

WINTER 2019 QUARTERLY NEWSLETTER  
www.acwellington.org.nz



# Age Concern Wellington

*Serving the needs of older people*

COMPLIMENTARY COPY

## Seniority



For advertising phone Dave 027 652 5220 or email [dave@kiwipublications.nz](mailto:dave@kiwipublications.nz)

A Kiwi Publications Limited publication | [www.kiwipublications.co.nz](http://www.kiwipublications.co.nz) | Please refer to website for disclaimer

## Contact Information

**Phone:** (04) 499 6646 **Fax:** (04) 499 6645  
**Email:** ceo@acwellington.org.nz  
**Address:** Suite 4, Level 1, Anvil House,  
 138-140 Wakefield Street, Wellington 6011  
**Postal Address:** PO Box 11-108,  
 Wellington 6142

### OFFICE HOURS

9am - 4pm Monday to Friday

## PLEASE SUPPORT OUR ADVERTISERS

Their support enables the production of this newsletter, so please support them.



Go to [www.facebook.com/ageconcernwellington/](http://www.facebook.com/ageconcernwellington/) to follow us on Facebook.

**Disclaimer:** The views expressed in this newsletter are not necessarily those of Age Concern Wellington. The inclusion or exclusion of any product does not mean that the publisher or Age Concern advocates or rejects its use.

## Chief Executive Report

Hello and welcome to our winter edition of Seniority. The nights are drawing in and the shortest day is only a few weeks away. It's tempting to stay indoors where it's warm and snug, helped by the winter energy payment brought in last year. However it's important to stay active and connected and we'd like to help you do that.

I joined Age Concern Wellington in April as the new CEO, tasked by our Board to find new, innovative services and activities for older people in the Wellington region. I've been talking to people from the local councils, from the District Health Boards and from other organisations about what services and activities people in the region need most.

Everyone is aware that our population is changing. By 2034 almost a quarter of our population will be aged over 65 and our communities will have more older people than children by 2029.

The Office for Seniors has been putting a lot of thought into what these changes will mean and have summarised what they think the priorities are in their new Better Later Life - He Oranga Kaumātua 2019 to 2034 strategy. They'll be looking into:

- preparing for financial and economic security
- improving access to health and social services
- providing housing choices and options so people can age in the community
- enhancing opportunities for social connection and participation
- providing accessible built environments so people can participate in their community.

You can read more about how these will be achieved on the Super Seniors website

<http://www.superseniors.msd.govt.nz>.

They are inviting feedback until 3rd June so do have a look and send in your thoughts.

For us, helping people stay connected is a priority, so we'll be looking at how we can make sure our over 65s are able to live life to the full and be an active part of their community. We'd love to hear what you'd like to see happening your area and will be sending out a survey to ask you exactly that.

Whatever you tell us, we won't be able to do it without help from our trusty volunteers. If you'd like to help, whether it's becoming a friendly visitor to one of our more isolated people, driving a minibus on a café outing or presenting a workshop, we'd love to hear from you. We'll be putting our volunteer job descriptions on our website and in a new monthly email newsletter which will be launched in July. Our email newsletter will keep you up to date with events, activities and information. If you'd like to receive our email newsletter please go to our website and click the subscribe button or simply email us at [news@acwellington.org.nz](mailto:news@acwellington.org.nz) with your name and suburb. We're also looking for a name for the newsletter and would love to hear your ideas!

Best wishes

**Jacqui Eyley**

Chief Executive

## IT'S DRIVING MISS DAISY'S 10TH BIRTHDAY!

This May marks a ten year milestone for Driving Miss Daisy. We are New Zealand's first and largest companion driving service and we have been committed to helping older people stay social, active and independent since 2009.

With ten years' worth of hard work and dedication, owners Melanie and Jack Harper have been successful in establishing Driving Miss Daisy as a trusted and loved brand, giving people the freedom of independence within their community. Driving Miss Daisy is now established all over New Zealand with 73 franchises, from Invercargill all the way up to Kerikeri in the North.

*"We are so proud of what we have achieved and all of the people that we have helped along the way. Thank you to all our Daisies - franchise owners, drivers and partners. Thank you to all the wonderful clients we have enjoyed helping, spending time with and making friends with - here's to another decade of making a difference in people's lives!"*

Melanie Harper, co-founder Driving Miss Daisy.

As people get older and their situations change, it can be hard to get out and about, socialise or simply manage basic errands. Driving Miss Daisy provides freedom, independence and strong social connections for those who need it. Our Driving Miss Daisy, 'Daisies', provide transport as well as companionship to clients ranging from supermarket shops, to doctors' appointments, or simply accompany them for leisurely activities whether grabbing a coffee or going on a group day trip.

We hold the companion driving service contract with ACC nationally and we are accredited under the Total Mobility Scheme which provides discounts on Driving Miss Daisy transportation services.

It is important to stay socially active and if you would like to find out more about our services please call us to discuss - we look forward to hearing from you.

*Editorial supplied by Driving Miss Daisy*

## Driving Miss Daisy your companion and your driver!



Keep your independence and freedom with our safe, reliable companion driving service.



We can drive and accompany you to:

- Shopping trips
- Medical and personal appointments
- Social outings, meetings, church
- Airport drop-offs and pick ups

Total Mobility cards accepted and an ACC approved provider.

Bookings are essential – call today and make your next outing a pleasure!

Upper Hutt	Ph: (04) 970 6636
Lower Hutt	Ph: (04) 568 2254
Mana-Porirua	Ph: (04) 235 7985
Wellington City	Ph: (04) 470 7523
Wellington East	Ph: (04) 384 8344
Wellington North	Ph: (04) 478 5535



Driving Miss Daisy®

[www.drivingmissdaisy.co.nz](http://www.drivingmissdaisy.co.nz)

# WELLEIDER WORKS



WellElder is a specialist counselling service for older people in Wellington, Porirua and Kapiti.

## WELLBEING

Minister of Finance, Grant Robertson, will deliver the Government's first 'Wellbeing' Budget on May 30. The Prime Minister, Jacinda Ardern, has stressed the importance of intergenerational wellbeing, as Budget priorities have been set.

Clearly there is international interest in finding measures, other than GDP, which indicate a country's health more broadly. Researcher and adviser, Nic Marks, has developed large-scale measures as the 'Happy Planet Index', and also the 'Five Ways of Wellbeing', so that people can take simple positive actions to improve their own wellbeing.

As we age, how can we enhance our wellbeing and our intergenerational connectedness on a more local level? These are Marks' well-researched recommendations to put into practice each day ...

### Connect

Interact with the people around you – with family, friends, and neighbours of different ages and stages if possible.

Think of these as the cornerstones of your life and invest time in developing them. Building these connections will support and enrich you every day.

### Be active

Go for a walk. Step outside. Garden. Do Tai Chi or

some gentle sitting stretches. Exercising makes you feel good. Most importantly, discover a physical activity you enjoy – one that suits your level of mobility and fitness.

### Take notice

Be curious. Catch sight of the beautiful. Remark on the unusual. Notice the changing seasons. Savour the moment.

Be aware of the world around you and what you are feeling. Reflecting on your experiences will help you appreciate what matters to you.

### Keep learning

Try something new. Rediscover an old interest. Sign up for that course. Learn to play an instrument or how to cook your favourite food, attend a lecture or U3A discussion. Do the 5-minute quiz in the paper. Set a challenge you will enjoy achieving. Learning new things will make you more confident, as well as being fun to do.

### Give

Do something nice for a friend, or a stranger. Thank someone. Smile. Volunteer your time. Join a community group. Look out, as well as in. Seeing yourself, and your happiness, linked to the wider community can be incredibly rewarding and will create connections with the people around you.

If you'd like to talk with a WellElder counsellor about putting any of these steps into practice, please call us on 04 380 2440 Tuesday to Thursday. Low cost and accessible counselling is available to people over 60 who live in Wellington, Porirua, and Kapiti.

**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!



**Care On Call**

Quality Care In Your Home

Staying at home in your later years is now an affordable and safe option thanks to the care and support Care on Call provides.

From a couple of hours of help around the home per week to full time care Care on Call has experienced, trained and thoroughly screened carers available to cater to your unique needs.

Please call us or visit our website for more information.

wellington@careoncall.co.nz

**0800 776 815**  
**www.careoncall.co.nz**



Where community shapes the heart of your retirement

# At Ryman villages, we want our resident experience to be just right



*"You'll hear a lot of laughter around the village".*

Katherine, Charles Upham resident

Remember when neighbours had time to stop for a chat, cared for each other, and waved a friendly hello in passing? That's the community Katherine found at her Ryman village in Canterbury.

To find out more about our **five friendly villages** in the Wellington area phone Josie on 0800 779 626

[www.rymanhealthcare.co.nz](http://www.rymanhealthcare.co.nz)

## OLDER DRIVERS SHOULD YOUR DOCTOR BE ASKING FOR YOUR CAR KEYS?

With news from the UK that the Queen, now 93, is to stop driving on public roads, it is perhaps a good time to consider whether you too should be driving?

Once you reach 75 you will need to renew your driving licence. You will need a medical certificate from your doctor to do this – you will be categorised as:

- medically fit to drive
- fit to drive with conditions
- or fit to drive subject to an on-road safety test.

You could also be referred to a specialist such as an optometrist or occupational therapist driving instructor.

If your doctor says you are not fit to drive, he or she will advise the NZ Transport Agency and your licence will expire on your birthday. You can appeal if you are dis-satisfied – and take an on-road safety test, which takes about half an hour and costs \$41.80. You can repeat this once more at no additional cost if you fail the initial test. There are other forms of testing – some with an occupational therapist or a driver assessor – these are very expensive and of course there is no guarantee of success!

The probability of having an accident per km travelled is lowest between the ages of 45 and 70, after which it rises inexorably, peaking in the 85 plus age group, and this is 10% higher than drivers who have just passed their test! The reasons for accidents tend to be not looking properly, failing to judge speed correctly, or a poorly executed turn or manoeuvre. The most common form of accident is a side impact crash, often at intersections. In 2017 Senior road users accounted for 654 injuries and 37 deaths. However, if pedestrians are involved the results can be catastrophic. Many of us know an elderly driver who worries us every time they get behind the wheel. What is to be done? – the onus is always on the driver and ignorance of the law is no defence. Fitness to drive is complex because of number of sensory factors are involved. Poor eyesight or vascular problems such as dementia or a previous stroke affects the cognitive abilities. You should always speak to your doctor or optometrist if you have

concerns.

**It is worth noting that 20% of older drivers choose not to renew their licenses each year.**

If someone continues to drive when advised not to, try Googling ‘I have concerns over a person’s fitness to drive’.

Here are two useful links:-

<https://www.nzta.govt.nz/driver-licences/renewing-replacing-and-updating/renewing-for-seniors/>  
<https://www.nzta.govt.nz/safety/driving-safely/senior-drivers/senior-driver-statistics-and-resources/>

*Ann Dalziel*

Community Support and Outreach Co-ordinator.



## SENIOR REGIONAL GAMES WATCH THIS SPACE??!!

“Big plans are in the works for the month of September in the Wellington region. Details coming in July!” If you belong to a club or participate in an activity which should be included in the Senior Regional Games, please get in touch with Age Concern Wellington with your suggestion. Telephone 04 499 6646  
[communitysup@acwellington.org.nz](mailto:communitysup@acwellington.org.nz)



## WESTPAC Dementia friendly banking.

Westpac bank recently gave a presentation at the Dementia Symposium in Wellington around Scams and how we can safeguard against being a victim of them.

The bank has around 2000 employees, who are trained specifically to deal with customers with dementia. Currently there are around 5,000 customers regarded as suffering from dementia. Once the bank has been notified a marker will be put on their account, so any dealings will be dealt with appropriately. For instance if large amounts of money are withdrawn, or there is an irregular pattern of withdrawals, this will be investigated.

Cat Feanati, Head of Consumer Bank for the Central region described the numerous scams that are currently doing the circuits. These include scams supposedly from Spark, Inland Revenue, the Banks and more recently even organisations which claim to support the victims and their families of the Christchurch Mosque massacre.

Cat had the following advice for everyone.

### Ask the following?

Has someone contacted you unexpectedly?  
Have they promised you something?  
Have they asked you to do something?  
This will lead on to requests for money or personal information.

Never respond to these situations.

If you feel you have been approached, or are a victim of a scam, you can contact the following:-

To the NZ police  
Netsafe [www.netsafe.org.nz](http://www.netsafe.org.nz) 0508 638 723  
or CERT [www.cert.govt.nz](http://www.cert.govt.nz) 0800 2378 69

Age Concern has a number of booklets called ‘The Little Black Book of Scams’ which is an excellent publication – please contact Ann Dalziel, Community Support and Outreach Co-Ordinator  
[communitysup@acwellington.org.nz](mailto:communitysup@acwellington.org.nz)  
04 499 6646



## Harbour City Funeral Home, Proudly Locally Owned and Operated

Harbour City Funeral Home personnel are available to serve families throughout Wellington and greater Wellington region with premises in Wellington, Lower Hutt, Upper Hutt, and now in Paraparaumu, Kāpiti Coast.

Started in 1989 by Simon Manning, the business is still locally owned and overseen by Simon’s keen eye for innovation, passion and excellence in funeral service. Whilst many funeral companies are under the ownership of multi-national funeral chains Harbour City has proudly remained locally owned.

Harbour City Funeral home looks after all aspects of funeral care including at-need, pre-planning and pre-payment, monumental work (headstones and plaques), online memorials at [www.tributes.co.nz](http://www.tributes.co.nz), bereavement support services as well as being certified to carry out natural burials.

Please contact us for a copy of our free, no-obligation funeral information booklet. Our location phone numbers are listed in the advertisement below.

[www.harbourcityfunerals.co.nz](http://www.harbourcityfunerals.co.nz)

**Harbour City**  
... FUNERAL HOME ...



Locally owned funeral directors,  
caring in your community.  
Contact us today for your  
**FREE** about funerals booklet.

Wellington Ph: (04) 387 8301  
Upper Hutt Ph: (04) 528 8924  
Lower Hutt Ph: (04) 570 0111  
Kāpiti Coast Ph: (04) 298 4888



[www.harbourcityfunerals.co.nz](http://www.harbourcityfunerals.co.nz)

## An urban myth

### – “Villages are just for rich people”

We’ve often heard that villages are just for the rich. While it’s true that you’ll need some capital to be able to purchase an Occupation Right Agreement, it need not necessarily be that much. Leaving aside the splendid palaces in Remuera or Epsom, there are still plenty of more affordable units and apartments.

Have a look on Trade Me Property, where there’s a section devoted just to registered retirement village units. A quick look though recently showed that there are at least 30 units and serviced apartments priced at \$300,000 or less, in a huge range of places across New Zealand.

Taupo, Christchurch, Rotorua, Pukekohe, Manukau, Napier, Tauranga, Red Beach, the Hutt Valley, Nelson and Whanganui are just some of the options. The average price of the 30 units is \$199,000 – which, coincidentally, is the same price my former next-door neighbour paid when she moved to a central Lower Hutt village.

The RVA’s website ([www.retirementvillages.org.nz](http://www.retirementvillages.org.nz)) has a list of member villages and their contact details, so you can check the minimum entry age, who’s got rental units, and ask questions.

## Winter Energy Payment 2019

By now you will probably have noticed that this year’s Winter Energy payment has started, as from 1st May. (Last year it didn’t kick in till July)

### The Winter Energy Payment will be paid until 1st October

You don’t need to apply to receive the payment. It is paid automatically to everyone getting NZ Super or the Veteran’s Pension. You can choose to opt out of getting it if you would prefer not to receive it- just contact WINZ to tell them this.

The rate for single people (with no dependent children) will be \$20.46 a week, and couples or people with dependent children will get \$31.82.

The Winter Energy Payment won’t affect other payments such as Disability Allowance, Accommodation Supplement or Temporary Assistance Supplement.

If you are overseas for longer than four weeks, the Winter Energy Payment will stop while you’re out of the country. However, you must tell WINZ that you will be out of the country for longer than 4 weeks, otherwise overpayments will have to be paid back.

People who are getting the Residential Care Subsidy or Residential Support Subsidy are not eligible for the Winter Energy Payment.

I do urge you to keep warm this winter as getting cold and chilled is not at all good for our health and wellbeing – and we don’t need any preventable setbacks.

On the same note, I also hope you’ve had your flu’ injection, there are already nasty winter bugs at work. Keep warm and well

*Sheila Reed*



## NZ Police have launched a new non-emergency number.

# 105

It’s a free nationwide number which will be available 24/7 for all New Zealanders and visitors to contact them to report situations that don’t require immediate Police or Emergency Services attendance. They also encourage people to go on line to report non-emergency situations.

The new number is expected to alleviate congestion on the 111 emergency line which currently receives 1.8 million Police non-emergency calls per year.

Police’s mission is for New Zealand to be the safest country. The introduction of the new non-emergency number contributes to this by helping ensure people can contact us easily and efficiently when they need to.

It’s important that every New Zealander is aware of this new number and it is hoped you will share it on whatever channels you have available.

There will be more information, key messages and a link to multi-lingual collateral which will be available online for you to print and use in whatever situations may be appropriate. If you have any queries at this stage, please contact [snencampaign@police.govt.nz](mailto:snencampaign@police.govt.nz).

*Ann Dalziel*

Community Support and Outreach Co-Ordinator  
[communitysup@acwellington.org.nz](mailto:communitysup@acwellington.org.nz) | 04 499 6646



## Serving the Wellington/Kapiti area since 1993

Here at **Courtenay Hearing Centre** we focus on providing solutions that best meet people’s needs and budget. We source products from all the major hearing instrument manufacturers - from whom we are independent, allowing us to provide unbiased professional advice, and to offer the best solution to maximise your hearing potential.

Courtenay Hearing Centre provides a full range of audiology services including tinnitus assessment and treatment, ear protection solutions, assistive listening devices as well as batteries, hearing aid repairs and accessories.

If you or a family member are having problems hearing, call and make an appointment today to see the team at Courtenay Hearing Centre, for caring, professional advice.

Visit our website [www.courtenayhearing.co.nz](http://www.courtenayhearing.co.nz) for more information.

**Hearing Consultants**  
Independent Audiologists

AN ETHICAL & ACCOUNTABLE NEW ZEALAND BUSINESS SERVING WELLINGTON FOR 26 YEARS

**Our clients recommend us because we listen.**

Many people don’t ever receive the solution that would best resolve their hearing issues. That’s because the hearing clinics that make up the big chains answer to overseas hearing aid companies who only allow them to offer a limited range of aids.

At Hearing Consultants, we DO NOT recommend hearing aids based on sales commission or preferred supplier schemes - we recommend what’s best for you.

Independent audiologists  
Bowen Hospital | Lower Hutt | Upper Hutt | Wairarapa  
0800 43 27 25 | [www.hearingconsultants.co.nz](http://www.hearingconsultants.co.nz)

**COURTENAY Hearing Centre**

**Caring for your hearing**

**For independent professional advice**

- Hearing assessments
- Digital hearing aids — all brands (60-day trial)
- Tinnitus assessment and treatment
- ACC, Ministry of Health and War Veterans funding
- Musician and noise plugs
- Accessories, batteries and servicing

**Call (04) 385 9144**  
FREEPHONE 0800 432 766

<b>WELLINGTON</b> Level 2, 15 Courtenay Place	<b>WAIKANAĒ</b> Waikanae Specialist Centre, Marae Lane
<b>PARAPARAUMU</b> 8A Ihakara Street	<b>LEVIN</b> SeeHear, 174 Oxford Street

[info@courtenayhearing.co.nz](mailto:info@courtenayhearing.co.nz)  
[www.courtenayhearing.co.nz](http://www.courtenayhearing.co.nz)

DEAR JOHN...



### Dear John

*I've been living by myself since my husband died a couple of years ago, but I'm finding it more and more difficult to manage at home. My friends have suggested that I go into a rest home and I think this would be a very good idea. How do I go about this?*

### Dear Linda

Where do I start! Unfortunately you haven't given me much information to go on as to why you're not coping at home and the days have long gone where you can just book into a rest home when you feel ready. All rest homes now require an assessment of the level of care that their residents need, and basically people are not deemed ready for residential care until they are at the highest level of community support provided i.e. care going into the house three times a day on every day of the week.

I think that the best way for you to access the help you need is to start with your doctor. Explain what your difficulties are, and if they think that home support is needed they can put a referral through to the assessing agency - the Care Coordination Centre in Wellington and the Service Coordination Centre in the Hutt.

An assessor will then arrange an appointment with you and look at what kind of support you need to stay safely at home. Examples of support could include help with showering or laundry, some meal preparation, helping with elastic stockings or housework under some circumstances.

This is a very brief summary so please do feel free to phone your friendly Age Concern staff on 499 6646 to ask more questions.

In the meantime, having a look at rest homes while you have the ability to do so is good forward planning as it's better to have an idea of where you'd like to go while you can articulate this than waiting for a possible crisis.

### Book of poetry

There is a group that meets twice weekly at Innermost Gardens, at the top of Mount Victoria. They are called the YODAT group, which stands for Younger Onset Dementia Aotearoa Trust. The group, with several excellent volunteers has a varied programme of physical and mental exercises. We set up a Steady As You Go group with them, which is a falls prevention programme, and with very little adaptation, it is working well for them. One member of the group, Rob King, is also a poet. He has recently written a 5th book of poetry called *Waiting for Birds*. His partner Ali, read some of the poems at the Dementia Symposium in Wellington on 2nd May. Everyone thought the readings wonderful. Rob has published four other collections - *Strolling Through*, *Other Times*, *Still Life* and *Keeping Track*. His poems have been anthologised, commended in competitions and read on BBC Radio4 Scotland.

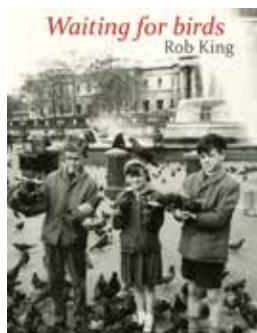
Here are a couple:-

#### Social Worker

He tried so hard  
to be ordinary  
he'd forgotten  
just how ordinary  
he was

#### Stereophonic Sarah

The new stereo radiogram  
lounge in the dining room,  
the speakers either side of the fireplace.  
Dad bought an armful of L.P.'s.  
Mantovani and songs from musicals  
South Pacific, Desert Song, Oliver!  
and Sarah Vaughan. Sarah who? Said Mum.  
Aunts, uncles, cousins  
came over for the stereophonic sound.  
Two records every Sunday until us kids wriggled,  
grown ups snored.  
The third week and Sarah's turn came.  
What the hell's that? Never heard anything like it...  
Turn it off.  
Dad looked a bit strained  
its jazz.  
Well said Mum she still can't sing.  
Maybe something's wrong with the record.  
Sarah never made it in public,  
just late night sessions alone  
with dad on the piano, bass and drums.  
`The More I See You`, `Stormy Weather` ...  
faded away into another long-lost,  
forgotten night.  
Rob's book is available Ali at alilaing53@gmail.com and  
costs \$25.00 plus postage.



*Ann Dalziel*

Community Support and Outreach Co-Ordinator

## Senior Move Managers

Senior Move Managers specialise in assisting older adults during the transition of moving home; either downsizing, or moving into a retirement village.

The process of moving home can be very stressful and overwhelming. The team at Senior Move Managers effectively manages and undertakes this move removing all of the burden on you and your family. Everything from decluttering and organising, to packing your belongings and relocating them, right through to selling items on your behalf and professionally cleaning your home.

**If you or a loved one are thinking about moving and you're unsure where to start, we can help. Give us a call for a no obligation quote on 0800 667 558.**

### What our previous clients have said:

*"We expected a move which would normally have difficulties and stress. With SMM we had no difficulties whatsoever. Great staff who handled everything with a smile. Highly recommended!"*

*"I had all stress taken from me and was in good hands. They helped to move me, and helped me to unpack at the new address."*

*"Being based out of town, both my sister and I appreciated having Senior Move Managers' team on the ground when we couldn't be there for Mum."*

*"Mum's mental well being has also improved significantly since you started helping her! I was afraid this move might be the death of her but I don't feel that way at all now. Thank you!"*

***"Making your next move your best move"***

## Getting exhausted at the thought of downsizing?

### SENIOR MOVE MANAGERS CAN HELP

Senior Move Managers specialise in assisting older adults and their families with the emotional and physical aspects of relocating home. We plan, advise, organise and monitor all aspects of the moving process to reduce the burden on and ease the stress of the move.



SENIOR MOVE MANAGERS LTD

**Phone us on 0800 667 558  
to see how we can plan and manage  
your move from start to finish**

**[www.seniormovemanagers.co.nz](http://www.seniormovemanagers.co.nz)**

## Could you be saving money on your power bill?

As the weather gets colder it's a good time to check if you're getting the best deal on your power.

This has been made easy with a quick two-minute check you can do.

A visit to [www.whatsmynumber.org.nz](http://www.whatsmynumber.org.nz) will tell you if you could save money on your power bill by switching electricity providers.

It's a free, independent website that compares the electricity choices available in your area and lets you know what your potential savings are, should you choose to switch.

If you don't have access to the internet, your local Citizens Advice Bureau can help you run the check or you could ask your family to help. And if you decide to change, the new electricity company will do all the work for you.

Even if you're happy with your current company it's worth checking to see if you're getting the best deal for you.

### Top tip to lower your bill

Well-installed insulation is always the top priority for a warmer, healthier home. Get your insulation checked to make sure it is up to scratch – it may have been moved or need topping up.

Visit [www.energywise.govt.nz](http://www.energywise.govt.nz) for more information.

### Book Review

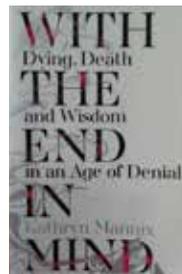
#### *With the End in Mind* by Kathryn Mannix and *Being Mortal* By Atul Gawande

There comes a time for all of us when we have to consider our own mortality. This is not a morbid preoccupation but rather sensible, advance care planning. What are our wishes and hopes for the last years? We all dream of living well till the end but alas the evidence suggests that this is not always possible.

With the End in Mind by Kathryn Mannix, a Palliative Care Specialist in the UK, is the latest book I have read recently that tackles this topic of the quality of life versus living longer. As Atul Gawande says in his book *Being Mortal*, longer life can come at the price of enduring endless and possibly futile medical interventions, hoping for improvement but often adversely affecting the remaining quality of life. He advocates thinking in terms of trade offs – what are we prepared to endure in the way of procedures versus being comfortable in our remaining time?

Mannix points out that death has been medicalised over the years. Instead of it being a natural part of life that everyone knew about and accepted as part of life, it has been hidden away as something that happens in a medical setting. It is seen as something to be feared and avoided rather than accepted as the natural course of events. Doctors are trained to make things better, and often family will accept the idea of another operation or drug in the hopes of prolonging the life of their older person. It therefore seems sensible to ask oneself what benefits may come from yet another procedure, and this is the question that both Mannix and Gawande suggest we ask ourselves. Highly recommended reading.

*Sheila Reed*



## P3 RESEARCH

I recently attended one of the Steady As You Go classes in Seatoun. As usual, there was a large group and after the class there was a brief presentation by P3 Research. They are currently looking at ways to prevent chest infections in the elderly. The clinic is approved by the FDA and employs doctors and nurses in their Mount Cook clinic.

They are looking for people to assist with the trials. If selected (there are criteria) you will learn more about your condition, obtain access to new and hopefully better medication at no cost, receive regular free check ups – blood tests, breathing tests, ECG., physical examinations etc. You will receive advice on diet, exercise, and managing your medications. You will be reimbursed for travel and there is free parking available at the clinic.

If you are interested, I have application forms in the office.

*Ann Dalziel*

Community Support and Outreach Co-Ordinator.  
[communitysup@acwellington.org.nz](mailto:communitysup@acwellington.org.nz) | 04 499 6646

## Epilepsy First Aid and Awareness

Krystle Crimmins has written an Epilepsy First Aid Guide to dispel the myths around Epilepsy.

Her handbook, *Epilepsy First Aid*, provides practical information on how to recognise a seizure and how to assist the patient. Rather than shy away from the unknown, she would like New Zealanders to be empowered with the skills to practically assist.

"There's also a common misconception that there are just two types of seizures," says Krystle. "The book gives an up to date overview of the eight common seizure types, their signs and symptoms and how to approach each one."

With the support of medical specialists and Epilepsy New Zealand, the guidebook, along with an accompanying website.

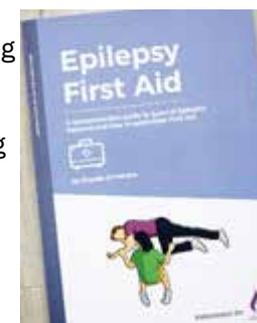
Krystle is available to do speaking events and one hour workshops.

T/C's Apply

The book cost -\$20 plus shipping

For more information go to [www.epilepsyfirstaid.com](http://www.epilepsyfirstaid.com)

Email- [epilepsyfirstaid@hotmail.com](mailto:epilepsyfirstaid@hotmail.com)  
Facebook.com/epilepsyfirstaid



## Friendly, local personal transport - Total Mobility accepted and wheelchair accessible

Call Freedom Drivers for medical, business and personal appointments or assistance with shopping. How about a drive with a stop for morning or afternoon tea for yourself and a couple of friends?

"We bring our friendly service to your door providing extra help at either end of the journey as needed. For medical appointments, we make sure you get to the right place and will wait if necessary or pick you up after the appointment. Travelling with Freedom is like travelling with friends or family - you build a relationship with a driver you get to know and trust."

Service is personal and our prices are comparable to (and often less) than a standard taxi. We take Total Mobility cards (TM) and we are ACC Registered Vendors. Our comfortable vehicles are at the ready with wheelchair access if needed.

Call toll free on 0800 956 956 to find out more.

### TRANSPORT YOU CAN TRUST



#### Reliable and friendly service

- Medical appointments
- Social and business trips
- Shopping
- Sightseeing and outings
- Airport transfers
- Pets to the vet
- One off or regular
- Long trips and local

#### For more information

0800 956 956

Total  
Mobility  
Provider



**freedom.**  
companion driving

[www.freedomdrivers.co.nz](http://www.freedomdrivers.co.nz)

## RETIRED ON A BUDGET?

Paying less for power is a quick way to squeeze more out of your budget.

Check [whatsmynumber.org.nz](http://whatsmynumber.org.nz) to see if you can get a better deal.

WhatsMyNumber  
.org.nz

## Music as Therapy

**Music hath charms to soothe a savage breast, To soften rocks, or bend a knotted oak. William Congreve**

I've long been interested in music and its importance when working with older people and have been increasingly intrigued by the idea that music has especial benefits for those with dementia. It is said to alleviate depression and anxiety in those with mild to moderate dementia and can provide a way to communicate even in the late stages of dementia when verbal communication is difficult.



So last year I went to see Sarah Hoskyns at the Music Therapy Department at Victoria and we talked for over an hour, with her educating me and answering my questions. One of the specific aims of Music Therapy NZ is to educate people about music therapy and so she was very encouraging about an article in this magazine.

Music is important because it connects us to our early meaningful and emotional experiences. This sensory aspect of music bypasses the highly cognitive part of the brain. A piece of music will reactivate that part of the brain that has stored it and the memory will return.

Thus an elderly gentleman I used to know was reduced to tears when his rest home's visiting volunteer pianist played Brahms's Cradle Song – this was the piece his sister used to play, and memories of his sister flooded back, activated by the music.

Likewise a non verbal friend of mine was in the rest home lounge when two volunteers were dancing to music and inviting residents to join them. I indicated my friend and one of them took her by the hand and had her dancing, her feet totally coordinated to the appropriate dance music and with a happy smile on her face.

Apparently a psychological phenomenon known as the "memory bump" means that the music we hear between the ages of 10 and 30, when we are becoming more independent, carries more emotional resonance than any other.

So the thing to do is to think back to the period of time when the person in question was this age and what kind of music was playing then. For some this might be Frank Sinatra, Elvis or the Beatles. Sinatra is too early for me but Cliff Richard and the Beatles will be about right, or perhaps a Bohemian Rhapsody

singalong would work!

Rest homes in the UK do not have good music therapy programmes, according to the BBC Music website I read but I think NZ ones may be better. An Activities Officer I know in a Wellington rest home encourages family to put their family member's favourite music on a tape they can listen to. When the person becomes unsettled or anxious, often at the end of the day, the music they listen to will calm them and make them happier. Many rest homes in our area have volunteer visiting musical entertainers who are doing music therapy informally, so what might seem old fashioned or dull to us as the visitor is actually hugely beneficial.

Music can be chosen to create a mood. A tranquil piece will induce calm where a faster paced piece may boost mood and evoke happy memories. It's important not to have sensory overload, so the music should not be too loud and competing noise eliminated, like closing doors and windows and turning off the TV.

So this is something concrete and positive that can be done by family, friends or rest home staff for the benefit of the person with dementia – very simple, not complicated but totally life enhancing.

### Sheila Reed



## Enjoy your life with Enliven

Some things make for happier, healthier living, no matter what your age or ability. At Enliven, we create elder-centred communities where older people have companionship, choice and control, meaningful activity as well as quality care.

**Cashmere Home**  
51 Helston Road, Johnsonville.  
Phone: 04 477 7067

**Longview Home**  
14 Sunrise Boulevard, Tawa.  
Phone: 04 232 6842

**Cashmere Heights Home**  
16 Helston Road, Johnsonville.  
Phone: 04 478 9051

**Huntleigh Home**  
221 Karori Road, Karori.  
Phone: 04 464 2020

Free phone 0508 ENLIVEN or visit [www.enlivencentral.org.nz](http://www.enlivencentral.org.nz)

## 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 \$.....
- Becoming a Corporate Supporter \$.....
- Becoming a Volunteer Visitor

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

Please tick box if you require a receipt

**GST Registered Number:** 20-448-962

Title: Mrs / Mr / Miss / Ms \_\_\_\_\_

First Name: \_\_\_\_\_

Surname/Agency/Society/Organisation/Corporate: \_\_\_\_\_

Street Address: \_\_\_\_\_

Suburb: \_\_\_\_\_

Postcode: \_\_\_\_\_

City: \_\_\_\_\_

Postal Address (if different from above): \_\_\_\_\_

Email: \_\_\_\_\_

Telephone: \_\_\_\_\_

Information is confidential, and will not be passed on to any other persons or agency and is held in accordance with the Privacy Act 1993.

**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.**

## Resonance Podiatry

Our wonderful team at Resonance Podiatry are a group of highly experienced Podiatrists, who are specialized in treating a wide array of conditions affecting the feet and lower limbs. Our Resonance Podiatry clinics are the first podiatry clinics in New Zealand to become Allied Health Care Accredited providers, meaning that we are qualified at the highest possible health care standard for podiatry services.

Resonance Podiatry provides specialist assessment, treatment and management, utilizing leading-edge technology to provide you with the best management plan to get you back on your feet. We provide services ranging from general comfort care, to falls risk prevention, and general management of musculoskeletal conditions and chronic pain.

If you or anyone you know is suffering from any lower limb problem, don't hesitate to contact our friendly team for an appointment so we can get you back to work, sport, or play as quickly as possible!



**Resonance Podiatry** are a specialist team of Podiatrists, working in collaboration with you, and our fellow medical colleagues, to get you back to being pain-free. At Resonance we implement up to date evidence-based practice, and are committed to getting you back on your feet as quickly as possible.

If you suffer from:

- Painful feet
- Bunions
- Falls
- Corns
- Callus
- Difficult toe nails or ingrown toenails
- High Risk Foot: Diabetic Foot or Rheumatoid Foot



Come and see us at our Wellington CBD, Lower Hutt, or Mana clinics.

**Whatever your pain, we are committed to getting you back on your feet!**



**0800 4 RESPOND**  
[www.respod.co.nz](http://www.respod.co.nz)



# Metlink Accessible Concession



## 1 What is the Accessible Concession?

Wellington residents with a Total Mobility card or Blind Foundation membership card get a 50% discount off the adult Snapper fare on Metlink buses, trains and harbour ferries. If you require assistance for your travel, a carer can come with you and travel for free.

## 2 How do I get the discount?

For bus, you can use your Total Mobility card or red Snapper card (for Blind Foundation members) to tag on at the start of your journey and tag off at the end of your journey. Blind Foundation members can load their Snapper card with the Accessible Concession by phoning Snapper on **0800 555 345**.

The Total Mobility card is like a Snapper card that also has the Accessible Concession preloaded onto it. You will need to have some credit on your card before you can use it.

For train or ferry, there are two types of discounted tickets you can buy: a 'Concession 10-Trip' ticket that is good for regular travel and needs to be purchased prior to travel. The second type is a 'Single Child Cash' ticket good for one-time trips. Single cash tickets cost slightly more because they are rounded up to the nearest 50c.

## 3 How do I top up my Total Mobility or Snapper card?

Visit any designated Snapper retailer (most dairies, mini marts or local libraries), or top up your Snapper card at a Snapper kiosk or online. For more information, visit [snapper.co.nz](http://snapper.co.nz) or call **0800 555 435**.

## 4 When can I travel using Accessible Concession?

You may travel on an Accessible Concession at any time of the day on Metlink's buses, trains and harbour ferry, except the after midnight services.

## 5 How 'accessible' are the buses and trains?

Most Metlink services are wheelchair accessible, and have green priority seating areas. Metlink buses have wide aisles suitable for wheelchair use with high contrast grab rails. Real Time Information signs located at bus stops will indicate whether a service is wheelchair accessible.

**Talk to your local Age Concern  
co-ordinator, or contact us:**

 **0800 801 700**  
 **[metlink.org.nz](http://metlink.org.nz)**