

“Meeting Ken (Peer Support Volunteer) early after my amputation was great. It broke the ice and made it feel not quite so scary, to know that there would be a friendly face at the limb centre right from my first visit.”

Sharon Dagg - Upper Limb Amputee



He waka eke noa

We are all on this journey together, we work together, we aspire and achieve together, Together we encourage and inspire each other, together we can raise each other up.

Self-help information

Peer Support Service

info@peersupport.nz

0508 733 778

www.peersupport.nz

Amputees Federation of New Zealand

www.amputee.co.nz

Work and Income – health and disability related benefits

www.workandincome.govt.nz/providers/health-and-disability-practitioners/health-and-disability-related-benefits.html

Citizens Advice Bureau

www.cab.org.nz

New Zealand Artificial Limb Service

www.nzals.co.nz

www.nzals.co.nz/resources

NZALS YouTube

Facebook - New Zealand Artificial Limb Service

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PS
Peer Support
Te Pou Aropā Takitoru



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What is Peer Support?

The Peer Support Service provides informal support to those adapting to limb loss by matching them with trained supporters who have 'been there, done that' and can relate to others in a similar situation to themselves.

Peer Support has been proven to be an important service in helping people cope with life-changing events and their ongoing journey of rehabilitation.

We also know from research and professional opinion that access to good Peer Support can enhance an amputee's quality of life and help them understand what can be expected from the changes they are going through.



www.peersupport.nz

What are the objectives?

Peer Support actively supports amputees to:

- Manage fears associated with amputation.
- Cope with feelings of vulnerability & depression.
- Understand feelings of anxiety relating to body image, self-esteem and sexuality.
- Adapt to the adjustment of amputation/s.
- Manage the short-term and long-term expectations of living with amputation/s.
- Re-engage in recreation, community, activities and employment.

What are the benefits?

- Boosts self-esteem.
- Results in better decision-making skills.
- Helps people get back to everyday activities.
- Lowers rates of isolation.
- Enlarges social networks.
- Increases support seeking.
- Leads to greater pursuit of educational and employment goals.

How do I access Peer Support?

You will need to register your details here:
www.peersupport.nz/need_support.

The information provided via the registration process will be used to match you with your Peer Support Volunteer. The Peer Support Volunteer will then contact you directly.

Who is a Peer Support Volunteer?

- Someone who has had a similar life changing experience to the person needing support.
- Their life change event happened more than 3 years ago.
- They have gone through a recruitment process to ensure they have the skills to provide peer support.
- They have received Peer Support and privacy training.
- They have had a police check.

What do Peer Support Volunteers do?

- Provide casual and informal support.
- Share their own personal experiences
- Discuss problems or stresses.
- Encourage people needing support to seek assistance.
- Provide information on other available support services.
- Report any concerns directly to the Peer Support Coordinator.

Note: Peer Support Volunteers are NOT counsellors.

Where will Peer Support occur?

It may be at any public place, such as a cafeteria. And it may occur on the phone. Occasionally some patients or clients (carers) may request to be visited at hospitals or rehabilitation centres, where they are undergoing treatment.

Note: Peer Support will not occur in your home.

