

Living Support



Spectrum Care Living

services support people and
whanau to find and create
a place they can call home.



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.





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.





Come home to independence. Making your own decisions is key to a fulfilling life. At Spectrum Care, we support you to access the information and services you need to decide on the good life you want to live.

- Supported Accommodation
- Planned Breaks for adults
- Home Support
- Homes of Choice
- Advocacy Support
- Cultural Support
- Living My Life long-term injury support
- Specialist Support (Behaviour Support, Speech-Language Therapy, Clinical Support)



Supported Accommodation

Part of living a great life is being able to choose how you live. Supported Living is about identifying the things you do well and enabling you to do them yourself. In the areas you need someone to work alongside you, Spectrum Care Supported Living can help.

We work alongside people and whanau, NASC agencies, support staff, employers and others to help each person overcome barriers and enhance their quality of life.

Support is individualised to the needs and wishes of each person, and are based on promoting autonomy, inclusion and community participation.

The aim is for each person to find the best-possible solutions that provide their choice of supports, location and lifestyle, and assist in the realisation of their full potential.

Our specific goals are to enable people to:

- Live in their home of choice, including rental or home ownership
- Be supported how, when and by whom they choose
- Maintain and enhance whanau and personal connections
- Participate in and be valued by their communities
- Have meaningful work/education/training opportunities
- Develop independence
- Realise personal goals



**Call us today
on 09 634 3790**

**to find out more about
Supported Accommodation and
Planned breaks for Adults**

Planned Breaks for adults

Taking a break helps everyone to recharge. Spectrum Care planned break services for adults provide access to a wide range of tailored and engaging activities.

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

We ensure that everyone accessing our flexible support options is 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 aim is to support people to build life skills, achieve goals and develop natural networks in the community.

Our specific goals are to enable people to:

- Develop a person's skills, eg handling money, cooking and making friends
- Access the community, eg joining clubs and teams, learning the bus route
- Help with educational goals, eg helping with homework, assisting to enrol and achieve at school
- Match 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, we work with the person and whanau to provide support that takes all of these needs into account.



Home Support

Need to stay local? We'll come to you. Our Home Support service provides individualised support to children, young people and adults with a disability (and their family/whanau) within their 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.



Homes of Choice

Finding a home to live in, that is near friends and family or just simply works for you can be challenging.

Homes of Choice works alongside you to find the best solution for your needs. Homes of Choice is a wholly owned subsidiary partner organisation of Spectrum Care that manages housing for people with disabilities separately to the services people may need.

Focused on providing great homes to the people in the disabled community, in an affordable way, Homes of Choice allows people with disabilities to live the life they want in a home of their choice.



*Great homes enabling choice,
affordability and happiness for
people with disabilities*



**Get in touch with
Homes of choice
on 09 634 9766
to find out more**

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



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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 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.



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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
 - > Support to access volunteer work in the community
 - > Support to access sporting, cultural and recreational activities in the community
- Employment
 - > 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



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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 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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