

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

**Present:** Gail Collingwood (National Council of Women) (Chair), P Daly (Grey Power), P Atkinson (Grey Power), Jill Harris (MSD), Jess Breeze (Age Concern), Robin Godbaz (Richmond-Waimea RSA), Chris Stephens (Nelson Public Libraries), John Gibson, Sue Mercoch (Nelson Public Libraries), Chris Allison (Health Action Trust), Kim Howell (Life Unlimited HTS), Ruby Aberhart (Volunteer Community Coordinator), Stephanie Read (NMDHB), Mark Preston-Thomas (ACC), Rachael Large (NCC), Heather Lachner (Alzheimers Nelson), Charles Tyrrell (Anglican Church and Age Concern), Craig Frater (Driving Miss Daisy), Debbie Bowden (TDC Libraries), Craig Piner (NZ Fire Service), Megan Riddell (Nelson Multicultural Council), Bridget Thompson (Nelson Multicultural Council), Helen Reynolds (Bupa), Gaile Noonan (NCC), Brian Say

**In attendance:** Mike Tasman-Jones (TDC), Tara Fifield (TDC)

**Apologies**

Moved Gail Collingwood/Mike Tasman-Jones

That apologies for absence from Kyle Anderson-Wey, Krista Hobday, Glenis Bell, Cr Judene Edgar, Sharon Webber, David Kemp, Roy Reid, Noel Riley, Jacqui Tye, Anne-Marie Fowke-Stayner, Sue Tilby, John Harwood, Elizabeth Wiblin and Annette Nistor be received.  
CARRIED

**1 Confirmation of Minutes – 24 November 2014**

Moved Gail Collingwood/Jill Harris

That the minutes of the meeting of the Nelson Tasman Positive Ageing Forum held on 24 November 2014 be approved.  
CARRIED

**2 Correspondence**

A bereavement card was sent to Mrs Grueber's family. Mrs Grueber attended the forum for a number of years as a Social Support Services representative.

**3 Chairperson's Report**

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

- Nelson City Council Councillor feedback – councillors to report about the organisations they are appointed to as a representative. Meeting is scheduled for 24 February.
- Community Strategic Plan for an Ageing Population. It was noted that the 2009 Physical Activity, Nutrition and Older Adults Report and 2010 Action Plan documents were going to be used as information to inform the current stocktake.

- 2015 Positive Ageing Expo – it was noted that there was great support from the community. Thanks was given to Ruby Aberhart who collected some wonderful prizes for the Expo (one being a boat trip for two to the Abel Tasman).
- Nelson Community Whanau Group.
- A4A meeting. She said the highlight was guest speaker, Dr Rodney Tolley, who is an experienced consultant in Active Transport.

Moved Gail Collingwood/Mike Tasman-Jones

That the Chairperson's report be received.  
CARRIED

#### **4 Tips and Tools to Managing Hearing Difficulties**

Kim Howell, a Hearing Therapist from Life Unlimited Hearing, gave an overview of the benefits of pre hearing aid preparation and talked about the recent group workshops which ran over five weeks for two hours. She said it was a Life Unlimited and NMDHB Audiology project.

Kim said in 2014, NMDHB Audiology made some changes to the services to qualifying adults with hearing loss. One of the results of this was that adults applying to this service for hearing aid assessments and fittings would now come under specific referral criteria. Those on the current two year wait list would no longer fit the criteria but the decision was made to honour those on the list. Kim handed out a feedback form from the workshop (attached).

Ruby said she was interested in the numbers, selection of people and their ages. As far as numbers go, on the waitlist there were 350 people in Nelson/Tasman/Blenheim. Most of the age groups on the list were between 50-75.

It was noted that the Ministry of Health provides a dual disability scheme which can also be obtained through the hospital and could provide your hearing aids free of charge.

#### **5 Nelson Multicultural Council**

Bridget Thompson, Co-ordinator of the Nelson Multicultural Council, gave an overview of their services relevant to older sector and upcoming events. She commented on:

- Race Unity Day is this Sunday 1 March.
- The Nelson Multicultural Council is a centre for all information around the needs of migrants.
- They send out a newsletter every month.
- They hold an interpreters list which has interpreters for over 30 languages.
- Speak out Nelson Tasman (SONT) – education system for eliminating racist incidents. They also present SONT talks.
- In the future they will be running Intercultural Awareness Education Programmes.

Megan Riddell introduced herself as a field worker for the Nelson Multicultural Council and said she worked 15 hours a week. She said it was a really broad role which supported migrants with any issue they had.

#### **6 Libraries' Home Delivery Service**

Chris and Sue, from the Nelson Public Libraries and Debbie Bowden from the Richmond Library, explained how the free home delivery services works, including a service offered

called memory boxes which are collections of items that are loaned to rest homes, containing objects from the past.

Debbie said in Tasman (Richmond only), there are six volunteers who visit the housebound customers regularly and the customers choose what they want to borrow – books, magazines, talking books, DVDs, CDs etc which there is no charge for. Tasman District presently have 15 customers. A feedback form is provided to these customers and these are kept on record for any improvements/suggestions to the service.

Chris and Sue cover the Nelson district. Nelson has 65-70 people on their housebound service and they also deliver to rest homes. Chris noted there are two main services – home delivery and a self service housebound.

It was noted that e-books are becoming more popular and that a lot of rest homes do not have wi-fi which makes it difficult as you need this service to access e-books. It was also noted that any donations of old memorabilia would be greatly received by the Nelson Library for their memory boxes.

## **7 New Nelson Bylaw regarding Sandwich Boards**

Brian Say from Blind Citizens updated the Forum on Nelson City Council's proposed new bylaw (Urban Environment Bylaw) regarding sandwich boards and other options on the pavement. He said Nelson was proposing to widen the CBD pavements from 1.5 metres to 2 metres (like Tasman District). Nelson were also going to move the sandwich boards outside shops to the kerbside, in line with Tasman.

## **8 Update from Age Concern**

Jess Breeze gave an update on what is happening at Age Concern. She commented on:

- High statistics for elder abuse and neglect in our community.
- “Later Life Planning” workshops – a newsletter was left on people's chairs. Age Concern would be making presentations on “Life without a Car”, Advanced Care Planning with presenters from Nelson Hospice, Enduring Power of Attorney by Dallas Wood and John Collyns would be talking about retirement villages/complexes and tricky questions in regard to licence to occupy etc.

## **9 New Dementia Resources**

Heather Lackner, Alzheimers Nelson, updated the Forum regarding their resources and programmes. Their leaflets have been updated and are available now. She said they run a café in Nelson/Motueka and anybody affected by memory loss could attend. They are also running “Help with Diagnoses, Take Charge”, a six week course which helps people through different stages if and when they get dementia.

Heather had a copy of the \$5 publication “Don't Fence Me In” about people with dementia who are living in the community

She showed the Forum a necklace that is GPS enabled and is used by individuals with memory loss and also a bracelet which is inscribed “I have a memory loss” and has the person's contact details inscribed. She reminded forum members of this equipment to assist with helping a person who may be disorientated or distressed.

## **10 Update Volunteer Community Coordinator**

Ruby Aberhart spoke to her report which was included in the agenda in which she commented on:

- Mudcakes and Roses – she wouldn't like to see it disappear.
- The "Conversations that Count" campaign, leading up to an awareness day on 16 April.
- Enduring Power of Attorney - two brochures which were circulated last year.
- New Zealand Positive Ageing Strategy hasn't been released. Hopefully on 24 or 25 March.
- Terms of Reference – why the Forum is here and who is responsible for it etc. Ruby reminded everyone to read the Terms of Reference as it is an important document (attached).
- If you have anything to report that is urgent and can't wait until the next meeting, let Mike Tasman-Jones know and he will circulate it to members.

Moved Jill Harris/Gail Collingwood

That members of the Positive Ageing Forum encourage the promotion and the wider distribution of the Mudcakes and Roses magazine.

CARRIED

## **11 Update from the Ministry of Social Development**

Jill Harris gave an update from the Ministry of Social Development. She noted that social housing is managed by Nelson Tasman Housing Trust and Housing New Zealand.

In regard to the previous discussion on the high statistics for elder abuse and neglect in our community, she mentioned there was a person assigned with Work & Income who was a Family Violence Response Coordinator.

Jill said that in the latest Senior Services newsletter, it noted that in March there will be a more integrated approach for MSD. They will join up with StudyLink and Work and Income to become one overall MSD Service Delivery team that brings together services for seniors, students and helping people with income support and to find work.

She noted the link to the website for the Supergold discounts in Nelson/Tasman:  
[www.supergold.govt.nz/info-for-cardholders/special-offers.html](http://www.supergold.govt.nz/info-for-cardholders/special-offers.html)

## **12 General Business**

Chris Allison said late last year there was a brief presentation on mental health. He said there would be a short follow up on older men and mental health and to contact him if your organisation has anything that would be relevant to this piece of work.

Stephanie from the DHB said they are currently in the process of updating their Annual Plan.

Rachel Large from NCC mentioned free hour long recreation sessions with older adults and the information was supplied in the pamphlets on the table.

Craig Piner from NZ Fire Service said that in December/January four people lost their lives in house fires. He said he is happy to present a fire safety session and to please get in touch with him.

### **13 Next Meeting**

Monday 4 May 2015

The meeting closed at 3.00 pm.

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