

Meeting of Nelson Tasman Positive Ageing Forum
Monday 1 May 2017 at 1.00pm
Constance Barnicoat Room, Richmond Library

Present:

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

Rona Abbott (Fresh FM)	Janice Emery (Remax – Elite)
Heather Lackner (Alzheimers Nelson)	Di Connolly (Remax – Elite)
Ann Armstrong (Abbeyfield)	Peter Sutton (U3A)
Sarah Holman (Tasman District Council)	Zoe Norquay (RSA)
Pauline Daly (Grey Power)	Gill Slater (Hearing Nelson)
Linda O’Dea (Grey Power)	Kate Miller (Support Works)
Hilary Genet (Public Health)	Nicky McDonald (NCC)
Sue Tilby (Age Concern)	Hayley McElwain (Portfolio Manager NMDHB)
George Inglis (MenzShed)	Simone Newsham (Service Manager NMDHB)
Kim Ferguson (Nelson Bays PH)	Kim Howell (Life Unlimited Hearing)
Gordon (Volunteer Nelson)	Jim Ward (Heartland)
Shirley Winter-Lowe (SeniorNet Nelson)	Dyann Calverley (Nelson Multicultural Council)
Matt Lawry (Nelson City Council Councillor)	Nicola Berthelsen (Waimea Senior Care)
Matt Walters (Nelson City Council)	Gail Collingwood (NCW)
Yvonne Smyth (Anglican Church)	Bevan Grant (Interested Ageing Person)
Chris Allison (Health Action Trust)	

In attendance: Tracey Barron (Tasman District Council), Lani Evans (Tasman District Council)

1 Welcome and Introductions

2 Apologies

Moved: Nicky McDonald/ Rona Abbott

That apologies be accepted for absence from Cr Dana Wensley, Mike Tasman-Jones, Ali Birtwistle, Jill Harris, Glenis Bell, Ruby Aberhart, Kaye Latham and David Kemp be received.
CARRIED

3 Confirmation of Minutes – 28 November 2016

Moved: Chris Allison/Heather Lackner

That the minutes of the meeting of the Nelson Tasman Positive Ageing Forum, held on 20 February 2016 be received.
CARRIED

4 Matters Arising

No matters arising.

5 Correspondence

The Chair had received an email from Brian Say (Blind Citizens) on 22 April to advise he was no longer representing Blind Citizens. At this stage it was not advised who the next representative would be. Charles thanked Brian for all his input and invited him to attend the forum anytime.

An email was received from Kathy King with regard to work opportunities available with the general election this year. Kathy was unable to attend the meeting. The email was read by the Charles and is included in Item 7.

Charles has been advised Otago University School of Medicine students will be coming to Nelson in August this year. Sue Tilby said it was a great benefit for the students to meet with organisations such as those affiliated with the forum, as it was an opportunity to help students get a better understanding of working with and assisting older persons. A formal communication will be sent when dates are formalised. Gail Collingwood said this was very worthwhile and if you could, take the time to go to one of the meetings.

6 Chairpersons Report

The Chair tabled his report which included commentary on:

Thanking all those involved with the Positive Aging Expo. A special thank you to Mike Tasman-Jones and the steering group for the organisation of a great event.

Lani Evan (Tasman District Council, Community Partnerships Officer) advised over 2000 people attended the event. There were some learnings which would be taken forward to the next event. It was suggested a bigger venue may be needed in the future.

Loneliness and isolation is always an important issue, Charles thanked everyone for the work they do in lessening this where possible.

The Chairperson's report taken as received.

7 Discussion on Positive Aging Principles (Charles Tyrrell)

There was discussion on Positive Aging Principles covering:

Principle 9

Employment Opportunities, elimination of ageism and the promotion of flexible work options.

Discussion around the following points:

- Linda O'Dea, Grey Power, asked the question if there would be any benefit available for those between 65 and 67. Would there be eligibility for the unemployment benefit as a person would be deemed eligible for employment between the age of 65-67.
- Sarah Holman, TDC Policy Advisor asked if it would be worth asking someone from an Employment Agency to speak – Sarah advised she would be happy to organise.
- Statistics reveal 40% of aged workers are being discriminated against.
- Is it that the older person is over qualified? Should the question be asked 'why' is this older person applying for a particular role. Older people are happy to take a step back in their careers – is it perhaps that employers are not asking the right questions?
- Financial burden of not being able to obtain work also being seen as detrimental to health and wellbeing.

- Are government agencies planning enough for an ageing workforce? The phrase 'ageing population' is said every 13 minutes. The question was asked 'in what context' problem or opportunity? Not seen as negative or positive.

Below is an email sent from Kathy King (referred to earlier in Item 5):

As well as the Senior Outreach Community Coordinator I am the Nelson Returning Officer for the upcoming General Election on September 23rd. I have read the agenda and am interested in commenting on the Positive Ageing Principals that Charles will be discussing. The Electoral Commission employs thousands of workers around election time and I encourage anyone who wants to seek part time short term work to look at the website

<http://www.elections.org.nz/events/2017-general-election/working-2017-general-election>

I have run out of printed handouts but am ordering more. These will be distributed around libraries and other community venues. Applicants will be interviewed and given a quick numeracy and literacy test.

Principle 10

Opportunities for Personal Growth and Participation, increasing opportunities for personal growth and community participation.

Discussion around the following points:

- Rona Abbott spoke of the value of older people wishing to contribute to the growth of younger people.
- Gordon Oldfield from Volunteer Nelson has an online form for volunteers. This is seen as a great opportunity for the community.
- George from Menzshed talked of the loss of confidence with an 'older' mind-set. There is a need for people to work on positive mind-sets.

8 Nelson's Ageing Population (background paper and presentation by Nicky McDonald (Nelson City Council))

Nicky presented a powerpoint highlighting some of the following:

- Two big trends facing the regions – ageing communities and slowing growth or declining populations.
- Nelson is well-positioned compared to many other regional centres, with growth projected beyond the middle of the century.
- That growth is predicted to be mainly in the over 65 age group.
- Migration is hugely important, as deaths expected to outnumber births in Nelson by about 2033.
- In-depth report on Nelson's ageing population available on NCC website.

There will be pre-consultation on ageing population by Nelson City Council. Nicky will keep the forum advised

9 New Model of Care for Home and Community Support Services in Nelson Marlborough (presentation by Hayley McElwain and Simone Newsham NMDHB)

Hayley and Simone presented highlighting some of the following:

- DHB is procuring home and community support services. An RFP was created, and a number of responses were received. These responses are currently being evaluated.

- Do not set mandatory goals for exercise for those who receive support services but will encourage a referral to Green Prescription.
- Move to 'restorative care' support workers in the persons own home.

A link is provided below to 'Restorative Care in the South Island'

<https://www.sialliance.health.nz/UserFiles/SouthIslandAlliance/File/Restorative%20Care%20Brochure%20A4-consumer.pdf>

10 Breaking Loneliness and Social Isolation (project update from Sue Tilby Age Concern)

- This topic has received a lot of coverage lately. The older population is an opportunity not a problem – it is acknowledged that there are challenges ahead.
- Results of the survey - some were particularly heart-wrenching - grief and loss – loneliness and isolation.
- At a community event at Saxton Field, presented by Professor Bevan Grant, there will be three questions asked - from collating these answers a small working group will form to look at ways to combat loneliness and isolation.

11 Update from Age Concern

Sue Tilby provided an update from Age Concern.

- Age Concern New Zealand lost the contract rollover for the Older Abuse and Prevention contract. Currently working on a new contract in conjunction with Marlborough Tasman and Nelson - Sue will provide an outcome update.
 - Intimacy and sexuality in residential aged care - Professor Catherine Cook will be in Nelson on 9 June.
 - Age Concern welcomes new staff member Marrit Walstra-Russell to the team.
 - World Elder Abuse week commences 15 June. Age Concern will be organising activities around this.
- Sue thanked everyone for their ongoing support.

12 Update from the Ministry of Social Development

No presenter available for this meeting.

13 Update from Grey Power

- Pauline and Linda announced Christine Tuffnell was elected new president at the AGM.
- Currently very busy with many portfolios.
- Pauline and Linda had recently attended a Red Cross Civil Defence Forum. Points covering what do you do if you cannot drop and hold, if you are in a wheelchair, understand prepare and act, know your zone and have a plan, how Red Cross recovery works, being prepared at home. On display was a Kiwi Clean Living cooker valued at \$380 incl GST – it was advised this was well worth investigating.

13 General Business

Rona Abbott recommended a new book published 'Accidental Carer', a story about a woman who cared for her husband through illness.

Matt Lawry (Nelson City Council) reiterated that Stu Hunt from the Nelson Leader would be pleased to meet with Sue Tilby to help promote Age Concern in the area and Matt would be happy to attend the meeting also.

14 New agenda item: Update from Shirley Winterlowe from SeniorNet

- SeniorNet provide courses for over 50's in technology.
- All funding was stopped last year, so funding is presently very low.
- Shirley advised the open day held on 22 April was very successful resulting in 80 new members.

Meeting closed: 3.00 pm

Next meetings:

10 July
25 September
27 November

Confirmed