

Independent Living

A Guide for Health and Wellbeing



Celebrating Otago's older people since 1948



Important numbers

Your GP		Your dentist	
Urgent doctors	03 479 2900	Your pharmacy	
Urgent Pharmacy	03 477 6344	Your local hospital	
Dunedin Hospital	03 474 0999	Your homecare service	
Ambulance	111	Your lawyer	
Healthline	0800 611 116	Your accountant	



Your family and friends

To age positively means welcoming the opportunities of older age, while acknowledging the realities. It requires the resilience and courage to accept change in ourselves and in the world around us. Our attitudes, our level of activity and support and our social, cultural and economic environment affect our ability to age well.

Living Well and Getting Older

Age is an issue of mind over matter. If you don't mind, it doesn't matter.

- Mark Twain

As we age our bodies change. We may need to make some changes to our habits in order to stay safe and continue doing activities we love.

Growing older can be challenging. Accordingly we have based this Guide on the important theme of resilience. It's not only for those who are well but also those who are overcoming challenging situations in order to balance wellbeing across a range of areas.

This Guide outlines changes experienced with ageing and includes helpful hints and contacts to keep you well and safe at home and connected with your community.

Age Concern Otago's vision is an inclusive society where people of all ages and cultures, as they grow older, have opportunities to make choices which lead to quality of life and personal fulfilment. Age Concern Otago provides information, education and advocacy to promote the wellbeing of older persons.



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Changes with Ageing

Mobility Many of us start to feel stiffer as we age and our bodies don't do what they used to do when we were younger with stronger muscles. Reflexes and coordination also slow with age. The old saying remains true —use it or lose it! Get bending, walking, exercising or whatever is best for you.

Continence can be a delicate or embarrassing issue but it is very common. Products for incontinence are available at most supermarkets.

Intimacy Most of us need to feel physically and emotionally close to another human being and this doesn't diminish with age. There can be a need to adapt to the effects of hormonal changes, illness, or medication. In a relationship sometimes one of us experiences change before the other and caregiving may be involved and advice from a health professional may help.

Sleeping Less sleep is needed as we age, approximately 6.5 hours per night after age 60 is enough for most but everyone is different. Quality is more important than quantity. If you have trouble sleeping avoid food or drinks with caffeine in them before you go to sleep. Having a bedtime routine and stress reduction techniques can help. Have something for company if you cannot sleep, like a radio, talking books or music.



Further Information

The Bladder Helpline 0800 650 659

www.continence.org.nz

Relationship Services 03 477 6766

www.relationships.org.nz

Sleep New Zealand 0800 22 75 33

www.sleepnz.co.nz

Heart Foundation 03 477 3999

www.heartfoundation.org.nz

Diabetes Otago 03 474 0240

www.diabetes.org.nz

Able

able.co.nz

Arai Te Uru Whare 03 471 9960

www.araituru.o.nz

Changes with Ageing (continued)

Blood pressure and circulation change and so we feel colder more easily.

Make sure to keep hands, feet and head warm, especially if you have diabetes.

Skin gets older too. It becomes delicate and takes longer to heal. It is recommended to dry between your toes and keep toenails trimmed. Keep an eye on any skin wound, tear, or ulcer that isn't healing.

Eyesight Old eyes take longer to adjust to different light levels and more light is required to see clearly. Older people are susceptible to glare and contrasts, and colours are not as defined. Visual impairment can come on slowly and last a long time.

Hearing can become less sensitive. Sounds become softer, and high pitched noises cannot be heard as easily. Changes to our vestibular systems can lead to dizziness and balance problems which can then increase the risk of slips, trips and falls.

Smell also becomes less sensitive. This may pose a danger as you may not notice smells that alert you to danger eg burning, smoke or gas leaks.

Teeth are important as they ensure we can eat and communicate. Visit your dentist or hygienist and follow their directions. Remember, a stitch in time saves nine!

Touch sensitivities may lessen as we age and we become less likely to feel pain, pressure and heat. We may not immediately notice sensations or injuries such as scalding or frostbite.

Further Information

Blind Foundation 03 466 4230

www.blindfoundation.org.nz

Visual Impairment Group 0800 206 620

www.visualimpairment.org.nz

Deaf Aotearoa New Zealand 0800 332 322

www.deaf.org.nz

Hearing Association 03 487 7641

www.dunedin.hearing.org.nz

The Health and Disability Code of Consumer Rights If breached contact The Health and

Disability Commissioner 0800 11 22 33

www.hdc.org.nz

If you have any concerns contact your

GP or Practice Nurse

or

Healthline 0800 611 116

Free 24 hour health advice available from a

Registered Nurse

Communicating About Your Health

Planning for your next health care visit and asking questions will help you understand more about your health and treatment for an illness or injury.

Let's P.L.A.N. for better care. Four steps for your next health care visit

Prepare for your visit

- Write down your main concerns or questions
- Make a list of your medicines and supplements
- Did you know you can take a support person with you and ask for a translator?

Listen and share

- Say if you don't understand and if writing or a drawing could help
- Say if you're having problems with your medicines or treatment, or can't afford them
- Is there anything else you can tell your doctor or nurse about your health
- Don't be afraid to ask for help with your personal care or home if you need it

Ask questions

- What is my health problem?
- What happens next?
- Why is that important?
- Are there any other options?
- What can I do to help with my health?

Note down what you need to do next



Courtesy of Health Quality & Safety Commission

Communicating About Your Health (continued)

Helpful Hints

- See your doctor for an annual medical check including hearing and vision tests.
- Take advantage of any free health care or vaccination such as the annual influenza (free for people over 65) and cervical smears.
- Ensure all medication is regularly reviewed.
- Pill organisers such as blister packs are available from a pharmacy and can help you keep track of your medication.
- Be aware of your medication's side effects and know how other medications, food and alcohol can interfere with treatment. Alcohol can be dangerous when taken with some medications.

Check out these resources

boomers.org.nz

www.grownups.co.nz

www.agewell.org.nz

www.healthed.govt.nz

www.healthnavigator.org www.msd.govt.nz/what-we-can-do/seniorcitizens

When you collect your medicine from a pharmacy, you may want to ask these questions

- What is the medicine for?
- What is its name?
- How and when do I take it?
- How long do I need to take it for?
- What could happen if I stop taking it?
- What are the side effects?
- What should I do if I get these?

Courtesy of Health Quality & Safety Commission

Good healthcare is the result of good communication, and it is up to you to take active responsibility for your health. Your doctor, nurse and others included in your health care want you to ask questions to help you make decisions together



Eating Well for Good Health

Eating well helps you to stay well, feel good and sleep well. Good nutrition boosts your immune system and provides energy to keep you going throughout the day.

Eating well will reduce your risk of heart disease, stroke, Type 2 diabetes, bone loss, and anaemia. Eating well and being physically active can also help you manage any current health conditions you may have.

Aim for a healthy balanced diet Including:

- 6+ servings of fruit/vegetables each day
- 3+ servings of milk/milk products each day
- 1+ serving of lean meats and alternatives (protein) each day
- 8 cups of water each day
- Fish (fresh or tinned) once a week
- Breads and cereals (rice, pasta, wholemeal bread)
- Limit fat intake (using low fat spreads and low fat milk)
- Limit sweet or fizzy drinks and alcohol intake

Handy Tips:

- Try making meals occasionally even if you live alone
- If you eat less, it is important to choose foods that are rich in nutrients.
- Try having pre-prepared meals handy in case you are ill
- Ensure your dentures fit well so you can eat comfortably



Further Information

Age Concern Otago 03 477 1040

- *Senior Chef cooking classes for those who would like to be more confident cooks*
- *Information about meals on wheels*
- *Light lunch available on Tuesday & Friday at the Octagon Club.*

Diabetes Otago 03 474 0240

www.diabetes.org.nz

Heart Foundation 0800 863 375

www.heartfoundation.org.nz

Stroke Foundation of New

Zealand 0800 78 76 53

www.stroke.org.nz

It's Never Too Late to Start Doing Exercise

Old muscles are just as trainable as young ones

Regular physical activity will help you maintain independence and carry out daily activities more easily. It doesn't have to be strenuous to be good for you, start slowly. You should be able to talk or sing a song without getting breathless.

Exercise Can Easily Be Worked Into Your Day

- Start walking on your own or join a walking group
- Try Line Dancing, Steady As You Go, Tai Chi, Gym, Pilates, Yoga, Bowls, Dance
- Housework, gardening
- Aqua jogging, swimming, just moving in the pool
- Family activity eg taking grandchildren to the park
- Embroidery, knitting, whittling for finger joints

Remember

- Maintaining joint mobility is easy by doing daily exercise
- Take a drink bottle and sip on some water
- Spend more time being physically active and less time sitting down
- Speak to your doctor before starting or increasing physical activity
- Be active safely

Benefits of Exercise

- Strengthens muscles and joints
- Reduces joint stiffness
- Feels good, especially afterwards!
- Lowers stress levels overall
- Makes new friends
- Prevents osteoporosis and falls
- Enhances sleep and quality of life
- Reduces risk of developing high blood pressure, heart disease and diabetes
- Helps manage weight and co-existing chronic conditions
- Improves posture
- Gives sense of achievement
- Puts some pep in your step



Further Information

Age Concern Otago 03 477 1040

- *Octagon Club—gym and gym classes, line dancing, body beat, bowls, dance classes*
- *Community Tai Chi and Steady As You Go strength and balance classes*

Dunedin City Council

03 477 4000

www.dunedin.govt.nz

KeenAgers Edgar Centre

03 456 200

MoveMe Ideas for fun physical activity to do around Dunedin.

www.moveme.org.nz

Dunedin 60+ Club 03 488 1489

www.dunedin60plus.co.nz

Heart Foundation 03 477 3999
Cardiac rehab and chronic conditions exercise classes

Ask your GP or physiotherapist

Heat is a Health Matter

Temperature and humidity of your home are vital to your wellbeing

Affordable Suggestions to Keep Warm

- Close curtains before dark to keep cold out and heat in.
- Move to keep your circulation even and go for a walk at the warmest time of day.
- Dress warmly, you lose lots of heat through exposed skin - wear warm socks, a hat, scarves and gloves.
- Reduce moisture in your home by using a dehumidifier or airing your house during the warmest part of the day.

Safety When Heating

- Do **NOT** use **unflued** gas heaters, they release poisonous gas and increase condensation and mould.
- Turn electric blankets off before you go to bed.
- Worn or old electric blankets are dangerous, get them checked every year by an electrician.
- Keep everything (**including yourself!**) at least 1 metre from heating devices.
- Give wheat bags a minute to sit before getting them out of the microwave as they will continue to heat for a few moments after finishing.
- Do **NOT** put boiling water in hot water bottles. Rubber perishes and breaks and hot water may cause severe burns.



Home Modifications to Keep Warm

- Insulate ceiling, floors, and double glaze windows to keep heat in.
- Seal gaps around windows and doors to prevent draughts.
- Install thermal blinds, drapes or linings.

Cool temperatures are a health hazard

18 - 20 °C Healthy room temperature to live and sleep to prevent cold-related illness.

Below 16 °C Increased risk of respiratory illness.

Below 12 °C Increased risk of having a stroke or heart attack.

Below 5 °C Increased risk of hypothermia.

Further Information

Age Concern Otago 03 477 1040
Check out our resources

EECA Energywise 0800 358 676
Information about government insulation and heating.
www.energywise.govt.nz

NZ Fire Service 03 474 0709
Advice on smoke alarms and other fire prevention measures call your local fire service. www.fire.org.nz

Work and Income 0800 552 002
May be able to help with extra financial assistance.
www.workandincome.govt.nz

Dunedin Budget Advisory Service
03 471 6158
www.budgetingdunedin.co.nz
www.familybudgeting.org.nz

Sorted 0508 767 848
www.sorted.org.nz

Dunedin Curtain Bank
03 425 9678

Being Well Within

Change is part of ageing. Inevitably this will include losses and grieving

Being healthy is about more than simply exercising and eating well, there are also mental, emotional and spiritual aspects to health. As people age and life changes happen, its not uncommon for people to feel low, anxious, afraid, or lonely.

Loneliness

Loneliness and social isolation are issues older people commonly face. Research has proven loneliness is bad for your health. Older people can become isolated and lonely due to events like losing a partner or friends, becoming unable to walk far or to drive, or having to move house. It's important to do something about it, see page 18 for ideas about getting out and staying connected with your community.

Grief and Loss

Over our lifetimes we are likely to experience loss and bereavement. Grief is a natural reaction, and is a way for individuals to cope and heal. Everyone grieves at their own pace and in their own way. There is no right way to grieve. Grief has many faces and its own shifting timeframe. Even the feeling that you are not grieving correctly, or of being separate from grief, is grief itself. Counsellors can be of assistance.

Spirituality

Spirituality means different things to different people. It is always evolving and is the sum of your values, culture and experiences. It provides meaning and a sense of purpose, connectedness and wholeness. It is often explored in religion but can be found in any activity that gives value and meaning to an individual's life.



Further Information

Age Concern Otago 03 477 1040

Our Accredited Visitor Service provides friendship and conversation if you would like more company.

Lifeline 0800 543 354

Free 24/7 phone support service

www.lifeline.co.nz

Samaritans 0800 726 666

Free 24/7 phone support service

www.samaritans.org.nz

Skylight 0800 299 100

Resources and services to support those facing tough times of change, loss, trauma and grief

www.skylight.org.nz

Church details

www.nzchurchnet.co.nz

Ask people you trust to recommend counsellors

Happy Minds

It is not true that our minds will fail us in old age! Remember mental stimulation maintains the grey matter. There are many things you can do to keep your mind active including crosswords, quizzes, learning new skills as well as keeping physically active and connected with your community.

Some of the key ingredients for positive ageing are

- Love and optimism
- Family and Friendship
- Enjoyment
- Adaptability
- Dignity and mindfulness
- Generosity and curiosity
- Role Models
- Customs and Culture
- Plans
- Maintaining equilibrium

Positive attitudes to ageing are often shown by the following characteristics

- Sense of pride and determination in the face of adversity
- Interest in sustaining social relationships
- Tenacity in a changing world
- Acceptance of 'give and take'
- Awareness of the need to make the most of one's assets
- Desire to live a quality life



Introduce to your life these winning ways to wellbeing

Connect

Talk and listen, be there, feel connected

Give

Your time, your words, your presence

Take Notice

Remember the simple things that give you joy

Keep learning

Embrace new experiences, se opportunities, surprise yourself

Be Active

Do what you can, enjoy what you do, move your mood

Courtesy of Mental Health Foundation

Depression

Depression is not the same as sadness or grief, it is a treatable condition. Recovery from depression is the rule, not the exception.

About 1 in every 7 people will develop depression at some time in their life. In older age it is common for depression to be unrecognised, misdiagnosed or mistaken as a natural part of old age. If you are concerned about yourself or someone close to you, talk to your GP. We all feel down from time to time, but symptoms of depression should be taken seriously if they last for more than two weeks. You might be showing a number of warning signs, or none in particular, everyone is different. If you are in any doubt, talk to your GP.

Key Signs

- Constantly feeling down or hopeless
- Having little interest or pleasure in things you used to enjoy

Possible Signs

- Irritability, restlessness, feeling tired all the time, or general loss of energy
- Feelings of emptiness or loneliness
- No longer interested in favourite activities
- Sleep problems – too much, or too little
- Weight loss or gain
- Low self-esteem
- Problems with concentration
- Reduced sex drive
- Thinking about death a lot



**Get help
Pick up the
phone**

Further Information

Do you need to talk to someone?

[Depression Helpline](#)

0800 111 757

[Suicide Crisis Helpline](#)

0508 828 865

[Alcohol Drug Helpline](#)

0800 787 797

[Gambling Helpline](#)

0800 654 655

[Healthline](#)

0800 611 116

www.depression.org.nz

www.mentalhealth.org.nz

www.health.govt.nz

www.addictionhelp.org.nz

www.grow.org.nz

www.gamblinghelpline.co.nz

Abuse and Neglect are Not OK

Abuse can happen in different ways and will often go unreported. Sadly most elder abuse happens within the family. Abuse takes many forms including financial, physical psychological, sexual and neglectful.

If you have concerns about

- The way you are being treated
- The way people talk to you
- How your money is being spent
- How your property is being used
- The quality of your care

ITS NOT OK! TELL SOMEONE

If someone is stopping you from

- Going to activities and places of your choice
- Taking part in cultural or spiritual activities that are important to you
- Spending time with your family and friends

ITS NOT OK! TELL SOMEONE

Talk to Someone

Age Concern's Social Worker, Police, GP, Nurse, or a trusted friend. If you cannot talk to these people yourself, ask someone to do it for you

Plan Ahead and Protect Yourself

- Make sure you have an up to date will, Enduring Powers of Attorney and Advance Care Directive
- Maintain control over your life and finances as long as possible
- Seek professional advice from lawyers and accountants
- Don't be afraid to get a second opinion!

Elder Abuse can happen to anyone. But no one deserves to be abused. If it happens to you or someone you know there are things you can do to

Further Information

Age Concern Otago 03 477 1040

Confidential advice and assistance provided by a social worker

Dunedin Community Law Centre

03 474 1922 *Free information and advice on legal matters*
www.dclc.org.nz

Dunedin Central Police

03 471 4800

For reporting an offence or call 111 in an emergency

Women's Refuge 0800 733 843

Free advice, emergency accommodation and confidential advocacy services provided
www.womensrefuge.org.nz

Sorted 0508 767 848

Guide to managing money independently www.sorted.org.nz



Falls Are Not a Natural Part of Ageing

There are many things you can do to prevent falls

Assess the impact of any specific health conditions. Discuss your medications with a health professional.

Keep mobile. Regular exercises increase muscle strength and balance and is one of the best things you can do to prevent falls. Join a SAYGO class.

Stand up for your feet. Wear well fitting, flat shoes with no-slip soles for increased stability. See a podiatrist or doctor if your feet are painful or swollen, or if you develop problems like bunions.

Look out for your eyes. As we get older, we take longer to judge distances and depth accurately. Get your eyes checked once a year by your GP.



Get medical help if you need it, and tell your doctor about all the falls, even those that do not result in injury

Being prepared in case you have a fall

Accidents can happen and you may find yourself on the ground after a fall.

Make a plan Think about how you might be able to get help quickly if you do fall. eg

- Have your telephone within easy reach, even if you're on the floor.
- Get a personal medical alarm.

If you fall

1. Stay calm and assess your situation.
2. Decide whether you'll try to get up.
3. If you can get up, use something sturdy to support yourself.
4. If you can't get up, try to get to the phone or call out to attract attention, and make yourself as comfortable as possible until help arrives.

Further Information

Age Concern Otago 03 477 1040

- *Steady As You Go* falls prevention classes throughout Dunedin and Milton, Kaitangata, Balclutha, Lawrence, Roxburgh, Alexandra, Clyde and Cromwell.
- *Tai Chi* classes throughout Dunedin and wider Otago including Port Chalmers, Waikouaiti, Broad Bay, Portobello, Ocean View, Mosgiel, Middlemarch, Roxburgh, Alexandra, Cromwell, Wanaka, Ranfurly, Patearoa.
- **Free Standing Up to Falls Booklet**
- **List of reliable providers of personal alarms**

ACC provides information about preventative measures against falls. www.acc.co.nz

Make Your Home a Safe Place

There are likely to be changes you can make in your home that will reduce the potential for falls.

Gardening and Maintenance

- Avoid lifting heavy bags of weeds and compost, or tugging at stubborn weeds
- Stand straight or kneel. Avoid bending by choosing long-handled and lightweight tools. Use raised beds or planters and try out knee pads for kneeling work.
- Ask someone else to do routine home maintenance if you need help
- Don't try to move heavy furniture yourself, or to open a window or door that is heavy or stuck
- Get help to reach or to do work that is above your head. If that isn't possible, be sure to use a sturdy step stool rather than standing on a wobbly chair. Likewise, steady yourself when bending down by holding onto something secure.

Bathrooms

Avoid slipping or falling by

- Using non-slip mats in the shower and bath
- Having solid grab bars or handrails installed in toilet, bath and shower areas
- Using a bath seat and hand-held unit in the shower
- When putting on make-up, shaving, or brushing your hair, use a mirror that can be pulled out towards you

Lighting

- Light switches that can be reached easily without getting out of bed are a good idea, or keep a torch by the bed for night use. Check the batteries often.
- Keep lights on in any area you may need to walk to at night. Think about installing night lights in areas like the bathroom and hallway if you regularly get up in the night.

Further Information

Age Concern Otago 03 477 1040

*Pick up a free copy of **Safe and Sound** for information about ;*

- *Life Tubes*
- *Neighbourhood Support*
- *Crime Prevention*
- *Pushy salespeople*
- *Fire Prevention*
- *Civil Defence Emergency Management*



Make Your Home a Safe Place (continued)

Lifemark 0800 227 888

Not for profit organisation with resources on making your home accessible as you age

www.lifemark.co.nz

Bedrooms

- Sit down to get dressed, and bring your foot up across the opposite knee when you are putting on shoes
- Take your time getting up from lying down. Roll onto your side, sit up slowly on the side of your bed, then stand slowly. Move away only when you have your balance.
- Bend from the hips and knees when you make your bed. Pull on one layer of bedding at a time to avoid back strain, and tuck covers in while kneeling.



Kitchens

- Store frequently used items between eye level and hip height so you don't have to bend down or reach overhead
- Use a step-ladder if you need to get things from high places or ask a friend or neighbour
- When moving dishes in and out of the oven or dishwasher, sit or stand at the side, rather than leaning forward over the door

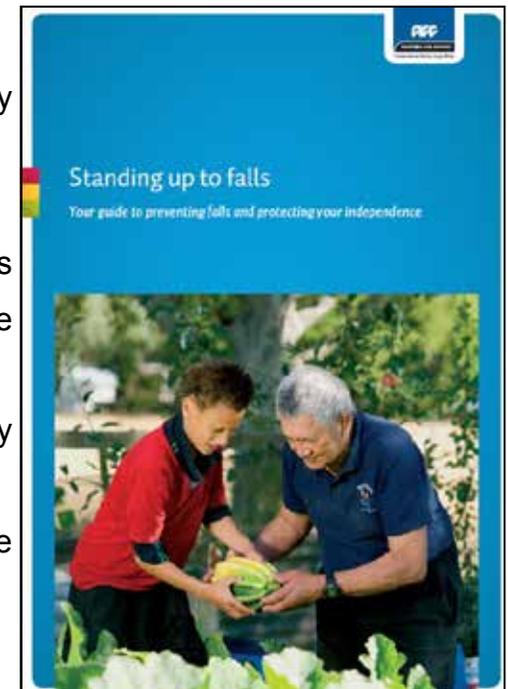
Floors and Steps

- Remove or firmly anchor rugs, as they may slide or bunch up and cause you to fall
- Keep clutter and cords out of your way
- Always use the hand rail on stairways, ramps and steps – have these installed if they are not already
- Watch out for pets or other objects that may cause you to trip or fall
- Wear low-heeled, supportive and secure shoes with rubber soles

ACC

Provides information about ideas for home safety. www.acc.co.nz

resilience.goodhomes.co.nz



Getting Out

Sometimes life events mean older people have less contact with others than they'd like

Ways to Keep Connected

- Get to know your neighbourhood, arrange a system with a neighbour to let them know that you're up and about
- Visit your community, make friends and arrange gathering such as an afternoon for coffee, cards, chat or to teach or learn something new
- Keeping up with current events, which may give you things to talk about
- Visit somewhere different like the museum, library, or church. Have a coffee and be open to talking to others
- Phone calls and email are great ways to keep in contact with friends or grandchildren. If you don't have a computer, the library can provide access.



• Visit your local community centre, marae, RSA or religious centre.

These places often have groups you can join and may offer lifts to help you attend.

Keep Learning Enrol in a course or try something you have always wanted to do.

Volunteer If you need something to do, why not gift your time? Community organisations welcome voluntary help in all sorts of roles.

Rest homes especially welcome volunteers and visitors to help relieve the isolation some residents feel. If you can't get out and about, maybe Age Concern Otago can send a visitor to you!

Get Active Get a friend or friends together and create or join a walking group, bowls group, dance class or whatever takes your fancy.

Further Information

Age Concern Otago 03 477 1040
Seniors clubs, groups & many activities. Volunteer as a visitor or a Meals on Wheels driver

DCC 03 477 4000

Dunedin Library 03 474 3690

Otago Neighbourhood Support
03 4560857 www.ns.org.nz

RSA 03 466 4886

Senior Net 0800 736 467
Learn about new communication & information technology
www.seniornet.co.nz

SuperGrans 03 474 0582
Passing on experience to young families www.supergran.org.nz

University of the Third Age
03 453 4721 *Education & stimulation for retirees*
www.u3adunedin.org.nz

Volunteering Otago 03 471 6206
Positive & rewarding experiences
www.volunteeringotago.org.nz

Getting About

There are many transport options to stay connected to your community

Public Transport

The Super Gold Card provides free public transport to those over 65 years of age between 9am-3pm on weekdays and all day on weekends.

If you have a disability, difficulty catching public transport and if you don't own a car, you may be eligible for reduced taxi fares. Enquire about the Total Mobility Scheme at Age Concern.

Driving

For many older people driving is a mark of independence.

Drivers must renew their licence at age 75, 80 and every two years after that. You can buy driving lessons or attend free Staying Safe refresher workshops at Age Concern.

In order to retain a driver's licence, you must have a copy of a current medical certificate which indicates any conditions that may affect your ability to drive safely, including vision. For information on specific conditions or to refresh your knowledge, driving

factsheets are available at AA, NZTA or Age Concern.

Mobility Scooters may provide increased opportunities for independence. If you are considering one contact Age Concern Otago to do a Staying Safe Scooter Workshop or NZTA to get a copy of *Keeping Mobile, How to Safely Use Your Mobility Scooter*.



Further Information

Age Concern Otago 03 477 1040

- *Staying Safe Driving Course*
- *Supergold and GoBus wallet holder*
- *Total Mobility Scheme for subsidized taxi travel*

NZ Automobile Association

0800 500 444 www.aa.co.nz

Dunedin City Council

03 477 4000

Parking Concessions for those over 75 years of age.

NZ Transport Agency provides information about licensing, changes and renewal as you age.

www.nzta.govt.nz

SuperGold Card is available through **Work and Income NZ.**

0800 552 002

<http://www.supergold.govt.nz>

If you receive Superannuation, you will automatically receive a card.

Join a Club

Clubs or groups are tried and true ways to meet people who share your interests

Seniors Clubs

Otago has a rich history of clubs and groups for older citizens. Some of these have come and gone and many still remain, sometimes with a new name and always with new members.

You can find Senior Citizens clubs, RSA clubs, Womens Institutes, Evergreen and Over 60s clubs. These usually offer a range of activities such as bowls, talks, dancing, trips and exercising.

Or there are groups that have only one focus, for example scrabble, brass band, craft, blindness, political advocacy or service activities.



Further Information

Age Concern Otago 03 477 1040

Phone to be linked to a club of your choice

Octagon Club operates from the Age Concern building

Citizens Advice Bureau

03 417 6166

Will help put you in touch with clubs & activities

Choose an activity that most interests you

You are most likely to feel relaxed and to enjoy yourself when you are participating in an activity you enjoy. You will have more to share and talk about with others.

Prepare your affairs

It pays to think ahead and communicate your wishes to those around you, especially as your health, circumstances or relationships change. Write down what you want and seek independent advice.

Advance Care Planning

This is the process of thinking about, discussing, and writing down your wishes about the type of medical care and treatment you want to receive in the future. In particular, towards the end of your life or when you are not able to make your own decisions.

It's a good idea to think about advance care planning now, before you become seriously ill or injured. It's especially important to think about and discuss advance care planning if you have a terminal condition, are very frail, or have strong opinions about how and where you are treated at the end of your life.

What happens if you can no longer make decisions?

An Enduring Power of Attorney (EPA) is an authority given by you to someone else to look after your affairs. It remains in place should you lose your capacity to make or communicate decisions.

There are two kinds of EPA and both need to be considered:

- One that covers your property
- One that covers your personal care and welfare

Further Information

Age Concern Otago

03 477 1040

Come and talk with us about EPA and Advance Care Planning. We have resources you can take away.

Community Law Centre

03 474 1922

www.communitylaw.org.nz

Legal firms and Trustee companies can advise you on setting up an EPA.

Seek legal advice and find out about available services and support in your community **BEFORE** a crisis arises

Assessing your needs

Support services may be available to people over 65 who need assistance to live comfortably in their own home, including post hospital discharge care. Residential care is available to those who meet the criteria.

How does it work?

Home care support and residential care are managed by the Care Co-ordination Centre after a referral from your GP, the hospital or health professional.

A Clinical Needs Assessor will use a computer based programme called InterRAI to identify urgent requirements, what you can and can't do and what options are available for you. Family/whanau may be present with you during the assessment.

A plan of care is developed with you and services are arranged to help you achieve your health goals. If you want funded services, you must be assessed as requiring them.

What support is provided?

Support includes Domestic Assistance and Personal Care, Carer Support, Residential Care,

Geriatrician, District Nursing, Physiotherapy, Speech Therapy, Social Work, Occupational Therapy, Meals on Wheels and community activities.

What if my needs change?

There are ongoing reviews of your care plan to make sure it remains appropriate for you to live independently and to enjoy life. Contact your GP if your needs change over time.



Further Information

Care Co-ordination Centre,

Southern DHB 03 470 9300,

0800 627 236 assesses home based support and residential care.

*Health and Disability Advocates
03 476 0265, 0800 555 050 If you are not satisfied with actions taken*

These services are for YOU

Use them!

What if my health means I have to leave my home?

The InterRAI assessment will determine if your health needs are so great that you have to leave your home to be looked after by others. This may be at Rest Home level or, if your health is in a serious state, at Hospital level.

Thinking of Moving House?

There are all sorts of reasons people move and relocating can be stressful in any stage of life. Before you commit to a decision, think carefully about why you are moving and whether you really want or need to move

Here are some questions to think about before making a decision

- Are you under pressure from family or friends who think you need a smaller place? Downsizing is not always straight-forward and it is not right for everyone. To downsize you need to be comfortable with letting go of some of your belongings in order to fit into a smaller place.
- Can you find a smaller home within your price range in the community of your choice? Whether you rent or own your own home, moving can be expensive.
- Is the death of your spouse or partner part of the reason you are considering moving? Be careful about making big decisions while you are grieving. Your perspective may change as time passes.
- What do you like about where you live now? Think about how important these things are to you and how likely it is you will find them somewhere else.
- How easy is it to get to friends, family and important places?
- What do you like and dislike about where you live now? Think of potential solutions that may allow you to stay and the reality of these.
- If you don't do anything, what could happen?



Further Information

Online information and excellent resources about services for older people in New Zealand

Eldernet 0800 162 706

www.eldernet.co.nz

Seniorline 0800 725 463

www.adhb.govt.nz/seniorline

Carers NZ 0800 777 797

www.carersair.net.nz

Help in making homes suitable for life

www.lifemark.org.nz
www.goodhomes.co.nz

There can be so many options if you decide to move house, take care to make a choice that will be the right one for you in the years ahead.

The alternative to feeling under pressure is to plan ahead.



Celebrating Otago's older people since 1948

Age Concern Otago has worked to celebrate and promote the wellbeing and quality of life of older people, koroua, kuia and their carers since 1948. Positive Ageing means promoting independence through a range of supportive services; social work, advocacy, health promotion projects, falls prevention programmes, education, information and referrals aimed at supporting and empowering older people to make informed decisions. Age Concern provides trusted information and advice, enabling solutions to reduce anxiety, lessen isolation, improve coping strategies and to rediscover a sense of empowerment.

On-line information on a variety of topics for seniors www.ageconcern.org.nz and www.ageconcernotago.com

You can support this work by becoming a member, subscriptions are \$25 per annum, or by making a donation. Donations are tax deductible.

For further copies please contact Age Concern Otago.

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