

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

Present: Gail Collingwood (Chair), Robin Godbaz, Waimea RSA, Mark Preston Thomas (ACC), Jacquie Gough (Health Action), Gabriele Abeltshauser (Rural Women), Charles Tyrell (Anglican Diocese/Age Concern), Sue Tilby (Age Concern), Kyle Anderson-Wey (MSD), Elizabeth Wiblin (St Johns), Jill Harris (MSD), Stephanie Read (NMDHB), Harriet Denham (Life Linc), Helen Reynolds (BUPA), Sue Bateup (Health Action), Heather Lachner (Alzheimers Nelson), Roy Reid (Golden Bay Grey Power), Kay Peterson (Holy Trinity Church), Glenis Bell (NBPHO), Neil Page (Native Bird Recovery Richmond).

In attendance: Mike Tasman-Jones (TDC)

Apologies

Moved E Wiblin/G Abeltshauser

That apologies for absence from Rachael Large, David Kemp, Kim Howell, Cr Gaile Noonan, Liz Thomas, Krista Hobday, Cr Judene Edgar, Jo Kara, Chris Walsh, Annette Nistor, Heather Kelling be received.

Carried

1 Confirmation of Minutes – 25 August 2014

Moved C Tyrell/K Anderson-Wey

That the minutes of the meeting of the Nelson Tasman Positive Ageing Forum held on 25 August 2014 be approved.

Carried

2 Correspondence

- NCC, Rachel Large - notification of a new free exercise programme targeting older adults. Programme starts on 3 February and runs to 8 April. The programme will be run by CLM staff and will use the outdoor gym equipment, Riverside Pool and local parks. Bookings and enquiries at www.clmnz.co.nz/riverside/
- NCC, Ruth Killman - notification of a meeting for reports back from Council representatives on external organisations to be held 28 November 9.00 am in the Council Chamber.

3 Chairperson's Report

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

- "A Productive Ageing Workforce – Are We Ready?" She noted the large number and range of informative brochures. A lot of these are available to be ordered at <http://www.mentalhealth.org.nz/get-help/resources/>
- Gail attended the Scam Savvy Seminar presented by BNZ which she noted was excellent and has resulted in her no longer taking random calls requesting money. She notes that she can decide who she wishes to support without the pressure of a

phone call but emphasised importance of asking for credentials if you are going to consider donations.

- Gail took part in the Alzheimer’s Nelson memory walk at Founders Park. She was asked and has accepted the role as patron for Alzheimer’s Nelson.
- Gail noticed that Green Gables Rest Home had a shortage of vases so she donated some from home. These were very gratefully received and suggested that if you are at a facility ask if they need vases.
- Grey Power “Strategy” Working Group. Gail attended the first meeting as an individual but has been asked to represent Positive Ageing Forum. The forum agreed it was appropriate that she attend and report back as Chairperson but couldn’t represent the various groups who are forum members so should attend as an individual.
- Mudcakes and Roses Chairperson’s contribution on behalf of the Positive Ageing Forum for December will be on looking out for adults in the community who may be alone.
- 2015 Positive Ageing Expo is at the Headingley Centre on 27 March. The letter to invite Minister Barry has been acknowledged. We have already received 31 stallholder confirmations.

Moved R Aberhart/G Collingwood

That the Chairperson’s report be received.

Carried

4 MSD Update

Jill Harris gave a verbal update on MSD. She commented on:

- The post election briefings on their portfolios have been provided to the Ministers. Follow link - <http://www.msd.govt.nz/about-msd-and-our-work/publications-resources/corporate/briefing-incoming-minister/>
- There has been a realignment of services with Integrity Services/Students/Older Persons.
- Super Gold Card discounts directory is online. We look at options to make information available via hard copy. The link to the online direct is - <https://www.supergold.govt.nz/directory/buildyourowndirectory.htm>

5. A Sustainable Falls Prevention Model

Glenis Bell gave a presentation on a sustainable falls prevention model that she had recently delivered in Sydney, Australia (*see attached*). She noted the costs to community and the individual falls and in particular hip fractures. The key focus is prevention which requires multiple agencies involved in the assessment and referral process. The key is picking up those who report being “unstable” or have had a fall and getting them into the programme. The process is Ask- Assess-Act. The falls prevention programmes is Upright and Able, a key to success is ensuring ongoing involvement with community physical activity options after the course.

6 NMDHB Work Programme for Health of Older People

Stephanie Read, Planning and Alliance Support Manager - Health of Older People, NMDHB gave a presentation updating the Forum on the NMDHB work programme for older people (*see attached*.) Stephanie updated that the DHB’s in the South Island work closely together to provide improved services and consistency of care. Stephanie manages contracts with

Age Care providers and service developments. There are 1200 people in residential care and 2,600 receiving home based support. Current occupancy of residential care providers is 80% with 26 providers across Nelson/Marlborough/Tasman. There has been a drop in residential care occupancy which may be as a result of a recent focus on the benefits of staying in your home.

7 Richmond Community Christmas Day Dinner

Kay Peterson from Holy Trinity Anglican Church updated on the annual Christmas dinner held at the Richmond School Hall. They already have 60 registrations from a possible 150. Registrations are via the Richmond Mall Information desk. There is no charge but you need to get a ticket. Kay asked forum members to spread the word to older adults that may be alone on Christmas day who can't afford a meal. The menu is roast lamb, turkey, chicken, vegetables and dessert is steamed pudding, pavlova and fruit salad - YUM ☺

8 Update from Volunteer Community Coordinator

Ruby Aberhart spoke to her report in which she commented on:

- Age Concern's change of name to Age Concern Nelson/Tasman;
- communication by email from Mike Tasman-Jones between Forum meetings;
- Office for Senior Citizens update on changes to Enduring Power of Attorney, New Zealand Transport Association Survey, Disability Survey Report, Greats and Grans' primary school children essay competition run by the Office of Senior Citizens received over 100 entries. New Zealand Positive Ageing Strategy Publication due out early 2015 - maybe launched at the Positive Aging Expo?
- health older persons service level alliance (HOPSLA) (South Island) survey. Ruby noted she is giving a presentation to (HOPSLA) called "Patients are the best people to plan Health Care".

9 Update from Age Concern

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

- Elder Abuse service is seeing a lot of problems with enduring power of attorney and what families think it enables them to do. Important to note that there are two types - property which covers decisions about your money and property. You can decide when it takes effect. The second is personal welfare and care and health. This can take effect only when you lose capacity.
- Age Concern has a new quarterly newsletter, summer issue out now.
- Driver Safety courses have been run in Golden Bay, Motueka and a Murchison course is in planning stage.
- Reminder of the "Do not Knock" campaign to tell door to door sellers they are not welcome.
- Christmas hampers are being prepared for the lonely/housebound - donations gratefully received.
- Noted Age Concern is now Nelson Tasman Age Concern.

10 General Business

- Gail wished all a merry and safe Christmas.

Meeting closed at 3.05 pm

Next meeting - Monday 23 February 2015

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