

MINUTES FROM THE OLDER PERSONS' NETWORK MEETING HELD IN THE COUNCIL CHAMBERS, HOROWHENUA DISTRICT COUNCIL, 126-148 OXFORD STREET, LEVIN, ON 21 APRIL 2016 AT 10:00 AM

IN ATTENDANCE

Anne Lowry	Alzheimer's Manawatu
Shirley Welch	
Margaret Williams	GreyPower
Robynne Merwood	Age Concern Horowhenua
Sue Carson	MSD Work and Income
Pamela Gibbs	St John Caring Caller
Carroll Cumming	Horowhenua Pink Ladies + Arthritis Support
Cr Garry Good	Horowhenua District Council
Garreth Stevens	Horowhenua District Council
Ema Jacob	Te Takere
Heather Austin	Health and Disability Advocacy Service
Beverly Minchin	Enable NZ
Donna Headley	Alzheimer's Manawatu
Sarah Biddiscombe	St John
Peter Dyer	Citizens Advice Bureau
Rhea Abordonado	Millvale House (Dementia Care NZ)
Bob Wright	Diabetes Horowhenua
Ann Wright	Diabetes Horowhenua
Pamela Gibbs	St John Caring Caller
Marion Fulljames	St John Medical Alarms
John Mullany	Diabetes NZ Horowhenua
Neil Walton	Adult Day Care
Neesha Gouldsbury	ACC
Beverly Minchin	Enable New Zealand

WELCOME

Chair Good welcomed the network and opened the meeting at 10:00am

APOLOGIES

Mayor Brendan Duffy	Horowhenua District Council
Colin Lawrie	Horowhenua District Health Transportation Trust
Davina Rawiri	Reevedon & Levin Home for War Veterans
Lew Rohloff	GreyPower
Lynn Mckenzie	Horowhenua Breathe Easy
Jo Smith	MidCentral DHB
Aileen Johnson	GreyPower
Yvonne Mabey	Arthritis Support Group
Maureen Gilbey	Levin 60s Up

Apologies were NOTED by Chair Good

MINUTES – 17 MARCH 2016

The minutes of the March meeting were NOTED.

MATTERS ARISING

Ann Lowry – following Davina's comments in those minutes around dementia friendly communities. Just to flag that as something that Alzheimer's Manawatu would like to talk about as well – very happy to work with agencies to make Horowhenua leaders in this area.

Donna Headley – Manager of Alzheimer's Manawatu – I sit on a steering group in Palmerston North for Age Friendly Cities, my representation there is for then dementia community. I'd be interested if Levin was thinking of doing something around that. We are already working, providing resources for businesses. I attended a workshop in Wellington held by BUPA and Alzheimer's NZ to look at things that make a community dementia friendly. Some of it is quite simple, signage and seating but also making sure the community understands dementia. Then there is person to person contact – businesses, transport, how people can support their neighbours.

Garry invited further discussion on the topic in general business

UPDATE FROM ORGANISATIONS AROUND THE TABLE

Sue Carson – Work and Income – have just gone through a systems upgrade so there is a backlog over and above our 5 day turnaround. Hoping to catch up once those IT issues are resolved.

Robynne Merwood – Age Concern – Next staying safe course is on 20 May. We revisit the road rules. We also have one called 'hanging up the car keys' – for those that realise there will need to be a time that they need to transition out of driving – need more people in these courses. Our next magazine is due at the end of May and I am looking for short articles from people who are interested – come and see me after the meeting.

Peter Dyer – GreyPower and Citizens Advice Bureau – While I don't have updates from those organisations today I do want to raise the issue of traffic density. For those that have lived in Levin for a while you will have noticed a significant growth in the traffic density. Many of us have realised that getting out of a side street to get into Oxford Street can be quite difficult so we have resorted to using the intersections with traffic lights. Even there, with the growing stream of cars you may not make it. I believe it has reached the stage where this needs to be thoroughly reviewed.

Margaret Williams – GreyPower – Next meeting is 20 May at the Memorial hall (change of venue) because our speaker is Winston Peters. We are getting a second sound system in and 250+ chairs. A note that the new A-Z business directory is very good – easy to read, informative, well put together. I was approached by a heat pump company the other day – they are concerned with heavy handing cold calling from a salesman, so a note to keep an eye out for this.

Peter Dyer – we've had a number of people calling about this through to CAB.

Margaret Williams – The DHB approached me to act as a consumer representative across the board on a taskforce on improvements for Palmerston North hospital – we've been given three months to investigate so I will be at Palmerston North Hospital every Friday for the next ten weeks so if anyone in your organisations has any particular issues, do let me know.

Marion – St John Medical Alarms – introducing Sarah, our healthcare rep who will talk about our activity with ACC for home safety checks which we are rolling out this month.

Sarah – St John – A new initiative that St John are working on with ACC: we have signed a three year agreement to try and reduce the number of falls in the community. We have a whole lot of new information about falls, shoes, checking people's homes. Those with St John medical alarms will have a home safety check to support this. We are starting with those that have alarms, but would be open to talking about others that you have within your service networks.

Ann – Diabetes Horowhenua – Garage sale last Saturday and managed to raise over \$800. The speaker at our meeting next week is Heather Bennie who is a clinical dietician from the PHO to talk about self-management programmes for people with long term conditions.

Ema Jacob – Te Takere – We have been quite busy this month thanks in part to the lego! 240kg of blocks have been assembled and unassembled by people of all ages and abilities working on constructing things – a delight to have this. A great activity for grandparents and grandchildren to do together. Sunday 1 May is when the Lego departs and Sue Lund's artwork comes in. We've had the Lego theme carried through to other school holiday activities: next week we have an electronic Lego game programme for teenagers that is already fully booked. During May we have some expos coming up – arts and crafts inspired by the letter F on Friday 6 through to Sunday 8 May. Friday 20 to Saturday 21 May we are having our first sustainable living expo so looking for those interested in partaking. Our large print appeal starting soon. Speaking about dementia, I am keen to go through a process to ensure that Te Takere is a dementia friendly space including staff awareness building and subtle space changes to help.

Rhea Abordonado – Millvale House – specialise in dementia. Interested in being part of discussions about dementia friendly communities going forward.

Carroll Cumming – Arthritis and Pink Ladies – We had Garreth as our last speaker come and talk about his trip and it was very engaging. Pink Ladies going well and have had a number of outings.

Ann – Alzheimer's Manawatu – Reflecting on the Talanoa workshop on 8 April – I gained a huge amount of knowledge – I recommend engaging with this training to all. On 3 and 10 May there is a two part education programme coming up. If you know anyone who may benefit from attending please invite them to register. People with dementia can be hard to spot – they don't wear signs! Important we work as a community to support each other. Our Memory Walk is coming up fast – September 16. Keen to hear from those that are interested in being a part of this. Carer group here in Levin has grown this year, around 12 attendees on the First Friday every month at Te Takere.

Donna Headley – Looking forward our Alzheimer's education services need to continue to get good attendance as they are valuable but do cost to run. There are a lot of people out there that we aren't reaching so we need help to spread the word.

Heather Austin – Health and Disability Advocate – There has been a recent surge in complaints/enquiries recently. Our role has had a slight shift – we are concentrating more on vulnerable people. If you know of any providers that need education sessions they need to get in quick as our change in focus means we won't be doing many provider education sessions in future.

Shirley Welsh – Interest is clearer print in the phone book – still hoping to advocate for a change in this space. Happy with the A to Z business directory.

Garry welcomed Neesha and introduced her as the speaker for the next item on the agenda.

PRESENTATION – NEESHA GOULDSBURY – ACC – APRIL FALLS

This month is 'April Falls' month. Last year you may remember the DHB did some resources around shoes and falls. This year they decided to focus on eyes and sight in relationship to falls prevention. The group has designed some posters and pamphlets. ACC has funded the first print of these posters. DHBs from Hawkes Bay to Wellington have decided they want to come on board so we have split the supplies across the country. We will have to keep an eye on the demand for these resources to see whether we fund a reprint – alternatively available through the DHB in PDF to self print.

Falls facts – 42% of people 85 and older have a level of lost sight. Environmental hazards are a leading cause of falls and 50% of falls happen in the home.

Poor vision can decrease the ability to see objects, to judge distance and depth, reduce ability to cope with sudden changes in light and reduce levels of peripheral vision.

Bifocals and single lens glasses – we advise that single lens glasses are best for general use activity. They can be a risk for falls on steps and working on footpaths. Awareness of this and the implications of frame and lens design is important for people with ageing eyesight and a good conversation to have in depth with your optometrist.

Early detection of visual impairment diseases is something we are also promoting – very important in the proper treatment process.

Focusing on environment, some aspects to focus on:

- Good lighting in the home and outside of the home
- Considering colour and contrast to assist in identifying surroundings
- Keep walkways free of obstacles
- Be aware of objects and layout that creates glare and reflections
- Use of nightlights
- Taking care on curbs and stairs
- Animals

Chair Good thanked Neesha for her presentation and introduced Bev as the speaker for the next agenda item.

PRESENTATION – BEV MINCHIN – ENABLE NZ – EASIE LIVING CENTRE

Enable NZ have built a new demonstration home in Palmerston North. The Easie Living Centre is a response to the new model of care – helping people stay within their own homes for longer. Moving from dependence to independence – it's about more control.

Enable NZ have contracts around New Zealand in the area of:

- Equipment
- Housing and vehicle modifications
- Children's spectacles subsidy
- Disability information and advisory service
- Needs assessment and service coordination

The EASIE Living centre name stands for Equipment, Advice, Services, Information and Education. It features an accessible SMART home, demonstration facilities, meeting rooms and personnel to provide our core services.

Examples of equipment:

- Aids for daily living
- Bathroom including toilets
- Bedroom
- Kitchen
- Mobility
- Sensory
- Safety rails and other retrofitting
- Smartphone applications
- Access solutions

Currently we sell products but are pushing to have rental options in the next couple of months.

The centre is on Main Street – via the old Main street entrance to the RSA in Palmerston North. We are more than happy to bring staff and show you around for those interested.

Chair Good thanked Bev for her presentation

GENERAL BUSINESS

Garry Good – regarding traffic density comments there is no simple answers for the immediate issue, but Council is working closely with NZTA regarding RoNS and strategic development in years going forward. We know what you are observing is correct and won't be decreasing.

Peter Dyer – Perhaps better intersections for the turn offs to Palmerston North would reduce the traffic flow through Levin to Queen Street.

Neil Walton – And the ongoing issue of trucks through Oxford Street – where we have outdoor dining – not good when getting hit diesel fumes and effluent regularly.

Garry Good – noted.

Neil Walton – An issue I want to raise: I noticed a couple more trees that were cut down on the outside of the church – disappointed! Also, a couple of years Cambridge Street/Liverpool Street intersection was resealed. Now I notice they are digging it up again – potentially to put a round-about in. Why when it was resealed less than 12 months ago – where was the forward planning?

Garry Good – The trees in question by the church were removed for health and safety – they were on the roadway so I am told the decision was purely because of visibility issues. The ones further down the road are on the berm not the roadway so they don't need to be removed.

Garreth Stevens – New Elderberries is out today – revised in its design, do enjoy and feel free to give us feedback on it. A note that the Community Services Review has been approved by Council at the strategic level and some details of that are now being put together. As you will know we have held back the Positive Ageing Action Plan 2016 – 2019 drafted by members of this group which I had originally intended to be published by now. More in this space at future meetings. One of my big projects recently has been to prepare some awards applications in the Community Development area. One in the Prime Ministers Education Excellence Awards has been put forward and two to the LGNZ excellence awards for (1) Education and (2) Pride and Vibrancy.

Carroll Cumming – A positive note: one of the carers we have has moved down from Auckland in October. She went to Te Takere recently to play 500. First time she had been into Te Takere and she was totally blown away by the facility and the activity in there.

There being no further business, Chair Good closed the meeting at 11:25am and invited the group to stay for a cup of tea.

NEXT MEETING DATE – Thursday 19 May 2016 at 10.00am