

# HOME as my FIRST CHOICE

— Ko te whare tōku whiriwhiri tuatahi —

## Community Resources



**HOME as my FIRST CHOICE** is all about sharing ways to make “home” a viable option for longer. The information about resources is aimed at helping make being supported at ‘home’ possible.

# Shopping Services

There are a range of options for you to have help to get your groceries. You can catch the Shoppers Bus, receive 1:1 help from Driving Miss Daisy, have your groceries delivered or you can taxi to the supermarket and have the staff help you while you are there. Some supermarkets have shopping trolleys and wheel chairs for customers with limited mobility. For example, New World Centre City (Dunedin) staff will push customers around the supermarket and help select items. Contact your local supermarket to see what assistance they can offer. If you receive support from a home support agency, they may be able to take you to the supermarket.

## Age Concern Southland

A van available to assist with shopping every Wednesday – pick up and drop off for a gold coin donation: (03) 2186351

## Driving Miss Daisy

### Dunedin:

- Dunedin Head Office – 0800 948 432
- Dunedin South: (03) 486 2033 or 021 503 498
- Dunedin North: (03) 467 5017 or 021 503 298

Charging based on time and requirements of individual's needs.

Covers Regions from Waikouaiti – Outram

Accepts total mobility taxi vouchers

### Invercargill:

<https://drivingmissdaisy.co.nz/franchise/invercargill/>

**Rachel Goodall:** 03 216 7763 or 021 503 334

[Click here to view a more detailed map of territory.](#)

## Veggie Boys Delivery

Contact: (03) 477 7987

Delivers from Mosgiel to Port Chalmers Monday to Saturday between 2pm-6pm.

Order online ([www.veggieboys.net](http://www.veggieboys.net)) or by phone, and spend \$25 for free Delivery.

## Shoppers Bus (Plus Bus) - Dunedin

Contact: (03) 455 4050, [plusbus@xtra.co.nz](mailto:plusbus@xtra.co.nz)

\$7 Return throughout Dunedin

Different suburbs on different days.

## New World Delivery (Southland)

New World, Windsor and South City Plaza all deliver for a fee

## Countdown Delivery

Contact: 0800 40 40 40

<http://shop.countdown.co.nz/>

[Onlineshop@countdown.co.nz](mailto:Onlineshop@countdown.co.nz)

Delivers anywhere from Milton to Palmerston, Invercargill City and Queenstown

Delivery charges can vary from \$8.75 - \$15.75 depending on the cost of groceries.

## Taxi Vouchers

A variety of organisations are able to assess and provide taxi vouchers, including Age Concern (see Transport Services for other options)

Contact: (03) 477 1040, [agecon@ageconcernotago.co.nz](mailto:agecon@ageconcernotago.co.nz)

Become a member of Age Concern by paying an annual fee of \$25, and after you undergo an eligibility assessment you will be entitled to receive 50% off any taxi services including driving Miss Daisy. Links for Aged concern organisations:

- [Age Concern Waitaki \(Oamaru\)](#)
- [Age Concern Otago](#)
- [Age Concern Otago \(Central Otago\)](#)
- [Age Concern Southland](#) (have a shopping service)
- [Age Concern Southland \(Queenstown\)](#)

## Four Square Delivery

Contacts

- Foodlands (Kaikorai Valley) (03) 453 5742
- Palmerston (03) 465 1164
- St Clair (03) 455 7658
- Four Square Dunedin (03) 455 7427
- Port Chalmers (03) 472 8746

Other 4 Square stores may also provide a delivery service – contact the 4-square store in your area.

Cost ranges from \$3-\$7.50

## Naphtali – Shopping Service

A service provided by Naphtali Activity Centre (North East Valley Dunedin) for adults with intellectual disabilities as part of their community outreach

Contact: (03) 473 9104, [andrea.mckenzie@packgroup.co.nz](mailto:andrea.mckenzie@packgroup.co.nz)

## Fresh Choice Green Island Delivery

Order by email or phone: (03) 488 2317 extn line 8,

[grocery@moyles.co.nz](mailto:grocery@moyles.co.nz)

\$5 to deliver anywhere between South Dunedin, Wakari through to Brighton.

Accepts cheque, internet banking or cash.

## Meal Services

There are a range of options for help with meals. You can have a hot meal delivered to your door, or receive frozen meals to reheat. Supermarkets have a range of fresh and frozen meals to choose from too. If you receive support from a home support agency, and are unable to make a light a meal, they may be able to assist you with this.

Two meal delivery services: **Eat L8R** (Eat Later) <http://eatl8r.co.nz/> and **EAT Unlimited** <https://www.eat.co.nz/>

### Dunedin based services:

Home of St Barnabas Meals on Wheels (03) 455 8298

Express Meals (Taieri Rugby Club Rooms): (03) 4533294 or 0221553274

Taieri Court (03) 489 6044

Mosgiel RSA (03) 489 7182

Portobello Coffee Shop (03) 478 1055

Outram 4 Square (03) 4861723

Port Chalmers 4 Square (03) 472 8746

Southern DHB MOWS Ph: 0800 627 236 or (03) 470 9300

### Invercargill – Southland based services:

- Dinners club – meals delivered fresh or frozen contact 0274906174 [julie.macdonald8@gmail.com](mailto:julie.macdonald8@gmail.com)
- Adagio Café in Winton ☑ deliver Monday to Friday in Winton (03) 2367272
- Country Manor Catering <https://www.countrymanor.co.nz/> (Winton) – offers delivered meal on wheels (if eligible) or meal able to be collected from bakery
- Aged Concern, 50 Forth Street Invercargill – meals, eat in dining Tuesday to Friday. Also have takeaway meals and soup available. (03) 1286549
- New World, Pac n Save and Plaza Super Value all have cooked meals available
- Luvlee home cooked meals and takeaways, 278 Tay Street, Invercargill. Open seven days a week.
- Southern DHB meals on wheels 5 days a week delivered

## Transport Services

People may be able to access discounted taxi fares if they are no longer able to drive. In addition to public transport and taxi services there are some transport services for health related appointments.

**Total Mobility Card** (half price taxi fare for people unable to drive and unable to use public transport). There are 15 supporting agencies across Otago to help people who have difficulty accessing public transport, assessing them for eligibility to access subsidised taxi transport. This is a 50% subsidy (up to \$25) on eligible door-to-door transport with one of 16 approved transport operators, including taxi companies and private hire companies.

**Otago:** For more information about Total Mobility contact Otago Regional Council (0800 474 082) or <https://www.orc.govt.nz/public-transport/total-mobility>

**Southland Total mobility Scheme:** <https://icc.govt.nz/community/total-mobility/>

Vouchers are available for subsidized travel from various services e.g. Aged Concern and Enliven. These can be used with services such as Good Partners (golden ride) 0800 262 301 and Driving Miss Daisy.

- **Staying Safe** – a refresher workshop for senior road users. Contact NZ Transport 0800 822 422 for information about courses. Self assessment quiz: [www.nzta.govt.nz/safety/driving-safely/senior-drivers](http://www.nzta.govt.nz/safety/driving-safely/senior-drivers)
- **St John Community Care** – Health Shuttles between and towns, see [www.stjohn.org.nz](http://www.stjohn.org.nz). This includes shuttles from country areas in Southland to Southland Hospital.
- **NZ Red Cross Community Transport:** free transport to and from doctor hospital or community appointment (03) 4771527
- **Disability Resource Centre Southland:** free transport to attend hospital based appointments (Southland) call (03) 214 5000 or 0800 100 531

## Hearing Services

In addition to support from your local audiology centre, you can access assistance from volunteer agencies and charitable trusts. They offer free advice, information on funding options and low cost options for devices that help to manage day to day activities independently. For example smoke alarms, telephones, tv and radio that are designed for people with hearing loss. They can vibrate, flash, and contain sound amplifiers. With today's technology there is also a range of options including personal listeners, cell phones and bluetooth watches which vibrate when the phone is ringing or messages received.

### Life Unlimited Hearing

Free service assess and support people with hearing loss. Kelvin Gaskill Hearing Therapist (Dunedin), (03) 456 4350 or 0800 008 011

### Hearing Support Otago

Volunteer Organisation supporting people with hearing loss. Free hearing tests.

Phone: 03 4877641, E-mail: [otago@hearing.org.nz](mailto:otago@hearing.org.nz)

Website: [www.hearingsupport.co.nz](http://www.hearingsupport.co.nz)

### Hearing NZ Southland - <http://www.hearing.org.nz/branches/southland/>

126 Leet Street Invercargill 9810, Postal address: PO Box 1213 Invercargill 9840

Phone: 03 214 9154

E-mail: [hearingsouthland@xtra.co.nz](mailto:hearingsouthland@xtra.co.nz)

Office hours: Monday-Friday: 9am-4pm

## Low Cost Health Services

Health care or services related to disability and age can be costly. Many people are eligible for financial assistance from WINZ to help pay for these costs. This may be in the form of a Community Services Card and/or Disability Allowance. This can help towards the cost of a range of things including doctors' visits, prescriptions, foot care, personal alarms, electricity and phone, lawn mowing and gardening services.

Websites for further information:

<https://www.workandincome.govt.nz/products/a-z-benefits/disability-allowance.html>

<https://www.workandincome.govt.nz/products/a-z-benefits/community-services-card.html>

### Dunedin: Mataora Low Cost Medical and Dental Clinic

25 College Street, Dunedin. Phone: 03 471 9960. Website:

<https://wellsouth.nz/community/find-a-general-practice/dunedin/mataora-low-cost-medical-and-dental-clinic/>  
[www.tekaika.org/home/](http://www.tekaika.org/home/)

**Southland: He Puna Waiora Wellness Centre** run by Nga Kete Matauranga Pounamu Charitable Trust, 92 Spey St, a VCLA Very Low Cost Access GP Practice offering doctor and nursing services and rongoa/natural therapies. Late nights by appointment on Monday and Tuesday till 7pm. Our Base fee for our Low Cost GP service is \$18.00, other fees may apply.

**Contact** (03) 214 5261 or **Free Phone** 0800 925 242

See <http://www.kaitahu.maori.nz/he-puna-waiora-wellness-centre.html> for opening hours

# Social Groups

There is a long list of social opportunities for people wanting to connect with peers and engage in social and recreational activities. These cater for people with a range of abilities. These are some that we know about. See also [Eldernet](#) which has information about other community resources throughout NZ.

**Age Concern:** <https://ageconcernotago.com/services> - this has links to the following services:

- **Senior Chef (Dunedin):** Senior Chef is an 8 session cooking class focused on cooking for one or two.
- **Active Aging Centres:** <https://ageconcernotago.com/active-ageing-centres/>
- **Octagon Club (Dunedin) – over 55years**
- **South Dunedin Seniors**
- **Mosgiel Seniors**
  - Regular Bus Trips and annual 5 day holiday adventure
  - Monthly Book chat
  - Variety Concert
  - Monthly outings
  - Gym Class
  - Walking Group
  - Social Art & Crafts
  - Line Dancing
  - Bowls
- Body-Beat
- Tai Chi
- Lunch & Food Share

## **Dunedin 60 Plus Club: Friendship, fellowship and fun.**

Including: Walking Group, Line Dancing, Singing Group, Indoor Bowls, Mah Jong, Tavern Lunches, Book Club, Movie Club, Coach trips, Coffee and culture. <http://www.dunedin60plus.co.nz/>

## **Menz Sheds**

A Menz Shed brings men together in one community space to share their skills, have a laugh, and work on practical tasks individually (personal projects) or as a group (for the Shed or community). [www.Menzshed.org.nz](http://www.Menzshed.org.nz)

## **Menz Sheds Otago Area:**

- [Alexandra Men's Shed](#)
- [Arrowtown MenzShed Inc](#)

- [North Dunedin Shed](#)
- [Oamaru Menz Shed](#)
- [South Dunedin Bloke's Shed](#)
- [Taieri Bloke's Shed](#)
- [Tapanui](#)

## **Menz Sheds Southland area**

- [MenzShed Invercargill](#)
- [Lumsden](#)
- [Mataura Menzshed](#)

**Care & Craft Centre Wakari:** Providing a range of interests and companionship (03) 466 7407

## **Day Groups: for housebound or lonely elderly. Activities, outings, crafts. Transport and meals provided.**

- Mosgiel Elder Care, Mosgiel: (03) 489 0075
- Sheen Street, Roslyn: (03) 474 1082
- Club Enliven, North East Valley: (03) 4777115
- Senior Link, South Dunedin: (03) 456 4249
- Waikiwi Gardens (Invercargill) <https://www.waikiwigardens.co.nz/> (03) 2157200– offer a \$35 a day pick up and drop off. Includes meals, an extra \$5 will purchase a meal to take home.
- Gaius Cottage (Invercargill) – day care for people with dementia to give full time carers a break. Private paying options/DHB funded places, contact Care Coordination Centre 0800 223 225
- South Centre Anglican Care <http://calledsouth.org.nz/directory/organisations/south-centre/> 03 2182777 – social activities and other services offered including for people who are housebound, see above website for more information

## Companionship Services

**Volunteer Visitors: Supporting people living alone or unable to drive.** Visit people in their homes for a chat over a cup of tea, to play a game of cards, help with shopping, or share an outing. Regular contact and company.

Age Concern: <https://ageconcernotago.com/avs>  
See also Aged Concern in other areas within Otago-Southland:

- [Age Concern Waitaki \(Oamaru\)](#)
- [Age Concern Otago \(Central Otago\)](#)
- [Age Concern Southland](#)

Enliven, Presbyterian Support Otago: <https://psotago.org.nz/services/in-your-community/visiting-volunteers/>

## Caring Caller Services

**St Johns Caring Callers.** Free telephone friendship service. [www.stjohn.org.nz](http://www.stjohn.org.nz): 0800 780 780

Caring Caller is a service that St John provides for people who live alone or feel a bit lonely. Volunteers phone clients regularly to check that everything is ok.

## Home/Personal Safety Services

There a range of options for helping safety at home. These include alarms to press in case of an accident or illness, alarms that will trigger if a person falls and also to help those caring for others.

- **St Johns Medical Alarms** – easy to use, push button devices connected directly to St John <https://www.stjohn.org.nz/Medical-Alarms/Medical-Alarm-Devices/>
- **BUPA Medical Alarms** – easy to press, devices. Also have devices suited to people with limited dexterity, Fall Detectors, motion detectors, sensor mats and door alarms. <http://www.bupa.co.nz/medical-alarms/bupa-alarm-products/>
- **Local Fire Brigade:** Local fire brigade will install smoke alarms and change batteries. Look in your phone book and ring them directly (don't dial 111)

## Home Support Services

There are a range of private and funded options for help at home and community activities including household chores, showering and dressing, skin care, managing medication, shopping, helping to ensure safety and security at home.

- **Dunedin Nursing Service:** Private nursing care, social support, assistance with community activities and appointments. <http://www.dunedinnursingservice.co.nz/>
- **Health Care NZ:** <https://www.healthcarenz.co.nz/>
- **Access Community Health:** <https://www.access.org.nz/>
- **Royal District Nursing Service:** <https://www.rdns.org.nz/>
- **My Care:** online website to find in private home support [www.mycare.co.nz](http://www.mycare.co.nz)

### In home foot care:

- Pedicare (Dunedin): (03) 4897860
- Sui's Finger and Toenail Grooming Service: 0274517480
- Footsteps Podiatry Invercargill: (03) 215 4666, see <https://www.footstepspodiatry.co.nz/>

## Library Services

Options for people who cannot get to library.

- **Dunedin Book Bus.** Timetable: <http://www.dunedinlibraries.govt.nz/locationhours/bookbus>. Provides **Housebound Services**, a free delivery service for people unable to attend the library or book bus due to illness or disability. Dunedin Library (03) 474 3681; Mosgiel Library (03) 4890013,
- Invercargill: <http://ilibrary.co.nz/home-services/> Alison Fraser (03) 211 1444
- Southland District Mobile Library Services; <https://www.southlanddc.govt.nz/my-southland/libraries/mobile-bookbus/>

## Falls Prevention/Strength and Balance Programs

There are options to suit everyone who would benefit from improving strength and balance. This might be joining a local Steady As You Go class, having an individual assessment at home or attending a physiotherapy clinic. People who have home based support may be able to have help with in-home exercise programs.

**Approved community strength and balance exercise classes.** Details of local classes: [www.livestronger.org.nz](http://www.livestronger.org.nz)

- **Steady As You Go and Tai Chi (Dunedin):** <https://ageconcernotago.com/steady-as-you-go/>
- **Home Based Falls & Fracture Prevention Service:** [Bwellfallsandfractureteam@wellsouth.org.nz](mailto:Bwellfallsandfractureteam@wellsouth.org.nz) 0800 477 115
- **School of Physiotherapy Clinics (Dunedin):** include Balance, Dizziness, and Vertigo, Sprains and strains, Back and neck problems, Arthritis, Post-operative rehabilitation clinics. <https://www.otago.ac.nz/physio-clinic/about/index.html>

## Adaptive Equipment

There are many adaptive items to assist everyday living including kitchen, bathroom and bedroom aids, beds, wheelchairs, frames, chairs. There are local stores as well as a range of online suppliers selling adaptive equipment nationwide. Home ware stores also sell some helpful items such as The Warehouse and Briscoes who sell waterproof mattress protectors.

- **Rehab Equipment Company** Address: 260 King Edward St, South Dunedin. Phone: (03) 455 3321
- **Blind Foundation:** Help for people who are blind or experiencing sight loss. (03) 466 4230 [www.blindfoundation.org.nz](http://www.blindfoundation.org.nz)
- **Mobility Solutions Centre:** 245 King Edward St, Dunedin, (03) 455 1201. <http://www.mobilitysolutionscentre.co.nz/>
- **Disability Information Service.** Equipment and aids. [www.disabilityinfo.co.nz/](http://www.disabilityinfo.co.nz/) Ground floor Dunedin Community House, 301 Moray Place, Dunedin. (03) 471 6152 Freephone 0800 693 342
- **Disability Resource Centre Southland:** <http://www.drcsouth.co.nz/> . For a range of services including equipment, support to attend hospital appointments, call (03) 214 5000 or 0800 100 531. Street Address: 25 Gala Street, Invercargill, Email us at [info@drcsouth.co.nz](mailto:info@drcsouth.co.nz)

# Support and Advice

There are many agencies available who offer valuable support, advice and equipment or aids.

- **Alzheimer's Otago:** Helping families coping with memory loss. Home visits, Carer Support Groups, Education. [www.alzheimers.org.nz](http://www.alzheimers.org.nz)
- **Carers' Society Otago:** Supports family/whanau carers with one on one support and with 6 support groups throughout Otago. <http://carersotago.org.nz/>
- **Parkinson's Society** – education support, support groups, exercise classes, home visits and individual assessments. (03) 455-7260 <https://www.parkinsons.org.nz/our-divisions/otago>
- **Stroke Foundation:** Hospital and home visits, support individuals and families, stroke clubs. <https://www.stroke.org.nz/home>
- **Arthritis NZ:** provide information, advice and support for anyone diagnosed with arthritis. <https://www.arthritis.org.nz/>
- **Disability Information Service.** Free information and advice, equipment and aids, continence product service with free samples and delivery. [www.disabilityinfo.co.nz/](http://www.disabilityinfo.co.nz/). Ground floor Dunedin Community House, 301 Moray Place, Dunedin. (03) 471 6152 Freephone 0800 693 342
- **Disability Resource Centre Southland:** <http://www.drscsouth.co.nz/> For a range of services including equipment, support to attend hospital appointments, call (03) 214 5000 or 0800 100 531. Street address: 25 Gala Street, Invercargill, Email us at [info@drscsouth.co.nz](mailto:info@drscsouth.co.nz)
- **Otago Pacific Peoples Health Trust.** Health Promotion, Social and Community Support (03) 470 1501
- **Seniornet.** Community training classes helping people to enjoy technology confidently in everyday life. [www.seniornet.co.nz](http://www.seniornet.co.nz)
- **Arai Te Uru Whare Hauora.** <http://www.araituru.co.nz/#home>. Support whānau using an integrated and collaborative approach to service provision in partnership with whānau and other organisations.
- **Mauri Ora - Community Health services:** Free Gym, Educational Hui – Diabetes, Lifestyle and Healthy Kai, Personal Trainer Sessions, On-site computer access to electronic health diary, Clinical Support, Basic health check, Whānau Ora kaimahi supporting whānau to access appropriate health resources.
- **Veteran's Affairs:** <https://www.veteransaffairs.mil.nz/> Care Coordination Centre can assist with referrals for local support i.e. for administration and advice on veterans' entitlements and care or practical things like organizing a gardener (Dunedin).



## Local Support Services

Details of local support services can be found on the 'Home as my First Choice' page on the Southern DHB website - <https://www.southerndhb.govt.nz/pages/home-first>

We will update this area with any information we receive about supports in particular areas/communities. Please email [Philippa.Greco@southerndhb.govt.nz](mailto:Philippa.Greco@southerndhb.govt.nz) or call 0800 627 236 if you have information or updates for this area.



## Support for you to be at home Tautoko kia noho ai koe ki te kāinga