



Financial and Practical Support Guide

Information sourced from Work and Income New Zealand (www.workandincome.govt.nz)

Supported Living Payment (SLP)

If you are unable to work or work fewer than 15 hours a week because of a health condition, injury, or disability, you may be eligible for the Supported Living Payment. Your condition must be permanent (lasting at least two years or life expectancy under two years) and severe (unable to work 15 hours or more per week). You'll need a medical certificate confirming your condition.

Letters from health professionals can help support your application. Work and Income may request an additional assessment at no cost to you. More information:

www.workandincome.govt.nz/products/a-z-benefits/supported-living-payment.html

Jobseeker Support – Health Condition, Injury, or Disability

If you are unable to work or can only work limited hours for less than two years, you may qualify for Jobseeker Support. You'll need a medical certificate stating your condition and work capacity.

Support may also be available if you reduce your hours or take time off work. More information:

www.workandincome.govt.nz/products/a-z-benefits/jobseeker-support.html

Help Getting or Staying in Work

Work and Income can provide Job Support and Training Support funding to cover costs such as adaptive equipment, workplace modifications, interpreters, transport, or job coaching. More information: www.workandincome.govt.nz/eligibility/employmentsupport/job-and-training-support.html

Mainstream Employment Programmes

The Mainstream Programme helps people with disabilities, health conditions, or neurodiversity find and maintain paid work. More information:

www.workandincome.govt.nz/eligibility/employmentsupport/mainstream.html

Disability Allowance

A weekly payment for ongoing costs related to a disability or health condition lasting at least six months. Covers expenses like medical visits, travel, heating, alarms, food, continence products, or counselling. Maximum weekly amount: \$75.10. More information:

www.workandincome.govt.nz/products/a-z-benefits/disability-allowance.html

Health-Related Travel and Accommodation

Work and Income may assist with travel and accommodation costs for one-off medical appointments or hospital visits. More information:

www.workandincome.govt.nz/eligibility/health-and-disability/travel-assistance.html

Dental Treatment

If you are on a low income or benefit, you may qualify for up to \$1,000 in a 52-week period for urgent dental treatment such as fillings or extractions. More information:

www.workandincome.govt.nz/eligibility/health-and-disability/help-with-dental-treatment.html

Temporary or One-Off Assistance

Work and Income offers short-term support for unexpected costs: Temporary Additional Support, Advance Payment of Benefit, and Special Needs Grants. More information:

www.workandincome.govt.nz/products/a-z-benefits/temporary-additional-support.html

Support for Carers

Carers may qualify for Supported Living Payment if they provide full-time care to an adult or child with significant health needs. More information: www.workandincome.govt.nz/products/a-z-benefits/supported-living-payment.html

Child Disability Allowance (CDA)

A fortnightly payment for the main carer of a child or young person with a serious health condition or disability requiring constant care. More information:

www.workandincome.govt.nz/products/a-z-benefits/child-disability-allowance.html

Childcare and OSCAR Subsidies

Financial help for childcare and out-of-school care depending on income. More information:

www.workandincome.govt.nz/products/a-z-benefits/childcare-subsidy.html

Caring for Someone Else's Child

If you care for a child whose parents cannot, you may be eligible for Unsupported Child's Benefit or Orphan's Benefit. More information: www.workandincome.govt.nz/products/a-z-benefits/unsupported-childs-benefit.html