

Getting the support you need – when you have a disability

IF YOU HAVE A DISABILITY you may find you need to use a whole range of services offering you support and advice.

To help you make sure you are getting all the support you are entitled to, there are organisations who offer advocacy support services just for you. They are also the people to talk to for advice if you feel unhappy with the way you have been dealt with by any organisation.

There may be other services like these available that are not listed here. You may find more information on one of our other information sheets, or by contacting Upper Hutt CAB (ph 528 9040).

Advocacy Services

▶ **Nationwide Health & Disability Advocacy Service** provides health and disability services.

Ph 570 0850 / 0800 55 50 50

Where? Rm 301 L3, Apex Hse, Cnr Laings Rd & Queens Dr, Lower Hutt

Email sdowns@hdc.org.nz

www.hdc.org.nz

▶ **Disabled Persons Assembly Hutt Valley (DPA)** represents the collective voice of people with disabilities based on the principles of human rights and equal value of life.

Ph 801 9100

Where? 173-175 Victoria Street, Wellington

Email hvdpa@paradise.net.nz

www.dpa.org.nz

▶ **The Health & Disability Commissioner** promotes and protects the rights of people with disabilities when receiving healthcare and disability services.

Ph 494 7900 / 0800 11 22 33

Where? Level 11, Technology One House, 86 Victoria Street, Wellington

Email hdc@hdc.org.nz

▶ **Hutt Valley Benefit Education Service Trust (BEST)** provides Benefit education and advocacy.

Ph 529 8108

Where? 3 Perry St, Silverstream, Upper Hutt

Email hvbest@xtra.co.nz

▶ **People First Wellington** is a self-advocacy group for people with intellectual disabilities.

Ph 381 3242/ 0800 20 60 70

Where? Level 4, Century City Tower
173-175 Victoria Street, Wellington

Email mail@peoplefirst.org.nz

www.peoplefirst.org.nz

▶ **The Personal Advocacy Trust Inc** provides advocates for people with an intellectual disability after their parents have died. Advocates speak with and for the person to ensure the best possible life for them.

Ph 385 9175

Where? 9 Margaret St, Lower Hutt

Email patrust@paradise.net.nz

