

		Funding							
		Needs Assessment and Service Coordination (NASC)				Work and Income New Zealand (WINZ)			
		Individualised funding – Household management	Individualised funding – personal cares	Individualised funding - Respite	Supported independent living	Disability allowance	Supported living payment	Jobseeker support with medical certificate	Jobseeker support without medical certificate
What is it?		An allocation of funding towards support with chores, groceries, cleaning, laundry. Usually this involves hiring a support worker to come into the home and provide support that fits with your needs as a disabled person.	An allocation of funding towards support moving around your house, getting changed, eating, showering. You may be considered to have difficulties in these areas even if you manage it by avoiding it.	An allocation of funding towards respite for yourself or anyone who regularly provides care for you. This is intended to give your carers a break by bringing someone else in to provide the support on their behalf.	Supported independent living is an allocation of support rather than direct funding. This goes through a community provider and a support worker will come into your home and provide support alongside you to meet your goals.	This is intended to pay for extra costs associated with a disability (e.g. counselling, medication, extra doctor's visits, special foods, etc.).	This is intended for people who cannot work more than 15 hours per week and will not be able to work for at least two years due to a disability.	This is intended for people who cannot work, or who can only work part-time, due to a disability.	This is intended for people who cannot work, or who can only work part-time, due to a disability. You may be required to participate in 'work preparedness' obligations and activities, even if you cannot work.
Eligibility criteria	Formally diagnosed with a disability	✓	✓	✓	✓	✓	✓		
	Formally diagnosed with a disability and/or health condition							✓	✓
	Requires a medical certificate					✓	✓	✓	

	Unexpected to be able to work more than 15 hours per week for the next two years either because you are disabled or because you are caring full time for someone other than your partner, who is disabled.						✓	✓	
	Able to provide evidence of disability related costs					✓			
	Falls under the income threshold					✓	✓	✓	✓
Navigating the process	Enabling Good Lives (EGL)	Leaders in the disability community developed the Enabling Good Lives (EGL) approach with the intent of shifting power and authority from government to disabled people and their families. EGL is a social movement in response to the oppression of disabled people.							
		Through Enabling Good Lives, disabled people and their whānau can choose to increase the choice and control they have in their lives and supports.							
		Being aware of the EGL principles can help you to advocate for yourself and your support needs.							
	EGL principles	Self determination							
		Beginning early							
		Person-centred							
		Ordinary life outcomes							
Mainstream first									
Mana-enhancing									

		Easy to use					
		Relationship building					
	Find your local Needs Assessment and Service Coordination (NASC)	Each region has a local NASC. You will need to find out which one covers your area. You can find the list of disability NASC here: https://www.whaikaha.govt.nz/assessments-and-funding/needs-assessment-services					
	Application	Step one is referring and applying to be assessed. You can self-refer or be referred by someone else. This can usually be done online, depending on which NASC you come under. If you have an autism diagnosis, you qualify to be assessed to determine your eligibility for funding.	You can apply online here: https://www.workandincome.govt.nz/online-services/apply/index.html You can also apply via hard copy by picking up the forms from your local WINZ office.				
		Depending on your local NASC, sometimes the online form (referral and outcomes plan) is all you need. Other times they may want to have further conversation and assessment via phone call, email or an in-person meeting.	You will need to provide proof of costs	You will need to provide proof/a report of your diagnosis or the diagnosis of the person you are caring for.			
		As part of the assessment process, you will complete what is currently known as a living well plan or outcomes plan. This is a plan that outlines what a good life looks like for you and what support you need to achieve that.	You will also need to get your doctor to complete the Disability Certificate. They should have a copy of this at their office but you can also pick one up from WINZ or have them send one out to you.				
		Funding or support will then be granted or declined. You can reapply or seek further support to help communicate your need for supports if you disagree with the initial outcome, or if your needs change at any point.					
	What makes a good life for you?						

		This might be in areas like employment, housing, independent living, mobility, health, food, exercise, sleep, and sensory issues.					
		What is a good life is to you, what barriers are getting in the way and what support is needed to achieve this?					
	Know your rights	When interacting with any disability service, you have the right to be treated fairly, with respect, and in a way that preserves your dignity and independence.					
		You have the right to be given all the information you need, in a way that you understand, and to make choices about your support.					
		What this means is:					
		You can say no					
		You can make a complaint					
		You can ask for a reassessment at any time					
		See: https://www.whaikaha.govt.nz/assessments-and-funding/know-your-rights/					
		Easy Read versions of these rights are here: https://www.hdc.org.nz/disability/easy-read-resources/					
Weighing up options and determining how to use funding and support	More choice in how disabled people are supported	Less control over funding and how it is used	Be aware that the Disability allowance likely won't be enough to cover the full cost of what you might need, particularly if you need it for therapy or counselling. So you will need to carefully consider				

				your priorities and where you want this money to go.			
		Instead of traditional home and community support services etc.					
		Use for support worker or any disability support service to make your life better	Can only be used for a support worker through a community provider				
		https://www.whaikaha.govt.nz/assessments-and-funding/types-of-funding/individualised-funding/					
	What funding can't be used for	Anything illegal					
		Alcohol					
		Tobacco or related products					
		Personal income					
		Gambling					
		Anything that is not a cost related to your disability					
		Something that everyone has to pay for – a normal expense.					
	Purchasing rules	It helps you live your life or makes your life better					
		It is a disability support					
		It is reasonable and cost effective					
		It is not subject to a limit or exclusion: Fits within your allocated funding, not funded elsewhere.					
For more information: https://www.whaikaha.govt.nz/assessments-and-funding/types-of-funding/purchasing-guidelines/							
Individualised funding hosts	Manage supports through IF host organization						
	Help understand and manage IF						
	Administer payments to support services						
	Help manage responsibilities and whether it meets Purchasing Guidelines						

		Cost for IF hosts: there are costs associated with using an individualized funding host, this cost will come out of your funding allocation.					
		For more information on IF and a list of hosts: https://www.whaikaha.govt.nz/assessments-and-funding/individualised-funding					
Seeking support services: tips for talking to service providers	Take a support person						
	Write down questions before you go. Don't be afraid to insist on answers to questions						
	Take notes						
	You can always get a second opinion						
	Look up provider beforehand (Google, Facebook etc) Do they have a good understanding of autism? Can they support me in the way I need? For example, if you are looking for a psychologist, find out if the psychologists is autism friendly, have other people found them helpful?						
	If you have multiple diagnosis it's important to remember which ones count as a disability and which ones do not.						
Advocacy services	Health and Disability Advocacy Service: https://advocacy.org.nz/						
Other supports							
Tertiary education	Employment	Transport	Other organisations				
University, Polytechnics or Wānanga Disability Services https://www.whaikaha.govt.nz/support-and-services/education-and-employment/education/	Ministry of Social Development (MSD) employment support Autism NZ employment support programme https://autismnz.org.nz/employment-transition-service/	Total mobility – public transport and taxis https://www.nzta.govt.nz/resources/total-mobility-scheme/total-mobility.html	Altogether Autism: https://www.altogetherautism.org.nz/				
All Systems Go! Autism Tertiary Transition Programme Through University of Auckland but available across universities https://www.auckland.ac.nz/en/library/news-and-events/notices/autism-tertiary-transition-programme.html	Workbridge https://workbridge.co.nz/	Sunflower lanyard – share may need help at shops, at work, on transport, or in public spaces Buy here: https://hdsunflower.com/au/shop/sunflower-wearer.html or participating places will give you a free one to keep when you visit (major airports and Parliament)	Autistic Self-Advocacy Network: https://asan-aunz.org/				

<p>Altogether Autism tertiary guides https://www.altogetherautism.org.nz/supporting-autistic-tertiary-learners/</p>	<p>Workwise https://www.workwise.org.nz/</p>		<p>CCS Disability Action: https://www.ccsdisabilityaction.org.nz/</p>
	<p>Youth inspire https://www.youthinspire.co.nz/</p>		<p>Disabled Persons Assembly (DPA): https://www.dpa.org.nz/</p>
	<p>Employment service providers https://www.workandincome.govt.nz/work/find-jobs/how-to-choose-the-right-job/employment-services-provider-list.html</p>		<p>IHC and Idea services: https://www.idea.org.nz/</p>
			<p>Spectrum Care: https://www.spectrumcare.org.nz/</p>
			<p>Community Connections group Community Connections – A community based disability service offering Supported Living and some Residential Services (ccslt.org.nz)</p>
			<p>For an up to date and NZ relevant book, Chanelle’s “I am autistic” is an excellent way to increase your understanding of autism. It offers non- autistic people an opportunity to learn from someone who is autistic, and it helps autistic people make sense of their experiences.</p>

Disclaimer: This isn't an exhaustive list of services available and is accurate at the date of creation (July 2024). Services and eligibility criteria are subject to change.