

WELLBEING SUMMIT

WORKSHOP GROUPS - NOTES

Workshop 6 : Older People Live Well in Waitakere

3 Top Ideas

1. Using existing agencies/resources to provide information for older adults
2. Accessible, warm, safe, available to all, affordable housing
3. Older adults community support services – meals on wheels

Older Adults

Look like

- Warm, **safe** house
- Safe to walk down the street
- Easy **access** to relevant community information
- Older people feel **valued**
- Older people **participate** in community
- Children taking responsibility for their parents
- Secure housing
- Including planning for elders for LTCCP
- Line of **support people** around person
- An agency for older people
- Key person who is leader for that agency
- Safe
- House maintenance
- Advocacy
- Care
- Maintaining **independence**
- Social interaction
- Having an **active lifestyle**
- **Nourishing food, affordable food**
- Sharing/interaction **between young and old** – values/wisdom
- Issues of older people included in school curriculum

How are we actually doing?

- Lots of **exercise programmes** – green prescriptions. Great for older people with disabilities “that service is great”. Also “sit fit” in New Lynn
- Keep developing programmes, hope will keep up funding if can’t go don’t have to pay like other gym membership - those in older adult housing
- Need for someone to come and check up
- Council not doing well in terms of **housing compliance** that are being rented – focus on older adults
- “I think Waitakere **not doing badly** when you consider other parts of NZ”
“Council plays big part in how they look after older people ... they may not get it right all the time”
“People can have their say and not put down”
“**Information gets out** through Waitakere news – good coms”

- **Affordability** of fresh food
- Specifically as a “pacific” – would like to see **cultural models** applied
- Would like to see strategy for elderly
- More support for exercise programmes
- Council in terms of swimming pool has **specific programmes for Maori** elderly
- Would like to develop one for Pacific
- Don’t have an older adult day
- More warmer homes for elderly – **a large number of houses not insulated**
- Increasing number of pacific people going into rest homes
- Acknowledging **role of churches** going into rest homes
- A big shock to elderly when been a wage and have a house with is an asset, then go onto a pension
- “Pension not worth living on” **transition (work to pension)**
- Especially lost a partner – **emotional support** not there, kids don’t want to know

Stories/Underlying Causes

- Funding of services/lack of **funding**
- Lack of saving/budgeting/looking after money
- Cultural expectation that family will look after
- **Cultural belief** get in way of medicine and going into hospital
- Cultural capital
- When use to use village style as way of meeting needs of elderly, use to be empowering for older people
- **Holistic** approach (lack of)
- Lack of appropriate/effective/cultural **communication**
- Having to assimilate into
- **Lack of flexibility in system** drivers disparity
- The **ageing process** not stoppable/controllable

What would it take to make a difference?

- Central point to phone – **0800 number**
- Central agency
- Older peoples line (like youthline)
- CAB calls from elderly about **affordability and practical** support
- Access to services
- **Being heard**
- **Culturally** relevant services
- Older peoples neighbourhood watch/support
- All senior citizens of Aotearoa should be supported in terms of quality of **wellbeing** (health, living standards)
- Accessible housing
- Village styles
- Warm housing/retrofitting/insulation

Summary

What would success look like?

A future where older people feel safe, valued and maintain independence. Older people participate in the community with ready access to information, transport and relevant support.

How are we doing (indicators)?

- Information is getting out there.
- Specific exercise programmes.
- Churches support role.
- Poor standard of rental housing (compliance)
- Fresh food is expensive
- Poor insulation
- Transition of salary to pension
- Lack of use of cultural models
- Lack of emotional support – loss of family

Stories/Underlying Causes?

- Ageing not a stoppable process
- Problem of not enough funding
- Lack of flexibility of system
- Lack of holistic approach
- Lack of appropriate communication
- Cultural beliefs and expectations

What would it take to make a difference – what works?

- Culturally relevant services
- Central agency, 0800 online for older adults
- Practical support
- Being heard
- Holistic approach to wellbeing,
- Accessible housing
- Retrofitting/insulating housing
- Village style housing
- Neighbourhood support networks
- Access to services

Low cost/no cost idea

Using existing agencies to resource information for elderly people

Off the wall idea

- Take GST off foods/accessible co-operative housing
- Older adults community support services, eg gold card