

**Meeting of Nelson Tasman Positive Ageing Forum held at 1.00 pm
on Monday 17 September 2018 at Constance Barnicoat Room, Richmond Library**

Present: Charles Tyrrell (Anglican Church/Age Concern) (Chair)

Linda O'Dea, Grey Power	Pauline Daly, Grey Power
David Kemp, Independent	Ruby Aberhart, Independent
Nicky McDonald, NCC	Trish Armstrong, Enliven & Presbyterian
Rev Y Smith, Anglican Church Richmond	Brylee Wayman, TDC
Scott Tambisari, NCC	Nicola Berthelsen, Anglican Senior Care
Lyndon Pesketh, Stoke Seniors	Megan Cole, Citizens Advice Bureau
Dean McNamara, TDC Councillor	Dana Wensley, TDC Councillor
Brylee Wayman, TDC	Mike Tasman-Jones, TDC
Gail Collingwood, NCW Nelson	Helen Lynch, Funeral Celebrant
Heather Lackner, Alzheimer's Nelson	Chris Allison, HAT
Marty Price, Neighbourhood Support Waimea	Caroline Budge, Age Concern

In attendance: Melanie Ellis (Tasman District Council)

1 Welcome/Introductions

Charles Tyrrell welcomed everyone and opened the meeting.

2 Apologies

Moved: Mike Tasman-Jones, Charles Tyrrell

That apologies for absence from Mike McMellon, Mary Bronsteter, Bevan Grant, Cathy King Sarah Holman, Hilary Jennae, Kim Howell, Heather Kelling, Teressa Jones, Janice Emery, Di Connolly and Cr Matt Lawrey be received.

Carried

3 Confirmation of Minutes

Moved: Charles Tyrrell, Mike Tasman-Jones

That the minutes of the meeting of the Nelson Tasman Positive Ageing Forum, held on 9 July 2018 be received.

Carried

4 Matters Arising

Ruby Aberhart asked how people get onto the In-homes Falls Prevention Programme. Linda O'Dea responded that this is through ACC and is available to various people who have been accredited to run it.

5 Chairpersons report

Charles Tyrell, Chairperson

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

The Chairperson has been duly elected and the next meeting will be the first cycle of the Chairperson.

Formal Review of Positive Aging Strategy is complete and the new policy has not been released yet.

1st October is International Day of the Older Person, Age Concern has an event planned.

Charles asked and encouraged others to run and share activities.

Age Friendly – reiterated that it is focused on older adults but is relevant for ALL ages.

Positive Ageing Expo is confirmed for 22 March 2019. The steering group ask forum members if anyone has suggestions for the Expo to contact Mike.

PAF is for everyone so please bring your ideas for topics, discussion or presenters.

Thank you to Mike and the Team for looking after the administration.

Thank you to Brylee for during consultation on the Tasman District Council Age Friendly Policy for including a meetings with independents.

6. Nelson Strategy on Ageing Demographic

Nicky McDonald, Group Manager Strategy and Communications - Nelson City Council

See attached presentation.

Nicky spoke about Nelson City Council's recent decision to develop a Strategy to address its ageing demographic. Nelson has reached the point where there are more residents who are over 65 than under 15 - only the over 65 year's age group is growing. The Strategy will be very much community-led and the WHO Age Friendly Communities model is a good starting point.

Need migrant and Maori/iwi input and need to think how we do that. Any ideas to Nicky (nicky.mcdonald@ncc.govt.nz) and Scott (scott.tambisari@ncc.govt.nz). There is also very good support from Councillors who already have set up a working group.

7. NZ Superannuation - Help For Seniors

Presented by Maryrose Simpson, Case Manager - Ministry of Social Development

See attached presentation.

Maryrose shared some of the entitlements of NZ superannuation.

There are three rates for super – Married (relationship) rate, single/sharing rate – living with someone you are not in a relationship with and the single living alone rate. Your tax code can affect the amount you are paid. Your overseas pension may be deducted from your NZ pension.

There is other help for seniors.

There are Special Needs grants – these can be lent to people with specific needs, e.g. glasses, but most of these types of grants need to be paid back.

Gail asked about funeral grants and Maryrose responded that these are asset and income tested, but are available.

8. What is Neighbourhood Support and how to get involved?

Presented by Marty Price, Coordinator - Neighbourhood Supports Waimea

Neighbourhood Support started back in November 2012, the police used to run it prior to then. There were 25 active groups back then, now there are 180 groups in the region. Funding is from Rata, lotteries etc. but they do not get funded by the police. Marty does a leaflet drop and then waits for responses to see how many people want to be involved. There is not too much involved – the contact person will receive an email from Marty and then that person forwards on to their Neighbourhood Support Group. Can always contact Marty directly or ring 111 in an emergency.

Marty is a Co-founder of Community Patrol and they have volunteers that patrol on a Friday and Saturday in their marked patrol car which is community funded. They work in with Civil Defence also and have a booklet 'Crime Prevention', which considers what to do in some situations including scams, intruders on property etc. Neighbourhood Support can be helpful in emergencies as they may know about medical conditions etc.

Brylee asked if Neighbourhood Support was in Motueka and Golden Bay. Marty answered that Motueka has just set up in the last 3 months and covers Mapua through to Kaiteriteri. Neighbourhood support run a Facebook page which has good information and they will pass information onto the Police as required.

9. Tasman District Council's Age-Friendly Policy

Presented by Brylee Wayman, Senior Policy Advisor – Tasman District Council

Since the last meeting in July Brylee has been drafting the Age Friendly Policy, as they have completed the feedback phase. Received feedback from approximately 180 organisations and individuals. There have been focus groups and also attended some Mata Hui, Waimea Mens Shed. What can council do to help transportation, transport services for the rural population. Connection need and reduce social isolation. There is a need for a range of smaller accessible housing, there is a demand for multiple dwellings, perhaps an alternative to Retirement homes and how these can link to social connectedness. There is a need for accessibility to public toilets etc. The Draft Policy is due by December.

10. Age Concern Update

Presented by Caroline Budge, Manager – Age Concern

Age Concern have had a good year, Caroline has been Manager for 6 months now. Isolation and loneliness are issues. Nelson weekly been publicising lately which is brilliant. They have a Facebook group looking for volunteers rurally post = Shared widely and position filled. Too many responses! More talking equals more collaboration. What can the PHO do more to support us - GP's need to be looking out for isolated and lonely people - how can we get them on board. GP could prescribe activities and events, similar to Green Prescription. International Older Day on 1 October, Age Concern are holding an Event at Annesbrook Church - Multicultural Theme - open for Over 65s. They will have community vans to pick up those that need and offer afternoon tea, please RSVP for catering.

11. A4A Update

Presented by Cr Wensley, Chairperson for A4A.

A4A recent meeting covered the following. The Tasman District Council Land Development Manual is out for consultation until the 28 Sept – here is the [link](#). There are areas of interest for accessibility including: linkages for pedestrians, intersection design, safety from falling - places that need handrails, footpath widths, whether cycleways should be separate.

There is a Tasman District Council active transport survey on line at [link](#) and there are hard copies available on request at Council offices.

Ministry of Health has some great data – Tasman physical activity was 65%, and Auckland was only 45%! Highly physically active was just under 60% for our region and average in NZ was just under 40%. So we have a very active bunch of people and we want our transport service to be up to scratch.

12. Grey Power Update

Presented by Linda O'Dea

Attended the TDC Positive Ageing Strategy, A4A Forum.

Alcohol still a problem – article in the next magazine in December.

Working with Grey Power Federation. There is still a running battle with Home Direct trucks, people are signing up to a direct debit that doesn't stop when the items have been paid back. Looking at updating standards of disabled toilets – there is a big discrepancy on heights etc. Undertaking a survey of how their members manage dealing with Councils and other organisations.

13. General Business

Ruby mentioned that she spends a lot of time referring people to the right resources and finds the forum is a good place to get information. She reminded the group to thinking about how to share their information. Suggested the Positive Aging Expo ask mental health advocates to attend the e.g. Steve Gurney or Sir John Kirwan.

Brylee Wayman mentioned a researcher Bev James who is looking at rental housing for older people. The programme, Life When Renting, is developing a toolkit to help older tenants access the information they need about the rental market, tenancy matters and services in their community. They are wanting to test a prototype of the toolkit with a wide range of people, especially older people who are renting, and service providers who work with older people. Workshops will be run in October to test the toolkit. Details will be sent to forum members.

Gail Collingwood – Flower vases are needed at rest homes. Please donate them – a request has been made on Facebook.

Are there specific accessibility building code requirements hotels/motels? Example of a recent motel where the door to the bathroom would of prevented access for wheel chair users, and often shelves are too high and can't be reached. Linda O'Dea added that if someone had had a stroke hand rails need to be on both sides and sliding doors may be easier to manage.

Heather Lackner noted that September is Alzheimer's Awareness month and there is Memory walk at Isel Park. Wear purple on the day. Nelson Public Trust is the first environment that is Dementia friendly site and has Dementia friendly literature and website.

David thanked Cr Dana Wensley and Cr Dean McNamara for coming along.

14. Next Meeting

Monday 26 November 2018

The meeting closed at 15.03pm.