



# Community Support Work Urban

Ko te whakaora, he hīkoi whakāmarama Māna  
anō tōna ake ara whakaora e whakarau

A journey of discovery where an  
individual leads their own unique  
process of moving forwards

Comcare is a practical organisation, understanding that health improvement is gained from a whole of life approach that assists people grow their confidence and skills to manage their own lives. Comcare's Community Support Work offers assistance with the activities that form part of an individual's daily life. Comcare works from a Recovery orientation that identifies and builds on people's strengths to assist them to manage the challenges in life, grow personal confidence and build resilience.

**Community Support Workers** provide a broad range of support work which is developed through personalised planning based on a holistic view with an approach to accessing resources, opportunities and encouraging meaningful relationships. Our focus is to provide support and assistance to gain independence, skills towards maintaining wellness and managing unwellness, to assist in connecting to long term sustainable resources and connections in the community. This may cover areas such as financial management, connecting to activities and groups, relationship building with friends and family, taking first steps back to an active life and work, managing the demands of children and a home, developing workable routines around living and health care needs. We encourage clients to develop and increase their level of independence and assist clients to develop their own skills and abilities.

**Continuing Support Service** is available for people with long term support needs. Individuals receive ongoing support and guidance with life skills e.g. (budgeting, leisure/recreation, communication, social skills, conflict resolution, and personal hygiene) to ensure they can continue to live in their chosen environment and access the community activities of their choice.

Our community support services are fully mobile and provided in Christchurch urban areas and rural districts of Ashburton, Rangiora and North Canterbury, Selwyn and Banks Peninsula.



## Who is eligible?

This service assists people with a primary diagnosis of a psychiatric illness/AOD, over the age of 18 and who live in the Canterbury region.

## Who can refer?

Referrals need to be made from health professionals. Please contact your Doctor or Specialist Mental Health Case Manager to discuss requesting a Community Support Worker.

## Contact Us

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