

Specialist wellbeing and behavioural support through Explore

10 APRIL 2020

The Ministry of Health has worked with Explore to change the way it provides behaviour support services during Alert Level 4.

Explore will:

- Provide immediate wellbeing and support
- Suggest ways to respond to any challenging behaviours
- discuss risks and safety planning
- provide other tools and resources.

This service is available to anyone eligible for disability support services from the Needs Assessment Coordination Agencies (NASC) listed below, or their support people.

People will not need a referral from the NASC to access these services but will be asked to identify their NASC.

Disabled people, their whānau and support workers can call **0800 000 421** to receive the above services from Explore Behaviour Support Specialists. From Friday 10 April, the phone line will be open from 8am-8pm.

Explore will focus on the wellbeing of whānau and caregivers. Explore has expertise and experience in delivering practical advice and support to whānau, children, adults, support workers and organisations.

Explore is also setting up webinars around a range of topics of concern and creating access to resources and materials to support this work.

List of NASCs

Region	NASC
Northland	NorthAble
Auckland	Taikura Trust
Waikato	Disability Support Link (DSL)
Bay of Plenty - Lakes	Support Net
Gisborne – Tairāwhiti	LIFE unlimited
Hawkes Bay	NASC Hawkes Bay
Wairarapa	Focus
Mid Central	Mana Whaikaha
Takanaki	Access Ability Takanaki
Lower and Upper Hutt	LIFE unlimited
Capital and Coast	Capital Support
Nelson Marlborough	Support Works
Christchurch - Canterbury	LifeLinks
Otago Southland	Access Ability Otago Southland