

**Meeting of Nelson Tasman Positive Ageing Forum held at 1.00 pm  
on Monday 30 April 2018 at Constance Barnicoat Room, Richmond Library**

**Present:** Charles Tyrrell (Anglican Church/Age Concern) (Chair)  
Mike Tasman-Jones (Tasman District Council)

Nicola Berthelsen, Waimea Senior Care	Linda O’Dea, Grey Power
Heather Lackner, Alzheimer’s Society	Dana Wensley, TDC
Heather Ketling, St John Medical Alarms	Derek Aldridge, Stoke Seniors
David Kemp, Independent	Chris Allison, MAT
Sarah Holman, TDC	Cr Matt Lawry, Nelson City Council
Mike Tasman-Jones, TDC	Peter Sutton, Nelson U3A
Kathy King, St Barnabas Church	Gail Collingwood, NCW
Rona Abbott, Fresh FM	Teresa Jones, St John
Yvonne Smith, Holy Trinity Church	Kim Howell, LU HTS
Trish Armstrong, Enliven & Presbyterian Support	Caroline Budge, Age Concern,
Hilary Genet, Public Health	Willemiew Vermaat, Handle With Care Cr
Dean McNamara, Tasman District Council	Nicola Berthelsen, Waimea Anglican
Senior Care	

**In attendance:** Melanie Ellis (Tasman District Council)

#### **1 Welcome/Introductions**

Charles Tyrell welcomed everyone and opened the meeting.

#### **2 Apologies**

Moved: David Kemp/Charles Tyrrell

That apologies for absence from Brylee Wayman, Ruby Aberhart, Hilary Clifton, Bevan Grant, Jill Harris, Hayley McElwain, Nicky McDonald, Pauline Daly, Richard Kempthorne, Sally Crawford and Janice Emery be received.

Carried

#### **3 Confirmation of Minutes**

Moved: David Kemp/Cr Dana Wensley

That the minutes of the meeting of the Nelson Tasman Positive Ageing Forum, held on 19 February 2018 be received.

Carried

#### **4 Matters Arising**

David Kemp noted from the last meeting notes that it was mentioned repeatedly the need for a one-stop-shop for services and a general lack of communication for services available. The Age Connect project has identified this as a need.

Charles Tyrrell confirmed that the letter with the members concerns has been sent to the new Minister for Seniors the Hon Tracey Martin and she is starting to review Positive Ageing issues.

## **5 Chairpersons report**

The Chair's report was tabled with commentary on the following:

The Positive Ageing Expo was thoroughly enjoyable and considered a great success. Mike estimated that there were about 2000 visitors in attendance and they need to look at how to accommodate the demand for stalls in the future.

Teresa, St John, comment that there needed to be better signage so that visitors knew there were more groups beyond the café at the Expo.

Discussion about how to get more people in to hear the Minister's speech and the other speakers. Gail Collingwood suggested that in the past there was a welcoming desk run by volunteers, gave out a bag and a pen etc and chatted to the attendees and so ensured people knew where the Minister was going to be. Perhaps could be implemented again in the future.

Please forward any suggestions to Mike.

Peter Sutton thanked Charles for introducing the Minister to him. Peter really enjoyed the Minister's obvious interest in the Expo and they discussed how some government intervention would be very desirable to make residential homes affordable.

The new winter energy payments for superannuates begin on the 1 July.

Charles suggested he could arrange for Bronwyn Groote to speak as a keynote speaker at this forum. Bronwyn Groote spoke at the Age Concern National Conference about the scams targeting elderly people. Members agreed that it would be good to hear her speak. Dana suggested hosting this outside the forum so more community members could attend.

Charles introduced Caroline and congratulated her on new role.

## **6. Age Concern Conference**

Presented by Caroline Budge, Manager Age Concern.

Caroline attended the 2 day conference with approximately 200 delegates. The Hon Tracey Martin opened the conference. There was a huge range of speakers and information from academic research in the positive ageing field. Three streams: 1. Social Connection 2. Stream Wellbeing and 3. Changing the face of ageing.

Caroline presented at the conference on Age Connect. Nelson Tasman was the only Age Concern asked to speak of the 35 Age Concerns groups nationally.

Charles and Caroline also spoke about the success of Nelson Tasman Age Concern over the last 30 years.

Sarah Holman – recommends everyone goes to the next one if they can. The breadth of delegates was incredible. Challenges noted – ageing, transport and health. Sarah is helping developing a Positive Ageing Strategy for TDC.

Charles – felt it was a positive and productive conference. Access to health services and scams were major topics. The AGM for Age Concern was held on the second day.

Matt Lawry question – if there was one thing that had come up that wasn't a hot topic last year: elder abuse, scamming is a big one in a multitude of ways.

Truck shops – seen as scammers on wheels are being talked about.

Linda - re: shops on wheels – Grey Power have addressed this, the trucks come in, go away for a month and then come back. They are targeting low socioeconomic areas.

Sarah – re scams, talks from conference, Bronwyn Groote. Really shocked at what is going on. Examples of how the scammers work – Sit down next to people at places including the RSA etc. Other ways, through feigning romance, online scams - one person in New Zealand lost up to \$2million.

Charles – attended a breakout session “The world of LGBTQI”. Something to be aware of as the population is ageing, rest homes etc will reflect the general population, so we need to be open to this in the future.

## **7. Social isolation, social seating and walking**

Presented by David Kemp

### *Social Isolation*

Looking to the future with the Health Board. There is not enough money and people need to be enabled looking after their own health. Suicide stats are “outrageous”. There is socially isolation across all age ranges. We need to do more.

Particularly effective are the Age Concern initiatives, for example, ‘Sing-a-long in the Park’ was fantastic, money well spent, everyone there looked like they felt great. Activities like that could be incorporated into different events and are great if you can get out and about.

### *Social Seating and walking*

Many places don’t have outside seating. A variety of options for seating is helpful. Some sunshades are required as well. Seating areas need to be destinations. When planning need to consider best practise – layout and more than one seat because people tend not to sit down next to someone they don’t know, therefore need two sets of complementary seating.

David presented some photos of different seating options. Meeting places that work example – Stoke northern end of library – open seating, multiple seats and smaller areas to sit at.

David suggested that the new Hospice will need options for walking and seating destinations. Would help to have a new book that deals with positive ageing. The Go-to book on ageing.

Sarah asked – is there a Map of Seating, the same as Public Toilets – would be good to have some kind of tracking tool , how far walks can be before a seat would be needed. Asked Councils if there was any information.

Dana – agrees but it comes down to priorities for funding noting the Councils are dealing with responses to recent Cyclones etc. Needs to be driven from the community.

Matt Lawry - mentioned that the Maurice Gee seat that Top of the South Writers donated.

Needs a second seat for his wife who he walks with. Again, an individual seat that needs a partner. Linking heritage and seating. Mike suggested a new group for example, Tasman/Nelson Seating Trust, that identifies places, considers seating options and then asks for donations - can add plaques to the seats.

Another example, Isel Park with its beautiful big tables and chairs. Chris – Health Action Trust – discussed the Maitai Path, walking and cycling on the same path. People like to watch other people but the seats face away from each other. There is no strategic uniform approach to where and what our seating should look like even though we know we should be using proven researched seating designs. It’s about being sensible with the money that we have. Need to look at Age Friendly City approach. Needs to be built with a systematic planned approach. David finished with – not able to lead this himself as it would be a full time job. Funding doesn’t have to be Council, but their needs to be intent and the primary health board should be involved.

## **8. Update from Age Concern**

Presented by Caroline

Caroline's first presentation at PAF as the Manager of Age Concern. Business as usual, settling into job and recruiting for her back fill. They have almost outgrown their premises as they doubled in size.

Brittany recruiting organisations, the Age Connect Champions awards ceremony is at the end of May. The aim is to showcase and celebrate organisations/businesses that are older person friendly.

Trying to get people thinking about employing older people and how much they can contribute.

Heather from Alzheimers – idea to join up for a road show, recruiting volunteers.

Ridewise - taxi voucher scheme – moves to new photo ID swipe card scheme tomorrow.

Promotion of Ridewise swipe cards is targeted to users although taxi drivers refer people to Age Concern.

June 15<sup>th</sup> – elder abuse day - purple themed morning tea on Wed 13<sup>th</sup> and a fundraiser event.

Promotions for purple day – used famous people with fake injuries to make a statement however, financial and emotional abuse is much larger than physical abuse.

Pet connect – is still happening. Trying to get rest homes to facilitate it themselves.

Willemeiw – Childcare groups have to attend a child abuse awareness workshop is this available for Older Person care? Questions from the workshop all people involved should be able to answer. Older person abuse how do you recognise it? What do you do? Answer: Go to the police. Mel Drummond provides this training and yes they do have to do Elder Abuse Training.

## **9. A4A Update**

Presented by Cr Dana Wensley

A4A Workshop was held. Rodney Tolley mostly talked about walking. Attendees included the DHB, TDC, NCC - Jane Murray, Richmond Walking Group - Malcolm Saunders and there was a panel discussion about walking and active transport.

Matt Lawry commented that Rodney Tolley dissed shared pathways.

Plan Change 66 Richmond Housing Intensification – Information on this has not yet been released however, there have been submissions on it and more intensification is supported.

PA steering group – TDC working with community and planners to see where we go from here.

## **10. Update from the Ministry of Social Development**

*Jill Harris was an apology so no update*

## **11. Update from Grey Power**

Presented by Linda

The AGM was in April. The Grey Power Federation AGM was held in Marlborough. The President has been re-elected. We are the only association with portfolios specified. 7 of our 8 remits were Carried. Topics covered that formed requests to central government;

- Rates Rebates – not consistent nationally
- Request for an Aged Care Commissioner
- Respite care should be extended to those living alone.
- Free macular degeneration treatment
- Free cataract treatment
- Rates postponement scheme investigated

- Free dental care including dentures
- Pharmaceutical medication special subsidy

Wanganui suggested a senior's representative be on District Health Boards. Nelson already meet with DHB 3 x per year.

CEO of Pulse Energy support Grey Power energy – They offer SolarZero with no capital set up charges, locked in for 20 years and is transferable, includes battery and panels. Considering offering a fuel card, 10c/l off for Mobil. Broadband offered for \$200/year.

Submitted to NCC and TDC LTP's and Transport plan.

Submission against Proposed liquor outlet in Stoke.

NZ Post – price increasing, if you want a cheque book \$15 plus \$1 per cheque and \$1 for depositor as well. Discussion about NZ Post removing post boxes without informing the public.

## **12 General Business**

David Kemp discussed the Mental Health review. Issue for elderly experiencing things like grief and loss. Poor physical health often ends up with poor mental health. About 4% of health budget goes to mental health for elderly. Not taken seriously enough. Meeting at CDHB Seminar Centre on 3<sup>rd</sup> May at 5pm.

NGO's have a meeting at 10:30 on Friday, book in with Sarah Thompson at NMDHB.

Submissions required by 5<sup>th</sup> June so they can report back to Govt.

Health Action Trust – might run a workshop on how to write a submission - how and who to. It would be good to let people know about conference workshops, workplace mental health and wellbeing in Auckland.

## **13 Next Meeting**

Monday 9 July 2018

The meeting closed at 2.49 pm.