

**Meeting of Nelson Tasman Positive Ageing Forum held at 1.00 pm
on Monday 2 May 2016 at Constance Barnicoat Room, Richmond Library**

Present: Charles Tyrrell (Anglican Church/Age Concern) (Chair), Mike Tasman-Jones (Tasman District Council), Peter Sutton (U3A Nelson), Rona Abbott (Fresh FM), Jill Harris (MSD), Pauline Daly (Grey Power), Linda O'Dee (Grey Power), Heather Lackner (Alzheimers Nelson), Kayne Osbourne (MSD), Yvonne Smyth (Holy Trinity Anglican Richmond), Kaye Latham (DIA), Gabrielle Stent (NMDHB), Kathy King (St Barnabas Anglican Church Stoke), Cr Gaile Noonan (Nelson City Council), Sue Tilby (Age Concern), Nicola Crisp (Age Concern), Jim Ward (Heartland), Nicky McDonald (Nelson City Council), Bevan Grant, Craig Piner (NZ Fire Service), Wendy Strawbridge (Health Action Trust), Rachael Large (Nelson City Council), Gail Collingwood (NCW), Ann Armstrong (Abbeyfield), Kate Miller (Support Works), Trish Armstrong (Enliven), Ruby Aberhart

In attendance: Tara Fifield (Tasman District Council)

Apologies

Moved Rachael Large/Mike Tasman-Jones

That apologies for absence from Annette Nistor, Harriet Denham, Anne-Marie Fowke-Stayner, Cr Judene Edgar, Jody Maru, John Harwood, Brian Say, Sue De Lair, Nicola Harwood, Roy Reid, Karen Tuffery, Kim Howell, Ros Vercoe be received.

Carried

1 Confirmation of Minutes – 29 February 2016

Moved Sue Tilby/Peter Sutton

That the minutes of the meeting of the Nelson Tasman Positive Ageing Forum, held on 29 February 2016 be received.

Carried

Ruby Aberhart talked about the Looking Out For One Another brochure and said that in the middle page of the brochure it only states "download forms from computer/email". She suggested organisations stamped their contacts, to offer people assistance to people who haven't access to a computer.

2 Correspondence

A letter was received from Wendy Chisnall (MSD) re Relocation of Stoke Seniors' Services to Nelson City

Moved Charles Tyrrell

That the inward correspondence be received.

Carried

3 Chair's Report

The Chair's report was included in the agenda and included commentary on:

- Positive Ageing Expo on 1 April 2016 which was a great success. Peter Sutton said U3A had a well-staffed stall and they gave away about 130 information brochures. He said many people talked about going to the AGM. Ruby noted that we got great support for the bags, pens and notebooks.
- Office for Seniors, Wellington:
 - Sarah Clark has now left her position at MSD;
 - Join the conversation on a new disability strategy – www.jointhecoversation.nz
 - World Elder Abuse Awareness Day on 15 June 2016;
 - Conversations that Count – postcards were available, we should be being proactive about promoting and using the messages;
 - SuperSeniors website survey – <https://www.surveymonkey.com/r/N9RVRX8>
 - Bibliography of Research on Ageing in New Zealand is now online
- Mayor Rachel and Mayor Richard will be attending the next Positive Ageing meeting on 11 July to take questions about how our local authorities are working for the good of their older citizens. To prepare, if any of you have any specific questions, please send them through to Mike Tasman-Jones or Charles Tyrrell.
- United Nation International Day of the Older Person is on 1 October. Please let us know if your organisation/group is planning an event this year.

There was a discussion on Positive Ageing Principles which covered:

Income (page 15):

How do we encourage better financial capability and retirement savings especially among those aged 45 to 64?

- KiwiSaver has been great.
- There needs to be a realisation that we only need to do so much for our children. If children are earning, they should be paying rent. We should be encouraging the next generation of children to start saving.
- Gabrielle attended an Older Persons Forum in Blenheim last month and there was a presentation on downsizing in housing. The presenter raised the fact that as home ownership rates fall the volume of people that will have property to sell to finance entering into residential facilities, is going to be dramatically reduced.
- Women, whose rate of pay is generally lower than men are in a poorer position financially if divorce or separation happens.
- Financial institutions need to be more realistic in what they're telling people – sometimes it's not worth the money you've put into it.

Health (page 17):

What are the resourcing implications of having appropriate services to enable older people to live at home for as long as they choose to?

- Work has been done recently around looking at the projections of the workforce and how the needs are met for the growing population. Looking at the projected growth in the Nelson/Tasman area, an additional 56 GPs may be required on top of who we've already got (who are also getting older). We may need to look at how services can be provided in a different way?

- Supporting them at home for longer. This is an issue as people are ageing, there is more demand on family and community groups to keep them supported while they're at home.
- Recently there was an article in the local paper about asking for caregivers for the informal respite programme. This highlights how serious the issue is for people caring for someone in their home and that it's a huge task. We need to encourage people to volunteer to help people with complex health issues in their home.
- Suggested that the Positive Ageing Forum ask the CEO of Primary Health to attend a meeting and tell us what support/facilities are available.
- Because people are working a lot longer we are seeing less volunteers.
- If you want to keep people at home longer, you have to have an ambitious programme to make more people computer illiterate.
- There was a discussion about a mother (aged 70) and daughter (aged 50 and was physically disabled) who wanted to get out of their leaky house and move into a unit at the Stoke Retirement Village but didn't fit the criteria because the daughter was only 50. There should be leniency on lower cost retirement villages.
- Would love to see the Community Plan for an Aging Population come back and be supported by councils and other groups that were working on it.
- Suggested a future presentation on Age Friendly Cities. Minister Maggie Barry announced recently that there were three pilot schemes in Hamilton, New Plymouth, Kapiti on age friendly cities.

4 Entry to Residential Care

Gabrielle Stent, Alliance Support Manager, Health of Older People from Nelson Marlborough District Health Board was in attendance and gave a PowerPoint presentation on entry to residential care. Residential subsidy was put in place to ensure that persons without the means to support themselves would be able to access appropriate residential care in their final years.

In reply to a question about whether we are going to have the beds available and will the health board be able to continue help fund, Gabrielle advised there are a lot of empty beds in the retirement villages in Nelson because of the large facilities that have been built in the last few years. We will see a lot of change in coming years.

When the asset testing threshold was lifted in 2005, there were lots of discussions at the time and the model wasn't sustainable. In the future it may have to be done differently.

5 Freedom Companion Driving

Sheryl Greenwood was in attendance and introduced her new service:

- the service she provides is affordable, safe, reliable and personalised care for any age group;
- she can take people to GP and hospital visits, shopping assistance, airport transfers;
- priced from a point of pick up (eg Richmond to Nelson Hospital \$20 one way);
- you can pre-book and she will supply a quote;
- ACC registered and accepts Total Mobility Vouchers (half price).

6 Update University of the Third Age (U3A)

Peter Sutton was in attendance and gave an update on the University of the Third Age:

- U3A began in Nelson 24 years ago and has 300+ members;
- there are 55 different study groups - some being political studies, architecture, History of Jazz and Write Your Life. Also covers activities such as gardening, walking and a bird watching group;
- minimum age of 50 years;
- any member can start a group if they have an interest in learning more about a subject. As long as they can get three or four other people on board, they can form a group;
- members of a group act in roles of convener, facilitator, host and presenters and they decide the frequency of their meetings (usually fortnightly or monthly);
- indications are given on which groups have vacancies – can go on a waiting list for a group or could form a second group;
- no teachers or lecturers – members of groups take turns on speaking to the topics;
- life experiences and an enquiring mind is all that is needed;
- no course fees just a \$20 annual subscription;
- every second month there's a members meeting with a shared morning tea;
- members of each group (and the unit as a whole) communicate via email.

7 Alzheimer's Nelson

Heather Lackner (updated the Forum on the High Tea at the Boathouse which is annual fundraiser – Tuesday 10 May, \$20 a ticket.

If you'd like to attend Angela Caughey's information session for carers and families on living with dementia it's on Thursday 23 June at Saxton Oval at 7.00 pm. Angela's book "Dealing Daily with Dementia – 2000+ Practical Hints and Strategies for Carers" will be available for purchase.

8 Update from Age Concern

Sue Tilby gave an update on what is happening at Age Concern:

- World Elder Abuse week commencing 13 June. Any ideas for the week let Sue know. They have secured John Parsons to come to Nelson and present about internet/phone safety. They are fortunate to have Matthew Parsons present on 7 June.
- Jess Breeze is keen to offer Conversations that Count workshops delivered free of charge.
- Noted that the Social Isolation pamphlet is critical. They are receiving 2-3 referrals a day.
- Newsletter is due out end of May.

9 Update from Ministry of Social Development

Jill Harris gave an update on what is happening at MSD:

- Relocation of Stoke Seniors to Nelson City – the MSD underwent an analysis over a three month period to see how many appointments they had at the Stoke office which was generally 18 appointments a week and most of them could have been managed over the phone. Jill said there will be a flier at the Stoke office so people are aware that from 31 May (on Tuesdays) there will be a temporary office at the Stoke Retirement Village office. Letters went out to all clients who visited the Stoke office in the last 12

months advising of the change. She said urgent cases can be seen in Richmond instead of Nelson. Plans are underway for a Stoke community hub and discussions are continuing with Mayor Reese. For residents in Golden Bay there is a senior case manager in Motueka and people in Murchison would have to travel to Nelson but if it's urgent they can be seen in Richmond.

- A new software system has created a lot of glitches with the phones.
- Ruby mentioned that at the recent Greypower conference, Winston Peters talked about changes to the Gold Card including adding a photo and that for those visiting Auckland, they would need a smart card to use transport.
- There has been a write up about the Expo which is available on the Senior's website.
- If you want help with how to use online services or how to use "my MSD" let Jill know.

Action: Jill to investigate the photos and transport in Auckland questions re Gold Card.

10 General Business

Rachael Large spoke on behalf of Marg Parfitt of Nelson City Council.

- Recycling bins will be coming out August/September.
- Information has gone out about kerbside recycling. The new trucks don't fit down right of ways. A small group of people will have issues but if it is an issue, contact NCC and they will try and work out a way around it.
- Stoke bus loop still has a low patronage. Greypower have said that it's not hitting the target area.
- Road Controlling Authority Forum are putting together a working group to develop guidelines on shared path and footpath use, given the changing way people are getting around i.e. the increase in mobility scooters and electric bikes. Marg Parfitt has been identified as the representative on this group and is keen to hear information.
- Office of Disability Services – there is no meeting in Nelson at present but they are hoping to get someone to Nelson which would go to the A4A meeting on 4 May.
- Nelson City Council are putting in six new accessible carparks (now until the end of June). They are specifically for people who can't walk long distances and are spread between Halifax and Hardy Streets.

11 Next Meeting

Monday 11 July 2016

The meeting closed at 3.00 pm