

Private Home Support

Private Home Support is available to anyone in the community who may need assistance at home. This can include help with cleaning, shopping, ironing or any other household tasks. Private Home Support is offered at an hourly rate and available to people of all ages.

Convalescence

When convalescing after surgery or illness it is important to know support systems are in place. Enliven's Convalescent Care can arrange to have registered nurses and trained support workers on hand. We can also provide hot meals and assistance in personal care – even pampering – as required. This can be for a couple of days or even a few weeks. The service is offered in your own home or in one of ours.

Talk to our manager to see where this service is offered in your area.



Getting in Touch

Accessing any of our services is easy and worry-free. You can be referred from a Needs Assessment Agency or your Doctor. Or you can call us directly. We would love to hear from you.

An ACC referral may mean you are eligible to receive personal care, nursing care or household management assistance within your home.

Enliven will fit around your requirements – all you need to do is ask.

Kapiti Cottage
Enliven Positive Ageing Services

For more information contact:

The Manager
27 Kapiti Road
PARAPARAUMU
Ph 04 298 8060
Fax 04 298 8060
Email kapiti@psc.org.nz



Presbyterian
Support Central

Kapiti Cottage

Paraparaumu



ADPLUS31760



Welcome to Kapiti Cottage

Kapiti Cottage provides positive, fun and stimulating day activity for older people, and people with a disability, from Waikanae to Paekakariki.

Designed not only to give guests an interesting and refreshing programme of activities, the programme also offers a welcome break for caregivers and family members.

This brochure introduces you to a range of support programmes available through **Enliven**, our Positive Ageing Community Support Service.

Day Activity Programme

Located in the heart of Paraparaumu, Kapiti Cottage offers a Day Activity Programme on week days from 10.00am to 3.30pm for older people or those with a disability.

Kapiti Cottage has an energising environment that offers wonderful companionship. The activities on offer include regular outings and close contact with other community groups. Transport can often be arranged.

The Day Activity Programme may be accessed as a part of your support plan or from a referral from your doctor or Needs Assessment Agency.

Day Respite

Need a break? If you are caring for an older person or someone with a disability, from time to time you need time out to refresh. Kapiti Cottage provides a place for the person you care for while you get the rest you need. It is a flexible service to suit you.

Respite may be funded by your local District Health Board as part of an ongoing package of care. Alternatively, this can be arranged directly with us and privately funded.

Tai Chi

Tai Chi is a popular form of exercise enjoyed by many. It is gentle and fun and helps you keep fit and active. Practising Tai Chi improves balance, coordination and lower-body strength and reduces your risk of falling. Tai Chi classes specially modified for older people are now available in the Kapiti Coast area. Classes may be funded by ACC or you can pay privately to attend.

Shopping Van and Transport Assistance

Community Support has Shopping Vans at some sites providing access to your local shops and a good day out. We are able to assist you with transport to your local church or club meeting. Talk to our manager to see if this service is available in your area.

Linen Service

Managing heavy, wet linen can be difficult especially if you live on your own. Our Linen Service delivering clean sheets and towels to your door may be available in your area. Please talk to our manager to see if this service is available in your area.

