

**Official publication of Age Concern Wellington**

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**OFFICE HOURS:**

**9.30am - 4.30pm Mon - Fri**

*Spring 2016*

**Age  
Concern**

Wellington

He Manaakitanga

Kaumātua



***Serving the needs of older people***



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## Executive Officers Report

International Day of Older Persons (1 October) is rapidly approaching and it is a delight to see the range of activities being promoted that celebrate older people and continue to encourage their active participation in the community. Wellington City Council is supporting Seniors Week between the 10th and 16th of October and as part of that Nga Taonga Sound and Vision (the Film Archive) is screening Gaylene Preston's Ruby and Rata, about fiercely independent Ruby who at 83 is determined to continue living her life in her own home.

We are organising additional sessions of the tremendously popular "Safe With Age Driving" courses and supporting a Seniors Expo in the Hutt Valley. On the 29th September there is a tour of the Botanic Gardens designed especially for those with mobility issues and on the same day an opportunity at Wellington Central Library to learn how to access its on-line resources.

If you are keen to find out what is happening in your area contact your local council and ask about plans for International Day of Older Persons and Seniors Week. Then head out to celebrate and enjoy.

*Marion Cowden*  
Executive Officer

## A Cautionary Tale - lock the doors when you are in the garden

I love to pop out into the garden and do as much as I can while the weather's nice. And because I always think I won't be long, I wasn't in the habit of locking the back door. But you know how it is in the garden, one task always leads to another!

So on this occasion I went back inside after about an hour, and there in the middle of the kitchen floor was a colourful gift bag with a birthday present inside. What a treat to come in to.

Then I had a bit of a think. I had not heard my friend knocking on the door and calling out, and she had kindly popped it inside for me. But suppose it had been someone who had been intent on getting inside and stealing things? I wouldn't have heard a thing!

Now I lock the door and put the key in my pocket. Yes, it is a bit of a nuisance fumbling for the key if I want to go in and out of the house. But having a burglary would be more than a nuisance, it would be a major inconvenience.

So my advice now is, lock the doors when you are out of the house to keep you and your property safe. And always take your phone with you in case you need to call for help.

*Sheila Reed*  
EAN Co ordinator

## Enjoy your life with Driving Miss Daisy!

Driving Miss Daisy is about fun, friends and family and enjoying life.

Our world is currently experiencing some challenging times and can be a rather negative place. If you watch or listen to the news, or read the newspapers it's full of disasters and atrocities, which can be distressing and overwhelming. The rise of 24-hour news reporting and social media means that this news is even more accessible and available.

Alongside this, it's been widely reported that bad news can cause many harmful effects such as anxiety, sadness and anger, and can exacerbate your own personal worries. This surely isn't great for your health and not what Driving Miss Daisy wants for their clients.

Here are a few tips for living a positive life:

- Spend time with friends and family who make you feel good. Minimise your time with people who drain your energy and focus on those who boost you up.
- Smile at others when you're out and about. It's amazing how a smile from a stranger can brighten someone's day.
- Deliver a random act of kindness. It will surprise someone and make you feel good.
- Smell the roses (or Spring flowers) – seriously! Certain aromas release feel-good chemicals in the brain, so sniff away!
- Watch less news. If it makes you feel stressed, then switch it off!
- Call Driving Miss Daisy and book an outing. How about coffee at a café, a movie or trip to the theatre? It might be just what the doctor ordered to raise your spirits!

At Driving Miss Daisy it's our priority to ensure each and every journey is filled with laughter, kindness and positivity. Our drivers love to catch up with their clients and will do everything possible to make your journey enjoyable. Please call us today to make a booking – we look forward to seeing you soon!

**Upper Hutt - Lynda Moore**  
(04) 970 6636 021 177 4968

**Lower Hutt - Andrew Dykes**  
(04) 568 2254 027 280 0668

**Mana-Porirua - Jo Rangiwai**  
(04) 235 7985 021 503 520

**Wellington North - Philippa and Brett Marley**  
(04) 478 5535 021 256 6902

**Wellington City - Ermanno Lubich**  
(04) 384 8344 021 215 3014

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## Christina's story

Christina is a 94 year old woman who lives in Lower Hutt. She lives in a large two storey house made entirely of reinforced concrete, built by her father in the 1930's. "Safest place to be in an earthquake!" The home is at the end of a long private road that was named after the family. Driving down it feels like you are going deep into the New Zealand bush.

At the time when Christina's father built the home, it was all farmland - known as Speedy's Farm. Christina and her five siblings enjoyed freedom to roam around the farmland exploring and having adventures. Cooking was done on a coal range; her mum used to boil milk collected from their three cows. Christina remembers her making delicious porridge with clotted cream on top of the stove.

The children went to Hutt Central School in Lower Hutt by train each day. They had to run down the hill, jumping out of the bush, then along a track down to the station at Western Hutt. They watched the signals to tell them how fast they had to run - if the signal was down they all linked hands "and ran like mad" to catch the train - the older ones looking after the younger ones. One day Christina's brother caught his shoe in the railway track. There was no time to get it, so they left it there. A neighbour found the shoe and took it up to their mother, who cried - what's happened to my boy! Meanwhile, Christina's brother was annoyed that he had to just have one shoe for the day and when he got home, didn't know what all the fuss was about!

As a young man, Christina's father was friendly with David Speedy (whose family owned the rest of the farmland). David's father had told his son about the time he heard the Maori war trumpet (pukaea) sounding during the Boulcott's Farm Battle (1846). David's father walked up the creek on Speedy's Reserve and found the bivouac where local Maori camped after the Boulcott Raid.

Christina in her working life was the chief pay clerk for the Gear Meat Company and accountant for the Hutt milk treatment station. Her Christian faith has always played a very important part in her life. People have often told her she has a lovely personality and is always so positive - even in difficult circumstances. She feels that her Christian life gives great happiness to herself and others.



Christina with visitor Barbara at Government House Luncheon.



### THE AGE CONCERN WELLINGTON CHARITABLE TRUST

Exists to enhance the wellbeing and interests of older people in the regional district of Age Concern Wellington (Inc), being generally the Wellington, Lower Hutt, Upper Hutt and Porirua territorial areas. The Trust will support provision of advocacy and services to older people in need of assistance and not reasonably addressed through conventional means.

The Trust seeks to create a strong capital base from which it can further its purpose in the short and longer term. This can be achieved through gifts and bequests.

### INSTRUCTIONS TO YOUR SOLICITOR

To give a Bequest to The Age Concern Wellington Charitable Trust. Instruct your Solicitor to prepare the necessary documentation for a gift or bequest.

**'I give to Age Concern Wellington Charitable Trust, PO Box 11-108, Manners Street, Wellington for its general purposes.'**

**This Bequest instruction is not effective until written into your will which must be signed.**

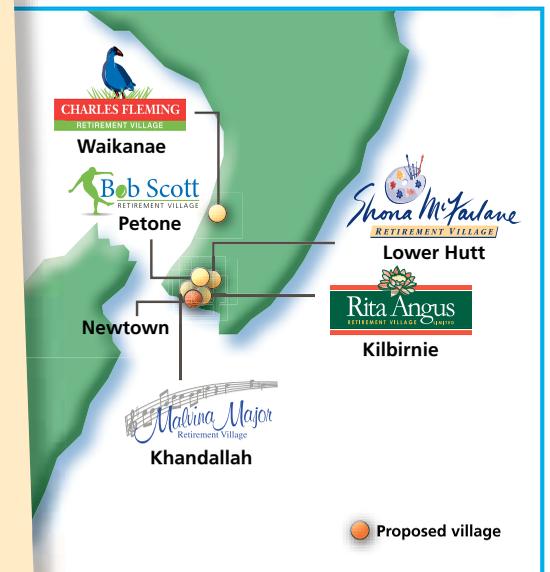
Please let us know if you make a bequest, so we can thank you personally.



## 6 Friendly Villages

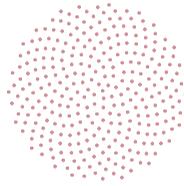
All of Ryman's friendly villages include stunning independent living, beautiful serviced apartments and the very best of resthome care. Many of our villages also provide hospital and dementia care - often there is no need to move from the village if extra care is required.

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For your free copy of our "Welcome to a Ryman Village" booklet, call 0800 588 222.

# WELLELDER WORKS



## Grief and loss affects us all as we age



Loss and grief are part of life for everyone, whatever their age. Feelings of emptiness and sadness can be overwhelming, both at the time and often at long periods after a loss.

Grief is a person's reaction to loss or bereavement, and grieving or mourning is the active process of coping with this. People will experience grief differently and have very different circumstances and experiences. Grief can involve a mix of emotions, and grief reactions can be emotional, physical, spiritual, social, and intellectual. All change involves elements of loss, and for older people past loss often compounds present loss.

Family change, illness or disability, accident or injury, broken friendships or love relationships, are but a few of the other losses encountered along with bereavements. When losses are unacknowledged there is often a lack of effective grieving, which can complicate later losses. Sometimes we have multiple layers of loss in older age – for instance, grieving not only for the death of a partner, but also for the loss of familiar routines, surroundings, and neighbours, and facing later changes such as moving home.

Many people are well supported in their losses by family, whanau and other community

networks. Others may find it helpful to also talk with a counsellor about their grief and loss. "Disenfranchised" losses from the past, such as miscarriages, stillbirths, infertility, sexual abuse, and death by suicide, for instance, may be particularly difficult to live with, as we age.

The counsellor's role is to accompany a person through the grief process, rather than attempt to find solutions or "recovery". WellElder counsellors acknowledge that each person's grief is like their fingerprint, unique and personal to them. We encourage you to follow your own instincts as you grieve, whether this involves listening to music, laughing or crying, reading or talking, or whatever works for you.

**Grieving can be exhausting and self-care is vital. If you feel it would be helpful to talk to someone about your grief, we would welcome your call on 380 2440.**

## Transport

In the offices here at Age Concern Wellington we regularly receive calls from people wanting help with transport - whether it be to a hospital appointment, to visit a friend, or maybe to go to the hairdressers.

One way of reducing the cost of transport is to use **Total Mobility**, which is operated by Greater Wellington Regional Council.

Total Mobility provides funding up to **50% of the journey fare up to a maximum of \$40 each way.**

There are, however, criteria to be met before the scheme can be accessed. The exact wording used by the Council is:

'Total Mobility provides subsidised taxi services to people, who have an impairment that prevents them from undertaking one or more of the following components of a journey unaccompanied, on a bus, train or ferry in a safe and dignified manner.

1. Getting to the place from where the transport departs
2. Getting onto the transport
3. Riding securely
4. Getting off the transport
5. Getting to the destination – recognising when they have arrived.'

Referrals can come through a variety of sources - GP's, Stroke/Alzheimer's support agencies etc., or you can simply refer yourself (or a family member can refer you).

**An assessment is carried out by a trained assessor, who will visit your home.** Once approval is given, a Total Mobility card should arrive in the post within ten days. Some organisations such as the Stroke Central, or Alzheimer's Wellington carry out their own assessments.

Having lost your driving license does not automatically mean you are entitled to use the service!

**It is very important that the card is presented to the driver at the beginning of the journey** - if at the end it will not be honoured and you will have to pay full fare.

The service is well used in the Wellington region with over **9600 clients** (80% of them over 60 years old, and 10% using wheelchairs) accessing the service, and approximately 22,000 journeys being completed each month. There are 42 wheelchair accessible vehicles.

**If you would like further details, either phone the offices of Age Concern Wellington (04) 499 6646 or contact Total Mobility directly on 0800 801 700.**

*Ann Dalziel*  
Community Support Co Ordinator

**Did you enjoy reading this copy of Seniority?**

If you enjoyed reading this copy of Seniority and would like to receive it regularly, you can join Age Concern for only **\$20?** and receive your copy every quarter in the mail!

## Health & Care



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## Incontinence

If you have ever wondered why there are so many adverts for pads promising to keep women 'fresh and confident throughout the day' you will not be surprised to know that many thousands of women (and men) suffer from urinary incontinence, and most of them usually suffer in silence.

It is estimated that around one in five of all women over the age of 40 are troubled by incontinence to some extent, and invariably this figure gets worse with age. There has never been a better time to seek help!

Here in the Wellington region referrals can be made to a specialist Continence Nurse. In Wellington there is Louise Mills, Kapiti has Veruschka Hines, and Anne Leslie is at Kenepuru hospital. Referrals usually come via your GP.

There are broadly three categories of incontinence **Stress** – where leakage occurs when the woman exerts herself, laughs, coughs or sneezes.

**Urge (overactive bladder)** – where toilet visits are frequent and often in a hurry.

And a combination of the two, plus voiding, when the bladder does not empty completely.

Often patients will seek help when the problem affects their lifestyle - for instance cannot pick up grandchildren from school, or cannot attend a Church service.

After talking to their GP, factors that often affect incontinence are medications, conditions such as dementia, diabetes, Parkinsonism, people with high blood pressure etc. These are all taken into account when making the referral to the Continence Nurse.

The first course of action is to establish there is no infection present, so a urine sample is required.

The patient will then be asked to complete a bladder diary over two days - measuring urine output. Each patient is unique and a plan will be put into place which could include bladder training, pelvic floor exercises, and possibly medications such as Vesicare could be suggested, to help establish a manageable routine.

However, in some situations it may be necessary to use incontinence products. These are not normally prescribed unless the urine loss is more than 400mls.

In most cases a visit to the Continence Nurse is highly beneficial, and there is nearly always some improvement possible. The visit lasts about an hour with a follow up if required.

If you have any concerns about your bladder function do ask your GP for a referral to this marvellous service - it could change your lifestyle.

*Ann Dalziel*  
Community Support Co Ordinator

*Don't watch the clock; do what it does. Keep going.*



## Rest homes with spark

**Enliven Central's homes embrace an elder-directed model of care called the Eden Alternative. That means we take every opportunity to ensure our elders have companionship, fun and meaningful activity in their lives.**

**After all, some things make for a healthier, happier life, no matter your age or ability.**

Throughout the Wellington region Enliven's homes offer vibrant rest home care, specialist hospital and dementia care services, respite and health recovery care, as well as engaging day activity programmes. As your needs change so too can the support we provide.

- Woburn Home, Lower Hutt
- Huntleigh Home, Karori
- Kilmarnock Heights Home, Berhampore
- Cashmere Home and Cashmere Heights Home, Johnsonville
- Longview Home, Tawa

Visit: [www.enlivencentral.org.nz](http://www.enlivencentral.org.nz) | Freephone: 0508 36 54 83

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## There's no place like home

Enliven is leaving no stone unturned when it comes to making their homes feel like homes, not hospitals or institutions.

Instead of using traditional wing names, like 'C Wing', Enliven homes are encouraging residents to name the different areas of their homes.

Anneke Barkwith, clinical nurse manager at Enliven's Woburn Home in Lower Hutt, says the home's residents recently decided to rename the wings and lounges after the streets on a Monopoly board.

"Now they have an actual address, for example their room could be 12 Vine Street, which brings a sense of normality to their lives."

Anneke says the shift is part of Enliven's efforts to make the homes homely.

"It gives a sense of warmth to a rest home. By changing the way we communicate things like that we can help change how people feel about where they live and their sense of identity."

Woburn Home resident Harry Buttner, who came up with the Monopoly idea, says he enjoys his new address.

"I don't like corridors and wings – they remind me of a hospital. Monopoly is a bit more fun and we all recognise it. I like the new signs and I like living on Bow Street."

Enliven, part of the not-for-profit organisation Presbyterian Support Central, operates six homes in Wellington including Woburn Home in Lower Hutt, Longview Home in Tawa, Cashmere Heights Home and Cashmere Home in Johnsonville, Huntleigh Home in Karori and Kilmarnock Heights Home in Berhampore.

For more information free phone 0508 36 54 83 (that's 0508 ENLIVEN) or visit [www.enlivencentral.org.nz](http://www.enlivencentral.org.nz).



Woburn Home resident Harry Buttner and clinical manager Anneke Barkwith reveal one of the home's new wing names.



With over 27 years of experience and a professional team of local, caring and highly qualified staff, we can support you to live independently in your own home.

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## Living a Healthy Life with Diabetes

There isn't a "diabetes diet" as such anymore. Healthy eating is our mantra which is what we all should be doing! So a few tips:

- Low fat, especially saturated fat in meats, chicken skin, dairy products and oils (like coconut)
- Low sugar so thinking about not having that biscuit with afternoon tea or the chocolate after dinner every day
- 5+ day vegetable servings
- 2+ day fruit servings
- Eat breakfast every day
- Limit alcohol to weekends. Alcohol has lots of calories!
- Add salt to the cooking water or at the table but not both places
- Trying to make your plate look like this for most main meals:



Weight is also part of the equation. If you are overweight, losing 10% or more will really help your pancreas out. Weight loss makes you more sensitive to the insulin that you are producing so it can work better. If you have made some changes to your diet and you are still not losing weight, then consider the portion size. It might be time for a smaller dinner plate!

Don't forget you can also have the occasional treat - birthdays, Christmas etc. Don't think of eating healthily as missing out, think of it as a healthy restart!

## Surfing the Net may keep Mind Healthier

In New Zealand Dementia affects some 41,000 people and by 2050 is expected to be nearly 150,000.

Mild cognitive impairment is often the first sign that the condition is on the way. A recent study of nearly 2000 over 70's by the Mayo Clinic in the US looked at how everyday activities could ward off mental decline for older people over a four year period.

They were followed for four years to see how their memories and thinking abilities deteriorated. It was found that 18% of those in the computer group developed mild cognitive impairment compared with 31% in the group reporting not using computers.

Furthermore those who engaged in social activities were 23% less likely to develop memory problems than those who did not. Studies have also found that people who read frequently, dance or play a musical instrument are also less likely to develop Alzheimer's disease.

All of the above show that as we age it is important to keep our minds active. As a recent discoverer of Facebook I can say not only am I helping to keep my mind active but I am also keeping in touch with my families activities. It is great to log on each day and keep up to date with all that is happening to family and friends. If you have not already tried it "give it a go!"

*Monica Robinson*  
Visiting Service Coordinator  
Wellington

*Failure will never overtake me if my determination to succeed is strong enough*



## SECURE LIVING AND INDEPENDENCE

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Established 1898 as St Mary's Guild

**Sprott House** offers a caring environment for those for whom total independence is no longer an option whilst enabling them to remain as independent as they can be.

The levels of care available are rest home, continuing care and a secure dementia unit; there are also independent care villas owned by licence to occupy.

Sprott House is set in lovely landscaped gardens for residents to stroll about or just sit and enjoy and the dementia unit has its own secluded sensory garden. It is on a bus route and is minutes away from Marsden Village and the Karori Mall.

There is a wide range of activities, both in-house and outings, offered to all residents. A hairdresser is on site during the week, a masseuse, podiatrist and beautician make regular visits and there is a weekly interdenominational church service and Catholic communion. A doctor's clinic is held on weekdays.



**Dear John...**

Dear John  
I am so tired of my children pestering me about appointing them as my Enduring Powers of Attorney! They're all entirely trustworthy but I'm only 76 and in excellent health! I've done my will and they know that they're going to be treated equally, so there'll be no surprises - not that there'll be much to get excited about. I plan to live a lot longer and am likely to have worked my way through my modest savings. So for the moment I don't even need to think about my EPA's.

How do I get them off my back?

Dear Edward  
I'm a great believer in parental solidarity and a united front against the offspring, but on this occasion I have to agree with them! We all need to appoint our Enduring Powers of Attorney, one for Property and one for Welfare. It's like insurance - we have to have it, but hope we never have to make a major claim. Personally I couldn't bear to think of someone appointed by the Family Court deciding how my property should be disposed of, or deciding whether I should go into care and where. If there are no EPA's in place, a court appointee makes these decisions.

We all think that incapacity won't happen to us, but it might! It's being realistic, not morbid, to say that none of us knows what lies ahead and out of consideration to our families, it's best to be prepared for all eventualities. It will save them a lot of time and worry if the EPA's are in place.

So give them a shock and tell them you quite agree with them and thank you for the kind offers. Start a list of what you do and don't want to happen in the future - they need to know what your wishes are. I have made it very clear to my children where I do and don't want to go should I ever have to leave my house!

And if you would like to talk it through before you go to your own lawyer to draw up the documents, do give Sheila a ring with your questions.

**Ultimate Care Group**

**Do you know your next move?**

At Ultimate Care Group, we'll be with you at every step of the way on your journey to finding the right accommodation when it's time to leave your family home. Whilst it can be confusing making the right choice for your needs, you can be assured that we're here to help.

It's also worth knowing that what we offer - specialist aged care - is quite a different proposition from a retirement village. For us it's about looking after the needs of the individual. There are a number of care levels that we offer our residents to make sure they are looked after in accordance with their medical, physical and personal needs.

Our residents have received an assessment that allows us to focus on the type of care they need. The Ultimate Care Group team will monitor our residents' progress and needs on a continual basis to ensure they are receiving the best possible care. We work closely with residents, families and our medical teams to create personalised care plans.

Ultimate Care Group staff have many years of experience in assessing residents' requirements and providing the level of care that they need. We are one of New Zealand's leading specialist aged care providers with 18 facilities across the country.

**For more information about our care level options or to find a facility close to you, check out our advert which includes contact details for three of our local facilities.**

Situated at the heart of the Miramar community is **Ultimate Care Maupuia**. With stunning views overlooking the Cook Strait and Kaikoura mountain range, this well-established cosy home is built over two levels and includes a hospital facility.

Located in a quiet residential area with an outdoor entertainment area and beautiful gardens, the facility is known for its exceptional staff who are friendly, warm and caring.

**Ultimate Care Maupuia**

Phone: (04) 388 7186  
6 Rangitane Street, Maupuia, Wellington  
[maupuia@ultimatecare.co.nz](mailto:maupuia@ultimatecare.co.nz)

**Ultimate Care Mt Victoria** is a rest home and hospital facility with spectacular views over Newtown. Set over two levels, this large home boasts lovely lounges, a beautiful garden area and a courtyard. Residents enjoy wonderful food prepared daily by the facility's excellent chef.

Staff are committed to providing residents with the best possible healthcare services, with personal care plans and 24 hour emergency support.

**Ultimate Care Mt Victoria**

Phone: (04) 389 7007  
135 Constable St, Newtown, Wellington  
[mtvictoria@ultimatecare.co.nz](mailto:mtvictoria@ultimatecare.co.nz)

**Ultimate Care Churtonleigh** is situated in the heart of Churton Park with panoramic views over the surrounding hills. The rest home and hospital facility has outstanding Registered Nurses and fully trained staff providing quality care to residents in a peaceful environment.

**Ultimate Care Churtonleigh**

Phone: (04) 478 4273  
24 Mallard Grove, Churton Park, Wellington  
[churtonleigh@ultimatecare.co.nz](mailto:churtonleigh@ultimatecare.co.nz)





Manu Albert, the Family Violence Response Coordinator for the Ministry of Social Development, presenting the gold coin collection from their mufti day to raise funds for World Elder Abuse Awareness Week, to Marion Cowden, Wellington Age Concern's Executive Officer.

MSD and WINZ, and the Office for Senior Citizens were all involved in supporting Age Concern's efforts nationally as well as locally during World Elder Abuse Awareness Week.

It's heartening to see that awareness of elder abuse issues is growing, but there's still a long way to go.

We are truly grateful for all the support we receive for our elder abuse and neglect prevention work. Manu works with family violence and financial exploitation across the age groups and knows that sadly domestic violence and financial abuse does not stop at 65. It keeps on keeping on.

**Thank you Manu and the MSD for all your help and support to Age Concern Wellington.**



## The latest IRD Scam

*"Hello my name is Thomas and I'm calling from Inland Revenue, my employee ID is 12345678. I'm calling about your debt, we require your solicitors name as Inland Revenue is taking you to court."*

I'm going to stop there because there is a lot wrong with those words, things that point to it being a scam.

First off they give you an employee ID number. This is meant to show it's an official call, but Inland Revenue staff **do not** give out employee ID numbers. Employee numbers for most organisations are for payroll purposes only.

Next they tell you they're calling about your debt. Their wording is quite deliberate: "your debt", suddenly you're worried. Then they quickly follow up by asking for your solicitors name as they're taking you to court. Now you're probably really worried.

However this is really important: If you owe a debt to Inland Revenue, you will receive a letter from them, most likely more than one. The first contact that you have a debt should **never** be over the phone.

So what are the scammers hoping to get? They'll ask you to confirm your IRD number, possibly they'll tell you that you can settle the matter before it goes to court if you provide them with a bank account or credit card number. Inland Revenue will **never** ring you and ask for those details.

It can be unsettling having someone on the phone telling you that you're in trouble. However here are some things you can do to protect yourself:

1. Inland Revenue has a Voice ID system. Basically you ring Inland Revenue and register your voice on their system. So if someone rings up saying they are from Inland Revenue and asking you to confirm your IRD number, just ask to be put through to the Voice ID system. If they won't then it's likely this is a scam.
2. Ask to ring them back. They will give you a phone number to call them back on. Ignore it. Instead look up the number on the IRD website, or in the phone book.
3. Say that your son/daughter/friend has financial

power of attorney and all matters should go through them. If it is a genuine phone call they will happily follow up with the appropriate people, but it's more likely they will hang up.

4. The longer you are on the phone the harder it is to get rid of them. They will be persistent, going over the same thing again and again, "we are taking you to court", "you owe a debt". Never attempt to engage them in conversation, especially if you feel pressured or uncertain about anything.
5. Which brings us to the most important weapon you have. They are on the phone, so you have the power. If at any point you feel uncomfortable, then hang up. That may sound rude, but remember they're trying to steal your money. They may try and ring back, if they do then my suggestion is say that you've contacted Inland Revenue in the meantime and everything is under control.

Next time we'll talk about email scams and how to spot them.

*Rodney Strong*  
Age Concern Feature Writer

*Problems are not stop signs, they are guidelines.*

**Quote from the Commission of Financial Capability**

*"Hilary Clinton is 68, Donald Trump just turned 70 and Bernie Sanders is a ripe old 75, and I think that what is more interesting than that is the fact that I have not seen anything in the media questioning their capability, their ability to function or their ability to think..."*

## Support Age Concern Wellington

**I wish to support the work of Age Concern Wellington by:**

*(Please tick the relevant boxes)*

- Become an individual supporter by an annual donation \$.....
- Making a donation of \$.....
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- Becoming a Volunteer Visitor

*Note: Donations of \$5.00 or more are tax deductible*

Please tick box if you require a receipt

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**Bank Account:** 0305 1007 19509 00

Pay by cheque or online with name as reference **Age Concern Wellington Inc.**

Forward this form or contact us with your address. **Age Concern Wellington, PO Box 11-108, Manners Street, Wellington 6142 or phone (04) 499 6646.**



# The impact of our attitudes

New all-ages research in New Zealander's attitudes towards ageing from the Office for Seniors reveals high levels of respect for seniors across the ages and provides insights into our evolving outlook towards life as we age.



Eight in ten people said they had respect for seniors

While the research shows relatively high levels of respect for older people, it also reveals 20% of those aged 50+ have felt invisible because of their age and many of us are concerned about becoming a burden as we age.

International research indicates older people who have negative attitudes towards ageing live 7.5 years shorter than those with positive attitudes, and have poorer recovery from disability and disease. Older people who feel they are a burden may also perceive their lives to be less valuable, putting them at risk of depression and social isolation.

Visit [www.superseniors.msd.govt.nz](http://www.superseniors.msd.govt.nz) to see the full results of our research.

## Challenging assumptions around ageing

The Office for Seniors wants to challenge many of the assumptions people might have around ageing and older people. Its SuperSeniors website

[www.superseniors.msd.govt.nz](http://www.superseniors.msd.govt.nz) celebrates the hugely valuable contribution older people make to New Zealand's communities and cities and provides a gateway to information that is relevant to older New Zealanders. The Office's Facebook page has a growing community of followers. By LIKING the page you can receive a regular stream of relevant news and updates on seniors' issues - and enjoy some humour and inspiration too:

[www.facebook.com/officeforseniors](http://www.facebook.com/officeforseniors)



# Senior Driver, over 80?

If you are a member of the AA and aged 80 or over, you can brush up your skills with a **FREE** 'IN CAR SESSION' with an AA Driving Instructor. They will check skills levels behind the wheel, optimise car set-up, and if required, work out the next steps to make improvements.

To find out more telephone 0800 223 748 or to go [aa.co.nz/senior-driver](http://aa.co.nz/senior-driver)



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