

Transition Listserv is an opportunity for young people involved in transition, their whānau, and professional supports and educators to make contact with others involved in Transition. It is a great way of sharing ideas, thoughts and challenges around transition.

The Transition Listserv is managed by Emerge Trust with funding from the Ministry of Education.

It gives people an opportunity to ask any questions on transition, or to notify us all of upcoming events on a local and national level.

If people have any resources, tools, or research that people have found particularly useful in their transition work, or in your own transition process, they can send them to the list so that we can share them with the other members.

If you have something you'd like to contribute to the group, all you need to do is to send an e-mail to the above address.

*When you do send a message through to the list and don't want your personal information (i.e. name, email address contact information etc) shown on the message to the list members please indicate that otherwise the message will be accepted as it comes.*

This will be a chance for you to ask any questions on transition that you may have, or to notify us all of upcoming events that you are aware of.

### Archived discussions

Archived discussions are available once you have signed up of any messages that have been sent to the List since it began, all e-mails have been archived and are available at <https://lists.inclusive.org.nz/pipermail/discuss/>

If you would like to join Listserv then please email: [suse@emergetrust.org.nz](mailto:suse@emergetrust.org.nz) (moderator) or Meg: [Megan.Melvin@minedu.govt.nz](mailto:Megan.Melvin@minedu.govt.nz)(administrator) and you will be added and receive a welcome email!



Autism New Zealand – Wellington Branch  
Telephone (04) 472 1007  
Autism help line: 0800 (AUTISM) 288 476  
[wellington@autismnz.org.nz](mailto:wellington@autismnz.org.nz)  
[www.autismnz.org.nz](http://www.autismnz.org.nz)

Autism New Zealand is a member organisation started and still run for and by those affected by Autism Spectrum Disorders (ASD), their family/ whanau. Autism New Zealand has over 8,500 members made up of people with ASD, their family/ whanau and health and education professionals. We aim to provide support, resources and information on ASD to those on the spectrum, their family/ whanau, caregivers and professionals working with them.

Our objectives are to:

- Provide support, information and advice for parents and carers.
- Provide programmes to people with ASD, families and professionals that improve knowledge and ability to manage the complexities of living with (a person with) ASD.
- Raise awareness of autism spectrum disorders.
- Gather and distribute the latest information and research relating to autism spectrum and related disorders.
- Initiate and organise seminars and conferences.
- Liaise with other agencies on behalf of individuals, parents and other family.
- Make submissions on relevant legislation and government reviews.
- Provide a quarterly newsletter and regular local e newsletters.

What do we do?

We aim to make a positive difference in the community and provide the following services and programmes:

- Disability Information & Advisory Services
- 0800 help line
- NAS EarlyBird Programme – for parents of preschoolers with ASD
- help! Programme – for parents of school-aged children with ASD
- Training and resources for professionals working with ASD
- Outreach Programmes
- Seminars
- Library and bookstore
- Newsletters
- Advocacy and Liaison with other agencies on behalf of families
- New Parent Information
- National Conference
- Parent and Partner Support Groups
- Social groups for those on the autism spectrum
- Social Skills Programmes
- Holiday Programmes

Autism New Zealand is the only national organisation that focuses solely on autism spectrum disorders.

Feel free to contact your local branch Information and Support Coordinator for more information. See contact details above.

**Ace House – Te Whare Manaaki**  
Wellington After-Care Association Inc.



Ace House is a day service for adults with an intellectual disability and is one of six services provided by the Wellington After-Care Association Inc. Ace House provides a wide range of innovative and dynamic programmes including: social, vocational, recreation and leisure, art, music and daily living. Groups are planned in conjunction with participants and facilitated by a staff member. Integration within the local community is the basis for our service and its activities.

Ace House is open 9:00a.m. – 3:00p.m. with morning and afternoon sessions. Flexibility to cater for each person's individual interests and needs is an integral part of our service with people attending for as many or as few days as they choose. For example, some people attend Ace House one or two days a week, work or volunteer part-time or pursue other interests.

To be eligible to access the services of Ace House the person must have an intellectual disability and be between 16-65 years of age. Our referral process involves filling out the requisite form and an initial meeting where the individual and family/whanau/caregivers can meet staff, have a look around and ask any questions about the service. If there is a space available the person then chooses the groups that they would like to attend and a starting date is established between the relevant parties. If space is limited the person maybe able to start one or two groups immediately and be waitlisted for others.

No attendance fee is charged though some outing groups will incur a cost to cover activities such as going for a coffee, attending exhibitions.

Anyone interested in accessing this service or finding out more information can contact the Ace House Service Manager or the Wellington After-Care General Manager at the number or address below.

**Ace House**  
**111 Brougham Street**  
**Mt. Victoria, Wellington**  
**Tel/Fax 04 385 7302 ext 802**  
**Email: mardy@wgtnaftercare.org.nz**

**Wellington After-Care Assn. Inc.**  
**111 Brougham Street**  
**Mt. Victoria, Wellington**  
**Tel/Fax 04 385 7302 ext 801**  
**Email: manager@wgtnaftercare.org.nz**

**A learning centre for people with different abilities**

# Adaptive Technology Solutions Ltd.

"Communication Solutions for People with Disabilities"

[www.adaptivetech.co.nz](http://www.adaptivetech.co.nz)



Many people living with disabilities could discover a whole new world of communication, the potential is enormous.

At Adaptive Technology Solutions Ltd we provide assessments, training & products for people with a range of disabilities, including sensory, physical and learning disabilities, to make it easier for them to do things like reading print & using their computer in order to help them achieve their goals in work, study or leisure.

We offer a unique service to people with a range of health or accident related disabilities, including sensory; physical; learning or multi-disabled.

Phone: 04 528 7600

Email: [info@adaptivetech.co.nz](mailto:info@adaptivetech.co.nz)

Web: [www.adaptivetech.co.nz](http://www.adaptivetech.co.nz)

Facebook: [www.facebook.com/adaptivetechnologysolutions](https://www.facebook.com/adaptivetechnologysolutions)





Capital Support is a Needs Assessment and Service Coordination (NASC) agency that covers the areas of Pekaepeka to Wellington City and is a part of Capital & Coast District Health Board (CCDHB). Capital Support's role is to provide eligible persons needs assessment and service coordination support who have disabilities and are referred before the age of 65.

Capital Support provides the following services through specialist teams:

- Community-based needs assessment and service coordination (NASC) services for people who have long-term disability support needs.
- Capital Support provides support and functions to the Regional Intellectual Disability Care Agency (RIDCA).

Through service coordination Capital Support provides access or information to a wide range of funded and non-funded disability support services such as:

- Personal care (care of your body)
- Household management (care of your home environment)
- Supported Living (assistance to live independently)
- Residential care (living within a service that may provide 24hr support if required.)
- Respite (time out or break for full time carer givers)
- Individualised funding (an approach to managing Personal Care and Home Management which give the person more control and choice in who works for them and when.)
- Information on a range of social and recreational activities.

Capital Support also acts as a referral agency linking people to:

- A range of other services in your area which may include, voluntary, funded and private paying.

Access to Capital Support is through a referral process. Any person can make a referral as long as they have the permission of the person they are referring. (In some instances) a diagnostic report from an appropriate specialist confirming disability is required.

There is no cost for the needs assessment and facilitating service coordination as the government funds both.

Contact details:

Capital Support  
Kenepuru Hospital, Therapies,  
PO Box 50215  
Porirua  
Ph: (04) 230 6400  
Fax: (04) 918 2173

[capitalsupport@ccdhb.org.nz](mailto:capitalsupport@ccdhb.org.nz)

Making a decision about what to do when you leave school can be hard. There is a lot of information out there about study, training, jobs and careers, but how do you make sense of it all and find what is right for you?

The key is knowing what you like doing, finding out more about the jobs you like, making a choice about which options are best for you and making a plan to help you reach your goal.

Careers New Zealand can help you with all of this. We have free independent information, resources and telephone support to help you make the right decision for a successful move into further study, training or the workforce.

## Click onto your future

The Careers New Zealand website is full of information and tools to help you make a decision and prepare for entering trade training, tertiary study or the workforce.

- **Job information** – learn about different jobs, including how to get into the job, how much you can earn, where you can work and what it's like doing the job, direct from people in the job.
- **Education and training information** – discover course and study options available in New Zealand, and find out about what types of scholarships, awards and grants are available to you.
- **Know your skills** will help you identify your skills and present these to potential employers. It is activity-based, using quizzes, video and audio.
- **Know your CV** is an interactive module that will teach you what to include and what to leave out of a resume.
- **Subject Matcher** – find job ideas based on the subject you enjoy or are interested in with this interactive tool.

[www.careers.govt.nz](http://www.careers.govt.nz)

## Career support over the phone

We're here to answer your questions, to help you set goals, to make decisions that are right for you and to set you on the right track.

If you need more in-depth support, we'll make an appointment for you to talk to one of our guidance staff either over the phone or in person.

**Call us on 0800 222 733 or chat online [www.careers.govt.nz](http://www.careers.govt.nz)**

**CCS Disability Action:**

336 Cambridge Terrace

PO Box 35-156

Naenae



**Our Vision – Including all people**

CCS Disability action has a vision that every disabled person will be included in the life of their family and community.



To achieve this vision we are taking action to make Aotearoa New Zealand a society where everyone plays their part to include all people – family members, friends, hapu, iwi, educators, health workers, business people, employers, councils, government, community agencies and the public.

**What does CCS Disability Action do?**




*Support*

-  We support disabled people to direct what happens in their lives.
-  We support disabled people to be included in their communities in every day ways.

*Change:*

-  We make sure that the rights of disabled people are included in all areas of life.
-  We do this in families, communities and in government policy.








*Access:*

-  We work to improve access in environments and in people's attitudes too.
-  We support communities to include disabled people.
-  We also manage a Mobility Parking Permit Scheme so that people with mobility issues can access wider parking spaces or longer parking times.

**Services**

CCS Disability Action is committed to providing a range of services to disabled people so that they have the information, skills and resources they need to live a meaningful and valued life.

*Services include:*

-  Child and Family Service
-  Transition from school (for both ORS funded and non-ORS funded students)
-  Vocational Service
-  Disability Information and Advocacy
-  Supported Independent Living
-  Mobility Parking Scheme
-  Information Service

## Community Connections Supported Living Charitable Trust is...



A community based disability service which primarily offers a supported living service. We are also contracted to provide some residential services. We operate in the Greater Wellington region (Wellington, Hut Valley, Porirua and Kapiti), 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 disabled people 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, disabled people can live the life they choose within the community of their choice.

We have a strong focus on staff development and all of our staff receive training to undertake their support roles.

We offer support to disabled people with the aim of facilitating the development of natural supports to enable people to live in their own home, to connect with their community and to enjoy an independent, fulfilling life.

Features of supported living include:

- You may share house with other people or live by yourself
  - Your support team can work with you and your Whanau/Family to help you find somewhere to live
- You can receive support to learn the skills you need to live independently
  - This may include support to plan for and learn to cook meals, clean the house, do the shopping, manage your money etc
  - Your support worker can support you to learn these things; the emphasis is on you being at the centre of these activities. Typically your support team will not do these tasks for you
  - Solving transport issues and using public transport and getting to know your community and be included
  - Risk assessment and supporting you to identify what you need to be safe is part of the planning for support
- You will keep all of your benefit payments and/or wages
  - Any WINZ benefit and/or wages paid to you is your own money. The supports are funded by the Ministry of Health through your NASC.
  - You will be responsible for paying all of your living expenses including rent ,power ,phone food etc
  - Budgetting can be a challenge for lots of people, but your support worker can help you find solutions to these challenges with things like accessing a budget service and organising automatic payments with the bank
- Your Whanau/Family can continue to be a part of your life as you choose
  - Your support worker will keep in contact with your Whanau/Family if you agree
  - Your support worker will be respectful of the role your Whanau/Family have in your life

To access supported living services local NASC agency contact:  
Capital Support (Wellington region) 04-2306400 or Life Unlimited (Hutt Valley) 04-5693102

For more information please contact Community Connections or visit the website at:

<http://www.ccslt.org.nz>

Phone: 04 298 7703 Email: [admin@ccslt.org.nz](mailto:admin@ccslt.org.nz)

## **CRHS – CITY**

CRHS – City is located in Central Wellington. The aim of CRHS-City is to support students who have a chronic mental health condition and/or have had recent hospitalization as a result of their mental health condition, to transition back to their regular school, further education or employment.

CRHS-City provides an integrated programme to enable students to access both education and mental health services as part of a multi-disciplinary process.

As well as meeting identified core curriculum learning goals, an activity based therapeutic programme, is also included.

The programme will include:

- Curriculum Studies
- Career and Vocational programmes
- Co-operative and group work
- Physical education programme
- Adventure based programme
- Creative activities
- Therapeutic groups
- Active transition plans

CRHS – City staff will work with a student's family, regular school, mental health team and any other significant people to actively support the overall transition goals.

## **CRITERIA for ADMISSION**

To be considered for admission students need to be:

- Enrolled with a regular school
- Not currently attending their regular school as a result of their mental health condition
- In a health funded mental health programme

**And**

- Have a health funded case manager
- The student's regular school and family actively support the admission to CRHS-City

### **CRHS-CITY CONTACTS**

Team Leader Mental Health - Lisa Thompson

Phone: 04 805 0017 0800 274 724

[lisa.t@crhs.school.nz](mailto:lisa.t@crhs.school.nz)

The Principal - Ken McIntosh

Ph 0800 153 000

[principal@crhs.school.nz](mailto:principal@crhs.school.nz)

Physical Address: Postal Address:

Unit 1, 5 Kent Terrace CRHS – City

Wellington. P.O Box 19138

Courtenay Place Wellington 6149

## Diabetes NZ Wellington Inc

Diabetes Wellington is a charitable organisation supporting people with diabetes and their families and friends in the greater Wellington area since 1960 (non –medical).

We provide information to members and through local and national magazines, a wide range of pamphlets, and a library of overseas magazines, videos and books. We also sell low sugar jams, sauces, toppings, cookbooks and other Diabetes related products (meters, glucose tablets, socks, heel balm etc.)

We also offer telephone assistance, one to one support is provided by an employed Field Officer.

Family & friends of people with diabetes are also welcome at any time.

We provide a Supermarket tour, advance tours and cooking classes that cover carbohydrates, fats, and types of sugar, and other ingredient contents with misleading labels such as “light”. The aim is to give people skills to be able to read nutrition panels confidently.

We also provide up date sessions.

An Information Centre is located in Central Wellington, Level 1, Anvil House, 138 – 140 Wakefield Street, Wellington City.

The Information Centre is open Monday – Friday, 10.00am - 4.00 pm

The Field Officer, Peggy Bhana-Thomson, who is based in the Information Centre can be contacted on:

(04) 499-5085, or 027 297 4080

Fax (04) 499-8595.

Email: [fieldofficer@diabeteswellington.org.nz](mailto:fieldofficer@diabeteswellington.org.nz)

[www.diabeteswellington.org.nz](http://www.diabeteswellington.org.nz)

Dress for Success Wellington is a registered not-for-profit that helps women in need feel great and get jobs by providing free interview appropriate clothing and accessories, a network of support and the career development tools to help women thrive in work and in life. Our goal is to build the self-esteem of women entering or returning to the workforce and to help them achieve personal success.

Programmes include services, support and resources that are vital to women and offer some or all of the following:

### **Dress for Success Wellington programmes**

#### **Interview and Job Placement Dressings:**

- Assist women to look good for their job interview
- Assistance in choosing the right outfit
- Grooming and interview tips
- Helps boost confidence
- Practical tools get ready for your interview and aid success
- Professional advice and support from trained volunteer personal stylists
- Work towards building an appropriate wardrobe capsule

#### **Pre-Employment Programmes:**

**Career Centre** (self-serve base for job search)

**Breakfast Club** (a 6-week job search programme)

Offers assistance in the following:

- Internet access with resources for job search
- CV and covering letter assistance
- Job search assistance
- Interview preparation
- Mock interviews
- One-on-one support and advice
- Peer support and networking opportunities

#### **Employment Retention Programme:**

##### **Professional Women's Group (PWG)**

- Professional development
- Career coaching and mentoring
- Provides information to develop skills and career advancement
- Encourages growth and confidence
- Exposure to established professionals
- Build professional skills to seek advancement
- Provides opportunities for new friendships and sources of mutual support

**Location: Ground Floor Community House 84 Willis Street**

**Phone: 04 473 2940 or 027 273 1547**

**Email: [wellington@dressforsuccess.org](mailto:wellington@dressforsuccess.org)**

**Web: [www.dressforsuccess.org/wellington](http://www.dressforsuccess.org/wellington)**



Our **Transition** programme supports a holistic and smooth movement for students and young adults into activities that will form the basis of adult life. This is in line with individual aspirations and goals.

The Emerge Transition team will work with you and your support networks to identify how you would like to be part of your community.

Our services include:

- Planning for career and lifestyle
- Taking part in work experience and/or community involvement
- Looking at education opportunities and how to access them
- Exploring recreational interests and healthy lifestyles
- Linking to other agencies/organisations that can help with further participation

Our programme is offered to young people with experience of disability who are:

- ORS funded students in their last year of school
- Non-ORS funded\* students preparing to leave school
- Young adults\* who have left school and may be experiencing barriers in achieving their goals

\*the number of philanthropically funded (donated) places are limited and vary from year to year.

- The opportunity to self-fund Emerge Transition services is also an option.

Benefits of our service are inclusion of young people with experience of disability in everyday adult life. We provide individuals with meaningful future options and goals to be an integral and active part of the community.

Submissions for intake open in October (before final year of school) and close at the start of Term One the following year. Please contact us for more information.

Emerge also offers a **Supported Employment Service**, for more info please refer to this page of the booklet.

More information and an electronic copy of this resource is available from our website

[www.emergetrust.org.nz](http://www.emergetrust.org.nz)

*opportunity, community, growth*

Emerge Supported Employment Trust  
Level 3, 203 -209 Willis Street  
PO Box 27 187, Marion Square, Wellington  
Phone (04) 384-7456, Fax: (04) 384 7428, Website: [www.emergetrust.org.nz](http://www.emergetrust.org.nz)  
E mail: [enquiries@emergetrust.org.nz](mailto:enquiries@emergetrust.org.nz)





Emerge provides a range of **Supported Employment** services for people with disabilities seeking employment in Wellington. Emerge believes that everyone has the right to contribute and be valued members of our society.

Emerge Supported Employment services are free and designed for people with disabilities who: may have never experienced paid employment, may have had limited access to training opportunities and may require ongoing support to maintain employment.

Emerge is a non-profit organisation set up to improve and develop inclusive employment opportunities and services for all people with disability through the concept and practice of Supported Employment.

Emerge aligns itself with the six key ASENZ (Association for Supported Employment New Zealand) principles for supported employment:

**Open waged employment:** Supported Employment is based in the open labour market; same rewards, same conditions as everyone else.

**Individualised – based upon partnership:** Supported Employment services are expected to meet a client's individual support needs (whether employer or job seeker). They fundamentally represent a partnership.

**Direct access to employment pathways:** Supported Employment services will facilitate direct access to the labour market (optimally within 4 weeks) developing and utilizing a precise job/person match – without insistence upon prolonged “getting ready” activities or pre-vocational training.

**Inclusive services:** socially inclusive outcomes: No clients will be “screened out” or denied service based upon a perceived severity of challenge or disadvantage.

**“Life match” through choices:** Work is a means to an end and should complement and enhance a person's life and well-being, and the achievement of their aspirations and potential.

**Ongoing workplace support:** Support services and strategies are designed to achieve the best possible outcome for both employer and employee, and promote the development of natural supports, which may lead to the withdrawal of formal support services.

Emerge also offers a **Transition Programme**, for more info please refer to this page of the booklet.

More information and an electronic copy of this resource is available from our website

[www.emergetrust.org.nz](http://www.emergetrust.org.nz)

*opportunity, community, growth*

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Phone (04) 384-7456, Fax: (04) 384 7428, Website: [www.emergetrust.org.nz](http://www.emergetrust.org.nz)



## **Epilepsy Wellington**

part of Epilepsy New Zealand

Kia titiro ki te Tangata- see the person

Information and advocacy service

Raising public awareness and giving support to those living with epilepsy.

We are a registered charity, the Epilepsy Association of New Zealand Inc, and have provided support to people living with epilepsy for over fifty years.

Our information and advocacy service is provided through field officers working in the community and by means of brochures, books, dvds and personal talks, and information sharing, facebook, and twitter.

[www.epilepsy.org.nz](http://www.epilepsy.org.nz)

We inform the community about epilepsy and speak out for the rights and interests of those with epilepsy.

No charge is made for our service, which is funded by public and private grants and donations.

To make contact with a field officer

Ph 04 586 2420

0800 20 21 22

[www.epilepsy.org.nz](http://www.epilepsy.org.nz)



Evolve is a 'one-stop-shop' youth service which offers primary health services including a GP, nurses, sexual health, counselling and social support. We also provide peer support, information, referrals, and a hang out space where young people can drop in and use the computer, grab a cup of tea or coffee, or join in with our programmes and activities.

All of our services are free and confidential for New Zealand residents aged 10-25.

Young people are actively involved in all levels of the service, from day to day operation to service delivery and governance. Thousands of young people from all kinds of backgrounds, ethnicities and lifestyles have visited the service since we opened in June 2004.

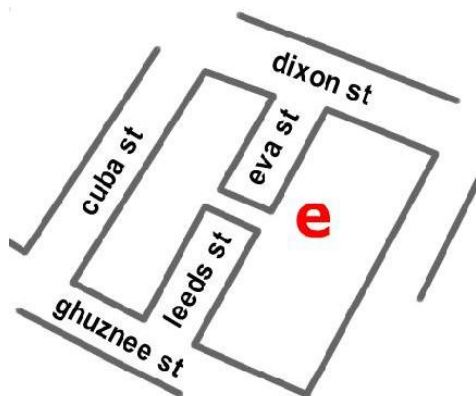
Any young person can come to Evolve and choose which service they would like to use, sign up for an activity or just hang out for a couple hours and chat to other young people.

We are located in central Wellington:

5 Eva Street (off Dixon St)  
Te Aro  
Wellington 6011

Phone: (04) 801 9150  
Fax: (04) 801 9157  
Email: [evolve@evolveyouth.org.nz](mailto:evolve@evolveyouth.org.nz)

Website: [www.evolveyouth.org.nz](http://www.evolveyouth.org.nz)



- Our clinic opening times are:
  - Monday: 11am-6pm
  - Tuesday: 11am-4pm
  - Wednesday: 11am-6pm
  - Thursday: 11am-7pm
  - Friday: 11am-6pm
- The hang out space is open daily between 11am-4pm.
- **\*Evolve does not open on weekends or public holidays**

## Expect Success



Expect Success is the transition service for Wellington After-Care Association and supports individuals with High and Very High Support Needs to transition from college to adulthood.

The aim of Expect Success is to understand the needs of the student in order to offer adequate and successful referral services, training opportunities, co-ordination services, and support. Expect Success will provide one-on-one case management support and ensure the rights of the student are respected during the process.

Successful transition involves:

- Ensuring the Student is at the centre of the planning process
- Engaging all stakeholders and facilitating the emergence of collaborative planning relationships
- Solid planning and long-term vision
- School based preparatory experiences
- Career preparation and work based learning experiences
- Youth development and leadership
- Connecting activities
- Family involvement and supports

## ACEmployment *Achieving inclusion through employment*



ACEmployment is the supported employment service for Wellington After-Care Association Inc. ACEmployment has been supporting people with disabilities into paid employment since 1996 and is a member of ASENZ (Association of Supported Employment New Zealand).

We cater for a wide range of disabilities. However most of our clients tend to have an Intellectual disability or Psychiatric illness.

Our service is free and we don't discriminate about job readiness, all you need to do is want to work and be willing to help with your employment search.

At ACEmployment we provide:

- A comprehensive employment plan that meets the individual needs
- Employment that is based on individual job choices
- Mainstream employment, "real work for real pay"
- Assistance in ensuring successful job performance and integration into chosen working environments
- Ongoing support in employment - not time limited, and tailored to individual needs.
- Regular reviews of goals to facilitate movement towards ideal employment outcomes
- Help with benefit updates and support with Work & Income directly, or Workbridge in order to obtain subsidies as required

For more information about **Expect Success** or **ACEmployment** please contact us at:

Email: [transition@acemployment.org.nz](mailto:transition@acemployment.org.nz)

Phone: (04) 385-6690

Address: P.O. Box 7140, Wellington 6242

The logo for Hutt Valley Disabled Resources Trust features a stylized yellow map of the Hutt Valley region. Overlaid on the map is the text "HUTT VALLEY" in pink, "Disabled Resources Trust" in pink script, and "THE NUMBER 1 TRUST" in large blue block letters.

# HUTT VALLEY Disabled Resources Trust THE NUMBER 1 TRUST

**The Number 1 Trust provides services for disabled people within the Hutt Valley. Most of the people using these services have an intellectual and/or physical disability.**

The following are some of the things that we do at our specially equipped centre at 60 Woburn Road, Lower Hutt.

## **Transition**

### **For ORRS Funded Students at School (aged 16 to 21 years)**

Our 'Transition Service' is a service specifically targeting ORRS (Ongoing Reviewable Resourcing Scheme) funded students, both high and very high needs, during their last year at school. During the transition period the student will work closely with our Transition Coordinator.

The service is designed to assist students with the major decisions that they, their school, family and whanau, must make, when moving from school into the wider community and post school environment,, whether this is into paid or voluntary work, further education, or community participation.

## **“Young Guns”**

### **For young men and women out of school (aged 16 to 25 years)**

This is our brand new service for people who have left school and are looking for a concentrated effort with HVDRT to make things happen. You do not have to have had ORRS funding at school or even have been with HVDRT's own transition service. But you do need to be aged between 16 and 25 years and want to look for work, further training, self development, try new things, make new friends and best of all have fun while you are doing this. There will be a dedicated and trained Youth Worker working with you all the time and they will be networking you with all or some of the following events and activities.

- Duke of Edinburgh Awards
- Theatre and Drama – enroll as extras for film work in Wellington
- Specialist work experience – with handpicked employers
- Personal development with outside big name experts and role models
- Training in radio work with aim to be part of community radio show run for and by young disabled people – not just talking but doing all studio jobs
- Special art work including, putting on exhibitions, lighting, framing, marketing and selling
- Kapa Haka with local marae
- Cunning and crafty CVs – aimed at getting you into paid work
- Sport and recreation aimed at skill development and competitive fun

**Remember this is Young Guns and is our most popular specialist group so make up your mind early and enroll.**

## **“The Gold Group”**

### **For our not so young clients aged between 55 and 65 years**

This is a brand new group for our older, but still young at heart, clients who need specialist information on what happens once they reach 65 and go on superannuation. Special guest speakers, small group outings, visits to “retirement” focused activities.

## **Supported Employment**

### **For all our clients aged between 16 and 65 years**

Our Supported Employment Service works with clients who have identified that they would like to gain paid work. We liaise with other employment agencies to help them find employment. We will also assist with:

- CV creation and letters' of application.
- Interview preparation and support.
- "In- work" support.
- Organising a strong networking relationship with the wider employment Community

## **Community Participation**

### **For all our clients aged between 16 and 65 years**

Our Community Participation Service offers clients the opportunity to participate within their community, engaging in activities, events and programmes that happen in the communities in which they identify and/or live. We liaise with other community groups (educational, social, vocational and cultural) to support them in achieving and reaching their full potential. This service is individually focused, personalised and strength based and includes:

- Empowering clients in all aspects of their life.

Working alongside clients, setting goals and activities that are meaningful and realistic with a beneficial outcome to the client's life.

- Enhancing, fostering and supporting independence.
- Giving clients opportunities to learn at a comfortable level and individual pace
- Working alongside clients and their families/whanau, advocates, welfare guardians and support workers to develop networks that help them to support and achieve their goals.

## **Specialised Day Programmes**

### **For all our clients aged between 16 and 65 years who have very high needs**

The Day Programme offers people with very high physical or intellectual needs the opportunities for participation, fulfillment and achievement within their communities. The service is energetic, pro-active and focuses on enhancing individual strengths and communication skills. The aim is to empower individuals to independently make sound decisions in their lives. This is the ideal service for disabled people who have individualised funding with the Ministry of Health through your local NASC and/or Manawanui.

**For further information please contact us and discuss how we can assist you and your family/Whanau member.**

**The Number 1 Trust  
Hutt Valley Disabled Resources Trust (Inc)  
60 Woburn Road  
PO Box 31 102, Lower Hutt  
Phone (04) 569 3091 Email: [info@hvdrt.org.nz](mailto:info@hvdrt.org.nz) Fax (04) 569 3707**



## SUPPORTED LIVING

- IDEA Services supports people to live in their own home and be part of their local community. Family and friends are still a big part of their lives.
- The support we offer is flexible and might involve support with budgeting, looking after the house, shopping or preparing meals. We support people in daily living to participate in community activities and take responsibility for decisions affecting their lives.
- Supported living can assist with advocacy, links to other agencies, parenting support and education.



## RESIDENTIAL

- There are small groups of people living in each IDEA Services home. Families and friends are welcome and encouraged to be part of the person's life.
- Each person living in the house is given the level of support they need, including help with personal care, preparing meals or going out.
- People are supported to access other community activities and services, such as leisure, recreation and medical services.

### For more information please contact:

Wellington/Hutt Valley  
Unit 11  
5 Bouverie St  
Petone  
04 463 2478

[wellington.hutt@idea.org.nz](mailto:wellington.hutt@idea.org.nz)

Kapiti/Mana/Horowhenua  
8c Ihakara St  
Paraparaumu

04 463 2448

[horowhenua.kapiti@idea.org.nz](mailto:horowhenua.kapiti@idea.org.nz)





## Contract Board

With this service, adults of all ages are supported to live in a family setting.

## Home Support

This service is designed to support people living with their family or caregivers. It is a very flexible form of support, based on the needs and age of the person and their family. A support worker may provide support in the home or take the person out in the community.

## Family Centres / Respite Care Facilities

These centres provide respite support, including accommodation for short stay visits.

## Shared care

A local family will care for and share their life with your family member in their own home. Care is on a part-time basis, depending on the needs of your family.

### For more information please contact:

Wellington Hutt Valley  
Building B, 6 Bouverie St  
Petone  
04 463 2478

Kapiti/Mana  
80 Main Road  
Tawa  
04 463 2426

[Central1.referrals@idea.org.nz](mailto:Central1.referrals@idea.org.nz)

[Central1.referrals@idea.org.nz](mailto:Central1.referrals@idea.org.nz)





## TRANSITION SERVICES

- 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.



## YOUTH SERVICES

- IDEA Services 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.

### For more information please contact:

Wellington/Hutt Valley  
Unit 11  
5 Bouverie St  
Petone

04 463 2478

[wellington.hutt@idea.org.nz](mailto:wellington.hutt@idea.org.nz)

Kapiti/Mana/Horowhenua  
8c Ihakara St  
Paraparaumu

04 463 2448

[horokapiti.mana@idea.org.nz](mailto:horokapiti.mana@idea.org.nz)

# IDEA- Vocational services



- **Supported employment**  
IDEA supports people to find paid jobs. This involves job search, job training and ongoing job support.
- **Microenterprises**  
Some people want to set up their own small business. IDEA Services supports person to explore this goal.
- **Voluntary work**  
A person may want to contribute to the community by becoming a volunteer.
- **Education and skill development**  
IDEA Services supports people to identify learning needs and develop skills.
- **Community participation**  
IDEA Services supports people to identify and participate in community activities to follow their interests, passions and dreams.
- **Day Services**  
Day Services support people to achieve their goals as well as meeting their disability support needs.
- **Art Studios**  
There are a number of art studios which provide access to various art mediums as well as community based arts activities.

## For more information please contact:

Wellington/Hutt Valley  
Unit 11  
5 Bouverie St  
Petone  
04 463 2478  
[wellington.hutt@idea.org.nz](mailto:wellington.hutt@idea.org.nz)

Kapiti/Mana/Horowhenua  
8c Ihakara St  
Paraparaumu  
04 463 2448

[accounts.horo.kapiti.mana@idea.org.nz](mailto:accounts.horo.kapiti.mana@idea.org.nz)



# Wellington Laura Fergusson Trust

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Wellington Laura Fergusson Trust's (LFT) provides opportunities for people with disabilities to live a supported and independent lifestyle. We provide specialised accommodation, care, support and rehabilitation for people with severe physical disabilities.

We are an independent charitable trust that has been providing services for more than 35 years from our suburban setting in Lower Hutt.

## Services

LFT is a permanent home for around 30 working age adults, as well as providing shorter-term accommodation (respite care) to a number of other individuals.

Every person who comes to live at LFT has a goal plan, with support in place to help people work towards achieving the objectives of their plan. This individual achievement is also supported by the number of activities we offer to residents as part of daily life (such as cooking, gardening, computing, outings, volunteering and work opportunities).

LFT's rehabilitation and recreational services are also available to consumers living in the community. For example, some individuals chose to regularly use our Therapy Room, join in on one of our programmes (particularly our craft, music and boccia programmes) and also to use the services of our specialist therapy staff.

## Facilities

The mix of accommodation at LFT is designed to meet the range of different social and support needs of our residents. We have 21 individual studio units, 5 flats, two standalone shared homes, four beds in our Pukeko Suite (where we can provide higher levels of support) and we even have a brand new house on our site that is home to a whole family who are part of our community.

As well as our residential facilities LFT has:

- a publicly available disabled bathroom;
- a purpose-built gym facility , incorporating a specifically designed room for music therapy;
- accessible meeting spaces;
- a clinic room for the provision of non-invasive clinical services to people with disabilities;
- space to provide community daycare and vocational programmes, including a commercial kitchen and computing area; and
- large garden areas, which given the adjoining Waiwhetu Stream, are home to a large number of ducks and pukeko.

For more information please contact:

Laura Fergusson Community  
18 Laura Fergusson Grove  
Lower Hutt

[www.lft.org.nz](http://www.lft.org.nz)

Ph: (04) 567 6024 Email: [reception@lft.org.nz](mailto:reception@lft.org.nz)

# Love to be an artist? Now you can!

- Turn your life into a work of art
- Learn to be creative
- Learn to be an artist
- We can teach you how!



We are the first and only inclusive tertiary art school in New Zealand where all students learn together. Study from home or on campus. Come visit us now!

## Welcome to our NASC services

### Child and Youth Team – Birth to School Leavers



**Michelle (facilitator)**  
Kia ora



**Kiri (support)**



**Kaye (facilitator)**

As your local needs assessment service coordination, our job is to support disabled children and young people to live self-fulfilling lives in our communities. To do this we work together with you to identify your child/young person's strengths, resources and goals, and their disability support needs. Together we then design a plan that supports your child/young person to live a life that helps maximise their abilities and potential.

We are especially interested in times of transition as these can be stressful for children/young people and their families/whanau. We are committed to working with other agencies and services to provide a cohesive service for you.

### How do I make a Referral?

A referral to NASC can be made by you, your family/whanau/aiga, friends, doctor, health professionals, and disability support groups, anyone. However the disabled person or their representative must agree with the referral being made.

### What is a Needs Assessment?

Here we get to know you – we listen to your story and with you we identify your child/young person's strengths, abilities, resources, goals, and prioritised disability support needs. We like to meet your child/young person so we better understand what is happening for them and for you. We want to understand what outcomes you want from this process, what needs to happen to help support and develop a great life for your child/young person.

We offer self-assessments for those of you with straight forward situations and needs who may like this option. We do support you through this process. However we are also very happy to work with you to complete your assessment. This can be by phone or face to face. It's your choice.

For children/young people with high and complex needs or situations we will work with you to complete the assessment utilising any reports you may choose to share with us. The outcome of this process will be a comprehensive needs assessment report.

### What is Service Planning and Co-ordination?

Following your assessment we work with you to design and coordinate a support plan that promotes your choice and control and identifies how your support needs and desired outcomes will be met. Your input is essential and valued.

The range of options we will explore with you may include your family/whanau and friends, community resources, services and supports, and funded supports. There may be some things that we are unable to help with, but we will work with you to find the right solution.

On your behalf we make referrals, purchase, and prioritise access to funded services from disability support Providers who will deliver these services for you.

#### Hutt Valley

5 Bouverie St Petone / PO Box 33 145, LOWER HUTT, 5046 / Phone: 04 569 3102 Email: [nasc@life.nzl.org](mailto:nasc@life.nzl.org)



**MASSEY UNIVERSITY**  
**TE KUNENGA KI PŪREHUROA**

## **Disability Support Services**

Massey is committed to providing quality education to all students. All campuses have a Disability Support Service.

Disability Services provides a range of support to students with:

- Learning difficulties
- Physical/mobility difficulties
- Sensory impairments
- Mental health issues
- Long-term injury/illness

We do this by offering a range of services, these include:

- Advocacy
- Alternative formats
- Computer support and facilities
- Equipment for loan
- Extramural support
- Information on funding
- Liaison with community agencies
- Referrals to other Student services, e.g. Learning Support / Student Health and Counselling.
- Support with accessing lecture and tutorial material.

Other services include:

- Issuing parking permits. (Wellington only)

<b>Wellington</b>	Disability Coordinator	04 801 5799 ext 62332
	Email	<a href="mailto:diswgt@massey.ac.nz">diswgt@massey.ac.nz</a>

<b>Palmerston North</b>	Manager	06 350 5959 ext 81730
	Student Advisor	06 350 5959 ext 7910
	Email	<a href="mailto:disinfo@massey.ac.nz">disinfo@massey.ac.nz</a>

Please use Palmerston North for all extramural enquiries.

<b>Albany</b>	Disability Coordinator	09 414 0800 ext 41457
	Email	<a href="mailto:disalb@massey.ac.nz">disalb@massey.ac.nz</a>

Visit our website [www.massey.ac.nz](http://www.massey.ac.nz)












## Ministry of Education Greater Wellington Special Education ~ Regional Operations

Special Education has a range of specialists; Special Education Advisors, Speech and Language therapists, Occupational and Physiotherapists, Advisors on Deaf children and Psychologists who support students with Special Education needs, their family and whānau and school teams. All ORS funded students have a lead worker- if you are unsure of who your lead worker is, you can contact the office in your area.

***Early thinking and planning are  
important to making moving from  
school to adult life well planned  
and successful.***

### *Contact numbers for enquiries:*

 <b>Wellington/Johnsonville</b> ☎ <b>0800494-866</b>	 <b>Upper Hutt Valley</b> ☎ <b>0800-737-275</b>
 <b>Porirua/Tawa/Newlands/Titahi Bay/Plimmerton/Pukerua Bay</b> ☎ <b>0800-476-747</b>	 <b>Wairarapa</b> ☎ <b>0800-378 999</b>
 <b>Lower Hutt Valley/Wainuiomata</b> ☎ <b>0800-737-275</b>	 <b>Kapiti Coast</b> ☎ <b>0800-100-372</b>
 <b>Ministry of Education- National Office-Special Education information line</b> ☎ <b>0800-622-2222</b>	

# Disability support services

## NZCare: Intellectual disability support

If you have an intellectual disability and would like a change in living options or increased independence, we can provide you with the high-quality support you need to live your life the way you want and to achieve your personal goals.

Our professional team will work with you and your family/whānau each step of the way and will tailor the specialist services listed below to suit your unique wishes and needs.

### Supported living options

#### Personalised day services

#### Flexible respite options

#### Individualised funding

To find out more about how our NZCare team can support you, please go to the company Web site [www.healthcarenz.co.nz](http://www.healthcarenz.co.nz), click on NZCareFor more information, or to discuss how we can support you, please [contact your local team](#).

### NZCare

Crombie Lockwood Building Level 8,

15-21 Dixon Street

PO Box 24443, Manners Street

Wellington 6142

Ph: 04 802 0950 or 0800 227 348

Fax: 04 802 0944

[feedback@nzcaregroup.co](mailto:feedback@nzcaregroup.co)





Pablos Art Studios Inc. was established in 1993 as a creative response to the increase of care in the community for mental health consumers. Pablos provides quality and credible art opportunities for individuals who have experienced mental illness. Our aim is to build confidence and support personal growth and independence through individual artistic development and challenges.

We create an environment that acknowledges career, personal and social needs and encourages connections and a sense of value for our artists within the broader community.

Pablos Art Studios is a creative and focused environment, providing free access to art tuition and professional development. It is facilitated by tutors who are professionally qualified, practicing artists, with a wide range of art related experience.

At Pablos we ...

- Empower individuals to grow in confidence and self-esteem through the process of art making
- Encourage individual development through mentoring, role modelling, inspiring, teaching and creative challenges
- Promote the use of creativity as a tool to support and maintain mental health build partnerships with other art focused organizations and individuals to enrich the studio environment and strengthen ties with the broader art community

Pablos prides itself on being innovative and proactive in our approach to working with people to support, encourage and equip them with the skills and motivation to connect in a positive and sustainable way with the wider community.

Pablos aim is to be a positive catalyst in the recovery process for people who have experienced mental illness, we;

- Foster a culture of creative self-reliance, professionalism and exploration.
- Promote participation, personal responsibility and community integration.
- Acknowledge career, personal and social needs.

If you are interested in becoming an artist at Pablos Art Studios give us a call on (04) 382 8885, or email [pablos@pablosart.org.nz](mailto:pablos@pablosart.org.nz) and make a time to come in and visit the studio, on the corner of Vivian & Victoria Street, Te Aro. Wellington.

Pablos Art Studio: Open Monday - Friday 10am-4pm.  
183-193 Vivian Street (Corner of Vivian and Victoria Street),  
Te Aro, Wellington.  
Phone: (04) 382-8885 Fax: (04) 382-8632  
Email: [pablos@pablosart.org.nz](mailto:pablos@pablosart.org.nz)

Website: [www.pablosart.org.nz](http://www.pablosart.org.nz)



## **PARENT TO PARENT NEW ZEALAND INC**

**Providing Information and Support to Families/Whanau  
Who have a child or a family member with a disability, special need or health  
impairment**

Parent to Parent is a nationwide, not-for-profit organisation. It was formed in 1983 by a group of parents and professionals who believed in the value of parents supporting parents when faced with the challenge of parenting child or a family member with a disability, health impairment or special need.

Through a network of regional groups and trained volunteer Support Parents we provide information and support to thousands of families each year.

Our services to families are free and include:

- Contact with Volunteer Support Parents with a similar personal experience, who understand the challenges, frustrations and special joy that comes from parenting a child with special needs. International “matches” are offered when a condition is so rare that a match with a similar family cannot be made within New Zealand.
- Written information on more than 3600 different conditions from the very rare through to the more common.
- SibsupportNZ – a sibling support programme for children and teenagers who have a brother or sister with special needs
- Seminars and training workshops.
- Advocacy support.
- A range of family support programmes.
- Video conferencing services, connecting families, professionals and community.

If you would like to use our free services or know someone else who might please contact:

Parent to Parent New Zealand Inc

Wellington Region: Tel 04 569 9398

Email: [wellington@parent2parent.org.nz](mailto:wellington@parent2parent.org.nz)

 <http://www.facebook.com/#!/parent2parent.wellington>

National Office (Hamilton) 0508 236 236

Website: <http://www.parent2parent.org.nz>



## **People First New Zealand Nga Tangata Tuatahi**

People with learning/ intellectual disability – speaking up for ourselves

People First is an organisation run by and for people with learning disability.

People First:

- Has a disability information and advisory service (DIAS)
- Runs monthly local self-advocacy groups
- Runs courses for people with learning disability
- Assists members to learn how to take on leadership roles
- Gives educational presentations to the wider community

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:

- Have our 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
- Talk about the things that are important to us
- Learn about how to take part in decisions that affect us
- Learn to speak out when we are treated unfairly
- Have fun and make new friends

To find out about joining People First or to get information about learning disability contact us on 0800 20 60 70 or email [mail@peoplefirst.org.nz](mailto:mail@peoplefirst.org.nz)



Wheelchair Hoist & Lift Servicing / Installation, Mobility Services, Driving Aids, Vehicle Hand Controls,

Vehicle Modification, Handrails, Wheelchair Ramps.

**Nothing is out of the Question—Just Ask**

**Here at Performance Mobility Services, we offer customer service unlike any other, why?**

**“Because we are passionate”**

Our mission at Performance Mobility Services is to provide an experience where the customer is included in each and every step of the service, repair or modification process. We realise modifying your vehicle is a large investment.

**Why Choose us?**

We are committed to understanding your needs and requirements, ensuring the service, repair or modification meets the highest safety standards.

Professionalism, confidence, passion and delivery of a quality service is a promise we make to all of our customers.

We will use our knowledge and understanding of your needs to provide unequalled customer service.

-

**Our Promise To You**

We are committed to offering the best possible service experience, at very competitive prices, taking pride in the work we undertake ensuring all of your needs and requirements are met.

Feel free to ask for a no obligation quote on having your wheelchair hoist serviced, vehicle modified or one of the many other services we offer.

>Vehicle Servicing >W.O.F >Certification >Compliance >Engineering >Fabrication

**For More Information Contact**

**Performance Mobility Services**

**111 Eastern Hutt Road**

**Wingate**

**Lower Hutt**

**Wellington**

**Phone: 04 939 3882**

**Fax: 04 567 5410**

**E– mail: [performancemobilityservices@kustomrides.co](mailto:performancemobilityservices@kustomrides.co)**



*Supporting and Promoting Independence & Social Equity*

## **Community & Supported Employment**

Hutt Valley Services offer:

- **Supported Employment**  
Working alongside job seekers with mixed abilities
- **Transition from School**  
Support for students that are ORS funded and in their last year of school
- **Community and Vocational support services**  
Providing community opportunities and vocational training

Wellington Regional Services:

- PATHS (Providing Access to Health Solutions)

**Our team of specialists offer an individualised service that focuses on Your goals and aspirations**

**For further information:**

**Phone (04) 570 2320**

**[www.q-nique.co.nz](http://www.q-nique.co.nz)**



## **DEAFinitely Stepping Ahead Transition Programme**

DEAFinitely Stepping Ahead is a programme specifically designed for D/deaf or Hearing Impaired students in their last year or two of school who are want to do further education, training or looking for their first job.

We have a huge list of topics that we can assist students with as well as networking, developing work experience opportunities and meeting other people like themselves. Many of our past transition students have been successful in gaining employment and going onto tertiary study as a result of this programme!

The programme can run from anywhere between 3 months and 2 years, depending on your choice of content. You decided what you need from this programme.

If you want to know if your eligible you can go online and register. We will contact you to let you know if you can be part of this programme. Some exceptions may be made for those who do not currently receive ORRS funding.

[www.magnet.org.nz](http://www.magnet.org.nz)

**(Just click on the DEAFinitely Stepping ahead logo at the top of the website)**

For more information contact the National Youth Co-ordinator at

[DEAFinitelyahead@deaf.org.nz](mailto:DEAFinitelyahead@deaf.org.nz)



# Tautoko Services

## We Provide a Specialist Behaviour Support Service

**Our Mission Statement:** To support all people with an intellectual impairment and or on the Autism Spectrum whose behaviour challenges, to lead valued lives in the community.

Tautoko Services has a team of Behaviour Specialists.

### What do we offer?

- A prompt and professional service
- An individualised service for people with Intellectual Disability or Autism Spectrum Disorder
- Practical individualised and person-centred strategies will be provided as part of our service

### Assessments

- Diagnostic Assessment Intellectual Disability
- Diagnosis for ASD
- Sensory
- Children at risk
- Parent Assessment Manual

### Therapies

- Sensory Based Strategies
- Play Skills
- Play Therapy
- Family Therapy
- Attachment work
- Individualised Counselling
- Creative Cognitive Behaviour Therapy

### Other Services

- Signposts - courses for groups and individuals
- Social skills groups
- PATH (Creative Planning)
- Professional supervision
- Building Better Behaviour individual programme

We provide a private service for people who may not meet criteria for our MoH funded service: Building Better Behaviour – for further information see our website: [www.tautoko.org.nz](http://www.tautoko.org.nz)

**Resources we offer for sale:** Kiwi Social Skills, Surviving Social Situations, About Me, Transition, Making a friend and being a friend. Computer Timer.

**Tautoko Services is a Charitable Trust and welcomes donations to support our work**

### Contact Us:

**Email:** [karenbaddiley@xtra.co.nz](mailto:karenbaddiley@xtra.co.nz) **Phone:** 04 233 0164 **Website:** [www.tautoko.org.nz](http://www.tautoko.org.nz)





# Thumbs UP – Inclusion & Participation

Wellington After-Care Association Inc.



## Who we are

Thumbs UP is one of six services provided by Wellington After-Care Association Inc. and began through the combined efforts of Wellington After-Care and a group of families from the Hutt Valley.

Thumbs UP is a day service for young people with intellectual and /or physical disability

that require high or very high levels of support. It is open Monday to Friday, 9:00a.m. – 3:00p.m. It provides a wide range of programmes and activities that meet the identified needs of each person who attends. Support is provided individually or in small groups with the focus being around community participation.

## Who is it for

The service has been designed to meet the needs of young adults with intellectual and /or physical disabilities, who require high levels of support. The ministry of Social Development, which partially funds the service, has specified that the service be developed primarily for school leavers.

## Aims

One of the main goals is to promote the growth and development of the young adults attending the service, whilst encouraging them to practice in meaningful and rewarding activities in their communities.

For further information please contact the Thumbs UP Service Manager or the Wellington After-Care General Manager.

Thumbs UP

P.O. Box 33173

Petone

LOWER HUTT 5046

Tel: (04) 586-8069

[Thumbs.up@wgtnaftercare.org.nz](mailto:Thumbs.up@wgtnaftercare.org.nz)

Wellington After-Care Association Inc.

111 Brougham Street

Mount Victoria

WELLINGTON 6011

Phone: (04) 385-7302 ext. 801

[manager@wgtnaftercare.org.nz](mailto:manager@wgtnaftercare.org.nz)



## **Wellington Timebank**

The Timebank is a community of people who help each other. You can spend one hour doing something for someone else and you will earn one time credit. You can use this credit to ask someone to do something for you or with you. Everyone's skills are valued the same.

### **By joining the Timebank you can**

- Meet people in the community
- Help other people in your community
- Get help with things that you need
- Learn new skills

### **Who can join the Timebank?**

Anyone who lives in Wellington city. Members are all different ages and abilities. We believe that every person has skills that are valuable.

### **Examples of skills traded**

- Garden watering
- Pet feeding
- Computer support
- Hanging out with people
- Delivering flyers
- Transport

### **For more information, please contact:**

Wellington Timebank  
Newtown Community Centre  
Cnr Rintoul and Colombo Streets  
Newtown

[wgtn.timebank@gmail.com](mailto:wgtn.timebank@gmail.com)

04 920 6708

<http://www.wellingtontimebank.org.nz>



DISABILITY SERVICES **access & inclusion**



Victoria University is committed to providing quality education to **all** students. All campuses have a Disability Service.

Disability Services provide a range of support to students with:

- Specific learning difficulties
- Physical / mobility difficulties
- Sensory impairments
- Temporary or ongoing injury/illness
- Mental health issues

We do this by offering a range of services, including:

- Advocacy
- Accessible arrangements for courses and exams
- Note takers and Sign Language Interpreters
- Alternative formats
- Adaptive technology and training
- Equipment / Lockers for loan
- Mobility Van and Mobility Parking
- Referrals to other Student Academic Services, e.g. Student Health, Student Counselling and Student Learning Support

Disability Services publishes a guide to all its services, and has a range of resources for students available online, or by contacting them.

Phone 04-463 6070

Email [disability@vuw.ac.nz](mailto:disability@vuw.ac.nz)

Website [www.victoria.ac.nz/disability](http://www.victoria.ac.nz/disability)

**Insert VORT**



## Vincent's Art Workshop

Vincent's Art Workshop is based in the centre of Wellington City. We provide opportunities for art activities to all people for free. People with disabilities are the focus group but all people are welcome. Our service is accessible, inclusive, supportive, empowering, happy and friendly!

Two art tutors are there every day of the week and can offer support and help with art techniques. On Tuesday mornings we offer a tutored workshop where you can learn many different skills. Some techniques may be; pottery, painting, mosaics, drawing, paper mache, carving and many more. A day for women only is offered every Thursday. Other hours during the week are for whatever art activity that people choose. All artists have the opportunity to work on an Art Plan so that we know how we can offer the best support.

We have three large studios. One is for drawing, painting, etc; one for pottery (with a kiln); and one for woodwork, carving, etc. We offer a wide variety of art materials and art equipment at no cost. We also have an Art Gallery and Vincent's artists can work towards a solo or group exhibition if they want to.

### Hours:

Monday:	11am - 4pm	general studio hours
Tuesday:	10.30am - 1.30pm	(Tuesday morning workshop)
	1.30pm - 6.30pm	general studio hours
Wednesday:	11am - 5pm	general studio hours
Thursday:	11am - 4pm	(women only)
Friday:	10am - 4pm	general studio hours

### Contact details:

Coordinator:	Glen McDonald
Address:	Level 4, 84 Willis Street, Wellington
Postal address:	P.O. Box 11 706, Wellington, 6142
Phone:	04 499 1030
Email:	vincent'sartworkshop@xtra.co.nz
Website:	www.vincent's.co.nz



Wellington takes pride in our reputation as an inclusive and socially responsible city that is accessible, safe and easy to get around.

Wellington City Council has many programmes in place to make sure everyone can fully participate in community and civic life. We also support community organisations to provide advice, support and training to raise awareness and improve accessibility.

Two very exciting initiatives we are working hard on are the Accessible Wellington Action Plan and a joint community directory project with Capital & Coast and community groups.

### **Accessible Wellington Action Plan**

The Action Plan sets out goals for coordinating what the Council is already doing and recommends actions for the next three years, with measurable criteria to improve accessibility. It is also a framework to strengthen local and regional partnerships for the provision of accessible transport, services, events and venues across the city. There are six priority areas in the plan:

1. Social and recreation
2. Governance
3. Ease of travel across and around Wellington City
4. Arts and culture
5. The built environment and open spaces
6. Economic development.

Visit our website [Wellington.govt.nz](http://Wellington.govt.nz) to view a copy of the plan – go to the Plans / Policies page.

### **Community Directory project**

The project being developed is a comprehensive web-based directory of health and health-related services, providers and activities in the Wellington region. It will give health providers and patients access to a wide range of services that best meet patient needs.

This collaboration between the Council, Capital & Coast, community groups, services and providers will create opportunities to improve how services that support health and wellbeing are connected with the people who need them.

For more information on accessibility, please contact:

City Communities

Phone (04) 499 4444

Fax (04) 801 3124

Email [citycommunities@wcc.govt.nz](mailto:citycommunities@wcc.govt.nz)

[Wellington.govt.nz](http://Wellington.govt.nz)



Wellink Trust provides a responsive, recovery focused, service for people who experience mental illness. Support is provided via community services and residential support, a youth service and an aged care dual diagnosis service, planned respite service, employment support, homelink services, a peer run phonenumber service and most recently community based crises support.

The organisation has an influential consumer participation team that ensures staff and service provision maintain a recovery orientation. The area covered is the greater Wellington region, providing support to a minimum of 200 people. Wellink has a distinctive reputation for innovation peer led services.

Our Kaupapa consists of the following

#### **WELLINK'S MISSION**

"To enhance opportunities for recovery for people with experience of mental illness"

#### **WELLINK'S VISION**

"Fully inclusive and vibrant communities"

#### **WELLINK'S PHILOSOPHY**

*"Ma te aroha, ma te tumanako, hei whakakotahitia ai i a tatou, hei arahina hoki i a matou mahi katoa."* - "Let understanding, acceptance, love and hope unite our community and lead us in the way we work"

Our **Worklink** team assists people with experience of mental illness who are looking to enter the workforce, by helping them through all the stages involved in finding work, and then providing ongoing post-placement support for at least 6 months.

#### **Initial Contact:**

**Worklink**  
Wellink Trust  
Level 2, 203-209 Willis Street, Wellington  
Phone: **(04) 801 8500**

For other Wellink Trust services please contact us on (04) 801 8500  
Or visit our website: [www.wellink.org.nz](http://www.wellink.org.nz)

**About the service:**

Wellington Institute of Technology (WelTec) was established in 1904 and has been a cornerstone of New Zealand's education for over 100 years. WelTec has a fundamental role in the delivery of vocational education to meet the learning needs of students and the workforce productivity needs of employers. Each year WelTec delivers over 200 courses to around 11,000 students. With particular research expertise in technology development, WelTec's research and innovation programme focuses on practical and applied research useful to businesses and professionals.

**Targeted clients:**

WelTec delivers applied education at all levels from certificates and diplomas to degree and graduate diplomas, offering nationally and internationally recognized qualifications (including NZQA approved programmes and City & Guilds international qualifications) in disciplines ranging from Business, Construction, Engineering, Counselling, Health and Wellbeing, Hospitality and Information Technology. WelTec has the most comprehensive range of trade and technology programmes in the Wellington region. Entry requirements for specific programmes vary – check out [www.weltec.ac.nz](http://www.weltec.ac.nz) for specific information.

**Geographical spread:**

WelTec has four campuses, located in Wellington CBD, Petone, Auckland and Christchurch. Each campus focuses on different course offerings. Check out our website for details.

**Contact Details:**

For more information please contact us

Phone: 0800 WELTEC (935 832)

Email: [studentadvisors@weltec.ac.nz](mailto:studentadvisors@weltec.ac.nz)

Website: [www.weltec.ac.nz](http://www.weltec.ac.nz)

Postal Address: Private Bag 39803

Wellington Mail Centre Lower Hutt

5045

Physical Address: 11 Kensington Avenue

Petone





## Faculty Health, Business & Service Industries

### **Certificate in Community & Vocational Learning Skills (CVLS)**

A work skill based programme for people who have a long term illness, injury or disability and require targeted assistance to maximise their potential. Individually focused to provide graduates with the skills, confidence, and practical work experience to gain meaningful employment.

#### **What it covers (Programme Content):**

##### Vocational and Employment Skills

- Timekeeping, interview skills, job seeking skills, conditions of employment, CV writing, planning for the future

##### Community Integration

- Community awareness, personal rights, consumer advocacy, using the community as a resource

##### Independence Skills

- Self awareness, communication, self-care and grooming, money management, self advocacy, human relationships

#### **On this programme, students can:**

- Become more independent
- Discover more about themselves
- Learn about options for work and study
- Set goals for the future
- Explore options
- Improve communication skills
- Gain important work skills

#### **This programme is for students who:**

- Need support to prepare for employment
- Require individualised learning techniques
- Need one to one tutoring where required
- Will benefit from small classes with high-level tutor input

Emphasis is placed on meeting employment and/or further education goals.

#### **Method of Study:**

Full time at our Petone campus- 9am to 3pm Monday, Tuesday, Thursday and Friday.

#### **Entry Requirements:**

At least 18 years of age, with selection through interview.

### **Poutama Academic Learning Services**

Whitireia Community Polytechnic is committed to providing quality education for **all** students.

We offer support for any student who has a disability, a learning difficulty, illness or health problem that may get in the way of learning. This includes situations where a student may need to miss class because of health related issues.

#### **Academic Advisor (Accessibility) assists to:**

??find ways to help you keep well, keep up with your studies and have an enjoyable and successful time here.

??talk over any concerns or difficulties you might have.

??work out ways to minimise or overcome obstacles to your learning.

??advocate for you to make sure that you are supported.

??work together with staff, agency personnel, and support people.

??support you to access services and equipment.

#### **Contacts:**

*Web site:*

[http://www.whitireia.ac.nz/student\\_services/Pages/HomePage.aspx](http://www.whitireia.ac.nz/student_services/Pages/HomePage.aspx)

*Phone:* 237 3100

*Address:* Whitireia Community Polytechnic,

Wineera Drive,

Porirua City 5240



Workbridge provides a professional employment service for people of all types of impairment and injury where, the effects are likely to last for more than six months.

Workbridge Employment Consultants work with jobseekers and employers to match people to the right job. The work could be casual, temporary, or permanent, and either part-time or full time.

Workbridge does not charge for services provided to jobseekers or employers.

Workbridge can work with people between the ages of 16 - 65 years.

We are contracted to deliver services once a person has left school.

### **Services include:**

We can work together with you to:

- development of career goals
- identification of training requirements
- CV preparation
- employment preparation
- accessing appropriate support funding
- support after placement into employment or training

Contact the local Workbridge office to arrange to meet with an Employment Consultant:

Workbridge  
Level 2 – Levin house  
330 High Street  
PO Box 31687  
LOWER HUTT 5040

T: 04 913 6400  
F: 04 913 6409  
W: [www.workbridge.co.nz](http://www.workbridge.co.nz)

Workmates is a supported employment agency that provides employment services to people with disabilities in Porirua and the wider Wellington region. Because we are a Charitable Trust, we provide our service at no cost to the client and the employer.

**Services we provide to the client:**

- Career planning and guidance
- Skills appraisal
- CV preparation
- Job search
- Job placement
- Work experience
- Post-placement support
- Referral to appropriate services

**Services we provide to the Employer:**

- Employment placement
- Disability Awareness Training
- Employer training (individualized)
- Co-worker training (individualized)
- Equipment modification advice
- Employer – Employee mediation

Workmates will be at the Porirua Community Link Office every Tuesday and Thursday 10.00am to 12.00pm and the Johnsonville Work and Income Office every Thursday 10.00am to 12.00pm. Call 0800 559 009 to book an appointment for the Porirua or Johnsonville Work and Income Offices timeframe or call us direct (04) 237 7141 to make a scheduled appointment with us.

**Physical Address:**

Level 4 Suite 404

North City Shopping Centre

2 Titahi Bay Rd

PORIRUA 5022

**Email:** [susan.christian@workmates.co.nz](mailto:susan.christian@workmates.co.nz) or

[bernice.hohaia@workmates.co.nz](mailto:bernice.hohaia@workmates.co.nz)

**Phone:** (04) 237 7141

**Fax:** (04) 237 5520

**Mailing Address:**

4<sup>th</sup> Floor, Pember House

16 Hagley St,

PORIRUA 5022



**‘K o t a h i M a h i’**

***Employment and Career Services***

WorkFirst provides a supported employment service for young people, 16 to 25 years of age, in the mental health service.

We are employed by the Capital and Coast District Health Board and are part of the Early Intervention Service and Child and Adolescent Mental Health Teams.

We work alongside the clinicians in the teams to assist young people into jobs and training or study.

### **Contact information**

Emma Barnes

WorkFirst Coordinator

Ph: 04 801 2960 OR 027 286 9373

Email: [emma.barnes@ccdhb.org.nz](mailto:emma.barnes@ccdhb.org.nz)



Youthline Wellington offers a free, confidential, non-judgemental telephone, text and email counselling and information service to people in the Wellington and

Greater Wellington areas, Kapiti Coast, Porirua, Hutt Valley, Wairarapa and the Nelson/Marlborough region.

Youthline Wellington was formed in 1971, there are now 9 Youthline centres throughout New Zealand, operating separately but nationally linked.

With the introduction of the "Youthline 24/7" concept, our free phone number - **0800 37 66 33** - can receive calls from all over New Zealand, 24 hours a day. Although we specifically aim to assist young people, Youthline's service is used by all ages.

Youthline Wellington is a youth development organisation and selects and trains a new intake of volunteer counsellors twice a year, with up to 40 new counsellors being trained each year. Experienced Youthline counsellors, with the help of outside experts, facilitate this training. Counsellors are required to participate in regular on-going training, and fortnightly group supervision. Anyone may apply to become a Youthline counsellor. Applicants must pass through an intensive selection programme and be able to demonstrate excellent communication and listening skills, self awareness, coping skills, and a natural aptitude for counselling and group work. An extensive training programme is then provided for successful applicants.

Skills and experience can then be developed into governance, financial and organisational management, group facilitation, supervision and training, face to face youth work and public speaking through our education programme. Most Youthliners take on many of these other roles at some time. Many are studying vocationally in related courses and the practical training and experience gained at Youthline contributes significantly to their employment opportunities and skill base.

Youthline also contributes within the community to mental health awareness and suicide pre/postvention. Youthline provides support for school guidance counsellors, health nurses, youth workers, health workers and other non governmental organisations.

Youthline provides an education programme for schools, youth organisations, youth and employment transition services, community agencies and youth excluded from core education institutions ie alternative education programmes.

Youthline Wellington also runs an evening bi-monthly Ongoing Education Programme for our counsellors and other interested organisations, and professionals.

Youthline is 24/7 service, available when many other agencies are closed, and is frequently referred to by professionals, as a backup for their services.

Youthline is committed to providing the community with thousands of voluntary hours, supporting and developing young people.

**Free phone:** **0800 37 66 33**

**Free Text:** **234**

**Email:** [talk@youthline.co.nz](mailto:talk@youthline.co.nz)

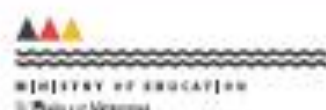
**Web:** [www.youthline.co.nz](http://www.youthline.co.nz)

**Info:** [www.urge.co.nz](http://www.urge.co.nz)

*For further information about the education programme or becoming a volunteer, or for any other queries, please contact the Youthline Wellington Coordinator on (04) 801 6924 (office) or email [youthline1@xtra.co](mailto:youthline1@xtra.co).*



## With thanks:



**Wellington After-Care Association Inc.**

If you wish to obtain an electronic PDF version of this publication please contact the following organisations: CCS Disability Action, Emerge Supported Employment Trust, Hutt Valley-Disabled Resources Trust, Idea Services, Q-nique Ltd, Wellington After-Care Association Inc.