

# Mahi Support



## **Spectrum Care Mahi**

works with people to identify their strengths and empower their capabilities so they can live independent and fulfilling lives.

**Spectrum**  
care mahi

# How we maximise potential, everyday

A life of one's own – it's a simple human need.

For many of us, it's a given. But for thousands of people living with disability, it's something that can only be achieved with support.

Our work is to help identify the unique potential in every one of the people we support, then lend a hand to help them realise it.

Often, we're in partnership with people and their whānau for their lifetimes – offering support, guidance and wholehearted optimism with every step.

Through each stage of someone's life, we face the challenges together and empower their capabilities.





Our family-focused services have been designed to give every family member time out to recharge plus provide valuable educational, interactive and fun experiences for children of all ages.



Human potential is in everyone. Some people just need more support to realise it. Spectrum Care Living supports individuals to find and create a place they can call home and make every day more fulfilling.



Our youth programmes recognise that the transition to adulthood can be challenging but also full of promise. We aim to help our young people successfully navigate these years so they can fully realise their potential.



No matter how complex someone's challenges may be, they are worthy and they are of immense value. We work to identify the unique potential in every one of the people we support so they can live independent and fulfilling lives.





# Spectrum caremahi

**We see your potential. You choose where to apply it. Choice is a basic right that people who work alongside Spectrum Care are given in abundance.**

- Transitions support – from school to work
- Aspirations/day services support
- Advocacy support
- Cultural support
- Living My Life long-term injury support.



# Transition support – from school to work

**Finishing school is a significant and exciting milestone for every young person and their family.**

Our Transition support service provides school-leavers with a range of options to empower their future choices.

The goal of this support approach is to facilitate an uninterrupted movement of a student into the post-school option of their choice, to develop opportunities for employment and valued social roles, and to increase participation in their communities.

Our Transition support is available to students who are identified as having 'high needs' or 'very high needs' funding through the Ministry of Education's Ongoing Resourcing Scheme (ORS).

Access to Transition support is via a referral through the student's school, providing that the student is in their final year.

If not ORS funded, ask about our private transitions agreements.

## **Transition support offers:**

- Employment/work experience
  - > support in developing work skills and identifying strengths, goals and interests
  - > support with individual employment opportunities
  - > support to access tertiary education and develop work skills.
- Participation
  - > support to access volunteer work in the community
  - > support to access sporting, cultural and recreational activities in the community
  - > support to access vocational programmes.
- Resources
  - > support to link with and access funding for housing and transport.
- Advocacy and networking
  - > support with all advocacy and community engagement during transition.

We're also happy to provide support in other areas as necessary, such as Welfare Guardianship, Total Mobility Cards.



**Call us today  
on 09 634 3790**  
to find out more about our  
Transition support

## Aspirations support

**We recognise that every person has unique goals and aspirations. We can help you to realise them. We support people to develop life skills that will enable them to truly participate in their community and to have more enjoyable and fulfilling lives.**

Our 'Aspirations' support is available to people 17 years of age and older who live in the greater Auckland and Wellington regions.

Through a wide range of programme options, our Aspirations Team supports people to develop skills in communication, advocacy, education, personal development, making and keeping friends, interpreting social situations and preparing for employment.

Cooking, fitness and personal presentation, using public transport, social interaction and skill development, arts and crafts, and sports are just some of the options offered by our Aspirations service.

Our Aspirations support provides:

- a variety of activities and a wide range of choices
- skill development to support community participation
- coaching and teaching life skills and competencies
- supported employment assistance
- work experience opportunities
- pre-vocational skill development
- a structured day away from home
- opportunities to build friendships
- increased social interactions to extend community networks.

Our Auckland Aspirations centres are located in Onehunga, Kumeu and Henderson. We also have Aspirations Support available in the wider Wellington region.



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to find out more about our  
Aspirations support





## Advocacy support

**At Spectrum Care, we believe every person with a disability deserves a life of choice, freedom and independence. We know not every person can represent themselves as ably as they need to access the best services and outcomes. We can help.**

Our Advocacy support has a specific mandate to encourage and support people to speak for themselves to ensure their rights are upheld.

When a person lacks the ability to speak for themselves, our Advocacy support can speak and act on their behalf – always with their best interests in mind.

Our Advocacy support empowers people with disabilities and their whānau by providing information and advocacy, and being actively engaged on issues at an individual, organisational and national level.

Our Advocacy support provides people and families with:



## Information

- and advice for those wishing to become welfare guardians or property managers
- on disability support services
- on services such as the Health and Disability Commissioner, the Personal Advocacy Trust and Citizens Advocacy
- and advice in relation to funeral plans and trusts.

## Advice

- support for those wishing to become a volunteer
- updates on changes in the disability sector and the impact these may have
- support in relation to complaints, concerns and feedback on service provision.

## Empowerment

- providing people with the tools, resources and support to advocate and speak on their own behalf
- ensuring people's voices are heard at a management, community and national level
- strengthening relationships and networks with other support providers
- ensuring government, communities and the law adequately provide for people with disabilities
- supporting and encouraging initiatives that provide a greater voice for people with disabilities
- ensuring there is access and understanding for those with disabilities in their local community
- ensuring there are opportunities for people to become all they can
- encouraging and supporting people to have an independent advocate and to form strong relationships.



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Advocacy support

# Cultural support

**Our Awhi, Pasifika and Asian cultural teams provide a range of specialist services for the people we support. The teams assist people and whānau to access services and ensure cultural needs are both recognised and met.**

Our cultural teams:

- assist families to access support from government agencies
- link families with other disability support agencies
- assist staff and families to promote cultural understanding
- encourage people to become actively involved and included in their community
- link people to their culture and whānau
- support families in the planning and reviewing of support services.

## **Awhi**

Meaning 'to support and guide', Awhi aims to increase our ability to develop and provide culturally appropriate support to Māori within our services.

The Awhi Group facilitates at pōwhiri, house blessings, tangi (bereavements), staff advocacy and cultural initiatives.

## **Pasifika**

Our Pasifika Team is focused on providing high-quality, culturally appropriate support and advisory services to people from the Pacific Islands and their families.

The Pasifika Team facilitates at blessings, bereavements, staff advocacy and cultural initiatives.

## **Asian**

Our Asian Cultural Team aims to increase our ability to develop and provide culturally appropriate support and advisory services to people of Asian descent and their families.

The Asian Cultural Team facilitates in discovery interviews and outcomes planning, at bereavements, and during staff advocacy and cultural initiatives.



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Cultural support





# 'Living My Life' long-term injury support

**The ACC 'Living My Life' option gives you the control of your care. Together we can work alongside you to access the very best services.**

Our 'Living My Life' support option provides a means for people with life-changing injuries to re-engage with their communities through social activities, hobbies, employment and more.

## How does it work?

The person is at the centre of all decision-making and our role is to be a trusted partner on their journey towards realising possibilities.

We act in partnership with the person and their family, networks, local community and alongside our own strong networks to get what the person wants from their life.

## Who provides support?

Our highly trained team has a depth of experience in working in a person-directed way, led by the needs and wants of those we support, and supporting the person to explore and engage in their community. Our team helps the person map their needs and decide what they want to gain from our support.

## What's involved?

The ACC Living My Life support option is composed of:

- 'Facilitated Pathway Mapping'
- 'Independent Facilitation'
- 'Tailored Supports'
- 'Coaching to Self-manage'.

We use these elements to deliver:

- Community participation support to
  - > map all of your interests and hobbies, to find fun and engaging activities
  - > access volunteer work in the community
  - > access sporting, cultural and recreational activities in the community.
- Employment support
  - > in developing work skills and identifying strengths, goals and interests
  - > with individual employment opportunities
  - > to access tertiary education and develop work skills.



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'Living My Life' support

# Specialist support

**We all face different challenges, but together we can overcome them. Spectrum Care is one of the largest providers of disability support services in New Zealand and because of that we have the experience to meet your needs. We offer a range of coordinated and integrated specialist services, aimed at supporting each person's unique and individual needs.**

## **Our Behaviour Support Team**

Our Behaviour Support Team works with people and alongside parents/caregivers and staff to:

- conduct assessments related to the need for behavioural interventions
- develop and implement strategies to help manage challenging behaviours
- monitor and regularly review behaviour support strategies
- identify and work towards achieving meaningful goals
- help parents/caregivers develop the skills to effectively manage challenging behaviours
- build relationships with other professionals and providers in the disability community
- provide training and support across all our regions and services.

The Behaviour Support Team is currently adapting its practice towards a more proactive approach, using Positive Behaviour Support (PBS) practices.

PBS is an effective and ethical way of supporting people with an overall goal of improving quality of life, by focusing on the environmental and social factors which are key to a person's wellbeing.

While the Team still provides support to individuals who have behaviour(s) of concern, their adapted, proactive focus involves working intensively with staff teams on training, coaching, problem-solving and support in the implementation of communication and behaviour plans.

## **Our Speech Language Team**

Our Speech and Language Team works with people and alongside parents/caregivers and staff to:

- conduct assessments in relation to people's speech, language and feeding/dysphagia needs
- develop and implement strategies to help manage these needs and desired outcomes
- monitor and regularly review the impact and ongoing success of these strategies
- identify and work towards achieving meaningful communication goals
- help parents/caregivers to develop the skills to effectively manage speech, language and feeding/dysphagia difficulties
- build relationships with other professionals and providers in the disability community
- provide training and support across all our regions and services.



## Our Clinical, Health and Ageing Team

Our Clinical, Health and Ageing Team works with people and alongside parents/caregivers and staff to:

- conduct regular assessments of people's health and medication needs through our Comprehensive Health Assessment Programme
- partner with DHBs and tertiary institutions in pursuit of better health outcomes for the people we support
- develop and implement strategies to help manage these needs and desired outcomes
- monitor and regularly review the impact and ongoing success of these strategies
- identify and work towards achieving meaningful health improvement and medication management
- help parents/caregivers develop the skills to effectively manage speech, language and feeding/dysphagia difficulties
- build relationships with other professionals and providers in the health and disability communities
- provide training and support across all our regions and services.



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Te Wai Kahukura Atawhai

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