

Health Support Services for people with disabilities

FROM TIME TO TIME all of us, with or without a disability, will probably need the advice and care of a health professional. But it's also important to know about the other people and organisations in our community who can help advise and support us on staying healthy and well, and avoiding serious illnesses that require a doctor or even the hospital.

The organisations below offer healthy living advice and support especially for people with disabilities, whether the disability is physical or mental.

Some people can offer support to anyone with a disability, while others are specialists in a particular area or disability concern. We've listed the places that offer more general support with disabilities first. You'll find the people who advise in more specific areas towards the end of the list.

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).

▶ **CCS Disability Action** provides services and support for all people with disabilities.

Ph 568 9000/ 0800 227 200
Where? L2, 191 High St, Lower Hutt
Email
wellington.admin@ccsdisabilityaction.org.nz
www.ccsdisabilityaction.org.nz

▶ **Disability Information Service Centre** is a free community service with accurate and up to date information on disability and disability support services.

Ph 586 9788 / 0800 693 342
Where? Anvil House, 138-140 Wakefield St,
Wellington
Email info@diec.co.nz
www.diec.co.nz

▶ **IHC** supports people with intellectual disabilities & their families with home support, respite care, day activity service, supported living & residential support.

Ph 495 2774/0800 442 442
Where? Unit 11, 5 Bouverie St, Petone,
Lower Hutt
Email donna.urwin@ihc.org.nz
www.ihc.org.nz

▶ **LIFE Unlimited** provide services for people with disabilities.

Ph 569 3250 / 0800 008 011
Where? 5 Bouverie St, Petone
Email nasc-hutt@life.nzl.org
www.life.nzl.org

▶ **Parent to Parent Wellington Region** provides information & support networks for families of children with disabilities & special needs.

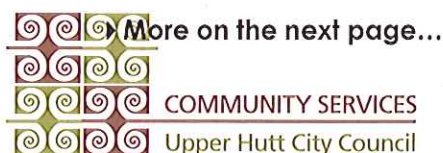
Ph 569 9398 / 0508 236 236
Where? Unit 3, 28 Bridge Street, Seaview
Email wellington@parent2parent.org.nz
www.parent2parent.org.nz

▶ **Wellington After-care Association Inc** provides day services for adults with intellectual and/or psychiatric disabilities.

Ph 385 7302
Where? 111 Brougham St, Mt Victoria
Email manager@wgtnaftercare.org.nz
www.wgtnaftercare.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



▶ **Amputee Society of Wellington Region & Wairarapa**

Ph 297 0297 / 0800 245 410
Email karen.nichalanney@xtra.co.nz
www.amputee.co.nz

▶ **Arthritis New Zealand Wgtn/Hutt Valley**

Ph 569 1125
Where? 174 Hutt Rd, Petone
Email greaterwellingtonsc@arthritis.org.nz
www.arthritis.org.nz

▶ **Association of Blind Citizens New Zealand**

Ph 389 0033
Where? 113 Adelaide Road, Newtown
Email enquiries@abcnz.org.nz
www.abcnz.org.nz

▶ **Autism New Zealand Inc**

Ph 472 1007 / 0800 288 476
Where? 101 Molesworth Street, Thorndon
Email Wellington@autismnz.org.nz
www.autismnz.org.nz

▶ **Brain Injury Association Wellington Inc**

Ph 473 5047
Where? Level 2, Thorndon Rise, 95 Molesworth Street, Thorndon
Email wellington@brain-injury.org.nz
www.brain-injury.org.nz

▶ **Christian Fellowship for Disabled**

Ph 569 9096
Email john.lyn@ihug.co.nz
Where? 14 Moana Gr, Gracefield, Lower Hutt

▶ **Deaf Aotearoa of NZ, Wellington Branch**

Ph 801 8965
Where? 32 Marion Street, Wellington
Email shannon.morris@deaf.co.nz
www.deaf.co.nz

▶ **Epilepsy Wellington**

Ph 586 2420(HV) / 479 1917(Wgtn)
Email wellington@epilepsy.org.nz
www.epilepsy.org.nz

▶ **Hearing Association Wellington Inc.**

Ph 384 7017
Where? 16 Kent Terrace, Wellington
Email hearwell@xtra.co.nz
www.hearwell.co.nz

▶ **Learning & Behaviour Charitable Trust**

Ph 567 8786
Email lbctnz@slingshot.co.nz
www.lbctnz.co.nz

▶ **Motor Neuron Disease Assoc of NZ Inc**

Ph 624 2148 / 0800 11 22 33
Email wgtnmndanz@hotmail.com
www.mnda.org.nz

▶ **Multiple Scleroses Society of NZ Inc**

Ph 499 4677 / 0800 675 463
Where? L2, 85 The Terrace, Wellington
Email info@msnz.org.nz
www.msnz.org.nz

▶ **Parkinson's Society Wellington Inc**

Ph 562 7800
Email huttfielddofficer@xtra.co.nz
www.parkinsons.org.nz

▶ **Royal NZ Foundation of the Blind**

Ph 380 2160 / 0800 24 33 33
Where? 121 Adelaide Road, Newtown
Email general@rnzfb.org.nz
www.rnzfb.org.nz

▶ **Wellington Association for Deaf Children**

Ph 9384669
Email andrea.craig@paradise.net.nz

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