

**Meeting of Nelson Tasman Positive Ageing Forum held at 1.00 pm on Monday
21 September 2015 at Constance Barnicoat Room, Richmond Library**

Present: Gail Collingwood (National Council of Women) (Chair), Mike Tasman-Jones (TDC), Kim Howell (Life Unlimited), Rona Abbott (Fresh FM), Ruby Aberhart, Jill Godbaz (Richmond-Waimea RSA), Noel Riley, David Kemp, John Harwood (Hearing Association), Pauline Daly (Grey Power), Karen Tuffery (Stoke Community Centre), Jill Harris (MSD), Linda O'Dea (NGP), Sue de Lair (NCC Home Delivery), Heather Lackner (Alzheimers Nelson), Jess Breeze (Age Concern), Kate Garea (Age Concern), Sue Tilby (Age Concern), Gaile Noonan (NCC), Nicky McDonald (NCC), Ros Vercoe (The Salvation Army), Brian Say (Blind Citizens NZ), Wendy Strawbridge (Health Action Trust), Trish Armstrong (Enliven at Presbyterian Support), Kaye Hannagan (NMDHB), Rachael Large (NCC), Harriet Denham (Lifeline), Kay Peters (Holy Trinity), Kamaya Crawford (DIA)

In attendance: Tara Fifield (TDC)

Apologies

Moved Gail Collingwood/Rachel Large

That apologies for absence from Charles Tyrrell, Annette Nistor, Roy Reid, Glennis Bell, Fiona Hoffman, Cr Judene Edgar, Robyn Godbaz be received.
Carried

1 Confirmation of Minutes – 13 July 2015

Moved Brian Say/Sue Tilby

That the minutes of the meeting of the Nelson Tasman Positive Ageing Forum held on 13 July 2015 be approved.
Carried

2 Matters Arising

Gail spoke about the terms of reference document which was circulated last week. She said there is now an explicit mandate around the Chairperson's role.

Ruby raised concerns about the terms of reference and that it could mean that some people may not put their name forward as Chair as they may feel they are unable to financially cover the scope of the Chair's role. She considers that the Chair is the facilitator of the Forum.

Gail noted that the document needs a date for adoption.

Moved Gail Collingwood/Gaile Noonan

That the new terms of reference dated 21 September 2015 be adopted.
Carried

3 Chairperson's Report

Gail Collingwood spoke to her report which was included in the agenda:

- She congratulated Charles Tyrell on the new Positive Ageing Forum Chair's role but her commiserations went to Noel Riley and she thanked him for applying to the role.
- Discussed the Office for Senior Citizens visit and also the visit from the Third Year Medical students from Otago University.
- Gail asked if it could be possible for the Positive Ageing Forum to receive written reports back from the A4A meetings in future.

Nelson City Councillor, Gaile Noonan, presented Gail with some flowers and thanked her for being Chair on behalf of the Forum.

Ruby Aberhart also thanked Gail.

Moved Gail Collingwood/Kim Howell

That the Chairperson's report be received.
Carried

4 Update Community Plan for an Ageing Population

Wendy Wadsworth, Health Action Trust gave an update on the Community Plan for an Ageing Population and said a survey to service providers was going to be circulated to get an idea of the gaps in the community that we can look at improving.

There will be small focus groups to test the questions/answers before sending out the second survey to get the views of consumers.

Nicky McDonald said the Forum would be one of the avenues used to distribute the survey.

5 Office of Senior Citizens Directors Update

Sarah Clarke, Director for Office for Senior Citizens, Ministry of Social Development made a presentation. She covered:

- Positive Ageing Strategy Report which was launched in 2001. Full version is online but hard copies are available by emailing Sarah at osc@msd.govt.nz. She said one third of councils have a Positive Ageing Forum or Strategy. Rotorua is in the process of setting up a senior's panel. Need to provide better support to employers and employees to allow older people to stay engaged at work.
- New website www.superseniors.msd.govt.nz which is aiming to be a one stop shop between services and the community with an audience aimed at 55+ years.
- Office for Senior Citizens also have a Facebook page (<https://www.facebook.com/OfficeforSeniorCitizens>).
- Community Connects – example of Napier Connects aim was to facilitate opportunities for better connections between older residents and their community. They are wanting to become an Age Friendly City. They have developed Toolkits so others can share their approach <http://www.napier.govt.nz/napier/community-development/seniors/napier-connects-toolkit/>
- The vision of an age-friendly world is to enable people of all ages to actively participate in community activities and treat each other with respect, regardless of their age. There are different places around the country who are looking at becoming an age friendly city or community. The OSC are interested in communities to become age friendly.
- Areas of focus for the office – Super Seniors website, Community Connects and promoting social inclusion, ways to tackle workforce ageing.

It was noted that how people are planning to spend the money they save is changing and that there is a shortage of clear accessible advice available. Discussions ensued regarding financial planning. Sarah said preparedness for retirement is a key issue. It was noted that in Australia people have a lot more say where their funds go. There needs to be a higher level of opportunity in New Zealand – more financial savvy.

Sarah mentioned the phrase “sandwich generation” for those caring for dependant parents whilst still having dependent children. Carers New Zealand have a good website which supports the unpaid carer with tips and advice - www.carersair.net.nz

Noel – A key to keep people connected is good community transport and cycleways etc.

Sarah ended her presentation with saying “Take the time, have the friendships and the financial capability to stop and enjoy”.

6 Update from Age Concern

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

- They are trying to raise awareness on the topic of Age Friendly Cities.
- On 11 November, the annual Health Professional Seminar (Collaborating with Alzheimers – Dementia in Age Friendly Cities) is being held.
- They received a contract for a year through the DHB for carer relief. They are designing a brochure at present and more information will be available soon.
- A second contract that Age Concern have secured for the year is a partnership with Nelson City Council. Age Concern will be visiting 140 Council housing units and connecting with the clients as an independent advocate.
- They have secured a contract again with the DHB to reach clients with self neglect. Supporting people living in community that are very isolated. This year they have had 18 cases of serious self neglect in the community.
- International Day of the Older Person is on 1 October. There will be a fashion show and afternoon tea with entertainment.
- They ran a successful campaign with 90 intermediate aged children connected with an older person and made a life story book. Encouraging intergenerational activity is very important.
- Jess Breeze is leaving in January.
- An extra position will be created in the next few months. Need to be thinking about financial planning.
- AGM is on Wednesday 24 September at Church on the Hill at 11.00 am.
- Ruby congratulated Sue on the growth and depth of Age Concern.

7 Update from the Ministry of Social Development

Jill Harris said that if there are any events around seniors, to let her know and she'll put it on the new website.

8 General Business

Rona Abbott from Fresh FM announced a new programme about the opportunities and accomplishments of ageing is going to start on 29 September at 11.40 am and then pod casts will be available on Fresh FM. She said people are welcome to send ideas through to her via email.

Ruby said the Be Well Newsletter has a great amount of information. She commented on the Stay Independent brochures and Falls Prevention Toolkit for Clinicians.

It was noted that it would be great if a link to the Seniors website could be uploaded to the two councils websites.

Mike Tasman-Jones talked about the Mudcakes and Roses survey-

<https://www.surveymonkey.com/r/mudcakes> The survey closes Friday 20 November.

He said it was a 10 question survey to capture comments on the value of and to guide decisions on the future of the publication. He encouraged for everyone to share the link with your networks.

He said the Positive Ageing Expo is on 1 April 2016 and that stallholder registrations open on 1 October.

Gail said there are three display glass cabinets near the archive room in the Richmond Library that are worth a mention. At the moment they are filled with Victorian artefacts.

Gail advised that the National Council of Women have concerns about the non available premises of a Medlab in Stoke. She said that at their last meeting Greg Warren, General Manager of MedLab South, spoke about the relationship with DHB. They use couriers to move the tests around. Richmond Medlab have 120 patients a day. Because of the traffic lights and the general build up of traffic, it's not easy to get to the Medlab on Tahunanui Drive. Greg said you can go to the doctors for a blood test, but you probably have to pay. Gail advised it would cost approximately \$60,000 per year to run a Medlab in Stoke. She said there are at least nine facilities in Stoke for older people which included the Nelson City Council blocks. She advised that the National Council of Women are going to make contact with the DHB. It was suggested that perhaps a caravan could be arranged (once a week). It was noted by Ruby that the Richmond Health Centre do blood tests and McGlashens Pharmacy offer Warfarin or INR testing and you can receive your results straight away. You can also opt to receive an instant email telling you when you're next due for a test and your test results.

Gail thanked everyone and said how much she has enjoyed being Chair of the Forum.

9 Next Meeting

Monday 30 November 2015

The meeting closed at 3.00 pm.