

**Meeting of Nelson Tasman Positive Ageing Forum held at 1.00pm on Monday 24 February 2014 at Constance Barnicoat Room, Richmond Library**

**Present:** Gail Collingwood (Chair), Pauline Daly (U3A), GreyPower), Robin Godbaz (Richmond-Waimea RSA), Barry Pont (Nelson RSA), Bridget Thompson (Hearing Association Nelson), Craig Pinor (Fire Service), Kyle Anderson-Wey (MSD), Gareth McCashin (Way2Go Hubs), Ruby Aberhart (VCC), Bronwyn White (NMDHB), Wendy Duffy (Healthcare NZ), Gail Noonan (NCC), Pam Wildermoth (Nelson Asthma Society), Judene Edgar (TDC), Chris Walsh (Presbyterian Support), Caroline Pitman (NN Fed. W.I), Glenys Bell (NBPH), Mark Preston-Thomas (ACC), Lindsay Hunter (SeniorNet, Nelson), Jill Harris (MSD), Elizabeth Wiblin (St John), Kim Howell (Life Unlimited), Rachel Large (NCC), Sue Tilby (Age Concern), Helen Reynolds (Bupa Moems/ACN), Vicky Bryant (Nelson Bays Primary Health), Stephanie Reid (NMDHB), John Harwood (Hearing Association)

**In attendance:** Mike Tasman-Jones (TDC), Valerie Gribble (TDC)

**Apologies**

Moved Rachel/Judene

That apologies for absence from Liz Thomas, Kay Peterson, Dave Tippett, Sgt Mal Drummond, Anne-Marie Foulke, Sue Bateup, Charles Tyrrell, Heather Kelling and Jo Kara be received.

Carried

**Confirmation of Minutes – 25 November 2013**

Amendment to notes relating to Item 7.

Moved Lindsay/Rachel

That the minutes of the meeting of Nelson Tasman Positive Ageing Forum held on 25 November 2013 be approved, as amended.

Carried

**Arising**

ATMs are often to high and therefore concern that pin numbers can be seen and security compromised. Another issue with visibility, is that EFTPOS machines layout and functions are all different. Cr Judene Edgar noted that A4A were investigating this issue and she would report on progress.

Asthma Information meetings are being at rest homes. The public can attend.

**Correspondence**

Letter of congratulations sent to Natalie Lavery who received the Order of New Zealand Merit in the New Years Honours list for services to elderly.

Community Contact Week report from University of Otago where medical students come and spend time interviewing people and increase their knowledge about what happens in the community that they could use if they become GPs.

NCC meeting attended by Ruby in 2013 where she presented about her role and Positive Ageing Forum. NCC acknowledged the role of the forum and stated they would like to work more with us. Chair Gail Collingwood wrote to NCC and said we'd be interested in engaging with NCC and asked if they had agreed on the procedure to engage with the forum.

### **Chairperson's Report**

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

- Safer Community Council AGM
- Mudcake and Roses
- Reminder of the upcoming Age 2 Be Positive Aging Expo 3<sup>rd</sup> April
- Nelson Community Whanau meeting
- Found website has been updated. Reminder to ensure organisations details are up to date. [www.found.org.nz](http://www.found.org.nz)
- Neighbours Day is on the 29 March
- Race Unity Day is on the 9 March, 11am - 4pm Victory Square Park, Nelson.

Moved Gail/Sue

That the Chairperson's report be received.

Carried

### **Update Volunteer Community Co-ordinator**

Ruby Aberhart complimented Barry Pont (RSA) and Richmond Waimea RSA who put the notices from the last Positive Aging Forum in their newsletters for the information of their members.

Ruby:

- congratulated Natalie Lavery in receiving an honour in the New Years Honours list. A noted she was responsible for 2001 Older Persons Strategy.
- congratulated Sarah Clark on her appointment to Office of Senior Citizens
- Positive Ageing great group for providers and consumers and reminded groups to share the information with their contacts.
- The Green recycle bins (much smaller) are now available at TDC if the large blue bins are too big to manage.

Moved Ruby/Gail

That the Volunteer Community Co-ordinator's report be received.

Carried

### **GoodHomes**

Bronwyn White spoke about GoodHomes project:

- The home assessment Toolkit was developed from research looking at problems facing older people and why they move out of their homes. The research identified a lot moved out because of state of repair, pressure on them from family members, people got isolated and alone.
- The Toolkits have been distributed by multiple groups. We are not sure how many homes the project reached as some Toolkits were used multiple times.
- Followed up on sample of householders who used it
  - o Within 3-6 weeks 70% had read the tools
  - o People that didn't, main reason was they forgot
  - o People who used it found it useful
  - o Some were assured as they were doing things in the book already

- Some people identified jobs to do - examples included marking steps, developing a fire plan, installing smoke detectors, bolts for ranchsliders, hand rails and buying non slip mats.
- Some found the Toolkits was effective to have on hand when tradespeople came
- Most people recommended GoodHomes tools to other people
- Bronwyn still gets phone calls about it after survey as people read the old Mudcakes and Roses article.

What made things easier

- Support of Older adult volunteers to go through the Toolkit steps
- Plain language made it valuable

A notable barrier was the stress and anxiety experienced with a large list of items that needed to be attended to and concern at affordability.

- Importance of reminding people about priority system in back of book
- Capacity barriers common reason for not distributing tools
- Services found they had limited ability to follow up
- Recommended ACC pamphlet "Preventing Injuries in your Community" (see attached)



ACC5209 Preventing injuries in your comm

- GoodHomes website has the booklet and the survey results. [www.goodhomes.co.nz/](http://www.goodhomes.co.nz/)
- If people want more printed copies please advise Bronwyn White.

### U3A Exercise for the Brain

Lindsay Hunter (University 3<sup>rd</sup> Age)

- People don't know how to, or want to, access information on the web and can feel very out of touch and isolated as more agencies require online communication. It is incumbent on us all to keep older adults minds "alive" and active.
- Groups active in this area are;
  - U3A and SeniorNet, Libraries (Nelson and Tasman)
  - Brain Injury Society
  - Age Concern
- We prepare people to reach 65 able to use online communication tools as well as working with the over 65's.

What can Positive Ageing Do?

- Make it easy for 55 plus adults to find information
- Could a website be set up for Positive Ageing to post information and messages?

### Way2Go Hubs

Gareth McCashin, Victory Community Hub

- Hub concept site in community where range of services are available
- Activities for older adults
- Nelson – Victory, Tahunanui and Saxton Stadium offer services for older adults
- Truck delivers services for 11 – 25 years
- In Tasman, Murchison, Golden Bay, Richmond, Motueka, Saxton Stadium, Upper Moutere, Wakefield, Brightwater.
- Positive Ageing Forum good way to raise awareness of what we offer
- Nelson & Tasman having conversations about how the hubs will work together

## **Immunisation Update**

Vicky Bryant, Immunisation Facilitator

- Community responsibility – communicable diseases, eg whooping cough which adults carry it.
- Encouraged grandparents and parents to have boostrix vaccine for whooping cough
  - o Tetanus and diphtheria (free for aged 45 and 65)
  - o Boostrix vaccine is not funded – costs around \$45
- Flu vaccine
  - o Two new strains in this year's vaccine– 3 altogether
    - Important to have it every year
    - Funded for people 65 and over and those under 65 with specific medical conditions
  - o 65 and over are vulnerable, be responsible and get vaccine if you work with older people
  - o Pamphlet showing difference between a “cold” and “flu”
- Vicky offered to talk to different organisations

## **Life Unlimited Charitable Trust**

Kim Howell advised she is now in offices at Nelson Nursing Services at Stoke

- Hearing Week is on 24 – 29 March 2014 with the theme “Technology”
- Hearing aids are not the only technology to assist with hearing impairment
- Goal is to target 55 and over, 57% clients are over 65.

## **Capitel Phone Service**

Bridget Thompson

- TDC have funded 3 phones for public access that will be installed soon. The list of locations will be published in Newsline (TDC) and Mudcakes and Roses
- Hearing Association have ten phones to have throughout Nelson/Tasman
  - o Facilities around region for people
  - o Can't find a place in Motueka so send suggestions to Bridget
- Human Rights Toolbox – Bridget is a representative for hearing impaired and encourage the forum to let her know of any human rights issues they are aware of.

## **Update from Age Concern**

Sue Tilby

- Services being well received
- Reminder of the Positive Ageing seminars at Expo - Seminar One, 10.30 -12 noon, “Staying Active and in Control - Getting the support you need”. Presenter Jenny Keightley will update us on Home based support, respite and restoration, The second Seminar, from 1-2pm, with two local guests speakers is titled “Life in 3D” – Talking about Dementia, Delirium and Depression.
- Bi-annual audit has just been undertaken by MSD
- Completed first “Staying Safe” driving course, Next one 15 April 2014
- Carfit programme on day of Expo (3 April 2014)
- Life Story workshops are coming up

## **MSD**

Jill Harris

- MSD picking up assessments for social housing on 14 April 2014

- Social housing reform programme for State Housing and community housing providers. (Jill will give presentation next meeting)
- Co-facilitated media training workshop for refugee youth. Isolation of older parents discussed.

### **General**

- Smoke alarm batteries not lasting, need to replace twice in six months.
  - Smoke alarms available with ten year batteries – available on special at times at Bunnings etc
  - Craig, Fire Service – 10 year smoke alarms called “photo electric”
  - Life of a smoke alarm is 10 years
- Hearing Association funded hearing aid assistance for Constance Barnicoat room, why is it not being used?
  - Judene undertook to investigate
- RSA – have welfare volunteers going to resthomes, hospitals, but they are often not notified that their members are there. They asked if forum members can refer people in need so they can go and visit. Privacy issues were discussed but provided permission is given to refer that isn't a barrier
- RSA – have three four wheeler mobility scooters available for hire. Must have doctors certificate.
- 17 April 2014 Poppy Day – asked for volunteers

Meeting closed at 3.04 pm.

### **Next meeting**

Monday 26 May 2014