

Professionals Who Can Support

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Paediatricians / Developmental Paediatricians:

- Dr Thorsten Stanley, Dr Mark Edwards, Dr Anganette Hall, Dr Halima Mauldini

Psychiatrists:

- Dr Yariv Doron (teletherapy), Dr Francis Goodstadt, Dr Rosie Edwards

Clinical Psychologists:

- Dr Charlotte Chalmers, Heidi Snelson, Kerstin Kramer, Rachel Irwin, Emma Levy, Linda Atkinson, Bridget Young
- ACT Wellington, The Child Psychology Service, Massey, Wellington and Victoria University Psychology Clinic
- Charmaine Rees www.need2talk.co.nz

Educational Psychologists:

- Capital Psychology
- Wellington Educational psychologists
- Munro Psychology
- Amelia Volkerling, *Te Wheke*
- Dr Kirstie Morgan, SPELD
- Danielle Robinson & Taylor Noble, *Educational Assessments Wellington*

Occupational Therapists:

- Nurture and Thrive
- Rozanne Vincent, *Enabling Kids*
- Anchorpoint
- APM Tamariki
- Habit Health
- Annie Kenning, *Karori Therapy*
- Ruut Schuller, *Ergo in a Suitcase*
- Acorn (teletherapy)
- Incredible Kids (teletherapy)
- Elen Nathan, *The Playful Place* (teletherapy)

Speech-Language Therapists:

- Christian Wright, Camilla Peet, Catherine Taylor, Leanne Gibbs
- Playhouse SLT, APM Tamariki

Physiotherapist:

- APM Tamariki, Habit Health

Professionals Who Can Support

Audiologists:

- Karen Pullar and Isabella Wojcichowski, *Courtney Hearing Clinic*
- Gemma Sheehan, *Family Audiology*
- Soundskills Auckland, Dilworth Hearing Palmerston North

Optometrists / Developmental Optometrists:

- Richard Shanks / Barry and Sargent Optometrists

Medical:

- General Practitioner (GP)
- Chiropractor (*Healthy Families*, Johnsonville)
- Public Health Nurse
- Vision Education Advisor
- Orthoptist
- Irlen Screener / Irlen Diagnostician (Spec Savers Cuba St Mall)
- Deaf Education Advisor
- Osteopath, Sanjay Patel: [<https://equilibriumosteopathy.co.nz/about/>]
- Dietitian, Food savvy nutritionist
- Food therapy support (*The Mess Hall*, Jenny Lyons and Nourish feeding therapy)

Music Therapists:

- Deborah Bellringer, *The Little Music Caravan*
- Zoe Iannou iamzoeioannou@gmail.com
- Carlos Reigelhaupt Landreani carlosriegelhaupt@gmail.com
- Rachel France

Education:

- School Counsellor (some schools have these - usually high schools, but some primary schools) Wendy Pearce, Serena Stace
- Resource Teachers of Learning and Behaviour (RTLB)
- Learning Support Coordinators (LSC)
- SENCO / Learning Support Lead (each school will have a staff member with this dedicated role)
- Specialist neurodiversity counsellor, Abi Raymond: [<https://neuroaffirmingfutures.co.nz/about-abi-raymond/>]
- Classroom Teacher
- Teacher Aide/ Kaiāwhina (the angels of this world!)
- Ministry of Education Learning Support Staff
- Social Worker
- Behaviour Support Practitioner
- Assistive Technology Specialist (*DTSL*, Catherine Brill)

Professionals Who Can Support

Clinical Intervention Services:

- *Fostering Futures*: [www.fosteringfutures.co.nz]
- *Buds to Blooms*, Justina Hart-Scott: [www.budstoblooms.co.nz]
- *The Psychology Room*, Lucy Reynolds: [www.thepsychologyroom.co.nz]
- Enabling Good Lives (EGL) Connector / Director (where applicable in parts of the region)

Systems That Can Support

Websites:

- **Ministry of Education Learning Support:**
[<https://www.govt.nz/browse/education/learning-support/>]
- **Resource Teacher: Learning and Behaviour (RTLB):**
[<https://www.education.govt.nz/education-professionals/schools-year-0-13/learning-support/resource-teachers-learning-and-behaviour/>]
- **Child and Adolescent Mental Health Service (CAMHS):**
[www.healthnz.govt.nz/hospitals-services/hospitals/wellington-hutt-and-kapiti/mental-health-services/child-and-adolescent-mental-health]
- **Child Development Service (CDS):**
[<https://www.disabilitysupport.govt.nz/disabled-people/support-and-services/child-development-services>]
- **Enable New Zealand:** Equipment and housing/vehicle modifications. [www.enable.co.nz]
- **ACC:** (where applicable). [www.acc.co.nz]
- **Child Disability Allowance / Disability Allowance:**
[<https://www.workandincome.govt.nz/products/a-z-benefits/child-disability-allowance.html>]/
[<https://www.workandincome.govt.nz/products/a-z-benefits/disability-allowance.html>]
- **Carer Support:**
[<https://www.healthnz.govt.nz/hospitals-services/eligibility-subsidies/carers-support-subsidy>]
- **Capital Support:** Wellington's specific NASC agency.
[<https://www.cab.org.nz/community-directory/KB00002352>]
- **Needs Assessment and Service Coordination (NASC):** [www.yourwaykiaroha.nz]
- **Waiora Tamariki, University of Canterbury:** Free nationwide clinical service for autistic children. [<https://waioratamariki.org.nz/>]
- **Children's Spectacle Subsidy:** Health NZ / Te Whatu Ora.
[<https://www.disabilitysupport.govt.nz/disabled-people/support-and-services/equipment-and-aids/childrens-spectacle-subsidy>]
[<https://www.enable.co.nz/about-us/what-we-do/subsidy-funding-services/childrens-spectacle-subsidy>]

Systems That Can Support

Resources:

- Individualised Funding (IF): Allows parents to manage their own respite/support budgets after a NASC assessment.
- Explore Specialist Advice: Funded behaviour support and parent education programs e.g. *Exploring Autism* and *Teen Life*.
- Ongoing Resourcing Scheme (ORS)
- School High Health Needs Funding
- Teacher Aide Funding
- Interim Response Fund
- Intensive Wraparound Service (IWS)
- Te Kahu Tōi | Intensive Behaviour Service

Community Resources & Services

- **Autism NZ (New Zealand):** [\[autismnz.org.nz\]](https://autismnz.org.nz)
- **ADHD NZ (New Zealand):** [\[www.adhd.org.nz\]](https://www.adhd.org.nz)
- **ParenttoParent:** About Autism Booklet. [\[https://parent2parent.org.nz/resource-hub/about-autism-a-guide-to-autism-in-childhood/\]](https://parent2parent.org.nz/resource-hub/about-autism-a-guide-to-autism-in-childhood/)
- **Altogether Autism:** [\[www.altogetherautism.org.nz\]](https://www.altogetherautism.org.nz)
- **CCS Disability Action:** Disability support services. [\[www.ccsdisabilityaction.org.nz\]](https://www.ccsdisabilityaction.org.nz)
- **IHC NZ:** Services for people with intellectual disabilities. [\[www.ihc.org.nz\]](https://www.ihc.org.nz)
- **Early Intervention Service (EIS):** Wellington Early Intervention Trust, specialist centre-based therapy for under-5s in Lower Hutt/Wellington. [\[www.weit.org.nz\]](https://www.weit.org.nz)
- **Explore:** <https://explorewellbeing.org.nz/>
- **AutSupport NZ:** Wellington-based coaching, parent support, and youth mentoring. [\[www.autsupport.co.nz\]](https://www.autsupport.co.nz)
- **Wellington Down Syndrome Association (WDSA):** [\[www.wdsa.co.nz\]](https://www.wdsa.co.nz)
- **Pasifika Autism Support Group (PASG):** [\[www.asdpasifika.org.nz\]](https://www.asdpasifika.org.nz)
- **VIVA Social Club:** Wellington-based social club for neurodivergent youth and young adults. [\[https://www.facebook.com/vivaclubwelly/\]](https://www.facebook.com/vivaclubwelly/)
- **Dyslexia Foundation of New Zealand:** [\[www.dfnz.org.nz\]](https://www.dfnz.org.nz)
- **Anxiety NZ:** [\[www.anxiety.org.nz\]](https://www.anxiety.org.nz)
- **Youthline:** [\[www.youthline.co.nz\]](https://www.youthline.co.nz)
- **Skylight Trust:** [\[www.skylight.org.nz\]](https://www.skylight.org.nz)
- **Autism Connect:** [\[https://autismnz.org.nz/autism-connect-app/\]](https://autismnz.org.nz/autism-connect-app/)
- **Autism Connections NZ:** [\[https://www.facebook.com/AutismConnectionsNZ/\]](https://www.facebook.com/AutismConnectionsNZ/)
- **Special Olympics NZ:** [\[https://specialolympics.org.nz/\]](https://specialolympics.org.nz/)

Community Resources & Services

Art:

- Irena, *Inner City Art Studio*: [www.innercityartstudio.com]

Disability support:

- Well-Able Information and Equipment Services: Kapiti/Greater Wellington community disability resource hub. [www.well-able.org.nz]
- **Kaleidoscope Solutions**: [www.kaleidoscopesolutions.co.nz]

Education support:

- **Awhina Education**: Tutoring. [awhinaeducation.co.nz]
- IHC Library: Physical library based in central Wellington, but free to ship resources/return bags nationwide. [www.ihc.org.nz/how-we-can-help/library]
- **SPELD NZ**: Tutoring & Education Support. [www.speld.org.nz]

Hairdressers:

- *Headlines*, Karori (just let them know in advance)
- Carl at *Salon Villair*, Capital Gateway (used to be in Petone), highly recommended
- *Viti Barbers*, Newtown

Sports:

- **Riding for the Disabled**: [<https://rda.org.nz/>]
- **Parafed Wellington**: [<https://www.facebook.com/parafedwellington/>]
- **dsport**: Facilitates sport and active recreation for disabled youth in Wellington. [www.dsport.nz]

Wellington City Council:

- Adapted swimming lessons, Morris Cassie [Morris.Cassie@wcc.govt.nz].
- Community recreation centres
- Inclusive holiday programmes
- Inclusive music programmes
- Inclusive sports clubs
- Local libraries
- Swimwell
- **WCC Accessibility**: [<https://wellington.govt.nz/community-support-and-resources/community-support/accessibility-services>]
- **WCC LeisureCard**: Provides discounts on Wellington pools, recreation centers, and library services.
- **WCC Recreation Programmes**: [<https://wellington.govt.nz/recreation/facilities-and-centres/akau-tangi-sports-centre/programmes-and-activities>]

Whānau support groups:

- Facebook parent support groups: Wellington Young Ones, T21 Mums NZ, NZ ADHD Parents Group.
- Te Korōria (Mind health counselling & Cool Kids Programme)

- Parent2Parent <https://parent2parent.org.nz/>

Community Resources & Services

Youth Support:

- ADHD Wellington Kids' Lego & Minecraft Clubs
- Autism NZ Youth Connection Clubs
- MacStrong: <https://www.macstrong.co.nz/>

Useful Websites

- **Ministry of Education:** [\[www.education.govt.nz\]](http://www.education.govt.nz)
- **Whaikaha – Ministry of Disabled People:** [\[www.whaikaha.govt.nz\]](http://www.whaikaha.govt.nz)
- **Health New Zealand | Te Whatu Ora:** [\[www.healthnz.govt.nz\]](http://www.healthnz.govt.nz)
- **Care Matters:** National carer learning, resources, wellbeing hub. [\[carematters.org.nz\]](http://carematters.org.nz)
- **Autistic Self Advocacy Network Aotearoa (ASAN NZ):** Support for autistic people. [\[autisticadvocacy.org\]](http://autisticadvocacy.org)
- **Raising Children Network (Australia):** Parenting advice on health, development, wellbeing. [\[raisingchildren.net.au\]](http://raisingchildren.net.au)
- **NeuroWild:** Neurodiversity-affirming resources/workshops. [\[www.neurowild.com.au\]](http://www.neurowild.com.au)
- **Kelly Mahler:** Interoception “groupie”, OT. [\[www.kelly-mahler.com\]](http://www.kelly-mahler.com)
- **PDA Society UK:** Pathological Demand Avoidance support. [\[www.pdasociety.org.uk\]](http://www.pdasociety.org.uk)
- **OT Toolbox:** OT activities, interventions, resources. [\[www.theottoolbox.xom\]](http://www.theottoolbox.xom)
- **Understood.org:** Tools/podcasts about neurodivergence. [\[www.understood.com\]](http://www.understood.com)
- **ADDitude magazine:** ADHD Science & Strategies. [\[www.additudemag.com\]](http://www.additudemag.com)
- **Child Mind Institute:** Articles & guides on children’s mental health strategies. [\[www.childmind.org\]](http://www.childmind.org)
- **Yellow Ladybugs:** Support for autistic girls, women and gender-diverse folks. [\[www.yellowladybugs.com.au\]](http://www.yellowladybugs.com.au)
- **Reframing Autism:** Neuro-affirming resources. [\[www.reframingautism.org.au\]](http://www.reframingautism.org.au)
- **AUsome Training:** Autistic-Led Neurodiversity training. [\[www.ausometraining.com\]](http://www.ausometraining.com)
- **Te Kete Ipurangi (TKI):** Online knowledge basket. [\[www.tki.org.nz\]](http://www.tki.org.nz)
- **Dr Bruce Perry, NMT:** Neurosequential Model of Therapeutics. [\[www.bdperry.com\]](http://www.bdperry.com); [\[www.neurosequential.com\]](http://www.neurosequential.com)
- **Megan Neff: Neurodivergent Insights:** Resources. [\[www.neurodivergentinsights.com\]](http://www.neurodivergentinsights.com)
- **Attwood and Garnett Events:** Events and education. [\[www.attwoodandgarnettevents.com\]](http://www.attwoodandgarnettevents.com)
- **Christina Keeble:** Consulting and resources. [\[www.christinakeeble.com\]](http://www.christinakeeble.com)
- **Kristy Forbes / InTune Pathways:** Support and education. [\[www.kristyforbes.com.au\]](http://www.kristyforbes.com.au)
- **Just a thought:** Free mental health support. [\[www.justathought.co.nz\]](http://www.justathought.co.nz)
- **Sensory sessions @Chipmunks Playland:** Low and high sensory sessions. [\[https://www.facebook.com/ahurumowaitrust\]](https://www.facebook.com/ahurumowaitrust)

Helpful Podcasts

- **The Neurodivergent Woman Podcast**
 - Monique Mitchelson, Dr. Michelle Livock
- **Two Sides of the Spectrum/Born to Be Free**
 - Meg Ferrell (Meg Proctor)
- **Full-Tilt Parenting**
 - Debbie Reber
- **The OT Schoolhouse Podcast**
 - Jayson Davies
- **The Testing Psychologist**
 - Dr Jeremy Sharp
- **ADHD Adults Podcast**
 - James Brown, Alex Conner, Samantha Brown
- **The Occupaytional Therapist**
 - Kelsie “Mick” Olds
- **NeuroWild** (when available)
 - Em Hammond
- **The Neurodiversity Podcast** (Practical neurodiversity advice)
 - Emily Kircher-Morris
- **Connected and capable**
 - Alisha Grogan
- **No such thing as normal**

Books

Parents:

- *The Explosive Child*, Ross W. Greene, 2021.
- *The Out-of-Sync Child*, Carol Stock Kranowitz, 1998.
- *The Out-of-Sync Child Has Fun*, 2006.
- *Beyond Behaviours*, Mona Delahooke, 2019.
- *Brain-Body Parenting*, Mona Delahooke, 2022.
- *Declarative Language Handbook*, Linda K. Murphy, 2020.
- *Co-Regulation Handbook*, Linda K. Murphy, 2021.
- *Low Demand Parenting*, Amanda Diekman, 2023.
- *The Family Experience of PDA*, Eliza Fricker, 2021.
- *Uniquely Human*, Barry M. Prizant, 2016.
- *NeuroTribes*, Steve Silberman, 2015.
- *Different, Not Less*, Chloé Hayden, 2022.
- *The Whole-Brain Child*, Daniel J. Siegel & Tina Payne Bryson, 2011.
- *No-Drama Discipline*, Daniel J. Siegel & Tina Payne Bryson, 2014.
- *The Yes Brain*, Daniel J. Siegel & Tina Payne Bryson, 2018.

- *Self-Reg*, Stuart Shanker, 2016.
- *How to Talk So Kids Will Listen & Listen So Kids Will Talk*, Adele Faber & Elaine Mazlish, 2012.
- *What Happened to You?*, Bruce Perry & Oprah Winfrey, 2022.

Books

Parents:

- *The Boy Who Was Raised as a Dog*, Bruce Perry, 2007.
- *Neurodiversity for Dummies*, Jenna Gensic, 2024.
- *The Reason I Jump*, Naoki Higashida, 2007.

Children:

- *All Dogs Have ADHD*, Kathy Hoopman, 2008.
- *All Cats Are on the Autism Spectrum*, Kathy Hoopmann, 2020.
- *The Brain Forest*, 2022.
- *The Tangle*, local NZ authors/illustrators, 2025. (Great for processing big emotions)
- *A Day With No Words*, Tiffany Hammond, 2023.
- *My Whirling, Twirling Motor*, Merriam Sarcia Saunders, 2019.
- *Listening to My Body*, Gabi Garcia, 2017.
- *The Colour Monster*, Anna Llenas, 2012.
- *Ruby Finds a Worry*, Tom Percival, 2018.
- *The Invisible String*, Patrice Karst, 2000.
- *The Huge Bag of Worries*, Virginia Ironside, 2012.
- *The Panicosaurus*, K.I. Al-Ghani & Haitham Al-Ghani, 2012.
- *The Red Beast*, K.I. Al-Ghani & Haitham Al-Ghani, 2022.
- *My Brain is a Racing Car*, Nell Harris, 2022.
- *Hey Warrior*, Karen Young, 2016.
- *What to Do When You Worry Too Much*, Dawn Huebner, 2005. (Overcoming child anxiety)
- *Joey Pigza Swallowed the Key*, Jack Gantos, 1998. (Life with ADHD)

