

**Meeting of Nelson Tasman Positive Ageing Forum held at 1.00 pm
on Monday 26 September 2016 at Constance Barnicoat Room, Richmond Library**

Present: Charles Tyrrell (Anglican Church/Age Concern) (Chair), Lani Evans (Tasman District Council), Brian Say (Blind Citizens NZ), Ruby Aberhart (consumer), Pauline Daly (Nelson Grey Power), Linda O'Dea (Nelson Grey Power), David Kemp (independent), Glenis Bell (NBPH), Brigid Ryan (MSD), Melanie Haymes, Gill Slater (Hearing Nelson), Shirley Winter-Lowe (Seniornet Nelson), Miriam Martin (Citizens Advice Bureau), Nicky McDonald (Nelson City Council), Sue De Lair (Nelson City Council Library), Kaye Latham (DIA), Sue Tilby (Age Concern), Heather Lackner (Alzheimers Nelson), Bevan Grant, Kathy King (St Barnabas Church; Senior Outreach), George Inglis (MenzShed), Rona Abbott (Fresh FM), Hilary Clifton (Citizens Advice Bureau), Trish Armstrong (Enliven Presbyterian Support), Kim Howell (Life Unlimited), Gaile Noonan (Nelson City Council Councillor), Judene Edgar (Tasman District Council Councillor), Craig Piner (NZ Fire Service), Peter Sutton (U3A), Malcolm Drummond (Age Concern)

In attendance: Tara Fifield (Tasman District Council)

Apologies

Moved CharlesTyrell/Lani Evans

That apologies for absence from Annette Nistor, Yvonne Smyth, Ros Vercoe, Gail Collingwood and Roy Reid be received.

Carried

1 Confirmation of Minutes – 11 July 2016

Moved Rona Abbott/Linda O'Dea

That the minutes of the meeting of the Nelson Tasman Positive Ageing Forum, held on 11 July 2016 be received.

Carried

2 Matters Arising

Volunteer Nelson have secured funding for the senior volunteering programme for the area and Ruby asked how many stakeholders did they receive? It was advised that they wanted to get an advisory panel together. Ruby suggested that older people commented rather than administrators.

3 Chair's Report

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

- United Nations International Day of the Older Person is on 1 October. Please let us know if your organisation/group is planning an event this year;

- the 'Age-friendly New Zealand meeting which will be held at the Office for Seniors in Wellington on 19 September. Charles noted the name change to Office for Seniors instead of Office for Senior Citizens;
- attendance at the Best Fit Conference in Blenheim on 2 September;
- attendance at the open portion of a meeting of the DHB on 26 July.
- a regular slot for Grey Power on the Positive Ageing agenda. Ruby commented there are four associations in Nelson/Tasman/Marlborough District (Marlborough, Golden Bay, Motueka and Nelson). It was advised that they work separately but come together for zone meetings;
- a new director at the Office for Seniors, Diane Turner, is starting in early October;

Ruby has advised she has received a Restorative Care in the South Island Guide. 8000 were distributed around the South Island to Positive Ageing Forums (for their information). NACs, Age Concern, Grey Power to circulate as appropriate. Portfolio managers are using them with HBSS, Office for Seniors and other providers also. Refer to website

www.sialliance.health.nz/restorativeconsumer or www.sialliance.health.nz/restorativeprofessional

There was a discussion on Positive Ageing Principles which covered:

Housing:

How do we provide affordable and appropriate housing options for older people?

- Nicky McDonald advised a few people from Nelson travelled to Blenheim and attended an excellent session – researchers talked about the work they've been doing with older people. There was also a discussion on ageing in place and going into a retirement home. Nicky said a fantastic resource has been produced and showed members of the Forum the new resource (60+ cards in a box ie home security, cohousing to retrofitting). A copy has been brought for the Nelson Public Library and has also been offered to Tasman District Libraries too – you can check the resource out like a book. In regard to the session in Blenheim, Chris Alison mentioned that the research showed that people tended to clear their debts but are not coming out in as strongly a position as they expected.
- Developers are making lots of money on big houses.
- Charles will send information out regarding upcoming workshops at the Victory Community Centre from 10.00 am to 12.00 pm.
- Cr Edgar advised that Council are progressing a plan change in the Richmond area to enable greater intensification around the CBD, particularly around the zone that would be within walking distance to the shops etc.
- It was noted that there needs to be a cross section of options for the ageing population and to offer a variety of options for the ageing.
- Age Concern were commended – they have an extensive programme and are very supportive with lots of knowledge.

Transport:

How do we provide affordable and accessible transport options for older people?

- There is a Total Mobility Scheme that operates where Council pay half of a maximum of \$20 for a taxi.
- Options for accessible transport is a huge issue in Tasman – Motueka don't have any taxi services. Golden Bay has a Wrinklies Bus which is a brilliant service. It was noted that most of the options we have in Tasman are run from not from profit groups and

community organisations and Council is increasingly getting calls to stick to core business.

Action - it was suggested that someone from Ministry of Transport or a similar organisation, come to an upcoming Forum meeting to discuss affordable and accessible transport options for older people, especially in the rural areas.

- Age Concern holds a contract (600 people being provided for) which is funded by Council to provide education about life without a car. It is difficult in rural areas. Some work is being done to try and support people with accessibility.
- It was noted that a van (donated by Wakefield Church) transports people to appointments within Wakefield and Brightwater.
- In March 2014 the Office for Seniors changed “Coping Without a Car” to “No Car No Worries”. It was suggested that the Forum asks the Office for Seniors to review the “No Car No Worries” scheme.
- The Motueka Health Shuttle is a great service.
- There needs to be good urban design in Tasman/Nelson and an awareness with social isolation/lack of mobility.
- Greypower has asked Nelson City Council to look at the route that the Nelson Bus Service provides in Stoke – it doesn’t go past the rest homes.
- The Red Cross shuttle and Stoke Seniors have vehicles to use to transport people.
- A concern was raised in regard to a petition that is currently circulating to allow children 12 and under to cycle on walkways.
- Mobility scooters are being parked on the pavement while people are shopping which is a concern for pedestrians. Sandwich boards etc are not necessarily a good pathway for pedestrians.
- Age Concern can offer mobility scooter training through Nelson City Council.

4 Oxford University’s Institute of Population Ageing

Nicky McDonald from Nelson City Council was in attendance and presented a Powerpoint which reported on her recent fellowship at Oxford University as a result of a Winston Churchill Memorial Scholarship.

She said that through developments in medicine there’s an opportunity for people to live longer.

Nicky showed a graph regarding Population Ageing in New Zealand councils.

Certain themes that came through were:

- 1 Know your numbers – the graph showed that the younger population (under 15 years) is trending down. Working population has a little bit of rise. The 65+ is rising rapidly. The next graph showed Nelson’s birth’s per year compared to deaths. Migration will keep Nelson going.
- 2 Older people at the centre – one particular project talked to 100 older people in Manchester and made them cultural champions. The word of mouth is very powerful.
- 3 Policy and implementation together.
- 4 Always connect – this graph showed people living alone and how you keep older people engaged.

5 Housing crucial – housing should be right at the centre. Getting the housing right is crucial for people’s wellbeing.

Nicky said she has lots of material available and if anyone is interested in a particular area, to let her know.

5 World Congress on Active Ageing

Professor Bevan Grant was in attendance and reported on the World Congress on Active Ageing in Melbourne:

- He made reference to the World Health Organisation 2015 document on ageing and health and said the document is worth downloading and reading.
- Age is going to happen. He discussed newspaper articles and “alarmist” language in headlines etc.
- There is an argument that we have to think about 60+ as one cohort. The older people are becoming a target industry ie housing, holidays. It is becoming competitive. How do we collaborate and share? Creating change is extremely difficult but we need to do it. We need a shared ownership type model.
- There is a huge gap growing between what research tells us and what policy is telling us.
- There is still a huge amount of stigma attached to terms “older”, “elderly”.
- Older people themselves are the real drivers.

It was advised that the Ministry of Health have produced a document in ageing population. The principles were positive but when you read the details it was back to the old medical model.

The needs for people aged 65 are different than 75, 85 etc. Language implies that it’s a group but what’s being done to break down the barrier? Ie “ageing population” - it depends on the context its used but if it’s being used in a positive way then older people don’t mind.

6 New Wheelie Bins

There was a discussion on feedback received from Citizen’s Advice Bureau (CAB). CAB wrote a submission to Nelson City Council regarding wheelie bins. Recently Council has changed from recycling bins to wheelie bins which has caused a bit of distress from some Nelson residents. The wheelie bin issue relates to lack of social connectivity, urban design and health. Contractors are no longer contracted to pick up wheelie bins like they used to do with the recycling bins. Options that CAB have been giving to people:

- get friends and family to help
- contact Neighbourhood Support - they may find someone for you
- put your recycling into a neighbours bin
- if you have a regular caller for care, ask them to put out the bin
- buy a tow bar hitch for your car
- store wheelie bin near street

Pavements haven’t been built to accommodate the wheelie bins. Optimise in a structured way so that least people can walk in single file down the road.

7 Update from Age Concern

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

- there was a discussion about no double beds being available to couples in rest homes. Sue talked to retirement villages and they were going to look into it;
- lots happening for Senior's Week – 27 September Sue will be in Golden Bay speaking at the community whanau meeting and Malcolm is going to Blenheim. On Wednesday there's an event inviting people to walk around Miyazu Gardens and enjoy some sushi and green tea. Friday there'll be an event at Annesbrook Church from 2.00 pm to 4.00 pm. Off your Rockers music group will be singing and there'll be afternoon tea.
- Have just started a tea and talk in the Richmond Seniors building on a Wednesday morning.

8 Update from Ministry of Social Development

Brigid Ryan said MSD are in the process of setting up a Community Response Forum covering Nelson, Marlborough and Tasman. Gail Collingwood is the chairman and they are in the process of electing six people to the forum. There will be an opportunity to meet with the forum and talk about topics that are big in people's life. First meeting is on 3 October. Gail has a direct conduit through to the minister, Jo Goodhew.

9 Update from Nelson Grey Power

Pauline Daly and Linda O'Dea gave an update on what is happening at Nelson Grey Power:

- the Grey Power age is over 50
- there are seven zones – Nelson has the largest membership. Have representatives on local DHBs etc and frequently meet with both mayors, attendance at local council meetings, put out surveys of interest, petitions etc;
- they produce a quarterly magazine and a fortnightly newsletter sent out via email.

10 General Business

Chris Alison, Ruby Aberhart and a few others helped with feedback on a disability strategy rewrite. A lot of the focus areas of the strategy were very good. A lot of feedback they gave was about wording.

David Kemp said he was concerned about the urgency involved in the Richmond redevelopment and that Richmond was lacking in social connectedness.

It was noted that the plans for the Queen Street upgrade were presented twice and also to the A4A Forum. Council received a significant amount of submissions from the public. Displays were available in the library and mall. It was advised that Council has thought about accessibility etc.

Thanks was given to Cr Edgar for her contribution to the Forum and she will be sorely missed at the meetings. After nine years it was her last meeting as she is not standing for Council during these elections.

11 Next Meeting

Monday 28 November 2016

The meeting closed at 2.55 pm