

Northern Region

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.

Day Activity Programmes

Most of our Homes offer a Day Activity Programme on week days from 10.00am to 3.30pm for older people or those with a disability. Transport can often be arranged. Day Activity Programmes may also be accessed as a part of your support plan.



Shopping Vans 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 your coordinator to see if this service is available in your area.

Putting you First

Enliven clients are given preferential entry into our other services. If at some stage in the future you require additional support, you would have first option for living in one of our residential Homes or Hospitals, for example.

Getting in Touch

Community Support
Enliven Positive Ageing Services

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

Please phone the Community Support Office nearest you:

North Taranaki 06 769 6081
South Taranaki 06 278 6444
Wanganui 06 349 1484
Manawatu 06 356 9245
Horowhenua 06 368 6079



Presbyterian
Support Central





Welcome to Community Support

Maybe the time has come to consider making changes to the way you live your life. Or perhaps you are supporting a family member as they think about changes ahead?

At Community Support we understand what an important time this is. So it is our job to make things as easy as possible for everyone concerned.

This brochure introduces you to a range of support programmes available through our **Enliven** Community Support service.

Community Support

If you are an older person, or a young person with a disability, Community Support helps you plan for continuing independence. Together we set goals to help ensure you can still enjoy the things that are important to you in your own home. We work with you to put in place a plan of individually-tailored support to help you achieve your goals, one step at a time.

Community Support helps you plan for a changing level of independence. Our trained staff work with you to establish what is important in your life, and what keeps you motivated.

Services may vary from region to region and include:

- Maintaining personal hygiene
- Heavy housework
- Meal preparation
- Shopping
- Mobility goals
- Reconnecting your social life as determined by your assessed needs.

ACC and Ministry of Health Assessments

Community Support is able to meet your needs as determined by an ACC assessment.

This may include:

- Personal care
- Nursing care
- Household management
- Childcare
- Rehabilitation

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 greater Wellington area. Classes may be funded by ACC or you can pay privately to attend.

Linen Service

Managing heavy, wet linen can be difficult especially if you live on your own. A Linen Service delivering clean sheets and towels to your door may be available in your area.

Professional Health Services

As a part of your support plan Community Support can provide assistance from a Physiotherapist, Occupational Therapist or Community Nurse. This may include:

- Home assessment
- Assessment for personal equipment
- Wound care
- Assistance with continence
- Mobility assessment

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.