

FACT SHEET

Peer Support



What is peer support?

The Peer Support Service provides informal support to people adapting to limb loss. This service matches you with a trained supporter who has 'been there, done that' and who 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 the 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 you to understand what to expect from the changes you are going through.



Walking the journey together

Peer support actively supports amputees to:

- Manage fears associated with amputation.
- Cope with feelings of vulnerability and depression.
- Understand feelings of anxiety relating to body image and self-esteem.
- 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?

Some benefits of peer support include:

- Self-esteem boost.
- Improved decision-making skills.
- Helps people get back to everyday activities.
- Lowers feelings of isolation.
- Enlarges social networks.
- People are more likely to seek help they need.
- Leads to greater pursuit of educational and employment goals.

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 Service Coordinator.

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

Who is a peer support volunteer?

A peer support volunteer is someone who has:

- Experienced a similar life-changing event to the person needing support.
- Had their life-changing event more than three years ago.
- Gone through a recruitment process to ensure they have the skills to provide peer support.
- Received peer support and privacy training.
- Had a police check.

Where will peer support occur?

It may be at any public place, such as a cafeteria, or it may happen over the phone.

Occasionally some patients or clients (carers) may request visits at hospitals or rehabilitation centres, where they are undergoing treatment.

How do I access peer support?

You will need to register your details at:

www.peersupport.nz/need-support.

The information provided in the registration process will be used to match you with your peer support volunteer.

The peer support volunteer will then contact you directly.



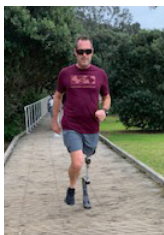
For more helpful resources, please visit our website: www.pw.co.nz/resources

What our supporters have to say



“When I went through it, I had a stroke as well, all sorts of things were going wrong and you lay there thinking, ‘What’s the point in keeping going?’ That’s when you need someone like me to come along and say, ‘I get it, it’s tough. I’m here with you.’”

Peer support volunteer, Les – upper limb amputee



“There are always ups and downs, but it’s important to keep looking ahead and have support.” For Kevin, staying active and continuing to challenge himself has been crucial in keeping him ‘out of the black and in the sun.’”

Peer support volunteer, Kevin – lower limb amputee



“The service allowed me to talk to other amputees with a lived experience. Volunteers are friendly and happy to help. A great experience.”

Peer support user, Pawanjit – lower 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.

Contacts

Peer Support Service

☎ 0508 733 778

✉ info@peersupport.nz

Amputees Federation of New Zealand

🌐 www.amputee.co.nz

Self help information

Citizens Advice Bureau

🌐 www.cab.org.nz

Work and Income – health and disability related benefits

🌐 www.tinyurl.com/disabilityB

Learn more about Peke Waihanga

🌐 www.pw.co.nz

🌐 www.orthoticservice.co.nz

🌐 www.peersupport.nz

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Te Pou Aropā Takitoru

Peer Support brought to you by Peke Waihanga in collaboration with Amputees Federaton of New Zealand and Limbs 4 Life.