

## QUALITY HOMECARE TAILORED TO YOUR NEEDS

Solara Healthcare and Rehabilitation works with a network of registered homecare providers across New Zealand, who have been providing high-quality care at home for many years.

Our homecare services help you live safely and comfortably at home after an accident or injury, and also provide ongoing support if you have a long-term condition or disability.

Our registered health professionals will talk with you and your whānau to understand your situation and the specific support services you need. Being based in local communities around New Zealand, they are experienced at working with people from different backgrounds and cultures.

We organise for a trained homecare provider with the right skills and experience to provide the care and support you need.

To talk to one of our coordinators, contact us anytime, 24 hours a day on 0800 725 705.

### Solara Healthcare and Rehabilitation

Solara delivers tailored rehabilitation and homecare services in local communities. Previously known as Medibank Health Solutions NZ, Solara works with a network of registered healthcare providers across the country to provide high-quality services, working alongside New Zealanders at home and in their environment after an accident or injury.

Solara is proudly contracted by ACC to provide Home Care and Community Support Services and Sensitive Claims Services. Solara also provides telephone-based mental health services.

We aim to provide high-quality services and welcome any feedback about your experience. If you would like to provide feedback email us at [homecare@solara.nz](mailto:homecare@solara.nz).

Phone 0800 725 705  
Email [homecare@solara.nz](mailto:homecare@solara.nz)  
Visit [www.solara.nz](http://www.solara.nz)



Solara is a wholly owned subsidiary of  
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## Homecare Services

Help when you need it after  
an accident or injury



## HEMOCARE SERVICES IN ACTION

### Helping you stay independent

If you have a long-term condition, we can provide the best care to help you be as independent as possible. We offer high-quality care and support you and your whānau can trust. Talk to us about the best homecare and personal care package for your individual needs.



### Helping you be comfortable in your home

If you have had an injury and wonder how you are going to cope at home, we can help. We can create a personalised homecare plan that includes attendant care to help you shower and dress. We can also help with shopping, cooking, cleaning and the washing.



### Helping you look after your children

The world doesn't stop when you have an injury. You still need to look after your children, and get them to and from school. Talk to us and we'll organise homecare that includes cleaning, shopping, cooking, washing and childcare – including the school run.



### Wherever you live, we can provide support

We have carefully selected our homecare providers so you receive caring and professional assistance in your home and local community, or wherever you need it across New Zealand.

Our national coverage also means you have more freedom to holiday and travel across New Zealand and continue to access support services.

Our registered homecare providers are:

- Anglican Care Waiapu
- Care on Call
- Central Health
- Custom Care Nursing Ltd
- Disabilities Resource Centre Trust
- Florence Nightingale Agency
- Forward Care Home Health
- Good Partners Homecare and Nursing
- Healthvision NZ
- Home Comfort Ltd
- Insight New Zealand 2007
- Lavender Blue
- Life Plus
- Supreme Care (part of Central Health)
- The Salvation Army
- tlc4u2
- Tui Ora

### How to access our services

Solara is one of the organisations chosen to deliver national homecare services for ACC. All you need to do is advise ACC you have chosen Solara to provide your homecare, they will pass on your details to us and we'll give you a call.

**To talk to one of our coordinators, contact us anytime, 24 hours a day on 0800 725 705.**