



# Are you receiving home support?

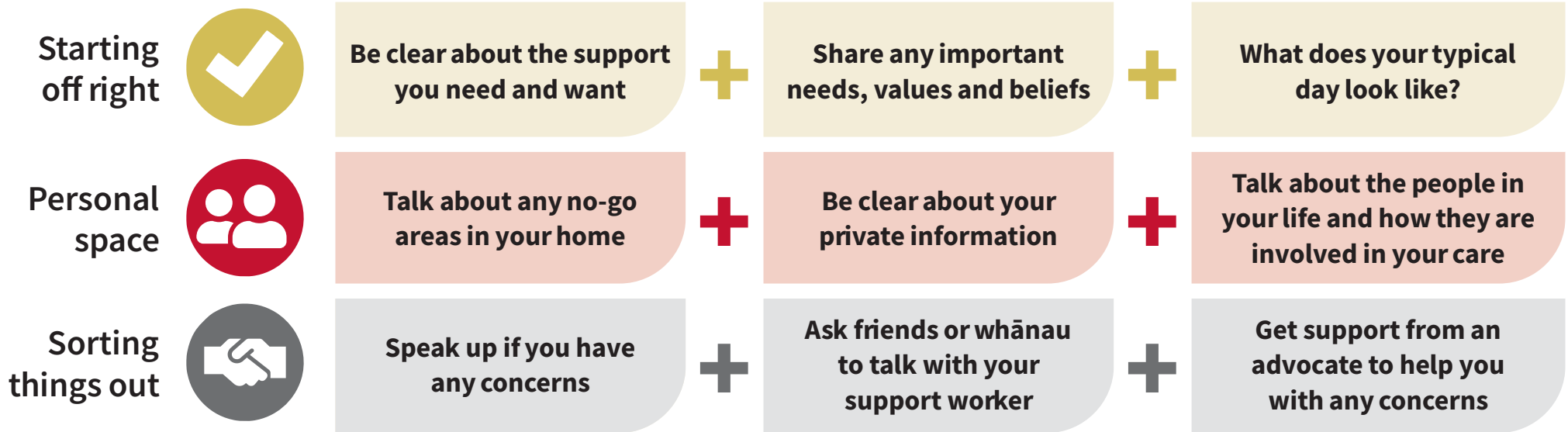
Home support for older people, disabled people and others may change depending on your needs and what you are entitled to. Although the support you receive may change, your rights remain the same.

Go to [www.hdc.org.nz/your-rights/](http://www.hdc.org.nz/your-rights/) to read about the Code of Health and Disability Services Consumers' Rights.

A support worker is someone that provides support, assistance or care.

Receiving support in your home can sometimes be a close and challenging experience.

**Here are some things to help people who are receiving care at home:**



**In an emergency or situation of abuse**

If you, or someone you know is in immediate danger call **111**  
Contact your local police station: [www.police.govt.nz/contact-us/stations](http://www.police.govt.nz/contact-us/stations)  
If you are experiencing violence or abuse, call **0800 456 450**



**For more information and help**

Free Advocacy Service: **0800 555 050** | [advocacy@hdc.org.nz](mailto:advocacy@hdc.org.nz) | [www.advocacy.org.nz](http://www.advocacy.org.nz)  
The Health and Disability Commissioner: **0800 11 22 33** | [hdc@hdc.org.nz](mailto:hdc@hdc.org.nz) | [www.hdc.org.nz](http://www.hdc.org.nz)