

December 3rd -
International Day of Disabled Persons

Over 20% of Our Community Lives With Disability



Everyone's dream is
maximum independence
and quality of life

Compared to the national average Franklin has very low numbers of people receiving the disability allowance compared with the proportion of the population who live with disability. Living a life with disability often requires money, time and help from family, relatives, friends and support services. Disabled people also need and are entitled to their personal freedom. There are many ways disabled people can live fulfilled and independent lives- sometimes its just a phone call away.

If you or one of your children has a disability that will last longer than 6 months and you are on a benefit or low income then you may qualify for a disability allowance. This allowance paid in addition to a regular benefit or income is to refund payments for doctors' visits, prescriptions, transport, gardening, medical alarms etc that relate to your disability. A trip to your doctor (GP) may be the first step as they are required to complete the forms necessary for WINZ to get the ball rolling.

In September this year NZ ratified the 'United Nations Convention on the Rights of Persons with Disabilities' which aims to give disabled people across the world the opportunity to enjoy human rights on an equal basis with others. This is also being celebrated on 10th Dec which is World Human Rights Day, however, legislation alone will not ensure that persons with disabilities here in Franklin can benefit from this equality. We all as a community have a responsibility to assist those in need and in the case of disabilities you can hold an important role.

For more information on action on NZ disability issues;
<http://www.northernccsdisabilityaction.org.nz/>
Local Auckland resource site;
<http://www.disabilityresource.org.nz/links.asp>



Contact for comments/information
Dr Karen Parkes
Pukekohe Family Health Care
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- Do you have a disability?
- Is an aged relative struggling to cope in their own home?
- Do you care for a disabled child or adult ?

A visit to your family doctor can help.

If you have a disability GPs may be able to help maintain your independence by referrals to:

- District Health Board for funded home help services, subsidized meals on wheels, physical improvements to homes that make people safer.
- WINZ for subsidised medical alarms, disability allowances for anyone with a disability that will last over 6 months, child support.
- Community services and groups that offer a wide range of support resources or who advocate for disabled people to have valued lives in their communities.
- Various sources that provide funded hearing aids for some people.
- Exercise classes for Tai Chi, home exercise programmes or green prescription classes and support.
- Mobility parking for permits

If you are no longer able to live independently GPs can arrange:

- Assessment of level of care needed prior to rest home or supported independent living arrangements
- Carer support packages including respite care funding so your carer can have a break.