



Other Support Options

If we are not the right fit for your rehabilitation needs or if you would like to explore additional support options, please know that we are still thinking of you and want to point you toward other services that may be able to help.

Below is a list of services and organisations that may be able to offer you support, information, or further referrals. We encourage you to reach out to them directly to explore what might be suitable for you.

Advisory Services

- [Disability Connect](#) – Support for individuals and families living with a disability.
- [Age Concern Auckland](#) – Advocating for and supporting the wellbeing of older people.
- [Stroke Foundation NZ](#) – Support for stroke survivors and their whānau.
- [MS Auckland](#) – Community connection and support for people living with Multiple Sclerosis.

Creative Therapies

- [Māpura Studios – re-stART Stroke Therapy](#) - Weekly art therapy sessions for those recovering from stroke.
- [Celebration Choir](#) - A singing group for adults with neurological conditions.

Exercise & Physical Activity

- [Chair Yoga](#) - Gentle movement for improved balance, mobility, and mindfulness.
- [HydroFUNCTION Therapy at Westwave](#) - Aquatic exercise classes designed for rehabilitation and mobility.
- [Counterpunch](#) for Parkinson's. Boxing-based exercise classes focused on balance, coordination, and strength.

Neuro Physiotherapy

[Rope Neuro Rehab](#) - Specialised physiotherapy for people with neurological conditions.

Support for People with Dementia

- [Dementia Auckland](#) - Education, support groups, and local advisors—contact Nicola Brenton 09 555 0635.
- [Dementia New Zealand](#) - Resources and advocacy for those impacted by dementia.

Palliative & Terminal Illness Support

- [Hospice West Auckland](#) - Free specialist palliative care, as well as carer support.
- [Carer Kōrero Support Group](#) Monthly carer catch-ups.

Social Groups & Disability Inclusion

- [PHAB](#) - Inclusive weekly social groups for people with disabilities.

Connection & Social Opportunities for Older Adults

- [The Community](#) - Event listings, hobby groups, fitness, and more—tailored for 50+.
- [New Lynn Friendship Club](#) - Regular gatherings and social opportunities.
- [Joy Club](#) - A fun, free social club based at HubWest for mature adults.
- [Sixties Up](#) - Friendship, outings, and activities for people aged 60+.
- [West Auckland Activity Calendar](#) - An updated guide to social groups and events.

Transport Assistance

- [Total Mobility Scheme](#) - Subsidised taxi fares for people with limited mobility.
- [Driving Miss Daisy](#) - Companion driving and assisted transport—ideal for appointments or errands.

Emotional Support

- [1737 – Need to Talk?](#)

Free, confidential 24/7 counselling support for anyone in Aotearoa New Zealand. Call or text 1737 anytime to speak with a trained counsellor. The Digital Hub also offers helpful resources to support your mental wellbeing.

General Health & Home Support

If you need additional support at home, your GP can refer you to [NASC \(Needs Assessment and Service Coordination\)](#), which helps access services like:

- Home help
- Meals on Wheels
- Personal care support
- Equipment and modifications