

Meeting of Nelson Tasman Positive Ageing Forum
Monday 19 February 2018 at 1.00pm
Constance Barnicoat Room, Richmond Library

Present:

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

Kim Howell, Life Unlimited NTS	Derek Aldridge, Stoke Seniors
Nicola Berthelsen, Waimea Senior Care	Pauline Daly, Stoke Seniors
Linda O’Dea, Grey Power	David Kemp, Independent
Ruby Aberhart	Chris Allison, MAT
Brylee Wayman, TDC	Sarah Holman, TDC
Rachael Large, NCC	Gill Slater, Hearing Nelson
Drew Bryant, TDC	Glenis Bell, NBPH
Kim Fergusson, NBPH	Peter Sutton, Nelson U3A
Hayley McElwain, NMDHB	Jill Harris, MSD
Sue Tilby, Age Concern	Breffini O’Rourke, Age Concern
Kaye Latham, DIA	Kathy King, St Barnabas Church
Heather Lackner, Alzheimer’s Society	Gail Collingwood, NCW
Dana Wensley, TDC	R Abbott, Fresh FM
Heather Ketly, St John Medical Alarms	Lani Evans, TDC

In attendance: Mike Tasman-Jones (Tasman District Council),

Apologies:

Bevan Grant, Hilary Genet, Sally Crawford, Nicky McDonald, Yvonne Smyth, Gerrie Mead, Matt Lawrey, Matt Walters, Jim Ward.

1 Welcome and Introductions

Charles welcomed everyone and opened the meeting.

2 Confirmation of Minutes

Moved: Sue Tilby/Cr Wensley

That the minutes of the meeting of the Nelson Tasman Positive Ageing Forum, held on 27 November 2017 be received.

CARRIED

4 Matters Arising

David Kemp raised the following matter about the Age Connect Survey buddie system Regional Development Concept.

Jill Harris talked about receiving gifts as a superannuate.

5 Chairpersons Report

The Chair rather than giving a report said he was preparing a letter to Hon Tracey Martin, the new Minister for Seniors and asked for input from forum members to suggest issues to include

in the letter. The Chair outlined the key policies relevant to Seniors from the Government Coalition parties Labour and Green.

Labour

- Super Stay at 65
- Winter energy payments stay
- Reduce GP by \$10
- Improve ? care
- Review support for carers
- 1000 more police
- Abolish inheritance tax
- No increase in GST
- Grants for insulation
- Rental warm dry and insulated

Green

- Aged care services to improve
- Accountability Age Care Commission ?
- Housing ?
- Delivery fit for purpose for all
- Funding for care provided.

Brylee - agreed with the focus in regard to housing. Transport - rural community participation.

Chris - at Health Action – was difficult to know who provides what. Need a one stop shop advisory service.

Dana - joined up thinking about ageing – Council, DHB, NGO, lead by government.

Rona – ageism is a big issue, we should use principles of positivity; build on strengths. Health Promotion messages need to target old as well as young.

Ruby – computer and cellphones phones have high cost barriers. Purchase and plans can be confusing and expensive . Cost of rates, power, insurance etc when living on fixed income is a challenge. Analogue phones are being phased out, may leave older adults vulnerable and isolated.

Kim – Support old adults to use email, its good for hearing/sight impaired. Needs financial support and encourage use of public libraries computers.

Gail – Supports the one stop shop for services, housing, info etc – suggest CAB option. People are often living in houses that are not suitable but can't afford to shift. Cell phone numbers are not listed – how do we get contacts?

Peter – lack of communication on services available. More support for community radio.

Jill – Comment on cost of hearing aids cost \$3,000, WINZ can support up to \$1,000.

Breffini – Supports a universal photo ID for older adults as several have no drivers licence or passport, but often are required to have photo ID with their date of birth.

Glenys – noted that nationally we should encourage Dementia Friendly / Age Friendly Cities and towns. We need to plan infrastructure for cognitively impaired as they will represent a growing percentage of the community.

Sarah – will forward the link to the report on the Super Seniors website on the applicability of the Age Friendly city concept to NZ.

Rona – national recognition of volunteers.

Charles – change act to ? that is known or likely to be a ? can be intercepted.

6 Falls Prevention service – Nelson Bays Primary Health

Presented by Glenis Bell, NBPH, Health Promotion Manager (see attached ppt)

Why focus on falls

- Falls are the most common and costly cause of injury for 65+.
- Hip fractures are the most common fractures after age 75.
- Around 30% of people aged 65 years and over will fall at least once each year.
- Falls and injury rates rise with age.
- One in two over 80 injure themselves through a fall.
- Falls are very costly for the individual, families and for the health system

Who?

- Targets the bit less active through to frail and very frail
- Those with Osteoporosis because they are higher risk of 'more serious' injury from a fall because the bones are compromised.

Falls prevention services people can access?

1. In home strength and balance programme. Focus on strength and balance.

Criteria:

- Over 75
- Had a fall within the last 12 months
- Fear of falling
- Difficulty standing from chair.
- Doctors or nurse referral

2. Community falls – NPHO

- Approved group exercise classes
- Lots of different providers
- Education is important aspect
- Aim to keep people mobile.

3. Upright & Able – Falls Prevention Education

- 2.5 hr education session covering; how to prevent falls; recognising & reducing falls risks and introduction to strength & balance exercises.

7 Cr Dana Wensley – A4A update

Dana spoke on the following:

- Rodney Tolley Workshop - Active Transport: Key Issues for the Future being held on 12 March at the Headingley Centre from 9.30 am to 12.30 pm.
- The workshop is followed by a panel discussion about the benefits and challenges to active transport in this region with key panel members.
- The Tasman District Council Carparking Strategy for Motueka/Richmond is out for submissions - closes on Friday 23 March

Objectives

- o Balance demands of users, residents, workers and shoppers.
- o Best value use of space available
- o Holistic approach; carparking fits with other outcomes e.g. walking, cycling, seating.
- o Be prudent; low risk low regret options.

Timelines

- o Short term 1-5 years - better balance, more time restrictions, better enforcement
- o Medium term 5-10 years – provide more carparking, build on existing better utilised space
- o Long term 2018-25 – active transport, projects and ?, predominately Richmond/Motueka, also Takaka, walking/cycling, Richmond extended bus route.

8 Update from Age Concern – Sue Tilby

Sue gave an update on:

“Door to Door Transport Services”

- “Ridewise” replaces the previous Total Mobility scheme.
- Card system replaces book of chits - goes live in April
- Use as now, some people, Age Concern assess who and manage cards

- Christmas hamper – huge success and inundated with gifts. Large number of hampers were given to isolated older persons.
- Elder abuse is getting a lot of calls
- Summer programme for Senior happening across Nelson Tasman started 219 Feb with 25 attending
- Safe driving courses are available – contact Age Concern.
- Car fit will be at the Expo

9 Update from Age Connect – Breffni.

- Transport – using community owned vans. Have an MOUs with organisations - Red Cross for use of a van and driver on Friday; and for vans from Bowater on Wednesday and with Fitzgerald Construction
- Feedback from a women who went on an outing to Mapua saying she felt so much better having done the trip.
- Volunteer driver – ongoing challenge

- Buddy system. Looking for volunteers, they need to be prepared to be screened and police checked.
- Age Connect – Facebook page is active, the website being developed.
- Its On – have talked to Jessie about adding a “60+” events search function.
- ANZ staff volunteers are offering technology help. They’ll check what help is needed and then help with one on one workshops. An example is voice recognition for online banking.
- Tea and talk expanded to Victory
- Age Connect champions – business or organisation that are older person focussed are being sort to celebrate.
- Age to age programme – school children engaging with rest homes residents.
- Pet connect – locals bring pets to a location – older/animals/pet owners
- Places and Spaces – input into outdoor seating at Green Meadows

10 Update form the Ministry of Social Development

Jill Harris provided an overview on the following:

- Facts sheet for Family Package. The package provides targeted assistance for low and middle income families with children.
- Energy support for winter energy will be automatically credited to those receiving the Government Pension.

December quarter Superannuation recipients for the region.

	<u>Nelson</u>	<u>Tasman</u>
2016	9,096	9,311
2017	9,336	9,731

- The accommodation supplement has changed with some areas have moving up a grade.

11 Update from Grey Power

Update from Grey Power included:

- A very successful picnic was held at Isele Park on Waitangi Day
- Meeting with NCC/TDC on their draft Long Term Plan and what the focus is for older adults
- Submitted to NCC on traffic plan
- National Federation AGM is coming up and the Nelson Grey Power AGM is on the 14 April
- Submitted that the Census 2018 is shifting to online. Grey Power are advocating for continuing to let people submit a hard copy

12 General business

- Hearing Awareness Week is on the 3-9 March with a focus on noise awareness. There will be Library displays, challenges to wear earplugs for a day and set tasks
- David Kemp acknowledged the good work of Council’s and the Health organisations who are actively involved in the forum, attentive, proactive and making changes.

- Rona from Fresh FM said Age in Action is a new show talking with locals about experience, service and events.
- It was noted that the Chairperson role needs to be confirmed at the September. The role overview and the selection process are below. Current chairperson Charles Tyrrell confirmed he is willing and able to continue in the role and will be putting his name forward.
- **Chairperson Selection**
- *Nominations for the chair are to be received 3 weeks prior to the selection meeting.*
- *If there is more than one nomination voting will be via email closing 1 weeks prior to the meeting.*
- *The selection will be by a majority vote for a term of two years, with the right to stand again for a further two year term*
- *Selection of the chair is to take place at a forum meeting prior to the final meeting of the year*
- *The final meeting of the year being the first for the elected chairperson.*

Chairperson Role includes

- *The chairperson will consider topics for the agenda and set the final agenda in liaison with the Forum coordinator/administrator (currently Tasman District Council)*
- *The chairperson will ensure the meetings run to time and keep to the items on the agenda*
- *The chairperson will report to each meeting highlighting recent local and national developments and information on Positive Ageing including any additional meetings or events attended.*
- *The Chairperson can send and receive correspondence on behalf of the forum. These are to be recorded and tabled in the forum minutes.*
- *Media comment and promotion of the forum may be provided by the Chairperson as a representative of the Positive Ageing Forum*
- *To facilitate community networking and to promote the forum.*
- *Invitations to meetings and events may be accepted and the chairperson can attend as a representative of the forum. This is to keep forum members aware of and engaged with projects and meetings relevant to Positive Ageing. Unless previously discussed by and agreed to by the Forum, the chairperson will clarify at these meetings that any views he/she expresses are his/her own and if the attendees want a formal response, this will need to go to the forum for consideration.*
- *In case of absence the Chairperson may select a temporary stand in to chair meetings or attend appointments.*
- *The chairperson will be actively involved in the organisation and delivery of the annual Nelson Tasman Positive Ageing Expo event.*

Meeting closed at 2.55pm