



//////////////////// **Taking a break...**
How can we help you?

// Support tailored to meet your needs





How can we help you?

We offer a wide array of flexible support options in the Auckland, Waikato, Bay of Plenty and Wellington regions, which can be structured to suit each family's unique needs.

These flexible supports can be fully funded through your loved one's needs assessment or 'NASC' funding (call 0508 NAVIG8 to find out more about this process), partially funded through Carer Support payments and 'topped up', or privately funded on a 'fee for service' basis.

Our aim is to ensure families and people have choice, control and flexibility in the support services they receive, are at the centre of their support provision and have the opportunity to co-create their own support services.

We use a 'one team approach' to build trust and familiarity, and work with families to develop individualised support options that are easy to use and access.

We also offer an **online system for payments and information access**, as well as a **navigator service** 0508 NAVIG8 (0508 628 448) aimed at helping families new to disability support.

This service can help you explore the services available to you and your loved one, engage with your local NASC agency and undertake a 'needs assessment', and apply for funding.

Talk to us today to find out more about our suite of flexible support options and to discuss your specific support needs.

Contact us today to find out more!

www.spectrumcare.org.nz

info@spectrumcare.org.nz

09 634 9788

0508 NAVIG8 (0508 628 448)

// Short-term support for infants

Orakau House provides structured short-term care and support for children who:

- Are aged under five years
- Have a disability and/or
- Are medically fragile and/or
- Are technology dependent

Orakau House is staffed by registered nurses and trained carers on a 24-hour basis.

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The team works closely with other health professionals to ensure consistency of care and to develop home-care plans for parents and caregivers, which can include training and support enable in-home management of their child's specific medical, nutritional or feeding needs.

Call us today on 09 634 3790 to find out more about our suite of flexible support options.





/// Out-of-home respite support

We provide flexible support for children and young people between five and 16 years of age who have a disability and/or challenging behaviour.

This support is rostered and focused on providing both a 'home away from home' for the individual and 'time out' for the family/whanau.

We employ a person-centred framework, encourage ongoing involvement of family/whanau, and value the knowledge, preferences and cultural perspectives of family/whanau.



Activities are tailored to each person's preferences and goals, and focus on enhancing skills and increasing independence. They're also structured via an Activity Plan, so everyone's aware of what's happening and when.

A dedicated van is available at all times for outings and community events, such as visiting the museum, the zoo or the beach, or just heading out to the local park for a picnic.

Call us today on 09 634 3790 to find out more about our suite of flexible support options.





//// Home support

Our Home Support service provides individualised support to children, young people and adults with a disability (and their family/whanau) within their home.

We work with the person and their family to provide personalised support that accommodates complex needs and behavioural support, and overnight support.

Our aim is to support people to build life skills, achieve goals and develop natural networks in the community.

Goals are personalised and focus on social and daily living skills, educational goals and community integration.

Our Home Support service also gives family/whanau and caregivers time to spend with other family members.



Home Support provides help with:

- Developing a person's skills, eg handling money, cooking and making friends
- Accessing the community, eg joining clubs and teams, learning the bus route
- Helping with educational goals, eg helping with homework, assisting to enrol and achieve at school
- Matching the person with a buddy who will join them in a range of activities

If a person has more complex needs, has a behaviour support plan in place and/or requires overnight support as well as home support, we work with the person and family to provide a service that takes all of these needs into account.

Call us today on 09 634 3790 to find out more about Home Support.





Weekend day support

Available to all school-aged children with disabilities

Our Weekend day support programme is staffed by trained Community Support Workers and Teacher Aides from Auckland's Special School network, and offers a safe, healthy and structured environment for children to spend a fun day.

The programme takes into account each child's individual needs, and includes planned activities such as arts and crafts, cooking, games, sports and outings to interesting places, while also allowing time for unstructured activities and fun.

We meet with families and children prior to commencement to develop a range of personalised activities, aligned to each child's needs and goals.



These include:

- Arts and crafts
- Free, supervised play
- Sensory activities
- Music play

When: 8.30am-4.30pm Saturdays and Sundays.

Where: Weekend day support is currently available at Spectrum Care's 'Makatoa' Aspirations Centre in Manukau and at Sunnydene Special School in Mt Roskill..

Talk to us today about Weekend day support in your area!

Cost per day: Full Carer Support Day plus a supplementary fee, depending on your child's support needs as identified in the assessment meeting.

Call us today on 09 634 3790 to find out more about our suite of flexible support options.







School holiday support

Available to all Special School students

Our School Holiday Programme is staffed by trained Community Support Workers and Teacher Aides from Auckland's Special School network to provide a safe, stimulating, caring and comfortable environment for the children, taking into account each child's individual needs.

The Programme includes planned daily activities such as arts and crafts, cooking, age-appropriate games, sports and outings to interesting places, while also allowing time for unstructured activities and fun.

All activities are well supervised, whether indoors or out, and a quiet 'rest space' is also provided.

All areas are wheelchair accessible and children with profound disabilities are welcome.



Basic care needs such as changing, and assisting with eating and toileting will all be attended to as a priority for children in need of support.

Where: School holiday support is currently available at six sites across the greater Auckland region and in Whangarei.

Cost: Carer Support days can be redeemed or a 'fee for service' cost will be determined, based on your child's support needs.

Call us today on 09 634 3790 to find out more about our suite of flexible support options.







After-school support

Available to all Special School students

Our After-school Support Programme is run by Spectrum Care and staffed by trained Teacher Aides from Auckland's Special School network.

Talk to us today about after-school support in your area!

After-school Support offers a safe, healthy and structured environment for children to spend a fun afternoon on school grounds.

We meet with families prior to commencement, in order to assess and understand each child's needs and goals.



This allows us to develop a range of personalised activities, aligned to each child's needs and goals, including:

- Indoor and outdoor activities
- Arts and crafts
- Free, supervised play
- Leisure and quiet time
- Support with personal cares
- Any agreed personal goals

Cost: Carer Support days can be redeemed or a 'fee for service' cost will be determined, based on your child's support needs.

Call us today on 09 634 3790 to find out more about our suite of flexible support options.







Short-term support for adults

Like all our flexible support options, our adult short-term support is rostered and focused on providing both a 'home away from home' for the individual and 'time out' for the family/whanau and/or other circles of support.

We employ a partnership-based approach, encourage ongoing involvement of family/whanau, and value the knowledge, preferences and cultural perspectives of family/whanau.

It's important that everyone accessing our flexible support options are appropriately engaged and have person-centred choices available to them.



As a result, activities are tailored to each person's preferences and goals, and focus on enhancing skills and increasing independence. They're also structured via an Activity Plan, so everyone's aware of what's happening and when.

Our adult short-term support is currently available in the Waikato, Bay of Plenty and Wellington regions.

See 'Home Support' for our in-home respite support options for adults.

Call us today on 09 634 3790 to find out more about our suite of flexible support options or to discuss adult short-term support in your area.







Spectrum Care

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People with disabilities living with great lives