

Meeting of Nelson Tasman Positive Ageing Forum
Monday 20 February 2017 at 1.00 pm
Constance Barnicoat Room, Richmond Library

Present:

Charles Tyrrell (Anglican Church/Age Concern) (Chair),

Mike Tasman-Jones (Tasman District Council)	Matt Lawry (Nelson City Council Councillor)
Dana Wensley (Tasman District Council Councillor)	Trish Armstrong (Enliven at Presbyterian Support)
Rona Abbott (Fresh FM)	Chris Allison (Health Action Trust)
Heather Lackner (Alzheimers Nelson)	Janice Emery (Remax – Elite)
Frances Kemble Welch (Driving Miss Daisy)	Ali Birtwistle (Epilepsy NZ)
Sarah Holman (Tasman District Council)	Peter Sutton (U3A)
Pauline Daly (Grey Power)	Ro Cambridge (Mudcake and Roses)
Hilary Gench (Public Health)	Alison Heslop (National Council of Women)
Sue Tilby (Age Concern)	Craig Piner (NZ Fire Service)
George Inglis (MenzShed)	Nicky McDonald (NCC)
Kim Howell (Life Unlimited Hearing)	Ruby Aberhart (Waimea Ladies)
Hilary Clifton (CAB Nelson Tasman)	Hayley McElwain (NMDHB Portfolio Manager)
Shirley Winter-Lowe (Seniornet Nelson)	David Kemp (Independent)

In attendance: Tracey Barron (Tasman District Council)

1 Welcome and Introductions

2 Apologies

Moved Charles Tyrrell/Mike Tasman-Jones

That apologies for absence from Linda O’Dea, Kathy King, Gail Collingwood, Roy Reid, Jill Harris, Bevan Grant, Kay Halkett, Brian Say and Linda O’Dea be received.

Carried

3 Confirmation of Minutes – 28 November 2016

Moved: Peter Sutton/Kim Howell

That the minutes of the meeting of the Nelson Tasman Positive Ageing Forum, held on 28 November 2016 be received.

Carried

4 Matters Arising

David Kemp spoke to the forum reiterating his concern regarding affordable housing for older people.

David had attended a liaison meeting with the Health Board. He questioned the effectiveness of communication and consultation with older people, especially when not being given an opportunity to provide feedback.

There was discussion around communication and consultation practices within some organisations. Ruby Aberhart provided a recent example of Meals on Wheels providing new meal plans for consultation with hospital patients rather than those who were currently registered and receiving this service. Again stressing the need for consultation with older people themselves. NMDHB Portfolio Manager, Hayley McElwain said she would endeavour to ensure consultation and communication directly with the forum going forward.

Charles Tyrell and Nicky McDonald mentioned the Ministry of Social Development are working with Councils who are ready to affiliate and will be looking for opportunities where representatives may be able to attend one of the future forums in Richmond.

5 Correspondence

No incoming or outgoing correspondence during the period from the 28 November 2016 meeting.

6 Chairpersons Report

The Chair tabled his report and included commentary on:

- Ministry of Development website being a basis for a positive aging strategy.
- The Positive Ageing Expo coming up on 31 March has all stalls allocated with a diverse range of stallholders. There is currently a waitlist.
- With the coming Election in September this year the Chair asked the forum if they would value meeting the candidates and having a question and answer session on aging policy views. It was widely agreed this would be a great idea. Alison Heslop advised there had been a meeting held with the Nelson candidates which was open to the public and very well attended.
- Charles to come back to the forum on proposals to meet the candidates and a decision to be made at the May meeting.
- There had been no information received to date from the Wellington Office for Seniors. The question was asked if anyone had a direct link with the office. Charles will continue his efforts in opening lines of communication.

7 Third Discussion on Positive Aging Principles

There was discussion on Positive Aging Principles covering:

Rural Services

- Discussion around health and suitable rural housing. There is not a lot of access for health services in rural areas. Older persons living in rural areas who love it but cannot afford to stay as there is no structure or support in these more remote areas.
- Rona Abbott spoke of the sense of isolation, no internet or social media, closure of local bank branches (as examples) which have an impact on health.
- Sue Tilby advised there had been an increase in self neglect associated with not being connected with health services. There is a need for the community to look at connections to primary health.
- Support needs to be in place for those required to move closer to health services who are moving into an unfamiliar environment.

- A lack of family connection and transportation availability is an issue. An example of a 90 year old man riding a bicycle to the supermarket and carrying a 10kg container back to his home.
- Kim Howell said they were finding even in the city, where lives were changing with the loss of mobility, hearing, no licence etc, there was an incredible block where people were not looking at services available and continuing to rely on family.
- Rona Abbott said there is a burden placed on women as caregivers, particularly so in rural areas.

Positive Attitudes

- Sarah Holman, Policy Advisor for the Tasman District Council will be drafting the new aging policy. Currently looking at the big picture demographics and areas that TDC may influence including transport, housing size, engineering and infrastructure. At a later stage of this process there will be consultation with the public, but currently the project is in the gathering of statistics phase.
- Frances Kemble advised Driving Miss Daisy were working towards transport availability in Motueka but with only a \$10 subsidy in place this does not go far for people living in rural areas.
- Nicky McDonald stressed the importance of people making choices when they are still able to make these changes.
- David Kemp commended the service of the Health shuttle which he used for two months whilst grounded from driving himself.
- Matt Lawrey spoke of encouraging a cultural shift where there is no shame in moving into the city. There is also the issue of availability of housing.
- There is a transition from independence to dependency. There are many services available to help with the transition.
- Craig Piner spoke of how communities have changed and there was a need to try to get communities back to being involved in helping each other – community is the key.

8 Driving Miss Daisy Update

Frances gave an update on the new wheelchair capacity vehicle, thanking the Council for the donation in making the vehicle possible. The vehicle will be on display at the Expo on 31 March. As mentioned previously Driving Miss Daisy are looking into transport options in Motueka.

9 Queen Street Upgrade

- Cr Wensley offered to arrange for a representative from the Tasman District Council Engineering Department to come to the next forum and present on the Upgrade. Plans were made available for members to view areas.
- Seating will be discussed at the next A4A (Accessibility for All) meeting.

Cr Wensley advised A4A attendance had been declining and borrowed a phrase from Facebook 'Are we building the world we want?' This phrase highlights the purpose of A4A and Cr Wensley encouraged people to attend. Particular issues are around mobility but looking at options such as a slow lane in supermarkets. A 'Good Access = Good Business' leaflet was available at the forum.

10 Nelson Mudcakes and Roses Update

Ro Cambridge introduced herself to the forum. Ro started editing Mudcakes and Roses in August 2016 and has introduced changes to layout and new themes aiming towards a broader range of older persons. Now including:

- digital media,
- rural perspectives,
- Sudoku
- food/recipes

Ro asked the Forum if they had anyone they could put forward as a contributor, noting there was no budget to pay contributors. Did the Forum wish to contribute to the publication? It was suggested to look at a wider distribution.

David Kemp commended Ro on the job she was doing.

11 Update from Age Concern

Sue Tilby provided an update on Age Concern.

- The Autumn newsletter is now out.
- The summer activity programmes have been disappointing in terms of numbers attending. Could the programme be distributed to a wider area?
- Tea and Talk morning tea in Richmond was also poorly attended.
- Last newsletter survey 3000 feedback on issues they saw as a problem – 75% was loneliness. Transport and parking could be a large contributing factor.
- There is a Fundraiser Quiz night at Speights Ale House on 27 February.

Ruby Aberhart commended Sue on all the effort and hard work she does on behalf of Age Concern.

Cr Matt Lawry advised local media were always looking for content for broad audiences. Matt suggested a weekly column for Age Concern in publications such as the Waimea Weekly and the Nelson Leader. Matt will introduce the contacts to Sue to get this up and running.

12 Update from the Ministry of Social Development

No representative from the Ministry of Social Development in attendance.

13 Update from Grey Power

Pauline advised Grey Power was business as usual, busy with ongoing planning and meetings. Meetings coming up about zoning and meetings with the Department of Health.

13 General Business

Peter Sutton, University of Age, brought along a survey on 'social connectedness and avoiding loneliness in older age' produced by University of Auckland. This study is still open and the survey available for completion. Peter urged everyone to take one or he would be happy to be contacted if you have someone you think would like to complete the questionnaire. The survey has also been distributed to U3A.

George Inglis on behalf of Menzshed was pleased to advise they had three new younger members, one of which was autistic and one home schooled and the Menzshed philosophies *'talk to them, not at them, and listen'* and *'don't tell, show them and let them get on'*, were working well, and a credit to the group.

Cr Wensley advised the preparation of the Draft Long Term Plan has begun at Tasman District Council. Transportation and infrastructure is a key topic on the agenda, and there would be a commonality in theme with the Nelson City Council. It was noted consultation would include A4A and the Positive Aging Forum.

Matt Lawry advised that in the Nelson City Council Draft Long Term Plan they will be looking to include the possibility of building a second dwelling on your property. Which would give the option of older persons living on their own property in a second dwelling. This was an area which could look at easing the cost of land.

Heather Lackner advised Alzheimer Nelson have support and resources available and so please send contacts to them.

Meeting closed: 3.00pm

Next meetings:

1 May
10 July
25 September
27 November