

FACT SHEET

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# Orthotic Peer Support Volunteers



## Have you adapted to life supporting your child with cerebral palsy or scoliosis?

## Do you feel you are ready to support others through a similar, life changing experience?

We are looking for parent peer support volunteers to provide emotional, social and practical support to parents of other children with cerebral palsy or scoliosis. This support helps alleviate feelings of isolation, depression and related fears.

Our Peer Support Service matches trained parent volunteers with parents of children with cerebral palsy or scoliosis. Peer support takes place in public places, such as cafeterias. Support may also occur on the phone.

## What do peer support volunteers do?

- Provide casual and informal support.
- Share their own personal experiences.
- Discuss problems or concerns.
- Encourage people in need of support to seek assistance.
- Provide information on other available support services.

**Note:** Peer support volunteers are **not counsellors**.

## Who is a peer support volunteer?

A peer support volunteer is a parent who:

- Has adapted to living with a child with cerebral palsy or scoliosis.
- Your child was diagnosed at least three years previously.
- Is caring and supportive.

- Can communicate confidently and effectively.
- Is able to maintain confidentiality.

During the recruitment and appointment process, we make sure our volunteers are ready to provide the best support possible by providing them with the right training and information.



Potential volunteers also have a referee and Ministry of Justice check.

## How do I become a peer support volunteer?

If you think you have what it takes to become a peer support volunteer, please get in touch by emailing [info@peersupport.nz](mailto:info@peersupport.nz). We will send you more information, along with an application form.



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For more helpful resources, please visit our website: [www.pw.co.nz/resources](http://www.pw.co.nz/resources)

## Contacts

### Peer Support Service

☎ 0508 733 778

✉ [info@peersupport.nz](mailto:info@peersupport.nz)

### Cerebral Palsy Society of New Zealand

🌐 [www.cerebralpalsy.org.nz](http://www.cerebralpalsy.org.nz)

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## Self help information

### Citizens Advice Bureau

🌐 [www.cab.org.nz](http://www.cab.org.nz)

### Work and Income – health and disability related benefits

🌐 [www.tinyurl.com/disabilityB](http://www.tinyurl.com/disabilityB)

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## Learn more about Peke Waihanga

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🌐 [www.peersupport.nz](http://www.peersupport.nz)

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# Peke Waihanga

## Peer Support Service

*The Peer Support Service for Orthotics is brought to you by Peke Waihanga in collaboration with the Cerebral Palsy Society of New Zealand.*