

SUPPORT FROM CYSTIC FIBROSIS NEW ZEALAND





Cover artwork & illustrations throughout
by CFNZ's very own Lizzie Mackay -
Communications and Public Awareness
Manager

Contact:

T: 09 308 9161

E: admin@cfnz.org.nz

Fundraising:

T: 09 308 9161

E: fundraising@cfnz.org.nz



SUPPORT FROM CYSTIC FIBROSIS NEW ZEALAND

OUR MISSION IS TO OPTIMISE THE QUALITY OF LIFE FOR PEOPLE WITH CF IN NEW ZEALAND, AND OUR VISION IS TO SEE LIVES UNLIMITED BY CF. WE'RE HERE FOR ALL PEOPLE WITH CF AND THEIR FAMILIES.

Our Social Workers provide support for people with CF of all ages. You may already have a relationship with your fieldworker from your childhood, but if not, reach out and connect.

We also offer financial support through grants, allowances and endowments to help ease some of the financial burden of CF. Each year we also award the Mark Ashford Scholarship and CF Achievers' Awards to recognise the achievements of people with CF.

SUPPORT FROM OUR SOCIAL WORKERS

Our Social Workers offer practical and emotional support. You can contact your Social Worker whenever you need. They're a great link to connect you with CFNZ services and they're a wealth of information about financial support, both from CFNZ and any Government assistance you qualify for.

Our Social Workers can help with lots of practical support including, but not limited to:

- navigating health and disability support networks and social services
- referrals to other agencies and external assistance such as counselling
- applications to Work and Income New Zealand (WINZ), Ministry of Health Carer Support and National Travel Assistance
- looking at future options regarding health care and fertility
- exploring study and employment options
- providing pre and post lung transplant support
- healthy lifestyle and following treatment plan advice

- educating, supporting and advocating for your patient rights and ensuring your cultural and spiritual needs are met
- identifying opportunities to access grants and assistance provided by CFNZ or other agencies
- emotional support, including a confidential ear to listen
- helping you develop a plan and set goals to improve your health and life.

Find out more information on our website (cfnz.org.nz), including who your local Social Worker is and how to contact them.

FINANCIAL ASSISTANCE

Our website has the most up to date information about what financial assistance is available for you, which you can find on our Get Support page.

HOSPITAL ALLOWANCE

You can claim \$20 per night, up to a maximum of \$280, or 14 nights per stay, if you receive inpatient CF care at a hospital other than your local hospital, or if your local hospital is further than 100km from where you live.

If you're eligible, you can apply for the allowance every time you have an inpatient stay.

If your care is transplant-related you're eligible for support through our transplant allowance.



TRANSPLANT ALLOWANCE

You can apply for a transplant allowance of up to \$3,000 to help with transplant-related costs. The allowance is available during pre and post organ transplant so you're eligible if you're being assessed for a transplant.

Post-transplant you're eligible for an allowance of \$70 a week for up to 12 weeks during your time as an inpatient and recovering at Hearty Towers.

You can use the remainder of the \$3,000 for anything that's a reasonable transplant related cost. Our website has further information about what you can use the allowance for.

You can apply for both allowances on the CFNZ website – either apply online or download a paper application. Your fieldworker can also help you apply.

BREATH4CF PHYSICAL ACTIVITY GRANT

Breath4CF is a physical activity grant to help make sure cost isn't a barrier to staying healthy. Every year you can apply for up to \$300 for sport and exercise equipment to help with gym memberships, exercise equipment and club sport fees.



MARK ASHFORD SCHOLARSHIP

The Mark Ashford Scholarship is awarded each year to a person with CF who's shown excellence in tertiary study or has shown tenacity to overcome the challenges of CF while studying. The scholarship awarded is \$3,000.

CYSTIC FIBROSIS ACHIEVERS' AWARDS

The Cystic Fibrosis Achievers' Awards celebrate the amazing achievements of people with CF and are awarded to people who have achieved excellence in either leadership, the arts, sports or education. The awards are between \$250 and \$2,500.

CHRIS HOWLETT ENDOWMENT FUND

You can apply for a one-off cash payment when you turn age 21. You need to register before your 22nd birthday, which you can do online or fill in a paper application. You'll find more information and applications forms on our Get Support page on the website.

If you're aged between ages 18–21, you may be able to apply for the funds earlier under certain circumstances.

You also need to be symptomatic to apply for the fund and you must have the following:

- disruption in lung function
- pancreatic disorder

- digestive disruption.

A health professional, such as your CF nurse, may need to confirm you're symptomatic.

WELFARE SUPPORT

Through your Social Worker you can apply for welfare assistance to help reduce the financial impact of CF. Support is assessed by your Social Worker and they can advise you what's available for your personal situation and what the money can be used for.

NATIONAL VOUCHER SUPPORT

You may be eligible for grocery and petrol vouchers during hospital admissions and outpatient appointments. Please talk with your fieldworker.



ABOUT CFNZ

We have four strategic pillars that form the foundation of our strategic plan, goals and vision – support, information, research and advocacy. Led by our chief executive, the CFNZ team includes our fieldworkers, communications team, fundraising and marketing team, grants and administration.

CFNZ Clinical Advisory Panel (CAP) is also an

important part of the team who provide us with timely, honest and impartial advice on clinical aspects relevant to CFNZ.

The CFNZ board oversees our strategic direction and monitors how we deliver our objectives. The diverse members of the board combine their experience and expertise to guide our chief executive to achieve our vision. Our CF adult representative on the board is an adult with CF who helps to support our vision and represent the voice of Kiwi adults with CF.

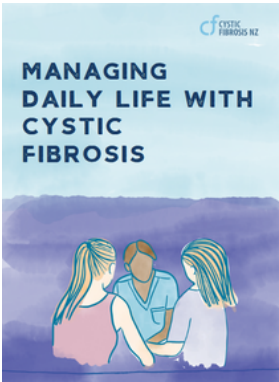
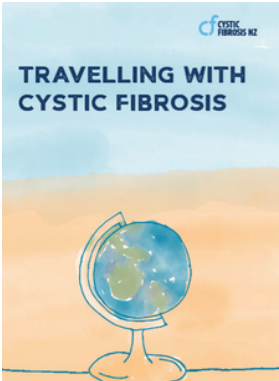
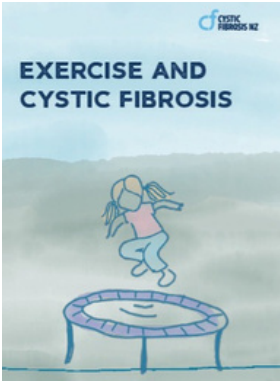
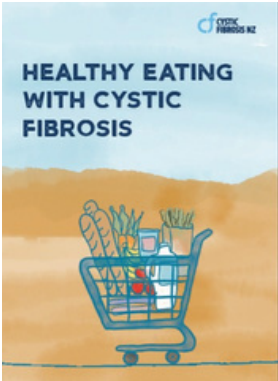
Visit our website to find out more about our team, including our board members and find out more about our strategic pillars.

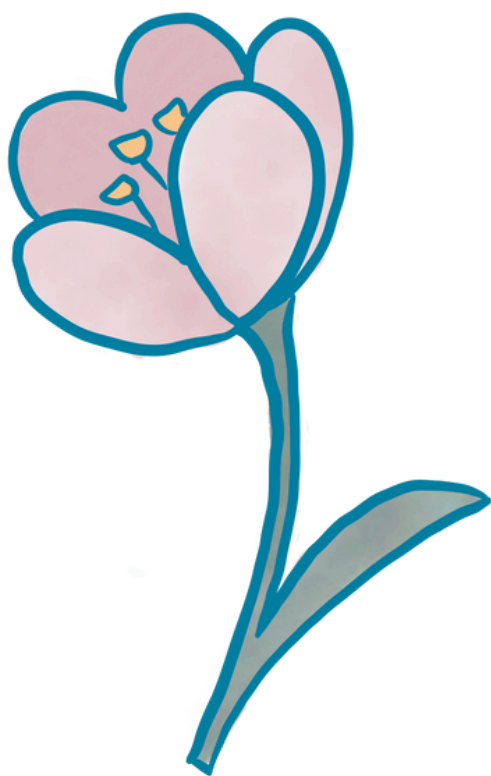
OUR REGIONAL BRANCHES

We have branches throughout New Zealand who support people with CF. Branches are run by CF families, for CF families and are supported by the National Office in Auckland.

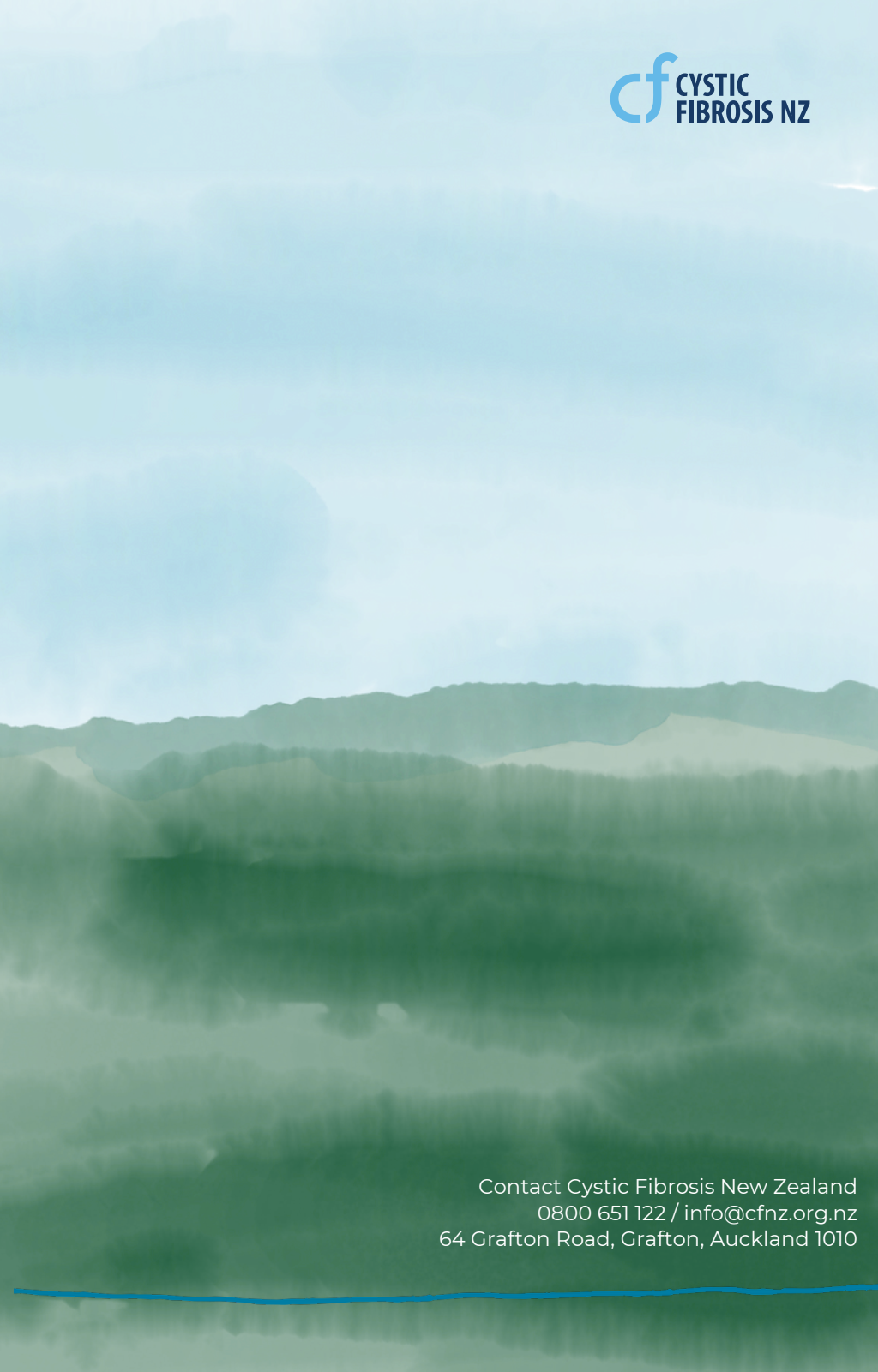
DOCUMENTS IN THE ADULT GUIDE SET:

Click on icon to below to view other resources.





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The background of the entire page is a soft-focus, painterly landscape. It depicts rolling green hills and valleys under a pale, hazy blue sky. The colors are muted and blended, giving it a dreamlike or ethereal quality. The hills in the foreground are a darker green, while the distant hills are a lighter, hazy green.

Contact Cystic Fibrosis New Zealand
0800 651 122 / info@cfnz.org.nz
64 Grafton Road, Grafton, Auckland 1010