

THIS INFORMATION SHEET tells you about people who offer health services especially for senior residents in the Upper Hutt community.

You will find information on how to access general health, mental health and social support services.

Medical alarm services are also listed. Medical alarms can help older people to live independently - and provide peace of mind for friends and relatives. Work and Income may pay the cost of a medical alarm if it is needed because of a specific disability or personal health problem. To find out what extra help you might be able to get, go to [www.workandincome.govt.nz](http://www.workandincome.govt.nz).

▶ **Accredited Visiting Service- Age Concern Wellington** offers a service where a volunteer visitor can provide companionship and support for older people.

Ph 528 3366

Email [avshutt@acwellington.org.nz](mailto:avshutt@acwellington.org.nz)  
[www.acwellington.org.nz](http://www.acwellington.org.nz)

▶ **Elder Abuse and Neglect Service – Age Concern Wellington** promotes awareness and understanding of abuse and neglect of older people.

Ph 04 499 6646

Email [eanwgtn@acwellington.org.nz](mailto:eanwgtn@acwellington.org.nz)  
[www.ageconcern.org.nz](http://www.ageconcern.org.nz)

▶ **Older Persons and Rehabilitation Services (OPRS)** provides inpatient service assessment, treatment and rehabilitation for patients in hospital.

Ph 566 6999

Where? Hutt Hospital, High Street,  
Lower Hutt

▶ **Whanau Hauora (Orongomai Marae Health Clinic)** provides community health services for all older people; Maori and non-Maori.

Ph 04 528 9409

Where? 5-7 Railway Avenue, Upper Hutt  
 Email [orongomai.health@paradise.net.nz](mailto:orongomai.health@paradise.net.nz)

▶ **Mission for Seniors – Wellington City Mission** offers free home visiting, support and advocacy service for older people living at home.

Ph 477 5985

Where? 125-137 Johnsonville Road,  
Johnsonville

Email [vicki@wgtnmission.org.nz](mailto:vicki@wgtnmission.org.nz)  
[www.wgtnmission.org.nz](http://www.wgtnmission.org.nz)

▶ **Nurse Maude** offers Care Coordination services to older people, such as homecare, meals and linen services.

Ph 566 2226 / 0800 662 225

Where? Pilmuir House, Pilmuir St,  
Lower Hutt

Email [hutt@coordination.org.nz](mailto:hutt@coordination.org.nz)  
[www.nursemaude.org.nz](http://www.nursemaude.org.nz)

▶ **Valley PHO** provides visits to patients in their home to assist them to overcome barriers to primary health care services.

Ph 566 5320

Where? 330 High Street, Lower Hutt

## MEDICAL ALARMS

▶ **Guardian Healthcare** provides a range of personal medical alarms and accessories.

Ph 577 6099 / 0800 608 099

Email [info@bupa.co.nz](mailto:info@bupa.co.nz)  
[www.bupa.co.nz](http://www.bupa.co.nz)

▶ More on the next page...



COMMUNITY SERVICES

Upper Hutt City Council

▶ **Help Phone Medical Alarms** are specialist suppliers of personal medical alarms providing service for those who live in vulnerable situations.

Ph 0800 11 67 89  
[www.helpphone.co.nz](http://www.helpphone.co.nz)

▶ **Medicalert Foundation** has an emergency medical information and identification service.

Ph 528 8219 / 0800 840 111  
**Where?** CBD Towers, Upper Hutt  
**Email** [inquiry@medicalert.co.nz](mailto:inquiry@medicalert.co.nz)  
[www.medicalert.co.nz](http://www.medicalert.co.nz)

▶ **St John** has Lifelink medical alarms connected directly to the St John Ambulance.

Ph 0800 ST JOHN  
[www.stjohn.org.nz](http://www.stjohn.org.nz)

▶ **Wellington Free Ambulance** has emergency and non emergency ambulance, freedom alarms.

Ph 04 499 9909 / 0800 4 AMBULANCE  
**Where?** 19 Davis St, Thorndon, Wellington  
[www.wfa.org.nz](http://www.wfa.org.nz)

▶ **Freedom Alarms** has a direct connection to the Central Emergency Ambulance Communication Centre which provide 24/7 monitoring of medical alarms.

Ph 0800 373 3263  
**Email** [info@freedomalarms.co.nz](mailto:info@freedomalarms.co.nz)  
[www.freedomalarms.co.nz](http://www.freedomalarms.co.nz)

**There are many other health services available to everyone in the community, which may be services older people wish to use, that are not listed here.**

**If you need help with a health issue, Upper Hutt CAB (ph 528 9040) can help put you in touch with other health services that may be right for your particular situation.**

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