

Resources for Carers

A number of excellent resources for carers as well as wider support are available from Parkinson's New Zealand, Carers New Zealand, health professionals and other agencies.

PARKINSON'S NEW ZEALAND SUPPORT

Parkinson's New Zealand and our Parkinson's Community Educator Service support carers throughout New Zealand. Our founders made sure that an integral part of our mission is to provide education, information and support to families and carers. They listen and advise and make referrals as needed.

Our Parkinson's Community Educators also connect carers with support groups. They may refer carers to a number of more formal support mechanisms, including recommending a counselling service or to the Needs Assessment and Service Coordination agency (NASC).

PSNZ was a founding member of the Carers Alliance, which started 10 years ago.

GOVERNMENT SUPPORT SERVICES

Using NASC services is the first step for a person seeking Government-funded disability support services. Services may include help with personal support, meals, household management, carer support, day programmes, and respite support provided by rest homes and private hospitals. They are also a good source of information about other support agencies.

Every carer should read the Government's helpful *Guide for Carers*. It is a good place to start and has a lot of practical information about getting help. This resource has been updated by the Ministry of Social Development and other government agencies. It can be downloaded from www.msd.govt.nz or copies can also be requested by phoning Work and Income on **0800 559 009**.

The resource includes information about government funded services and supports available for carers such as financial help, NASC, help at home, respite, making and resolving complaints, equipment and modifications to your home.

CARERS NEW ZEALAND

Carers New Zealand is an organisation especially for carers of people with a disability. They have recently completely revamped their website to help keep you informed about issues and developments important to carers, how to complete an emergency care plans, stay fit and well, and lots more.

The Carers NZ website also has some new resources and information:

Time Out is a respite planning guide that has some great ideas about proactively planning respite breaks and time out each day. The *Meet Ups Tool Kit* is designed to help organise fun get-togethers. They are also planning webinars and are interested in your ideas for upcoming webinar topics. There is also a questionnaire to help identify carers as often family don't



recognise their role in the word 'carer' so don't access the resources and support available.

Carers can visit the Carers NZ website to download a free information pack, which contains the *Guide for Carers*, the latest issue of *Family Care* magazine and other useful information every carer should know about.

Family Care is a quarterly magazine with helpful articles to help self-manage common caring issues at home. To request a free sample copy, phone Carers NZ's National Carer Resource Centre on **0800 777 797** or email centre@carersnz.net.nz

Whether you're new to caring, or have experience, these resources will provide helpful information.

Caring can be challenging at times but there is support on hand to help and these resources can show you what support is available.

OTHER RESOURCES AND WEBSITES

- www.parkinsons.org.nz/carers-and-families
- Work and Income
- Ministry of Health information on Respite Services and Carer Support