Youth Support

Spectrum Care Youth programmes aim to help young people successfully navigate the transition to adulthood so they can fully realise their potential.

Spectrum careyouth

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 whanau 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.

Spectrum carewhānau

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.

Spectrum careliving

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.

Spectrum careyouth

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.

Spectrum caremahi

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 careyouth

Growing up is exciting but also a bit daunting. As your needs change, so will the support and guidance you require. Let us help.

Our youth-focused support gives whanau time out to recharge and provide educational, interactive and fun experiences for youth.
These support options include:

- Home Support
- Planned Breaks for children and youth
- Planned Breaks for after-school and weekends
- Planned Breaks for school holidays
- Transitions Support – from school to work
- Aspirations/Day Services Support
- Advocacy Support
- Cultural Support
- Specialist Support (Behaviour Support, Speech-Language Therapy, Clinical Support)

Home Support

Home Support is personalised care delivered to you in the comfort of your own home.

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 planned breaks.

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.

Planned Breaks for children and youth

Our planned break services for children and youth provide stimulating, fun and well-managed home-away-from-home experiences.

This support is rostered and the focus is 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.

It's important that children and young people accessing planned breaks are appropriately engaged and there are choices available.

Activities are tailored to each person's preferences and goals, enhancing skills and increasing independence.

The activities are structured and put on an Activity Plan, so everyone's aware of what's going to happen and when.

Each house has a dedicated van available for outings and community events, such as to the museum, mall, park, zoo, beach, public transport, socials and picnics.

Call us today on 09 634 3790
to find out more about our Home Support and Planned Breaks

Planned Breaks for after-school and weekends

Spectrum Care's After-School and Weekend Support programmes give you some extra breathing space while your child enjoys fun and stimulating activities in a safe environment.

Our after-school and weekend support programmes are staffed by trained Community Support Workers and Teacher Aides from the Special School network, and offer safe, healthy and structured environments for children to play and have fun.

Our after-school and weekend support options take into account each child's individual needs, and include 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 whanau and children prior to commencement to develop a range of personalised activities, aligned to each child's needs and goals.

These include:

- Indoor and outdoor activities
- Free, supervised play
- Arts and crafts
- Free, supervised play
- Leisure and quiet time
- Sensory activities
- Music play

Support with personal cares and any agreed personal goals are also catered for as required.

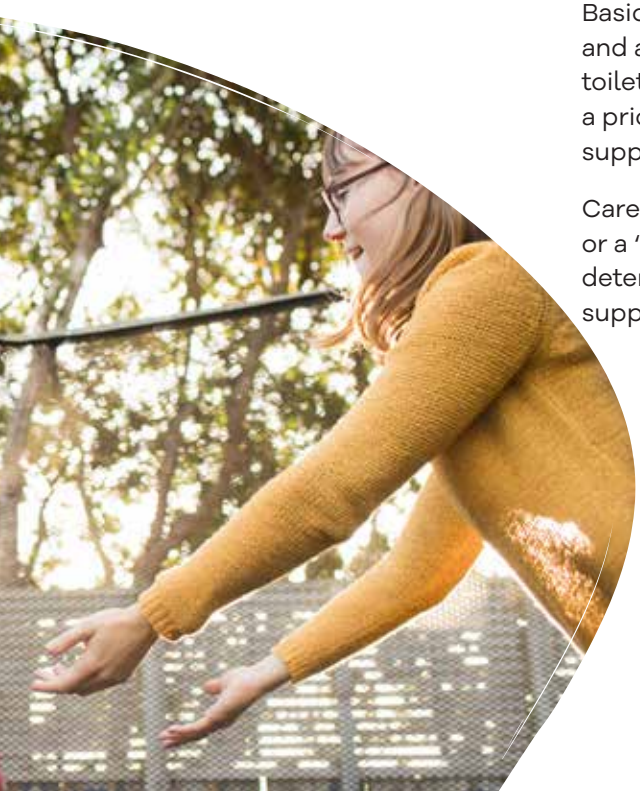
Call us today on 09 634 3790
to find out more about our After School, Weekend and School Holiday Planned Break Support

Planned Breaks for school holidays

Spectrum Care School Holiday Programmes provide support continuity for you and your whanau during school breaks. Full supervision is always provided, and the individual needs of each child are a top priority for our trained community support workers and teacher aides.

Our School Holiday Programmes are available at a wide range of sites across the Auckland, Waikato, Whangarei and Wellington regions.

Each of these programmes are staffed by trained Community Support Workers and Teacher Aides from the Special School network to provide a safe, stimulating, caring and comfortable environment for the children, taking into account each child's individual needs.



Our programmes include 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.

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

Transition Support – from school to work

Finishing school is a significant milestone for young people and their whanau. Our Transition Support provides school leavers with a range of options to empower their future choices.

Our Transition support aims to provide school-leavers with a range of post-school options and empower them to make their own choices. To do this, we work with the person to develop an Individual Transition Plan, which has a person-centred focus on the individual, their aspirations and lifetime goals.

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.

Transitions 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 etc.

Call us today on 09 634 3790
to find out more about Transition and Aspirations/ Day Services Support

Aspirations/Day Services Support

We recognise that every person has unique goals and aspirations. Our aim is to help you realise these. 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' service is available to people 17 years of age and older and 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.

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 families 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

- Information and advice for those wishing to become Welfare Guardians or Property Managers
- Information on disability support services
- Information on services such as the Health and Disability Commission, the Personal Advocacy Trust and Citizens Advocacy
- Information 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

Call us today on 09 634 3790
to find out more about our 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 families/whanau 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 family/whanau
- 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 Maori within our services.

The Awhi group facilitates at powhiri, 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 group 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.

Call us today on 09 634 3790
to find out more about our Cultural Support

Specialist Support

We all face different challenges; together we can overcome them to create a more fulfilling life. 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 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

Call us today on 09 634 3790
to find out more about our Specialist Support

Notes for discussion

Jot down anything you'd like more information on here:

Spectrum care

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