

Official publication of Age Concern Wellington

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Summer 2015

**Age
Concern**

Wellington

He Manaakitanga
Kaumātua



Serving the needs of older people



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Executive Officers Report

In September, at a well-attended Annual General Meeting, Age Concern Wellington said goodbye to our retiring Executive Officer, John Gibbons. John has been associated with Age Concern Wellington for many years in a range of roles, first as a member of the finance committee, then as Vice-President, followed by a term as president. He also took over the role of Executive Officer on a part-time basis and provided invaluable service to the executive committee, staff and clients.

He decided recently that it was time to step down and we wish him well for the future and his retirement.

Age Concerns throughout New Zealand have been engaged in discussion about the future shape of the organisation. Each Age Concern is a separate incorporated society, set up to meet the needs of local people in their respective localities. Our own Age Concern Wellington was formerly known as the Wellington Old People's Welfare Council, incorporated in 1976. The name change came some ten years later. Today we are examining whether 34 individual incorporated societies are the best organisational form to meet the needs of our clients and those who fund us. Discussions have included representatives of council and managers from Age Concerns across New Zealand, some large, some small. The Modernisation Project, as it is called, has resulted in a proposed single organisation which was unveiled to all Age Concerns during October and November with an opportunity for all to provide feedback. The proposal, incorporating feedback received will be voted on by all Age Concerns early in 2016. The outcome of that vote will determine whether or not the change proceeds.

Meanwhile we continue to provide services to those who need it and look forward to your continuing support.

I have taken over the role of Executive Officer from John on an interim basis while we await the outcome of the Modernisation project.

Marion Cowden
Executive Officer

Retirement villages, some facts and fallacies

John Collyns, Executive Director of the Retirement Villages Association (RVA), looks at the 'myths' and the realities around retirement village living.

As the industry body representing the owners, developers and managers of retirement villages, the RVA often hears of the many myths around retirement village living in New Zealand.

These include concerns, for instance, that villages are 'only for the well-off' or are 'gated communities that silo older people'.

Typically, such 'myths' aren't raised by those actually living in retirement villages – that's around 32,000 people or 12% of New Zealanders over age 75. The Retirement Commissioner's research has found 99 per cent of residents are 'satisfied' or 'very satisfied' with their decisions to move to one.

Villages are secure – but not 'gated'. Most residents move from within a 15km radius so continue to enjoy all their familiar networks and can host family and friends in the privacy of their home, alongside enjoying the benefits of retirement village living. Security is a major reason for many residents' decision to move to a village, and research shows that around two-thirds agree that their feeling of security has improved as a result of moving to a village.

One comment has been made regularly is that older people who opt to live in retirement villages rather than mixed-age communities are 'siloed' with reduced opportunities for intergenerational connections and support.

However, we live in a society where increasingly people move away from the areas where they have been raised, both parents work and children are in childcare or school. So while that happy vision of a desirable mix of ages still works for some, it is now far from the norm. Research - such as that from the UK's Social Care Institute of Excellence (SCIE) - shows the risk of social isolation for older people is high, despite living in their own homes in the community.

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Elderly people need warm, secure age-appropriate housing, the opportunity for companionship, enough money to live on and a pathway to care if required. We are proud that retirement villages in New Zealand provide what is often the only opportunity to meet all of these needs, while still remaining part of their wider community.

Our members work hard to ensure villages are affordable for as many New Zealanders as possible. Like any community, villages have homes at various price points.

The Retirement Commissioner's research has found 61 per cent of retirement village residents had only their national superannuation to live on, 55 per cent an income of \$25,000 or less and 58 per cent assets of \$400,000 or less – including the capital linked to the Occupation Right to their residential unit.

Retirement village living is accessible to such a wide range of people because of the Occupation Right Agreement (ORA) model, created many years ago by religious and welfare groups looking for the best ways to provide comfortable and secure living for older people. This New Zealand model is highly regarded internationally.

New residents purchase an Occupation Right Agreement (ORA) their private residential unit. ORA are priced at below market value for an equivalent home in the locality – so buyers can also release funds to use in other ways.

Residents pay a weekly fee to cover the village's operational costs including insurance, rates and water levies. That takes much of the uncertainty out of financial planning – plus you have no property maintenance costs to worry about, and the security of a 24-hour emergency call system.

Like any neighbourhood, villages have community groups, such as residents' associations, interest groups and clubs, but there's also the added convenience of on-site leisure facilities – from bowling greens and swimming pools to billiard rooms, bars, restaurants – and even 'men's sheds'.

The ORA sets out clearly the costs of moving to a village, what the charges are and how much will be returned to the resident or their estate when the ORA is terminated.

This is usually 70-80 per cent of their original capital sum with the operator retaining between 20-30 per cent. That portion contributes towards upkeep of the village and community facilities.

The ORA is effectively an 'enjoy now, pay later' approach, which increasing numbers of older New Zealanders are opting for. The RVA has developed a best practice guide for re-sales to manage the process around termination, refurbishment, advertising and communication.

Most new residents make the move on the recommendation of existing residents, family and friends and it's extremely rare for a resident to leave a village. Australian research has shown that retirement village residents live longer and happier lives than those in their own suburban homes.

Retirement villages are therefore very popular for all sectors of our older population, irrespective of their income or asset levels, and residents are extremely happy with their decision to move into them.



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WELLEIDER WORKS



Saying YES to Today

This is the title of a group that we regularly run in Wellington, Johnsonville and Kapiti. We thank the participants of one group, who got together and wrote this account of their experiences.



For six women nervously sitting in a meeting room in Paraparaumu last year, they had no idea what Saying YES really meant. They looked nervously at each other and the counsellor, and waited to see what this was all about...

What followed was four weeks in which they were challenged to face up to fears they had carried with them all their lives.

What they hoped for their future when the answers of the past no longer apply. Self validation in the face of insecurities and criticism of others.

How to make their lives meaningful to themselves and not be handicapped by events of the past and difficulties of the present.

Finding coping strategies through brainstorming. Getting 'homework' each week and reporting on this to the group.

And most of all they found acceptance and friendship among each other.

The formation of this group has been very important as together the women feel they can carry on exploring issues and giving each other ongoing support. The group have arranged to meet once a fortnight at a café that overlooks the sea, which is a lovely place to stop and reflect if needed amongst the chatter and laughter.

The women have said the course has given them ways in which to improve their own personal wellbeing and to carry on learning how to do this for themselves. Being in a group has taught them that to be kind to yourself is good, not selfish. That trust can be given and received. That to let go of the past

makes way for the present and the future and gives space for new friends to come into their lives. That sharing and opening out to others brings in new things to enjoy.

The only criticism found about the course is that 4 weeks is too short and maybe 6 weeks would be better.

The women asked to send their love and heartfelt thanks to the counsellor who so skilfully ran the course.

Their comments confirm for us at WellElder that meeting people who are in a similar situation can be very helpful and powerful. The opportunity to spend time with others to reflect and learn together with an experienced group leader is a very positive experience.

As well as *Saying Yes to Today* we run groups for *Men over 70*, on *Taming Anxiety* and a *Counselling Group*. With support from Dementiacare we have established a regular group for families and carers of residents in two of their rest homes, and are discussing more such opportunities.

Over the last twelve months we have been extending our work with groups, and are planning a similar programme in 2016.

If you are interested in being part of a group next year, ring us on (04) 380 2440, or email administrator@wellelder.co.nz with your contact details.



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Serving the needs of older people

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.



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I look forward to speaking to you personally.



Serving the needs of older people

Positive Ageing Week

A week of fun activities and workshops was held recently catering for the local 50+ year olds.

Age Concern Accredited Visiting Service Hutt Valley took part in the Safe Hutt Valley Partners Expo held at the Upper Hutt City Library networking with other interesting exhibitors and informing the visitors of the free visiting service operating in their area.

This service is provided for lonely, older people who would like someone to visit them weekly for



companionship and friendship. The visitors are community volunteers who have

been trained by Age Concern. They are honest and reliable people who have been Police and reference checked before training as visitors.

If you would like to have a visitor (or know someone who may benefit from this service) or become a volunteer visitor or want to know more about this free service, please contact us.

Phone (04) 528 3366 (leave a message) for Melva Howard or Phone (04) 499 6646 (Age Concern Regional Office).

We would love to hear from you.



Melva with literature available for our Accrediting Visiting service & Elderly Abuse and Neglect.



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Sprott House is a not for profit registered charity which offers you a secure, comfortable village way of life.

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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.

Scam Corner

In the last issue of our magazine I mentioned the increase in the number of people getting mail from "psychics" and fake overseas lotteries. My advice is to immediately throw away these letters and never reply to them or send money.



Unfortunately there appear to be some pretty clever fraudsters out there who are intent on tricking elderly people out of their money. An interesting recent case was mentioned in the Stokes Valley Times. The local constable Stu Blake reported that someone had phoned a resident saying they were from a courier company. They had a parcel to be delivered and wanted to check if someone would be home. A uniformed delivery man soon arrived with a basket of flowers and a bottle of wine. He said that the card would follow. The courier needed a signature for the delivery and because the parcel contained wine a delivery fee of \$3.50 would be required. Unfortunately he was not allowed to take cash as the company's policy was to keep a record of the payment and also they didn't want the drivers to be targets for robbers. Only credit cards would be acceptable.

The courier driver swiped the credit card and left. Within a couple of days it was noticed that \$4,000 had been stolen from the credit card. The "courier driver" was a thief and a fraudster. He had used the details of the credit card to help himself to the persons account.

So the lesson is: Don't **ever** give credit card details to someone you don't know personally. Of course it is acceptable to present a credit or debit card to a reputable shop or to give the details on line to a trusted firm that you have personally contacted, but never ever give your credit card details to a person who calls to see you even if they are in a uniform and present you with flowers and a bottle of wine!

Take care

Ken Daniels

Elder Abuse and Neglect Co-ordinator

E Morris Jnr

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Simplicity Funeral Director Andy Ellis

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Manager Andy Ellis, a fully qualified FDANZ-associated funeral director says "These days there are inevitably costs to consider". "There's no question funerals have become more expensive with rising costs of cemetery and cremation fees, so we have devised four pricing plans to suit people's individual needs". We also offer options for pre-paying and pre-arranging funerals in a safe, secure manner, through the FDANZ Funeral Trust and our staff are always willing to offer obligation-free advice.

For more information or to talk to Andy, simply call free on 0800 222 155 – calls answered 24 hours, 7 days or visit our website: www.simplicity.co.nz

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Bupa Short Stay is a way to take a break – with care

Bupa Short Stay gives you choice and flexibility to take some time out - anything from joining us for a meal, to staying for several days or weeks in one of our care homes. We can help with equipment, advice or rehabilitation too.

Residential care - We can meet your needs in any of our care homes around New Zealand. We have subsidised and privately funded options. We'll provide you with exactly the care you need while still helping you to live 'your day, your way'.

Day care is another option. Come and spend time in our warm, comfortable care homes. Enjoy a tasty lunch, meet other people and get involved with our varied activities.

Meals - Perhaps preparing a meal is just a little too much for you at the moment. We can offer you a meal and a chat any day of the week.

Showering - Maybe you need some help to shower.

You might be waiting for your own bathroom to be altered to make it more safe for you.

Equipment - We can help you to source exactly what you need to keep you safe and independent. A medical alarm or our Safer at Home products might be just the thing.

Referral - Maybe you are ready for additional support, but not sure who to ask.

Let our friendly support team help you navigate through the system. Our established networks, experience and knowledge can connect you to the right health professionals and support groups.

Rehabilitation - Recovering from a fall, an operation or just needing some extra care? Our care homes or specialised sites have experienced staff that will support you on your road to recovery including physiotherapy and other specialist services.

Whatever you need, we can help, call 0800 60 80 99 for more information.

Happy Feet



I have recently become somewhat pre-occupied with feet, following an appointment at the Orthopaedic Clinic, and the ongoing wearing of a corrective boot.

Feet are so fundamentally important to our health and wellbeing, and it is only when something goes wrong that we pay them any attention.

I recently interviewed Kathy Hitchcox, at the Podiatry Clinic in Courtney Place, Wellington, who gave me an insight into foot care.

Often a visit to a Podiatrist comes following a problem with feet. The appointment will commence with the feet being wiped with an antiseptic cloth – from this certain observations are made. Pulses are checked, colour of skin, condition of toe nails, vascular impairment and anything out of the ordinary is noted. Checks are made for any melanoma or split skin between the toes or cracked heels.

Kathy cuts the toes nails the files them with an electric appliance. Hard skin is removed from heels and soles of the feet – this is painless as the skin is dead, then the feet are massaged with an emollient cream. It is important to keep the feet moisturised daily, and any rich moisturising cream, applied daily, would be excellent for this. Particular attention needs to be paid to drying the feet, especially between the toes. Skin splits can be a 'portal of entry' for infections, and it is thought that many cases of cellulitis can be attributed to this source. Where skin splits occur, the use of Betadine ointment, which is a broad spectrum antiseptic, is recommended for use between the toes – this will help to prevent both bacterial and fungal infections.

The consultation is 'more than the sum of the parts'. Information is given about ongoing foot health and care, but also about what type of footwear is appropriate (laces or ankle straps good, slip on shoes not so good!). Physical changes occur in the feet as we age – the previous layer of padding under the ball

of the foot, the so called fibro fatty pad, can move forward, so that we feel we are walking on the bones of our feet. Various insoles and additional padding are useful here.

The whole consultation takes a good half hour – not only do you leave with feet in a much more comfortable condition, but you will have a plan how to maintain good foot health, and from that you will increase your mobility, which is essential as you get older.

The treatment at the Podiatry Clinic costs \$92.00, and they welcome patients via WINZ, ACC and those on a Disability Allowance. Fees for Podiatry services vary throughout the region – your local Primary Health Provider may have subsidised services. It is definitely worth checking this out...

Ann Dalziel

Community Support Co-Ordinator

Check your Allowable Assets when receiving the Residential Care Subsidy!

If you or someone in your family is in residential care and paying their own fees, it will pay to keep a close eye on the level of the assets. Bank balances go down quickly when large monthly fee payments are going out to the facility.

I was visiting someone in care recently to have a look at how her finances were being looked after and whether there was anything untoward happening. In the course of this, I discovered that she no longer needed to pay the rest home fees out of her assets but could apply for the Residential Care Subsidy.

The current threshold for a single person is \$218,598 and this sum is adjusted on July 1st every year. (There are choices for couples depending on whether the value of the house and car are included.)

Here at Age Concern we have copies of the current WINZ brochure or you can phone the Residential Subsidy Unit on 0800 999 199

Sheila Reed

EAN Coordinator

Myths and Facts about Hearing Loss

Hearing loss can be a big worry as we get older. We worry about whether we should have our hearing tested, and we worry about how much it will all cost.

We have all heard horror stories about people who have spent eye-watering sums on hearing aids only to be dissatisfied with them and to have them sitting, unused, in the bedside drawer.

In this the first of a series of articles about hearing loss, we want to start with the talk given at our recent AGM by Dr Sargunam Sivaraj, Chief Audiologist at Capital Coast DHB and of Capital Hearing Services.

The topic for Dr Sargunam's talk was the various myths around hearing loss. He then gave us the true facts. The following is a summary of some of his main points:

Myth My hearing loss is normal for my age

Fact Hearing loss is not normal at any age

Myth Not many people are hearing impaired

Fact 1 in 17 people are hearing impaired

Myth I would know if I had hearing loss

Fact Hearing loss is gradual and subtle; you don't realise how much you have missed until you get hearing aids

Myth My doctor would tell me if I had hearing loss

Fact Only 16% of doctors routinely do hearing checks

Myth The problem is that other people mumble

Fact Some people do mumble but not the majority of people

Myth Wearing hearing aids is a sign of old age

Fact Not wearing aids is a sign of old age

Myth Hearing aids are too expensive

Fact There are 3 price ranges for hearing aids – economy, middle range and top range. Moreover, the \$511.11 per hearing aid government subsidy is available to everyone over 16 (\$1022.22 for 2, as 2 are invariably best)



It is however, a fact that the provision of hearing aids has become increasingly commercialised and people can feel trapped if they take up the offer of a free hearing test. Sargunam

stressed that there is no obligation to buy aids from a chain that has done a free test.

A better starting point is to ask your GP to refer you the Audiology Department at the hospital. The hearing test there will be free and will be carried out by a qualified person. If it is determined that you do have a hearing loss, you will have a choice at this point of either staying in the hospital system or going private. If you choose the latter, you will then be given a list of private providers to choose from, non-commercial and commercial.

And finally, it is not a good idea to order aids from the Internet or a catalogue. If you do this, you have missed out on a professional assessment and advice.

If you have any questions about this article, please do contact Ann or Sheila on 499 6646

Sheila Reed
EAN Co ordinator



'Give A Little'

Would you like a free swim at Freyberg Pool?

Age Concern Wellington, in association with Wellington Council, have recently encouraged Wellington swimmers to 'share the love' and pay-it-forward by purchasing a free swim for Seniors at Freyberg Pool.

Customers at the pool paid \$3.00 and purchased a 'heart' (free swim) which was then displayed on a board in the reception area. At the end of October all the 'hearts' were collected together, and we now have a number of free swimming passes - if you would like to take up this offer, please contact Ann Dalziel on (04) 499 6646 or e-mail communitysup@acwellington.org.nz



Support Age Concern Wellington

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

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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.

Residential Care Subsidy & Gifting

The question is often asked “I am going into residential care and I want to know if I can get a benefit to pay for my care.”

The purpose of this article is to give a very brief outline some of the major things you need to know. For further information ring WINZ on 0800 999 727.

The 4 steps to get to the started:

1. Are you 65 or over?

Although there can be exceptions if you don't get Government Super you can't get a subsidy.

2. You have to be assessed as needing rest home or hospital level care.

You must be assessed as needing this level of care before the benefit can be paid. Sorry but if you wish to go to a retirement village or resort you're out of luck.

3. You must need that level of care for an indefinite period.

Other benefits may apply for short term or respite care but for the residential care subsidy you must be assessed as requiring long term full time care.

4. The facility you want to go to has to be approved.

If you pass the 4 tests above you're on your way but there are some financial tests to see if you qualify.

Income Tests

The government won't pay for you if you can pay for yourself. Any income you receive will come off any benefit you are granted. This includes interest that you may be earning, and your Government Super. All this money is used first and the Government will pay for the rest. So your Super will stop and be used to pay the rest home. You can keep a small amount for treats but not enough for a world trip!

The Asset Tests

If you are single or if your spouse or partner has died

(or are themselves in residential care), your total assets must not exceed \$218,423. You don't have to count personal items like furniture and jewellery nor the amount you have paid for a prepaid funeral but everything else is included. Your house, car, bonus bonds and bank accounts. If you get under the limit you may be able to get the residential care subsidy. If you are over then the excess amount you have must be used first but as soon as you're down to the limit the government will start to pay.

If you still have a spouse or partner at home you have a choice as to how the asset assessment is done.

1. You can follow a similar test to that of a single person as I have described above, or
2. If you have a house and your spouse or partner is still living there you can have that house and car excluded from the calculations. In that case you will need to have no more than \$119,614 in other assets. Again your prepaid funeral account, personal effects and jewellery are not counted.

Gifting

What about giving away all your assets before you need to apply for a benefit? Why not give your house or savings to your children or grandchildren? Why not give your bonus bonds to your favourite nephew or the boat to your nephew? Why not put some money into a family trust or bury it in the garden?

Nice try but this is highly unlikely to help!

“Why? I thought you can give away as much as you like nowadays!”

Yes you can. 2 years ago the rules about gifting changed. Before then you could only gift up to \$27,000 a year without paying gift duty. That rule has been abolished and you can now give away as much as you like.

So why not give everything away so you can apply for a benefit?

The government looks at gifts this way: If you give your assets away, the government pretends that you've still got them for the purpose of doing the calculations. They will let you give some away but probably not as much as you would like. For the 5 years prior to applying for a benefit each person can give away \$6,000 a year.

For each of the years before that you can, in any one year, gift \$27,000 per couple. Anything over the limits imposed will be regarded as an asset and be taken into account when the assessment is done.

Please remember that this is only a very brief summary of some of the rules about applying for a Residential Care Subsidy. For all the details ring WINZ. They can send you a brochure with more details.

Ken Daniels

sad and lonely and in need of conversation, and my son will make all the arrangements if I ever have to sell up.

Dear Lilian,
Oh dear, land agents often seem to be so focussed on the next sale that they don't realise how pressurised people feel by their manner.

If you don't feel like asking her not to call again, and this could be very awkward, perhaps you could phone the company she works for and ask them to see to it that she doesn't call. Or, as it sounds as if your son is knowledgeable about your affairs, ask him if he could ring her to ask her to stop harassing you.

I hope that you continue to enjoy your house and its happy memories for many more years to come.

Please send in any queries you might have and our amazing manager John will reply to these questions and problems, and give an answer drawing on his vast experience working at Age Concern.

He can be contacted on 499 6646; emailed on eo@acwellington.org.nz; or written to at PO Box 11-108, Manners St, Wellington 6142.



Dear John.....

Dear John
I'm getting on a bit but am still managing to live in my home of sixty odd years and this is where I want to stay! My husband built the house as he was a builder and we brought up the family here.

The problem is that I feel under pressure to sell my lovely home. Ever since the land agent who sold my neighbour's house saw me struggling up the path from the taxi with my shopping and kindly carried my bags for me and helped me indoors, she has been calling to ask if I am thinking of selling the house. If she's passing, so she says, she just likes to pop in and see if I'm alright, and by the way, are you thinking of selling yet?

I don't like to be rude but I really don't want to talk to this pushy lady - I'm not



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CARE AT HOME A SENSIBLE CHOICE

Deciding what supports to access to maintain independence as we age can be challenging and Miranda Smith, owner of New Zealand's longest running private homecare agency knows how difficult these decisions are. She says “Sometimes we see people in crisis contacting us, other times our services are used reactively to help someone recover from illness or injury.” Whatever the reason, we believe that accessing the right supports, especially for those living alone, is critical. “Peace of mind comes with knowing the right care is in place”. The daughter of one of the agency's clients shares her experience when her mother was diagnosed with alzheimers. “Miranda Smith was reassuring and supportive, and I was given the opportunity to meet and interview potential carers. “The dignity of my mother and her independence of being able to still live within her own home, despite needing 24 hour care, was possible. Miranda Smith Homecare has the personnel and experience to ensure stress doesn't become a burden.



Creating elder-centred communities

As well as high quality clinical care and practical daily support, we know there are other things that make for healthier, happier living.

- Family, whanau and friends
- Contact with plants and animals
- Having choice and making decisions
- Meaningful activity
- Continuing with hobbies and passions
- Being able to give and receive

Enliven in Wellington

Enliven offers boutique retirement villages, warm and welcoming rest home, hospital and dementia care, respite and health recovery care, practical in-home support and engaging day programmes across the Wellington region.

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

www.enlivencentral.org.nz | or call 0800 36 54 83

Enliven: rest homes with spark

Enliven's homes provide much more than just a home and clinical care. They support opportunities for companionship, fun, and a sense of purpose – the things that add life to life!

This is the message from Enliven's general manager Nicola Turner, who says the secret to what makes Enliven homes so vibrant and homely lies within its unique model of care, the Eden Alternative.

“Since we began using the Eden Alternative philosophy in all Enliven homes in 2008 we have seen notable positive changes to the overall wellbeing of our residents, as well as changes in how our staff work alongside them,” Nicola explains.

“This is because Eden has changed the way we support people in our homes. People's abilities may change as they age, but instead of focusing on what people can't do we support them to continue doing the things they've always done.”

The Eden principles touch on ideas such as variety and spontaneity, companionship, contact with animals and children, continuing hobbies and ensuring residents have choice and control, including being part of the decision making around how the homes are run.

“Our interests motivate and challenge us, give us fulfilment, a sense of belonging, purpose and achievement. Without meaningful activity, people can't truly thrive,” Nicola explains.

Enliven, part of the not-for-profit organisation Presbyterian Support Central, operates 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.

All of these homes embrace the Eden Alternative model of care. For more information call 0800 36 54 83 (that's 0800 ENLIVEN) or visit www.enlivencentral.org.nz