

KAPITI DISABILITY HELP COMPENDIUM

- *Useful Advice*
- *Useful Contacts*
- *Useful Reference*

Home Help + Disability Supplement + Walkers
Support Groups + Mobility Scooters + Ramps
Powerchairs + Wheelchairs + Equipment Rentals
Total Mobility Cards + Mobility Parking
Support Groups + Household Aids + Websites



Compiled by Kapiti Disability Reference Group

May 2011

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This compendium is researched and produced by Kapiti Disability Reference Group with support from Kapiti Coast District Council's Community Grants Scheme. Please advise any errors or updates to: Kapiti DRG, c/o Disability Information and Equipment Centre, Ngahina Street, Paraparaumu.

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OverviewSo You're Disabled?

Disability can be a physical impairment, an intellectual impairment or a sensory impairment. “Long-term disablement” usually means disability that is likely to continue for at least six months and possibly will need some support.

“Support” can mean anything from a pair of crutches or a walking frame to a carer who visits your home to do work, like washing and vacuuming, that you can't do yourself. It can also mean a wheelchair and it may cover modifications to your home to make it safe for you to enter and leave and to use facilities like shower and toilet.

New Zealand standards define how public buildings and access-ways can be safe and accessible so that disabled people can use them, and there are guidelines for assessing many kinds of facilities. Older buildings might not meet accessibility standards unless they have been brought up to date

Who can Help? Disability Support Services

Agencies primarily responsible for disability services are the Ministry of Health, District Health Board and Ministry of Social Development, which administers Work and Income and the Office for Disability Issues.

The Ministry of Health and Capital & Coast DHB review your situation and requirements through a Needs Assessment Service Coordination (NASC) organisation. Capital Support in Porirua is the NASC for the Kapiti area for people aged under 65 who have disabilities. If you are over 65 your needs will be assessed by the Care Coordination Centre, also based in Porirua, for household-help, personal care and complex-care packages funded by Capital & Coast District Health Board.

The NASC organisation will advise if you are eligible for disability support. If so, an assessor will discuss with you what help you need, what you can do for yourself and what help you may already have. If you are not eligible for this support the NASC can help you find other services that might be of assistance.

All prices, allowances, subsidies and other costs, fees and payments are accurate as supplied by suppliers and funders at the time of publication of this compendium – May 2011.

Household Help, Personal Care / over-65

Help with home-care support, if you're over 65, comes in two packages from Capital & Coast DHB.

A simple plan covers assistance with housework, doing the shopping, personal care like showering or heavy tasks such as hanging out washing. A complex-care package covers support needed because of disabilities or long-term health conditions.

New applicants must hold a current Community Services Card to get household-care help. The level of care provided will depend on the results of a needs assessment. People assessed as needing complex care don't have to hold a Community Services Card.

CCDHB contracts its assessment work to the Care Coordination Centre in Porirua, operated by the Nurse Maude Association. You can ask for an assessment yourself or it can be requested by a doctor, family member or a concerned neighbour.

An initial assessment, called a "contact assessment", may be done by phone if your needs are short-term or not complex. It can also be done in person and it will take about 20 minutes. If an assessor finds that an applicant needs more than simple support a full, more detailed assessment will be arranged.

If you are approved for support a "Service Plan" will be provided. You keep a copy of it in your home and the CCC arranges for the service to be provided to meet your needs. If an assessor finds that you are independent and haven't reached the point of needing household support, your information will be filed in case your future needs change.

**Contact details for the Care Coordination
Centre in Porirua:
Telephone 2382020 Free call 0800 282200
fax 2382022
email: wellington@coordination.org.nz**

Home Help and Support / under 65

If you are aged under 65 years and require long term disability support you will be referred to Capital Support, which is a Needs Assessment and Service Coordination agency covering the Kapiti District as far north as Peka Peka.

If you need rehabilitation services as a result of long term impairment, and are aged 16 to 55, you will be referred to Capital Coast Rehab (telephone 04 3855909 or email: capitalcoastrehab@ccdhb.org.nz). If you're not sure who to talk to, please contact the Care Coordination Centre (refer previous page).

An assessor from Capital Support usually meets a client at home and completes a Supported Needs Assessment to develop a support plan aimed at maintaining or promoting independence.

People with long-term disability and/or their carers can access the service. There are some exclusions – including people covered under the Accident Insurance Act 1998, people who require assessment solely as a result of a mental health need and people who need assessment as a result of a personal health need.

Services include home support, carer relief, supported living, residential support and individualized funding – an option for disabled people under 65 to manage the resources they are allocated following an NASC assessment.

**Contact details for Capital Support, Porirua:
Telephone 2372570 Free call 0800 353375
fax 2372571
email: capitalsupport@ccdhb.org.nz**

Modifications to your Home

If you have a long-term disability not covered by ACC you could be eligible for Ministry of Health funding for changes to your home if your disability reduces independent function to an extent that continuing support is needed.

Housing modifications are arranged by Enable New Zealand if a specialised assessor decides that they are essential for you to have mobility into and within your home, to remain in or return to your home, or to be the primary carer of dependent children. You can ask Enable to arrange an assessment by a specialised assessor.

Contact details for Enable NZ:
General enquiries - Call Free 0800 36 22 53
Housing modifications - 0800 17 1995
email: moh.processing@enable.co.nz

Work and Income

Work and Income has a range of financial help for disabled people.

Contacts: 0800 559 009
If you are deaf, use free-fax
0800 521 621 or email
MSD_Deaf_Services@msd.govt.nz

The **Disability Allowance** is a weekly payment for people who have regular, ongoing costs because of having a disability. It helps with regular visits to doctor or hospital, prescription fees, electricity bills for home heating, and extra clothing or travel if these arise from your disability. The maximum Disability Allowance is \$59.12 a week and the rate of payment is calculated from your annual costs. It is not taxed and it is usually paid directly into your bank account. How much you receive depends on your extra continuing costs. A doctor has to confirm, on a Work and Income disability certificate, that you need to pay these costs because of your medical condition.

Further financial assistance for people with disabilities may be available. For more information make an appointment with Work and Income (tel 0800 559009) or see its website at www.workandincome.govt.nz.

Home help – daily living aids

A big range of gadgets and gizmos is available to help do various tasks around the house, ranging from jar openers and tap-turners to bath boards and toilet-seat extenders. Here is a small selection of products available from disability equipment centres – prices may vary:



From left, jar and screw-top opener (\$6.70), anti-slip socks (\$13.80), jar-key (\$9), chair raisers (\$91.60).



Amplified cordless phone with hearing/viewing features (\$158), 300mm grab-bar (\$21.70), elastic shoe-laces – tie, then slip shoe on and off (\$6).



Reach-and-grab 61 to 81cm (\$30-\$49), tap turners (\$18.90), upright dustpan and brush (\$17.90), toilet seat raiser -- 100mm (\$59).

MOBILITY AIDS – Buying, hiring

Multiple choices: The next four pages cover wheelchairs, scooters, walkers and power-chairs. Most prices quoted are listed by one supplier of all these products. Where there is a + (plus) symbol it means the supplier handles other products as well as the ones listed. Some suppliers are aligned with one brand and specialise in selling and looking after that range. Brand names you will see include Invacare, Pride, Shoprider and Heartways. Generally it's advised to stay with established brands that have secure warranty coverage. Sometimes new scooters are advertised on TradeMe and it is wise to check with franchise holders that full warranties apply to these products.

Close to home: Suppliers listed here are in order of closeness to Kapiti. Others, including those in Lower Hutt, Levin and Palmerston North supply, deliver and collect for repair products they have sold to buyers in Kapiti. Throughout the country are suppliers who claim “nationwide” service, however check out with any supplier their costs for delivery and collection. Larger suppliers handle multiple franchises and usually have their own technicians, workshops and delivery/pickup services.

Hiring equipment: Many suppliers also hire out equipment by the day or week, which is a good option if you want to try an item for a while. Kapiti Disability Information and Equipment Centre lists a big range of rental items such as bath-boards for \$5 a week, walkers, crutches and toilet-seat raisers for \$15 a week and wheelchairs for \$25 a week.

Shop around: Golden rules for mobility-aids shopping: Take your time. Shop around. Avoid high-pressure selling methods. Don't assume that a scooter/wheelchair/walker that another user likes is ideal for you – unless you can try it out. If you live in a retirement village or rest home, ask if a scooter or power-chair will be acceptable in areas you want to visit; some power-chair wheels are hard on carpets and some mobility scooters are unsuitable to use in some halls and meeting rooms.

Finance: Check out Grey Power discounts, or discounts for cash, with suppliers. The NZ Lottery Grants Board provides grants for mobility scooters subject to assessment that could include your financial situation. ACC may help if you have been injured and need a personal mobility aid. If you have a long-term disability you might qualify for health-system assistance – refer to “Who Can Help” on page 2 of this guide.

SUPPLIER	LOCATION	PRODUCTS	CONTACTS
Disability Centre	Paraparaumu	Walking frames +	0800 693342 / 2982914
Greater Mobility	Plimmerton	Walking frames +	2336116
Mobility Centre	Lower Hutt	Walking frames +	0800 243866
Disability Centre	Wellington	Walking frames +	0800 693342
Trikes & Homecare	Levin	Walking frames +	06 3678272
A1 Wheelchair Services	Palmerston North	Walking frames +	0800 222284
Mobility Manawatu	Palmerston North	Walking frames +	0800 882884



Walking Frames

\$160 to \$790

“Walkers” or “strollers” come in a great variety of styles, capabilities and prices.

Least expensive are stand-in frames that have two wheels in the front and skids at the rear. For fully-wheeled walkers expect to pay \$200 to \$700 – the higher-priced models for extra wide heavy duty use and also for lightweight airways transport and handling. They’re usually made of steel, with alloy available at slightly higher prices.

Three or four wheels? Try a 3-wheel model if you have limited manoeuvring space inside your home. They’re not as stable as 4-wheel walkers, which are the usual choice for outside use. Most walkers have five-inch or six-inch wheels, some have dual wheels and some have eight-inch wheels.

Many come with folding seats and carriers – excellent for shopping or sitting and carrying items around the home. Some have forearm rests that take the strain off wrists. Virtually all have braking equipment, either pull-on brakes or push-down brakes. Most walkers fold up to stow in a vehicle – some do this more easily than others: If you can, try before you buy.

SUPPLIER	LOCATION	PRODUCTS	CONTACTS
Disability Centre	Paraparaumu	Mobility scooters +	0800 693342 / 2982914
Kapiti Mobility Scooters	Paraparaumu	Mobility scooters	2985117
Greater Mobility	Plimmerton	Mobility scooters +	2336116
Mobility Centre	Lower Hutt	Mobility scooters +	0800 243866
Disability Centre	Wellington	Mobility scooters +	0800 693342
Trikes & Homecare	Levin	Mobility scooters +	06 3678272
A1 Wheelchair Services	Palmerston North	Mobility scooters +	0800 222284
Mobility Manawatu	Palmerston North	Mobility scooters +	0800 882884

Mobility Scooters

\$1250 to \$10,000



Mobility Scooters come in almost as many varieties as regular cars. They may be small for indoor use, take-apart for carrying in a vehicle, midsize, large-size, even extreme 4-wheel-drive models for off-road use. Prices start from around \$1250 for a super-lightweight scooter and go up to more than \$10,000 for a large and luxurious pavement cruiser. A driver licence is not required but there are legal requirements – including stopping after an accident, helping anyone injured and reporting to the Police. You must use the footpath when it is accessible – if not, you can use the roadway as close as possible to the footpath.

Work out what you need for where you'll drive, how far you need to go in a day, your own body-weight, what you might want to carry and how often your scooter will need a battery recharge. They are easy to drive with braking built into the motor system. Most come with lights, reversing bleeper, adjustable seats, and many accessories are available.

Lightweight scooters have small batteries – typically two 12-volt 12 amp-hour batteries – that are light enough for the battery pack to be separated from the scooter and lifted into a car while the rest of the scooter dismantles for similarly easy handling. Medium and large scooters have pairs of heavy, powerful batteries that provide more performance and longer range between charges. The largest scooters generally are home-based but can be transported by ramp or lift-equipped vehicles or trailer.

Most batteries are sealed lead-acid units that give good service for between two and four years, often longer if they are kept charged according to the makers' recommendations. Charging is best done well before the charge-level indicator drops lower than 30 to 40 percent.

SUPPLIER	LOCATION	PRODUCTS	CONTACTS
Disability Centre	Paraparaumu	Wheelchairs +	0800 693342 / 2982914
Greater Mobility	Plimmerton	Wheelchairs +	2336116
Mobility Centre	Lower Hutt	Wheelchairs +	0800 243866
Disability Centre	Wellington	Wheelchairs +	0800 693342
Trikes & Homecare	Levin	Wheelchairs +	06 3678272
A1 Wheelchair Services	Palmerston North	Wheelchairs +	0800 222284
Mobility Manawatu	Palmerston North	Wheelchairs +	0800 882884



Wheelchairs

\$500 to \$3000

Manual wheelchairs no longer are the institutional utility rollers they used to be. They're high-tech, low-maintenance and most either fold to fit into a car or they have quick-release wheels and footrests that some users can remove, after moving into a car's driving seat, and lift the components into their cars. Another option for transporting a wheelchair is to have an electric roof hoist fitted so the chair can be lifted once the user has moved into the car.

Wheelchairs come in two basic styles – self-propelled wheelchairs, which you move by turning the handgrip hoops beside the wheels, and transit chairs which are designed to be pushed by a helper. The transit chairs include airport aisle chairs that can be used in aircraft as well as by attendants to take you to and from flights.

Your body weight and physical size are factors that determine which wheelchair is right for you. Most will carry up to 120kg. Some heavy-duty models cope with up to 200kg. An average wheelchair will be adjustable for footrest height, it may have flip-back armrests, possibly a carry-bag on the back, and pneumatic tyres which require checking as often as those on a bicycle – once a month or so.

Small front wheels are fine for average use, but if you want to use a wheelchair on grass or gravel check that quick-change, larger front wheels are available. Wheelchairs are made of steel or alloy, mostly with sling-type seating that usually requires a cushion – prices of which vary enormously: A gel-type cushion that moulds to your shape may cost a few hundred dollars. Which raises the question -- are you eligible for a wheelchair through the health system? Refer to Disability Support Services earlier in this guide.

SUPPLIER	LOCATION	PRODUCTS	CONTACTS
Disability Centre	Paraparaumu	Power-chairs +	0800 693342 / 2982914
Greater Mobility	Plimmerton	Power-chairs +	2336116
Mobility Centre	Lower Hutt	Power-chairs +	0800 243866
Disability Centre	Wellington	Power-chairs +	0800 693342
Trikes & Homecare	Levin	Power-chairs +	06 3678272
A1 Wheelchair Services	Palmerston North	Power-chairs +	0800 222284
Mobility Manawatu	Palmerston North	Power-chairs +	0800 882884



Power-chairs

\$2800 to

\$4600



Power-chairs come in various styles – from the “standard” design above left to the take-apart model on the right. There’s also the highly-maneuvrable centre-drive chair that turns in its own length and is very stable. They are “driven” by a small joystick controller which steers, adjusts speed and selects forward and reverse. Points to consider: If you need an easily transportable power-chair, one of the take-apart models is likely to be your best choice – they have smaller battery packs (and shorter ranges between charges) and typically dismantle into seat and main body pieces plus the battery pack.

If your need is more general, such as covering longer distances and coping with ramps into buses and other access challenges, a more powerful power-chair with greater ground clearance is likely to be an appropriate choice. Although the regular “standard” power-chair may be described as folding, it has heavy battery packs and a bulky frame. If you have limited strength for lifting it could be unrealistic to regard it as foldable – except for the occasional “away” use such as going to a holiday destination. It can, however, be loaded into a high-roofed station wagon by ramp or hoist, and it is also virtually maintenance-free apart from battery replacements every few years.

Centre-drive chairs, which have small wheels front and back, are generally heavier-duty, built for comfort and capable travel over varied surfaces. The price range shown here is for “normal” power-chairs, however they also come in extreme versions that cost as much as a small car – think \$20,000 – and are able to tackle farm and four-wheel-drive terrain.

Transport and Parking Cards

There are three cards to help you get around the region – and further afield. They are the **SuperGold card**, the **Total Mobility Card** and the **Mobility Parking card**.

SuperGold

Available at age 65 to NZ Super and Veteran's Pension recipients, this provides holders with free off-peak and weekends travel on trains and buses in greater Wellington. Application forms available from Work and Income or contact Supergold (0800 25 45 65).

Total Mobility

This half-price taxi-fare "smart card" is processed by a taxi driver who then charges you the remaining half fare – which you can pay by Eftpos or cash. The TM scheme is operated by Greater Wellington Regional Council which subsidises the total fare by up to \$40. Applicants are visited by assessors who check out eligibility. Photo-ID cards usually are sent within seven days. You can arrange this in Kapiti through the Disability Information and Equipment Centre, which is an assessing agency, in Ngahina Street, Paraparaumu – phone 2982914 or 0800 693342 – or through Total Mobility at 0800 801700.

Mobility Parking

The orange cards which let you use mobility parks are issued by CCS Disability Action (phone 0800 227 225). Application forms can be picked up at the Kapiti Disability Information and Equipment Centre. Your doctor will need to certify that your level of disability qualifies you for disability parking. The Mobility Parking fees are \$35 for up to 12 months and \$50 for five years.

The Mobility Parking permit doesn't allow you to stop on clearways, bus lanes, taxi stands, loading zones or broken yellow lines. Your permit is not transferable and is registered to you as an individual for use when you are in a vehicle. In Wellington there are parking concessions for mobility card-holders – an hour longer than paid time on one-hour or longer metered parks and twice the restricted time (e.g. P30) on shorter-term parks. These apply only in council-owned parks, not in parking buildings.

**Application contacts -
Supergold card: Work & Income.
Total Mobility card: Disability Centre (2982914 / 0800
693342) or GW Total Mobility (0800 801700).
Mobility parking card: Doctor or Disability Centre.**

Ramps for Home and Vehicle

Ramps come in two basic forms – for home use, to make it possible for you to wheel your chair, walker or shopping trolley across entrances and steps, and for vehicle use so you can load and unload a scooter or a wheelchair into and out of your car, wagon or van.



Home or threshold ramps are mostly made of rubber or aluminium. Costs vary from less than \$60 for a solid non-skid ramp made of recycled rubber that will provide a smooth run up a 25mm (one-inch) rise, to almost \$500 for a folding alloy ramp that will cope with a 150mm (six inches) step.

The smallest ramps typically deal with shallow doorsteps and metal-framed sliding-door thresholds. An upstanding obstacle, like the lower channel of a sliding entrance door, might need a ramp each side. The larger ones are more suitable for a substantial step – say up to or down from a deck – and most of them fold lengthwise so you can carry them, perhaps to somewhere you may want to visit.



Vehicle ramps come in many shapes and sizes – and prices. It is wise



to check out as many suppliers as you can. Most ramps are one-piece folders, and usually they are at least 1.8 metres long – or even as long as three metres. Ramps require enough space to use them beside or behind a vehicle. Costs? Around \$350 to \$700, depending on degree of design complexity and quality of construction.

Inquiries: Mobility equipment suppliers

Wheelchair and Scooter Lifts

Hoists and lifting devices, to raise and lower a compact scooter or power-chair, can be fitted into vehicles as small as a compact hatchback and as large as a people-mover or van which could carry a large battery-powered wheelchair or scooter.

Design and installation of hoists is highly specialised, safety standards must be met, and costs depend on the type of vehicle and the weight of the mobility aid. A full range of lifting devices like the “Gentle Giant” lift (right) is made in New Zealand.



Smaller lifters like the battery-powered Bruno pictured at left are imported. They lift a scooter or wheelchair off the ground and swing it into the back of a station wagon, liftback or van. They require an ability to stand beside the loading area, to fasten a sling to the mobility aid and guide it into the rear of the vehicle.

Inquiries: Mobility equipment suppliers

Roof-mounted wheelchair hoists

Roof-mounted wheelchair hoists (below) are still widely used and still have the drawback in basic form of carrying a folding wheelchair on the top of a vehicle where it is exposed to the elements.



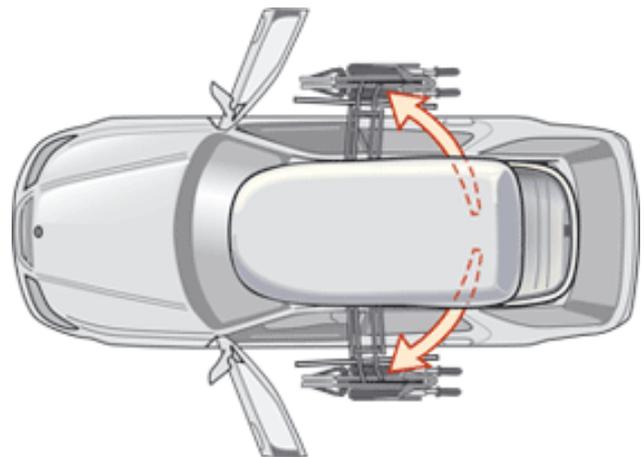
It is a traditional option for wheelchair users who are restricted in their amount of transfer movement between vehicle and wheelchair.

The roof hoist lifts and delivers a folding wheelchair alongside the driver's door.

More upmarket imported versions of the roof carrier contain the

wheelchair in an alloy pod which overcomes the open-to-the-weather problem. It also doubles the cost to around \$11,000 and adds 400 to 500mm to the height above a car's normal roofline. One, the "Roof Spider" (below), can deliver its stored wheelchair to beside either the driver's door or the passenger's door.

Alternative designs can pick up a folding wheelchair beside a side-loading van, once the user has transferred into the driver's seat, then slide it into the vehicle's load space.



Inquiries: Mobility equipment suppliers

Hospital Appointments

When you make or receive advice about a hospital appointment, be aware that some clinical services are provided in Paraparaumu at the Kapiti Health Centre in Warrimoo Street. If your hospital clinic does not provide that option you may have to go to Wellington Regional Hospital or Kenepuru. If you can, advise the receptionist when you keep the appointment that it would be helpful to have the clinic provided in Kapiti.

There is also an understanding that appointments for patients in Kapiti will be made at times that avoid peak commuting traffic between Kapiti and Wellington, however this is not always possible for services like MRI scans which are in high demand.

Wellington Regional Hospital: Convenient parking is provided under the main hospital block but there are not many mobility parks. Leave enough time in case you have to wait for a park to become available at busy times. Entry tickets are issued at the barrier arms. When you leave, pay for an exit ticket from a machine in one of the parking-level lift lobbies. There are outside parks, but the pay/display machines are not always convenient if you use a wheelchair.

Kenepuru Community Hospital: No parking problems here – parking is free and the mobility parks are fairly close to covered access.

Wheelchairs are available at both hospitals.

Shuttle Services:

The Red Cross operates a door-to-door shuttle service between Kapiti District and Wellington Regional Hospital for people with weekday appointments at the hospital. Otaki users can be picked up at Waikanae. There is no charge, but a koha is accepted. The shuttle seats up to seven people and can carry a folding wheelchair: Users need to be fairly independent. Contact phone: 2984316.

Sometimes the shuttle connects with CCDHB's free Kenepuru-Wellington shuttle which runs every hour on weekdays, for patients, caregivers and visitors. It is not wheelchair-accessible. Contact phone: 3855999 extension 7088.

Kapiti Carers provide volunteer transport particularly for older people who need support. Charges are \$20 (Kenepuru) and \$40 (Wellington). Contact phones: 9022839 (Paraparaumu) and 2936349 (Waikanae).

Support Group Contacts, Websites

Support groups are a valuable source of information about and help with disabling conditions. Many of them have regular meetings in Kapiti and welcome new members. National and regional websites (see next page) have a great amount of helpful information.

Among the most detailed websites:

- The Amputee Society, where you can find a guide to where you may and may not use mobility scooters
- Weka, largest of New Zealand's disability resource websites, with a massive amount of information about support organisations, travel advice, national supplier listings and equipment as varied as floor-to-floor lifts and assistive hardware for computer users.

Support Groups & Organisations

Age Concern	Kapiti	2988879
Amputee Society	Kapiti field worker	2933741
Arthritis NZ	National	0800 663463
Asthma, respiratory support	Kapiti	2970573
Disability Information and Equipment Centre	Kapiti, Wellington	2982914 or 0800 693342
RNZ Foundation for Blind	National	0800 243333
Cardiac Club	Kapiti	2937872
Deaf Aotearoa	Wellington	8018965
	text 021545288, email wellington@deaf.org.nz	
Diabetes Support	Kapiti	9044847
Hearing Association	Wellington	3847017
Health & Disability Commissioner	National	0800 11 22 23
Kapiti Tinnitus Support and Hearing in Kapiti Trust		9021866
NZ Sign Language interpreter bookings:	email: central@isign.co.nz	
Migraine Support Group	Kapiti	see website
Multiple Sclerosis	Kapiti field worker	2988887
Post Polio Support	Kapiti	2991800
Stroke Foundation	National	0800 787653
Stroke Central	Kapiti	2988585
Visually Impaired	Kapiti	9040269 and 2991800

Websites (all www.)

Support providers:

Care Coordination Centre (Porirua)	careco.org.nz
Capital & Coast DHB	ccdhb.org.nz
CCS Disability Action (mobility parking permits)	ccsdisabilityaction.org.nz
Enable NZ	enable.co.nz
Enable Disability Funding	disabilityfunding.co.nz
Greater Wellington (Total Mobility cards)	gw.govt.nz
Kapiti Disability Information & Equipment Centre	diec.co.nz
Weka	weka.net.nz
Work and Income	workandincome.govt.nz

Support organisations:

ageconcern.org.nz	-- (needs of older people, healthy living, disabilities)
amputee.co.nz	-- (information and support for amputees and their families)
arthritis.org.nz	-- (improving health and wellbeing for people with arthritis)
asthmanz.co.nz	-- (education, support and advice for people with asthma)
deaf.org.nz	-- (promotes use of NZ Sign Language)
diec.co.nz	-- (community service for disability information, equipment and support advice, centres in Kapiti and Wellington)
diabetes.org.nz	-- (diabetes awareness and support)
hdc.org.nz	-- (Health & Disability Commissioner advocacy service)
hearing.org.nz	-- (needs of people and families with hearing loss)
migraine-support-kapiti.org	-- (information re migraine illness)
mswellington.org (multiple sclerosis)	-- (support for people with ms)
rnzfb.org.nz (Royal NZ Foundation for the Blind)	-- (services for sight-loss)
postpolio.org.nz	-- (national post-polio support, information, contacts)
strokecentral.org.nz	-- (support network, contacts for help with stroke)

Equipment suppliers:

A1 Wheelchair Services (Palmerston North)	a1wheelchairservices.co.nz
Disability Information & Equipment Centre (Kapiti)	diec.co.nz
Greater Mobility (Plimmerton)	greatermobility.co.nz
Mobility Centre (Lower Hutt)	mobilitycentre.co.nz
Mobility Manawatu (Palmerston North)	mobilitymanawatu.co.nz