

WINTER 2018 QUARTERLY NEWSLETTER

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Age Concern Counties Manukau

Serving the needs of older people



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Auckland Airport, Auckland 2150

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OFFICE HOURS

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Wendy Bremner	- Chief Executive Officer

Message from Wendy - our CEO



It seems no time at all since I wrote the last newsletter. I hope you enjoy the read and find the information we share informative and useful. One correction, in our last newsletter we wrote about the Brush with Kindness scheme

from Habitat for Humanity. The scheme has changed its name to Habitat's Home Repair Programme and it provides affordable solutions from general maintenance to essential renovations for your home at zero interest payments. All works large and small are considered, although cost is generally capped at \$20,000. Contact Habitat for Humanity: 0800 habitat (0800 422 4828) or homerepair@habitat.org.nz each application is considered on its own merits.

We have revamped our Age Concern Counties Manukau Inc brochures and membership forms so if you have our previous version let us know and we can send you some new ones.

A huge thank you to those of you who make donations to our organisation and especially to our recent funders, Lion Foundation, who helped us purchase replacement pool vehicles and Sky City Foundation, Pub Charity and NZ Lotteries for their ongoing support.

We also received a very unexpected and generous gift from Papatoetoe SeniorNet when they wound up their organisation. Here's a photo of Lindsay Sinclair and Margaret Mundy the President/Treasurer and Secretary handing over the cheque to our CEO by our Tree of Life sculpture at Cambria Park Homestead.



Continued on Page 4

Navigate this winter with ease!

During the winter months the cold weather and shorter daylight hours can make life challenging for everyone, but that's no excuse to hibernate!

Whilst it's a nice thought to be snuggled up inside, with the fire or heating on, sipping on hot drinks, the reality is that winter can often be a jolly nuisance. There are a few things that can be done to help make the winter months more enjoyable:

Be extra careful to prevent falls - Wet, frosty conditions can make it easy to slip and fall causing injuries such as hip and wrist fractures, head trauma and lacerations. Make sure your shoes have good traction with non-slip soles, replace worn cane tips to make walking easier and install handrails up steps.

Wrap up warm in appropriate clothing - With such a large variety of clothing available these days there's no need to be cold, either when you're inside or when you're out and about.

Prepare for electricity outages - Ensure you have supplies on hand in case of an electricity cut. This includes a radio with batteries, canned foods, bottled water and extra blankets. Driving Miss Daisy can help you prepare for this.

Eat well - In winter we need to nourish our bodies with warming, nutrient-rich foods to help boost our immune systems. Think delicious soups and broths, citrus fruits full of Vitamin C and hearty casseroles. You may consider the option of purchasing nutritious prepared meals and soups that are available these days.

Maintain contact with friends and family - Driving Miss Daisy can help drive you to social engagements or appointments. Our vehicles are all maintained to a very high standard, they are warm and clean, to drive you safely in almost any weather, and our amazing drivers will ensure you're delivered safely from door to door.

Driving Miss Daisy can help you stay comfortable and safe, so you will not just survive but thrive this winter! Remember that many of our franchise owners have fully equipped Mobility Vehicles, so if you have a walker or wheelchair this is no problem at all. No matter what your requirements please call us today to discuss - we look forward to seeing you soon.

Editorial supplied by Driving Miss Daisy

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While we are talking about the Tree of Life sculpture, our installation we did a few years ago, it's a timely reminder of the activity we are having this year for World Elder Abuse Awareness Day. Keeping the connection theme going and continuing to work with yarn, as we did with our interactive connection sculpture created in 2016, we are combining knitting and crocheting made by many to create a yarn bomb of the trees at Cambria Park Homestead. Yarn bombing is a form of street art that employs colourful displays of knitted, crocheted or wrapped yarn on public objects. You can participate by knitting or crocheting a square or several – our preference is something about 30cm x 30cm – any colour or shape. We will combine them all and unveil them on

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Have a go! Play 3, 5 or 9 holes of golf or play our new 9 hole Putt Putt. The Retirement Homes come in their mini vans to play.

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Editorial supplied by Maxwell's Golf Retreat



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15 June, World Elder Abuse Awareness Day. Drop them off at our office in Puhinui Road.

There are a couple of articles later in the newsletter talking about Elder Abuse. Lynn our Elder Abuse and Neglect Prevention educator will be running a half hour information session on 15 June. For those who are interested please register by contacting our office on (09) 279 4331 ext 800 or reception@accm.org.nz

If you or anyone you know is at risk of immediate harm please contact the police. If the risk is not immediate and you would like us to help you with elder abuse or neglect you can contact 0800 456 450 the elder abuse helpline or contact one of our social workers for advice.

June includes volunteer awareness week and as we won't have another newsletter before that week we take this opportunity to sincerely thank our volunteers without whom we could not deliver our services in our community. Our visitors gift their time, energy and commitment to visit clients for an hour a week on an ongoing basis. Our charity store volunteers commit to working in the store on rostered hours so we can open and raise revenue for our organisation. Our general admin and mail-out team volunteers support the work we do administratively. Our advisory group members and board members provide their advice and governance to our organisation. Others volunteer at various times for various tasks and all of these tasks are essential and important! THANK YOU!

NZ Super and Veteran's Pension payment rates are updated on 1 April every year. To find out more information about the new rates visit this link: www.workandincome.govt.nz/eligibility/seniors/superannuation/payment-rates.html

We are delighted to have partnered with the Manurewa Local Board with their lifelong learning fund. The second round saw applications for studying counselling, adult education and teaching, a toastmaster's course, a course on floristry, woodturning and equipment to help with presentations. The variety of applications was extremely pleasing, and we hope to see more people applying in the next round when it opens later in the year. Learning is a lifelong pursuit and one we and the local board encourage and support in your senior years.

The cost of sending a standard letter within New Zealand will increase 20 cents from \$1 to \$1.20, from 1 July 2018.

Our **positive ageing network** meets quarterly and if you work with or for older people in South Auckland it is a great place to share ideas, issues, trends, resources and information. If you're interested in finding out more please contact Lucyp@accm.org.nz

Hellos and goodbyes:

We farewelled Kathy Rutger our Vintage Store Manager in March and welcome Suzi Hogan on board. Suzi has a varied background including community and social work and extensive experience as a charity store manager. More recently Suzi has been a victim support worker. She is enjoying working alongside all the great volunteers at our Vintage Store and she has a vision of growth for the store and the community space within.



We urgently need more volunteers at The Vintage Store so if you are keen to help, pop in and see Suzi or contact her on: tvadmin@accm.org.nz or (09) 250 1935.



We also bid farewell to Anne Foley. Anne is now working as a social worker for the defence force. Lynn Cicero has taken over the educator role in addition to the job share role she has with the Accredited Visiting Service. Lynn can be contacted on lynnc@accm.org.nz or on her mobile 021 148 9722 to organise a training session.

Kind regards

Wendy Bremner

CEO Age Concern Counties Manukau Inc

The views expressed in this newsletter are not necessarily those of Age Concern Counties Manukau. The inclusion or exclusion of any product does not mean that the publisher or Age Concern advocates or rejects its use.

Mother's Day - 13 May 2018

Mother's Day was a wonderful opportunity to thank all the mothers, mothers-in-law, grandmothers, great grandmothers, step-mothers, people who have been like mothers for the contributions they make to our lives and our communities. Here is a quote from Maya Angelou, Mom and Me and Mom... "She had my back, supported me. This is the role of the mother, and in that visit I really saw clearly, and for the first time, why a mother is really important. Not just because she feeds and also loves and cuddles and even mollycoddles a child, but because in an interesting and maybe an eerie and unworldly way, she stands in the gap. She stands between the unknown and the known. In Stockholm, my mother shed her protective love down around me and without knowing why people sensed that I had value."

- Maya Angelou, *Mom and Me and Mom*

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Staying Safe



I wonder what those two little words mean to you.

Perhaps **staying safe** in a civil defence emergency like the Kaikoura earthquake or the recent Auckland storms?

Maybe **staying safe** on your feet and taking steps to reduce your risk of falling?

It could mean **staying safe** on the internet, or when using an ATM?

Or is it **staying safe** at home so your house doesn't burn down?

What about **staying safe** in the future with managing your affairs and making your wishes for your care known if you are no longer able to look after yourself?

There are lots of ways of **staying safe** and these scenarios are covered by our Health Promotion workshops and seminars.

Staying safe is actually the name of the NZ Transport Agency (NZTA) driver refresher workshop. Participants brush up on ways to maintain their mobility and independence in a classroom based workshop for mature road users.

Age Concern Counties Manukau has delivered this workshop for several years. We are exploring new and different ways to encourage increased attendance, to keep our older drivers **staying safe** on the road, particularly in areas within Counties Manukau where uptake of this workshop has been low.

There are many agencies that deliver this workshop, each has flexibility in how they use the materials and resources supplied by NZTA. In Counties Manukau,

we usually hold our workshops from 9.30am to 2.30pm and provide lunch, as well as morning tea.

The content covers four key themes: **keeping safe** (thinking about your safety), **being safe** (looking at driving skills), **safe journeys** (managing road situations), and we finish with **keep moving safely** (alternatives to driving when it is no longer an option). As everyone learns differently, throughout the day we use a range of delivery styles to ensure a relaxed atmosphere and some fun along the way.

We have been funded to deliver 10 workshops before 30 June. Three have been delivered at Glenbrook Beach, Highland Park and Botany; each of the 63 people who attended received a \$10 MTA voucher. Below are details of two workshops we are taking registrations for, the remainder will be announced soon. We are trialling delivery of the workshop over two successive morning sessions and advertising via Neighbourly and the Age Concern Facebook page.

To register for one of our workshops, or note your interest for a future workshop, please phone (09) 279 4331 ext. 800 or email: reception@accm.org.nz

We will contact you when the final dates and venues are set. Registration is essential for catering and resource purposes. (Room sizes at some venues restrict numbers.)

1. Wednesdays 23 and 30 May at BUPA Wattle Downs Retirement Village, 120 Wattle Farm Road, Wattle Downs from 10am to 12.30pm.

2. Thursday 14 June at St Johns Anglican Church, 148 Buckland Road, Tuakau from 9.30am to 2.30pm.

Other workshops you can join to keep you **staying safe**:

Civil Defence Seminar, Positive Steps (four-week falls prevention programme) or **Steady Steps** (a short presentation on falls prevention for seniors' groups), **Spring into Safety, Fire Service seminar, Enduring**

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Power of Attorney and Wills, and Advance Care Planning.

These, along with **Seniors Eating Well** (four-week nutrition programme), **Nutrition in a Nutshell** (a short presentation on nutrition as we age suitable for seniors' groups), **Supports for Super Seniors, My Home - My Choices, Preparing for Bereavement, Sleeplessness and Stress, Down but Not Out**, and **Keeping Connected** are all topics which are brought to you by the Health Promotion service at Age Concern. Please register your interest and you will be contacted when dates and venues are set for those being offered from July to December 2018. *Not all workshops are available every year.*

Connect the Dots Charitable Trust

Connect the Dots Charitable Trust is a creative arts charity working with older people in south and central Auckland. We are passionate about the arts and creativity, and our mission is to ensure that all older people have full access to the rich and diverse arts opportunities in their neighbourhoods. We want to grow the opportunities for older people and people living with dementia to be creative, in thought, conversation and physical making, and to do so in a meaningful way in culturally inspiring spaces.

Our free programmes use the visual arts as a prompt, a form of expression, a tool for creative thinking; and the space for exploration, growth and connection – to each other, to our communities and to ourselves. The impact of the fun atmosphere and chance to socialise in a non-medical setting cannot be underestimated.

Growing evidence indicates the multiple benefits



for older people and people living with dementia to engage in the arts. Art programmes like Make Moments can increase confidence, self-esteem, dignity, empowerment, pleasure and interest. They are shown to decrease depression and anxiety, and to create meaning, personal fulfillment and growth. Importantly, engaging in new and challenging activities in a safe and supportive setting works to enhance feelings of accomplishment and raise expectations of what is possible.

Make Moments is not only for people who have enjoyed galleries or art making in their younger years. It is beneficial and enjoyable for all who participate, so be sure to book on Eventbrite: www.eventbrite.com/d/new-zealand-auckland/connect-the-dots or contact: Andrea@connectthedots.org.nz

Our art conversation tours and art making workshops are free because of the generosity of funders like: Foundation North, Chartwell Trust, Auckland Council, Trillian Trust, COGS and Lion Foundation. Please take advantage of these opportunities to keep them available.

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How important is social connectedness for older people?

We are wired to connect.

Our need to connect is as fundamental as our need for food and water. We are profoundly shaped by our social environment and we suffer greatly when our social bonds are threatened or severed. Our wellbeing depends on our connection with others. We are seeing more of our older people become isolated. The number of those with no social connectedness is growing exponentially.

Why is social connectedness important?

- It is key to healthy ageing. Studies have shown that older people who have close connections and relationships not only live longer, but also cope better with health conditions and experience less depression
- Improved mental wellness

- Increased life satisfaction
- Personal growth and development

Some circumstances that are affecting social connectedness for our older people:

- living alone
- changes in health mobility or sensory impairment
- changes in living arrangements
- low income or limited financial resources
- loss of family and friends, particularly a spouse
- commuting challenges, when driving is no longer an option, isolation becomes a significant issue, especially in communities where there is little or no public transport
- language barriers
- rural or inaccessible neighbourhood
- inadequate social support

Some proactive steps you can take to prevent loneliness:

- join community activities
- volunteer
- take a class

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*Many Thanks George Warman
(Ranui West Auckland)*

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A life of giving that has made a huge difference!

When we first came into our role at Age Concern, the first client we saw was a gentleman we will call Henry. He was 90 years old. After we met him on his front porch, having a good chat with his neighbour's cat who was enjoying the sunshine, we ventured down into the centre of town where Henry lived. We popped into a local church to ask about any potential visitors in the area for Henry. A lady led us through to a hall where another elderly gentleman who we will call Donald, was sitting and reading to a bunch of small children. Donald had recently nursed someone through cancer and was close in age to Henry, still driving and still active in his community. Once we told him about Henry he agreed to help us out. These days he said "I don't like to take on too much, I like to keep myself a little loose so I can fit things in!" All said with a chuckle and a grin.

Donald visited Henry quite regularly and took him out to the botanic gardens. Henry loved going down to the wharf to look at the boats and Donald was quite happy to take him. They would go on little adventures into town using their gold cards. It was only a short period of time (nine months) that they enjoyed each other's company, as Henry recently passed away. Donald truly enhanced Henry's life at a very late stage, he really made a difference. The capacity of some people is truly amazing.

(Names in this story have been altered to preserve the client and visitor's identities.)

Lisa Wall and Lynn Cicero
AVS Coordinators

Papakura Bridge Club

Papakura Bridge Club invite you to join them. To help ease social isolation you may want to consider joining the Bridge Club. Starting in May. New members will be a part of 10 weekly lessons, and then be buddied up to play and practice their new skills! Many people travel to and from the venue, so lifts may be possible.
Contact: Jon Maplesdon - Club Secretary on 021 769 646 for more information.

Honouring and Celebrating Life

Funeral directors often hear from family that a loved one didn't want a funeral. Quite frequently it's prefaced by "mum didn't want to make a fuss" or "dad said to just keep it simple and put him in a cardboard box". While these statements are often said with good intentions, quite often they've been made by a family member who is thinking they're sparing loved ones extra grief, or maybe saving the family money. The reasons for having a funeral are many. It offers a respectful way to farewell a loved one but it also offers a way to express beliefs, thoughts and feelings about the person and about life and death. A meaningful and personalised service can be a way for your loved ones to receive support from their friends and acquaintances and begin their grief process. Additionally it allows time to support others and to share your life story and values with them. Preplanning can assist with this process.

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Elder Abuse Education

Life is meant to be fulfilling at any age

As an older person living in New Zealand there are several pieces of legislation available that seek to protect your entitlement to live a full life; a life that is meaningful and free from abuse.

- The Code of Health and Disability Services Consumers' Rights 1996.
- The New Zealand Bill of Rights Act 1990 states that everyone, including older people, have the right to, among other things, freedom of thought, expression of opinion and freedom from discrimination.
- The Human Rights Act 1993 states it is unlawful to discriminate against a person because of their age.
- The Protection of Personal and Property Rights Act 1988 sets out provisions for Enduring Power of Attorney.
- The Domestic Violence Act 1995 sets out procedures to protect people from abusers.



Old age is not a disease - it is strength and survivorship, triumph over all kinds of vicissitudes and disappointments, trials and illnesses.

~ Maggie Kahn ~

- The Crimes Act 1961 and Amendment 2011, allows for people to be charged for elder abuse matters.
- The United National Principles of Older Persons 1991 describes 18 rights of entitlement for older people, listed under headings: Independence; Participation; Care; Self-fulfillment and Dignity.

So, legislation is on our side as we age, and ageist attitudes which ultimately curtail an older person's continuing enjoyment of life need to change and are often about power and control.

There is also a tendency to view older people from the perspective of their medical condition e.g. "oh yes, Mrs Brown, she has very bad arthritis", ignoring all the other things that make Mrs Brown the individual that she is. The Maori Model of Wellbeing - Whare Tapa Wha - developed by Dr Mason Durie, encourages professionals to view clients they are working with from a holistic, integrated perspective, not just focussing on one dimension of the person e.g. Mrs Brown's physical ailment arthritis.

Te Whare Tapa Wha, describes a person as having four distinct areas of need when it comes to maintaining overall wellbeing:

Taha Tinana (physical wellbeing): The physical body needs to be able to grow, develop, move and be cared for appropriately.

Taha Hinengaro (mental and emotional well-being): A person needs to be able to communicate with others; think and feel; attach emotionally to others.

Taha Whanau (social well-being): People need to be socially connected, family relationships, friendships, feelings of belonging, compassion, caring and support.

Taha Wairua (spiritual wellbeing): The values and beliefs that determine the way a person chooses to live need to be respected; and the search for meaning and purpose in life continues until our last breath.

These four dimensions are interconnected and if there is a lacking in one area then the person's safety, security and wellbeing will be affected.

Older people of all ages still desire independence; still want to participate in life; still seek self-fulfillment. They are using mobile phones, learning new things, volunteering throughout New Zealand (what would we do without them), going to the gym; working part-time, to name just a few things.

There are occasions when an older person's right to live a full life is not respected by those around them. Example: "Why do you need that mobility scooter, it costs so much money." This could be concern for your welfare or it could be someone with an eye on your bank account. Example: "Stay in your room and eat your dinner Mum, there's too much noise in the dining room for you". This could be concern for your welfare or it could be someone wanting you to stay in the background and keep out of the way - whilst continuing to pay your board of course.

If you are no longer living the life you want to live, ask yourself WHY? Are there legitimate reasons for this - or has someone else, maybe a family member, assumed too much control in your life with negative results for your wellbeing.

Remember the Taha Wairua (spiritual wellbeing) dimension of the Whare Tapa Wha: The values and beliefs that determine the way a person chooses to live need to be respected; and the search for meaning and purpose in life continues until our last breath.

Anne Foley

James Donovan Solicitors

There is now a realization that an increasing percentage of our population are living longer and retirement after 65 may require careful thought and preparation. This sector of our population will encompass all of us and has resulted in the development of a particular area of law generally described as "Elder Law." This section of the law is designed to strengthen and secure the legal rights of elders. It has as its aim the planning and advising for problems associated with aging.

The Code of Health & Disability & Consumers Rights provides that aging consumers have rights and providers have duties as set out below:

- (1) Every consumer has the rights in this Code
- (2) Every provider is subject to the duties in this Code.
- (3) Every provider must take action to -
 - a. Inform consumers of their rights; and
 - b. Enable consumers to exercise their rights.

Editorial supplied by James Donovan Solicitors

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Message from our Counsellor Nicolle

As a counsellor I am humbled and privileged to hear many personal stories. I like to think I connect with my clients with warmth and compassion, empathy and congruence. I believe we are all worthy and deserve dignity.

My counselling theory is one of empathy, and close understanding, not just from a learned approach, but also an intuitive one. My hope is my clients feel listened-to and validated.

The following quote by Rachel Naomi Remen is a reflection on the counselling process, along with various coping strategies: "When you listen generously to people they can hear the truth in themselves, often for the first time."

Please remember, there are many people out in your community who really do care. We are just a phone call away. You are important to us.

I hope you enjoy the following quotes I've selected for you, and that they make you smile or reflect:

"The most basic and powerful way to connect to another person is to listen. Just listen. Perhaps the most important thing we ever give each other is our attention... A loving silence often has far more power to heal and to connect than the most well-intentioned words." - Rachel Naomi Remen

"Meaning is forged, not found." - Paul Scanlon

"History flows through us and it feels like thinking." - Thomas Kuhn

"Many people know so little about what is beyond their short range of experience. They look within themselves - and find nothing! Therefore they conclude that there is nothing outside themselves either." - Helen Keller

"What one generation tolerates, the next generation will embrace." - John Wesley

"Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend." - Melody Beattie

"Not everything you create will be a masterpiece, but

you get out there and you try. Sometimes it happens, the other times you're just stretching your soul."
- Maya Angelou

"To be loved but not known is comforting but superficial. To be known and not loved is our greatest fear. But to be fully known and truly loved is, well, a lot like being loved by God. It is what we need more than anything. It liberates us from pretence, humbles us out of our self-righteousness, and fortifies us for any difficulty life can throw at us." - Timothy Keller

Assisted Dying

I chair a local hospice. The purpose of the hospice movement is to offer palliative care services to those with terminal illnesses and also support to their families.

The big issue for the hospice movement in New Zealand at present is the debate over assisted dying for those who request it. Some still term it euthanasia. What it means is that if the law is altered to permit this form of death a physician will be able to actively intervene to hasten the death of the person who has requested it. At present it is unlawful in New Zealand.

Like the issue of abortion this is extremely controversial with many, including influential people, on both sides of the debate. Proponents say that people should have the right to choose when they wish to die if suffering from a life threatening or life altering condition. The latter need not necessarily be terminal but simply have had a devastating impact on the person's life.

I would say that the majority in the hospice movement do not support a change in the law. For example, they cite the fact that the vast majority of people with terminal illnesses die without requiring assistance. That was the case with Lecretia Seales the young woman lawyer who three years ago applied to the High Court for a declaration that her doctors could assist her in dying earlier from the terminal condition that she had. The High Court found that as the law stands this was not possible. I refer to her case because in fact she died naturally the day the judgement was issued - without needing assistance to bring her death on.

We at Age Concern also take a close interest in this

debate. One concern for us is that if the law should change then there may be cases of people being persuaded against their natural inclination to request assisted dying. One example is where family urge it on the patient. The reasons may possibly be for the good of the dying person. However, human nature being what it is the reasons could be otherwise, such as to bring about sooner an inheritance, or it could possibly be that the family find looking after the ill person becomes an increasing burden. In this case that is one of the main reasons for the hospice movement. In South Auckland we have Totara Hospice which offers excellent care - both in the home of the patient and if necessary at their facility in The Gardens in Manurewa. The hospice does not offer inpatient care, but have a highly trained and experienced group of nurses who work with patients and families in their homes.

I urge those of you who read this article to think about the matters I have raised. Should assisted dying become law then it will bring about situations where a person with a life-threatening disease or illness who does not wish to have their death hastened, may feel obliged or are put under pressure to choose that option. One of Age Concern Counties Manukau's key roles is the prevention of Elder Abuse and Neglect.

Alistaire Hall
Chairperson

Could you be saving money on your power bill?

As the weather gets colder it's a good time to check if you're getting the best deal on your power.

This has been made easy with a quick two-minute check you can do.

A visit to www.whatsmynumber.org.nz will tell you if you could save money on your power bill by switching electricity providers.

It's a free, independent website that compares the electricity choices available in your area and lets you know what your potential savings are, should you choose to switch.

If you don't have access to the internet, your local Citizens Advice Bureau can help you run the check or you could ask your family to help. And if you decide to change, the new electricity company will do all the work for you.

Even if you're happy with your current company it's worth giving them a call to see if they can offer you a better deal.

Top tip to lower your bill

Well-installed insulation is always the top priority for a warmer, healthier home. Get your insulation checked to make sure it is up to scratch - it may have been moved or need topping up.

Visit www.energywise.govt.nz for more information.

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Breaking the cycle of arthritis pain

Living with pain can be the hardest part of life with arthritis. It's easy to start avoiding activities because they hurt or you think they may be damaging your joints. You may start losing confidence and feel that life is no longer enjoyable.

Short term acute pain is very useful - it's a signal that you need to protect whatever part of your body is hurting. Chronic pain that lasts longer than three months does not always mean harm; it may just be because your brain is overprotecting you.

We also know that stress, fatigue or depression can make pain worse, creating a cycle of discomfort. The good news is that this cycle can be broken.

Tips for managing pain:

- Gentle exercise and stretching
- Maintain a healthy weight and eat healthy foods
- Protect joints by using devices such as walking sticks and supportive footwear
- Mind-based approaches (deep breathing, relaxation, mindfulness, distraction)
- Relieve stress: pace yourself, prioritise, plan, watch your posture
- Use medications, topical creams and gels
- Apply heat or cold - whichever brings relief
- Complementary therapies such as acupuncture, massage, yoga, aromatherapy.

Everybody is different, so be prepared to try various techniques until you find what works best for you. Pain may limit some of the things you do but it doesn't have to control your life.

For more information and support, phone Arthritis New Zealand on 0800 663 463 and speak to an arthritis educator or visit our website: www.arthritis.org.nz



HELP US YARN BOMB OUR TREES!

Calling all Knitters & Crocheters!

We need your help to decorate the trees at Age Concern Counties Manukau for WORLD ELDER ABUSE AWARENESS DAY.

If you are interested in knitting or crocheting a piece of art to decorate one of our trees please contact 09 2794331 or email lucyp@accm.org.nz for more details.

Knitting and crocheting will need to be completed by 8th June 2018 for the community installation on 15th June - World Elder Abuse Awareness Day.

Touch Tour Explanation

A Touch Tour? What on earth can that be? And why would anyone choose to go on one?

The answer's quite simple. It's an adventure into the unknown for guide dog owners and others similarly affected. I have been on several. 'West Side Story' was the first musical, and '1984' a theatrical production about George Orwell's controversial book is the next. You see folks, this is the backstage way in which some disabled-by-sight-impairment folks are enabled to experience another side of a performance - with their fingers. Simply put it's a way to help us better understand and enjoy what you more fortunate people see fully later.

We don't all have guide dogs. Generally we meet in the foyer approximately one and a half hours beforehand. Many like me have support people to take us to these venues and assist us in the actual tour. If not, there are always members of the organising entity to squire us through unknown corridors, past dressing rooms to where the production's staff such as artistes, dancers and actors, who will appear later on stage, and stage managers with their staff for us to question and meet. Tickets have been paid for and theatre seats allocated in the usual way through Ticketek, but lately have been arranged through the Auckland Arts Festival Trust section of Auckland Live who go to much trouble organising these tours. Having received information about each different performance we are able to ask questions about the props and costumes we finger and the protected paraphernalia described as Auckland Live staff in recognisable red uniforms take us backstage. After each tour we collect earphones for the audio described performance. Magic indeed!

All this adds so much, and we are very grateful to those who make such education available.

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Elder Abuse - Caregiving Ain't Easy

When someone in the family becomes dependent on another family member for some level of care, there is a change in the relationship dynamic and a change in responsibilities for the person providing that care. These two things can, in some situations, create the foundation for an environment in which elder abuse occurs.

When elder abuse referrals are received at Age Concern it is frequently the family member providing care who is named as the alleged abuser.

Age Concern takes a very holistic view when investigating alleged cases of elder abuse; because often things are not as black and white when you take a closer look. Sometimes there are two victims: the older person being cared for AND the caregiver.

“Caring for the carer is one of the primary steps towards preventing abuse.” (Age Concern NZ Incorporated, A Handbook for those Working with Older People, 2005, p.13).

Most caregivers Age Concern social workers come across in their work are women. These are women who do what they do for no money, and who perhaps have other family/whanau they care for as well. Women who, in probably 100% of these situations, have not been trained for this new role and don't

really know what is expected of them, or what is involved for care to be considered at a satisfactory level. These women may never be thanked for what they do; and other family/whanau are just relieved it's not them doing it, and likely never offer to help or provide respite for her.

You can never condone abuse, but you can certainly in some cases understand how it's come about.

This is what makes the investigation of elder abuse so complex and why each case the social workers receive is so different from the previous one and requires a softly-softly approach to avoid increasing the harm already happening. Obviously, there are those cases that are horrific and criminal charges can be laid; or financial abuse cases which are usually planned and premeditated. However, mostly the cases are about subtle situations where the aim of the social worker is to achieve an outcome that works in the best interests of the abused person AND their caregiver.

Questions that get considered:

1. Is the older person allegedly being abused also abusing the caregiver? This can happen when the older person dislikes being dependent on someone, or they have dementia, or they have historically always abused this person, the caregiver (e.g. their wife, their daughter), which is often referred to as 'domestic violence grown old'.
2. Is the caregiver stressed or depressed?
3. Does the caregiver need some outside help?
4. Does the caregiver understand what is expected of them?
5. If the caregiver is also the partner (e.g. wife) they may be having a hard time accepting the change in relationship; missing how the relationship used to be.
6. Perhaps the caregiver never liked the person they are now expected to provide care for. Wouldn't that be hard?

Often the caregiver doesn't know they are stressed and it can take the social worker visiting a few times before they acknowledge that they may need help. Perhaps the caregiver thinks admitting they are tired or feeling resentful is failure; perhaps they are fearful their loved one will be taken into care and they will be alone.

Putting your hand up and asking for help is not failure it is courage.

It is showing love for the person you are caring for AND love for yourself.

Anne Foley

Winter Wellness

Here are some great body and soul tips I have borrowed for supercharging your winter wellness. Winter can be a trying time both mentally and physically. The days are darker, colder and shorter and our bodies become more susceptible to all kinds of winter nasties like colds and flu. We hope these 10 tips will be a useful reminder for you:

1. Wash hands

Sounds simple but it's the number one way to stop the spread of germs. Experts recommend washing hands every few hours and in particular after using the toilet and before meals. Give them a wash after touching someone else's phone or keyboard.



2. Get vaccinated

If you're considered at risk (for example over 65, pregnant, or have a chronic illness), the government picks up the tab.

3. Keep exercising

It's hard to get motivated when it's cold and dark, but your body has to work overtime to get warm, so you can burn more kilojoules on that early morning walk. Find an exercise partner to keep you motivated and if it's too cold outside, go to the gym or do laps at an indoor pool.

4. Eat well

Keep your immune system in shape by making sure you're eating a healthy diet. For your body to be able

to respond to infection, it needs to have enough protein, so enjoy lean meat, fish and poultry.

5. Dose up on vitamins and minerals

Iron, zinc and vitamin C are also key to a healthy immune system. But before popping supplements, boost your dietary intake of these substances. Look for dark, leafy greens and red and yellow vegetables, which are all high in antioxidants.

6. Stay hydrated

If cold water is unappealing when the mercury dips, try boiled water with a slice of lemon. The moisture will also help make mucous membranes, including those in your sinuses, more resistant to bacteria.

7. Rest up

Regular sleep is vital to staying healthy. Don't let yourself get run down. Those who aren't well rested are more likely to get sick.

8. Quit smoking

Smokers are far more susceptible to upper respiratory infections, which tend to strike in winter. Even if you're a social smoker, now's a good time to quit and clear your airways.

9. Clean up winter mould

Mould can trigger nasal congestion, sneezing, coughing, wheezing, respiratory infections and worsen asthma and allergic conditions. So move your spring clean forward to autumn.

10. Save your skin

Cold air, wind and heating will dry out your skin, so keep your face and body well moisturised.

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Handy News

Well, “hi” from the handyman again. This article we are going to look at safety when using the most dangerous device that you probably have lurking in your home - the step ladder. To many people a ladder is a terrifying piece of equipment, to others (and this article is addressed to you) the ladder is a marvel of human ingenuity.



Falls from ladders are always dangerous and sometimes deadly, and nearly all falls occur at home. Even a fall from the first rung can cause significant damage. And there are not many more annoying mishaps that can occur than tripping over a ladder that is still lying on the ground.

But the good news is that most accidents involving ladders are preventable. So here are some tips on how to maintain a good relationship with your ladder:

- 1) Before you use your ladder make sure it is in good condition.
- 2) Always use a ladder of the correct length for the job. This is why most tradespeople have three or four ladders. Using a ladder that is too short or too long is a sure-fire recipe for disaster.
- 3) Make sure that you place the feet on a level firm surface, with nothing under either foot that is

- slippery.
- 4) Do not place the ladder underneath overhead obstacles or close to swaying branches or lines of any sort.
- 5) The ladder should have a lean angle of 1:4. In other words one metre out from the vertical for every four metres up.
- 6) Lean the top of the ladder against a flat surface and only lean it on a tree trunk if you have tree bumpers. Tie the top of the ladder to something secure if you are going to work vigorously or for a long period of time. When climbing onto a roof the ladder must extend at least one rung above the roof.
- 7) Wear closed toe shoes with non-slip soles and always maintain three points of contact with your ladder. Three metres above the ground it is your only friend in the world.
- 8) Never attempt to over-reach and never climb above the third rung from the top.
- 9) And this may seem obvious to most of us but is seen surprisingly frequently, get off the ladder before you move it.

Try to have someone watch you while you are using a step or ladder and please put it away once you have finished using it.

Finally, if you are at all in doubt, call for professional help.

Ciao Brett

Community strength and balance

Are YOU or someone you know at risk of falling?

Each year across New Zealand, one in three people aged 65 and over will fall. For people aged 80 and over, the risk increases to one in every two people.

It is proven that people aged 65+ years can significantly reduce their risk of falling by doing regular specific exercises that build the strength and balance in their legs and core (stomach, lower back, and hips).

Strength and balance exercise classes have started in rural towns and city suburbs across New Zealand. These classes are led by instructors trained to assist people 65 years and older in the correct exercises to build strength and balance.

Age Concern Counties Manukau Inc is the lead agency for Community Strength and Balance for Older People in the Counties Manukau DHB region. Our role as lead agency will be to coordinate and grow access to community group strength and balance programmes for older people. This is an initiative from ACC who are working collaboratively with Ministry of Health, Health Quality and Safety Commission NZ and local DHBs. People will be primarily referred to exercise providers via their GPs.

The CMH programme will include three main components:

1. You may be contacted if you are over 65 years by your local GP or practice nurse, for falls prevention screening. You are likely to be asked the following types of questions:
 - Have you slipped, tripped or fallen in the past year?**
 - Do you have to use your hands to get out of a chair?**
 - Are there some activities you have stopped doing because you are afraid you might lose your balance?**
 - Do you worry about falling?**

A positive response indicates you are likely to benefit from strength and balance exercises and a referral to in-home or community classes.

2. **Self-enrol to approved community group strength and balance programmes**, in conjunction with Age Concern Counties Manukau and local providers. If you're over 65 and under 75 go to our website and complete the enquiry form:
 - www.ageconcernauckland.org.nz/strengthandbalance

Age Concern Counties Manukau will receive this and send a list of approved classes in Counties Manukau so you can register for a class near you.

3. **In-home strength and balance programmes** provided by CMH physiotherapists.

We now have 42 approved community strength and balance classes in Counties Manukau. Below are a couple of examples and testimonials from participants:

Kia Ora
Tai Chi
Say hello to better health



First approved strength and balance programme: Kia Ora Tai Chi Instructor, Jocelyn Watkin (left) with Lisa Jury, Community Strength and Balance Coordinator – Age Concern Counties Manukau.

How their health has improved in just eight weeks of tai chi classes; this is what some have said:

- “I’m finding it easier to go up and down stairs.” Karin
- “My balance is definitely better.” Lynne
- “I don’t get aches and pains as much.” Colleen
- “My thigh muscles feel much stronger and supportive. As a bonus, I always enjoy the

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- companionship and making new friends." Pat
- "I injured my leg 15 months ago (not at tai chi). I have definitely noticed strength gains and less pain." Alan
- "I'm moving better overall." Ed
- "Tai chi has given me more leg strength so I can stand up in the morning to put my trousers on, rather than sit on the bed to do this." Nigel



Fun Friendly Falls Prevention

Covering **Franklin District** (Pukekohe, Tuakau, Waiuku and Mauku) **for tai chi and qigong classes**, Tamara Bennett Managing Director of **Smiling Dragon Tai Chi & Qigong** ensures falls prevention is a main focus in all of her classes. Tamara offers classes for absolute beginners, including seated and standing with chair assist, plus intermediate and extended levels. Her classes are fun, safe and effective. Tamara uses mostly Tai Chi for Health programmes, which are scientifically proven to be safe and effective for falls prevention, plus improve many aspects of health and well-being. Many people find that exercise is difficult and boring. The slow rhythmic movements of tai chi make it suitable for everyone. It improves muscle strength, flexibility and relaxation, plus it is fun. Attending regular weekly classes is also very good for socialising and improves mental health.

Tamara offers the **first class of tai chi for FREE** ...Give tai chi a Try!



- As a Master Trainer for the international **Tai Chi for Health Institute**, Tamara is **authorised to qualify instructors** for the following programmes: Tai Chi for Falls Prevention, Tai Chi for Arthritis (TCA), Seated TCA and TCA Part 2, Tai Chi for Diabetes, Tai Chi for Rehabilitation and

Tai Chi for Energy. These workshops are suitable for a variety of people looking to contribute to health and well-being in their community; health and exercise professionals, Physiotherapists, Occupational and Diversional therapists and tai chi students. Contact Tamara to see if you can help your community more by sharing this ancient Chinese exercise.

- On Tamara's website you will also find a SHOP ... as Dr Lam's NZ agent for Tai Chi Productions, she sells all of his instructional tai chi DVDs, books and CDs.
- Keep up to date with **Tai Chi for Health, workshops in NZ** and Tai Chi Productions **product specials**...subscribe to Tamara's newsletter... www.eepurl.com/bWt82f

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Franklin Leisure Centre - EziFit Class If you are at risk there are things you can do to help!

- Community based falls prevention programmes and exercise classes can help - ask about your nearest programme.
- Some medicines can increase your risk of falling - ask your doctor, nurse or pharmacist about the medicines you are taking and if they are right for you.

For any queries contact Lisa Jury - Community Strength & Balance Coordinator

Phone: 021 960 004

Email: Lisaj@accm.org.nz

Website: www.ageconcernauckland.org.nz/strengthandbalance



"I joined EziFit classes in September 2017. These classes have improved my balance and strength. I have been taught how to balance on one leg, get up from the floor safely, also how to breathe while exercising. Having

been an asthmatic this is important to me. The class is a good variety of strength, balance and coordination. I am 74 years of age and am looking forward to more challenges from this class." Leone Miller

"I have been attending the EziFit programme since September 2017. In the time since I began I have learnt a variety of measures to take so that I don't fall e.g. walking up and down stairs correctly. I have greatly improved my balance. I can now stand on my right or left leg without falling. I have improved my upper body strength as well. Although I am about to turn 72 I feel like I'm in my fifties." Heather Green

Influenza season on its way - get protected

One in four New Zealander's are affected by influenza every year. It takes up to 2 weeks for the flu vaccine to provide protection. The vaccine is free for over 65's. Contact your health professional now for further information.



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THE VINTAGE STORE

The Vintage Store is looking great at the moment why not pop down to 3/154 Kolmar Road for a visit. We have a great range of resources for older people too in our brochure stand.

We are keen to recruit some more volunteers, especially if you are physically fit and don't mind moving things around in the store to help with merchandising.

If you or anyone you know is interested in spending 4 hours on a regular basis 1 or more days a week helping out at front of store or sorting at the back, pop in and see Suzi or Brendon for more information.



Community Mobilisation

Age Concern Auckland recently started a pilot project Community Mobilisation which aims to increase the engagement of lonely and isolated older adults within their communities.

Here at Age Concern Counties Manukau we recognise that loneliness and isolation has a detrimental effect on our physical and mental wellbeing. This can particularly affect older adults who may find it harder to connect with the communities and services around them. Many find it a challenge to maintain their social connections for a number of reasons: financial, mobility, accessibility, confidence, motivation, or a lack of awareness of what is available.

The first part of this project will be to create a directory, or *asset map*. This will identify the activities and groups available for older adults within their communities. Unlike most directories, this one will also include information about the culture of the group: Is it welcoming and open? Do they provide transport? Is morning/afternoon tea provided? What is the energy level of the group (high and energetic, or low and calm)? What is the skill level of the group (requires high/low levels of mobility or motor skills)? What is the general age/gender/culture of members?

We know that older adults who are lonely and isolated may feel under-confident about attending groups, depending on the type of group and the environment in which it is run. We plan to identify the type of group, based on the information above. We can then match an individual to a group or activity that best suits them. As part of this fact-finding we will look at what barriers prevent older adults from engaging in these activities and groups. Some challenges will be identified by the group or activity organisers, others through community networks or the older person themselves. This leads to the second aspect of the project: To identify the older adults who would like to become engaged in their community.

The majority of older adults could be involved in their communities. Information about what is happening can be found in the library, community centre, on noticeboards and in local newsletters. Some of our

older people may struggle to achieve this, and so are unable to find out what is happening in their communities, let alone attend and participate. These members of our community are the people which the project aims to support.

With the information we collect we hope to enable the lonely and isolated to participate in groups which suit them. The *asset map* will be used as a tool to identify the kinds of groups and activities an individual would be interested in. It will also allow us to alleviate any individual concerns and provide detailed information about the group to encourage the older person's participation.

Exactly how this will look is a work in progress at present. It could include a mini-bus service to pick people up, drop them off at different groups and activities and then return them home again. A team of volunteers could take a few individuals along to a group, assist them while they become comfortable attending, before allowing the older person to organise their own way to the group in the future.

As this is a pilot project we will start small and localised. Initially within four areas of wider Auckland: West (Henderson, Ranui, Massey); Central (Blockhouse Bay, Avondale); East (Glen Innes, Panmure); and South (Manurewa, Weymouth). Our Community Development Coordinators, Amo (Central and West Auckland) and Rebekah (East and South Auckland) will canvass these areas to find out what is available in the community for older adults. They will then organise the connection and engagement of older adults into these groups. If you would like more information about the project, particularly those in Manurewa and Weymouth, please get in touch with Rebekah.



Rebekah Preston
Community Development Coordinator
Age Concern Auckland Incorporated
Tel: (09) 820 2711
Mob: 022 657 5535
Email: rebekahp@ageconak.org.nz

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