
Our Future - Wanganui Positive Ageing Strategy



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2007-2010

PART A

Executive Summary

This strategy has been developed to promote positive attitudes to ageing in Wanganui, so that by 2010 older adults are enabled to be as informed, active, healthy and independent as possible, and be the heart of the community.

Wanganui demands the best for its community with diverse backgrounds, characteristics, needs and expectations. Older people are a significant powerful economic group, and therefore make an important contribution to Wanganui with employment and cultivate a lifestyle that is only possible in Wanganui.

Not all older people will identify with all the objectives all of the time however, most of them will identify with at least one of them.

This strategy was developed in partnership with many people in different organisations. By working together in a positive way to achieve all the objectives set out in this strategy will mean that the needs of the older people in the future will be much improved.

This strategy is aimed at:

creating a community environment where older adults can feel safe and supported

ensuring the best possible quality of life for older adults

meeting the changing needs of older adults as they approach and reach old age

a place where older adults have choices

enjoying the best possible quality of life

being valued as active members of the community

**And in the end, it's not the years in
your life that count. It's the life in
your years. - Abraham Lincoln**

The Wanganui District Council has worked with the following organisations in the development of the Positive Ageing Strategy:

- Wanganui Older Peoples Forum
- Whanganui District Health Board
- Office for the Senior Citizens, Ministry of Social Development
- Work & Income New Zealand, Ministry of Social Development (Wanganui)
- Accident Compensation Corporation (Wanganui)
- New Zealand Fire Service (Wanganui)
- Tupoho Working Party
- Tama Upoko Working Party

The many other stakeholders and organisations who personally contributed to this strategy through the

Older Peoples Forum are listed at the end of this document.

This strategy is available on request in community languages, Braille, on tape, in large print and in a format accessible to people with learning disabilities (see back cover).

If you have any comments or suggestions, or would like further copies of this strategy, please contact either the members of the Older Peoples Forum. Contact details are at the back of this document, or the Wanganui District Council, PO Box 637, Wanganui, New Zealand, telephone 06 349 0001

Email: wdc@wanganui.govt.nz

Copies are also available on the following websites

Wanganui District Council	www.wanganui.govt.nz
Age Concern	www.ageconcern.org.nz
Whanganui District Health Board	www.wdwb.org.nz
Grey Power	www.greypower.co.nz
Accident Compensation Corporation	www.acc.co.nz
Work & Income New Zealand	www.workandincome.govt.nz
Office for Senior Citizens	www.osc.govt.nz

Acknowledgements

The Wanganui District Council acknowledges that it would not have been possible to develop the Wanganui Positive Ageing Strategy without the participation of the Older Peoples Forum, and other community agencies and volunteer groups that gave so generously of their time and ideas, and provided valuable information and feedback regarding the strategy.

Without the goodwill of the people living in the Wanganui District, this strategy would have been harder to do. Thank you everyone for your willingness and endeavour to ensure that this strategy was developed. At the back of this document there is a list of organisations that contributed to the strategy.

Policy Context

One of the Council's key strategies is to move towards being a policy driven Council. The Wanganui District Council believes that through the process of developing policy where community members and service providers participate, the Council can gain much valuable insight into the issues which concern different groups in our community.

The Council is committed to good practice in the social policy context. There may be situations that while we strive for good practice it may not always happen because of time, budgets, and the constraints of people. However, by following the policy cycle approach enables people to ensure that they cover the basic principles

The strategy contributes to the Wanganui Community Outcomes which belong to the people of Wanganui and contribute to the Long Term Council Community Plan (10-Year Plan)

The Wanganui District Council has developed a range of policy, plans and strategies that relates to specific areas of responsibility, and a number of these will fit within the Wanganui Positive Ageing Strategy:

- Cycling Strategy (healthy lifestyle)
- Arts Policy (culture)
- Parks Strategy (recreation)
- Economic Development Strategy (employment)
- Wanganui District Plan (future growth & development)
- Natural Burials Policy (diversity of faiths in burials)
- Footpath Strategy (proposed)
- Housing Policy (pensioner housing)
- Financial (Rates rebate, rates postponement)
- General Policy (e.g. recycling/disabled car parking)
- Service Level Agreements (SLA) (level of service required by the Council)

Scope of the Strategy

The draft strategy was produced with the active participation of the Older Peoples Forum and other key stakeholders in Wanganui. The strategy covers all aspects of older people's lives, represented by six objectives. It covers the three-year period from 2007-2010.

It identifies priorities and lays a foundation for the community's approach to improving the quality of life for older people. Partnerships and the key actions within each goal will be reviewed annually in consultation with the Older Peoples Forum.

The key priorities identified have an action plan which will be reviewed on an annual basis and will inform future plans and strategies developed by the Wanganui District Council.

Definition of Older Adult

The older adult can cover a broad spectrum. It is sometimes applied to anyone aged over 50. However, the needs of vulnerable people aged 85, referred to as "traditionalists", may be very different to people aged 50, referred to as "baby boomers", who are still working and active. The New Zealand Positive Ageing Strategy¹ defines older people as those who are over the age of 65 years as well as that being the qualifying age for New Zealand Superannuation.

¹ New Zealand Positive Ageing Strategy, Ministry Social Development, Wellington

Vision of the Wanganui Positive Ageing Strategy

As New Zealand moves forward with an ageing population - a population with experience, and a wealth of knowledge, along with wisdom and skills.

The older people of Wanganui want to share with the community their vision that Wanganui is a society in which people of all ages are treated with respect, dignity and to ensure that the needs and interests of older people are included. To do this, all stakeholders, government and the Council need to contribute to ensure this vision is attained.

The Wanganui Positive Ageing Strategy 2007-2010 is about the future of all people in Wanganui.

W a n g a n u i P o s i t i v e A g e i n g V i s i o n S t a t e m e n t

**To make Wanganui a better, or even the
best, place for older people to live²**

² Older Peoples Forum Inaugural Meeting Wanganui, 2003

Introduction

It is now widely acknowledged that the New Zealand population is ageing. This will not only have a significant impact on families and individuals but also on all spheres of policy making, both at central government and local government level.

The population of all regions and territorial authority areas is expected to be older in future.³ However, there will be considerable variation between areas, largely because of each area's current population age structure, future fertility levels and migration patterns. The implications of an increasing older population on social service and health care provision and housing needs, for example, are therefore likely to vary between areas. At the broad regional level, all South Island regions will continue to have older population.⁴

Working Together

A Positive Ageing Strategy for Wanganui has been developed with the community, the local health services and voluntary and community sectors working together to plan services that will ensure the best quality of life into the future. The strategy therefore represents the wider community views and provides critical direction to the Wanganui District Council in meeting the needs of older adults and creating a local community that respects and values older adults.

³ Statistics New Zealand 2006

⁴ Demographic Aspects of New Zealand's Ageing Population March 2006

An important facet of the strategy is that it does not deal with all these issues in isolation. A "joined up" approach to implement the strategy is vital and at the heart of this strategy. It will be a widely based "actioned" partnership with the community of Wanganui - it will be the only way to successfully turn the aspirations outlined in this strategy into reality.

Wanganui Context - Opportunity Age

The veterans of 1922-1940 came of age during the Great Depression; World War II shaped their adult lives. They have learned to live without and appreciate what they have worked hard to earn. They have core values of dedication, hard work, law and order, respect for authority. They have developed their home life, family and education, a legacy which they have passed on to the next age of baby boomers.

The huge baby-boom cohorts, born between 1946 and 1964, are now entering their older adult years. In the past, this generation has stormed its way through the nation's school systems, labour market, housing market and stock market, transforming consumption patterns, social mores and national politics along the way. The impact of this "generation of free agents" will likely be just as profound as they approach their retirement years.⁵

⁵ Russell, Cheryl, *The Master Trend: How the Baby Boom Generation is Remaking America*, New York: Plenum Publishing, 1993.

As the baby-boom generation ages, it will remain unique in many aspects. Higher wealth accumulation and fewer children will permit many to enjoy a retirement lifestyle significantly different from any previous generation. What they buy and where they retire will have significant implications for firms seeking to market to them.⁶

In Wanganui, we can proudly boast that this city offers everything for older adults - affordable housing, no traffic jams, a place to bring up children, accessible recreation and sporting facilities, an infrastructure that supports a growing population, as well as two hours travel to a metropolitan city. Wanganui is the place to be for older adults.

- **It is** a place that offers a unique lifestyle. People who invest their lives in Wanganui love it, and choose to live here.
- **It is** an opportunity for the Wanganui District Council to challenge the myth that ageing means frailty and dependency.
- **It is** a time when there are more opportunities than ever in Wanganui to pursue new experiences and embark on a new active and healthy lifestyle through the contribution that older adults can make to the community.
- **It is** a place of new growth, new opportunities. An opportunity to build on economic confidence and market

⁶ Russell, Cheryl, *The Master Trend: How the Baby Boom Generation is Remaking America*, New York: Plenum Publishing, 1993.

Wanganui as a 'place' that offers people of all ages and abilities the opportunity to succeed.

- **It is** a place where innovation and creativity is welcome.

Background

New Zealand has an ageing population and the number of older adults is expected to increase from 463,000 in 2002 to around 490,000 by 2005, and 551,000 in 2010. The rate of growth in the older population is expected to increase from just over 1% currently to over 3% per year after 2011 as the oldest members of the post-war baby boom generation begin turning 65. In the longer term, the proportion of older New Zealanders is estimated to rise from 12% in 2001 to 18% in 2021 to about 26% in 2050.⁷ Wanganui current resident population is 42,679,⁸ and the 65+ years age group make up just above 17%.

The New Zealand government is committed to promoting the value and participation of older adults in communities and, in this context, the Wanganui Positive Ageing Strategy will provide a broad framework of the 10 Positive Ageing Principles outlined in the 2001 New Zealand Positive Ageing Strategy.

⁷ Bev Hong and John Jensen assessing Social Policy Journal of NZ July 2004

⁸ Statistics NZ 2006 Census

Further, research indicates that in the medium projection scenario, the proportion of Wanganui District's population that is aged 65+ is projected to increase from 15.9% in 2001 to 21.2 percent in 2016 and to 28.4% in 2026.⁹

Goals New Zealand Positive Ageing Strategy (2001)

The Wanganui Positive Ageing Strategy links to the goals of the 2001 New Zealand Positive Ageing Strategy.

The New Zealand Positive Ageing goals were developed through nationwide consultation with older people. They reflect the priority issues that were identified to improve opportunities for older people to participate in the community in the way they choose. The goals of the New Zealand Positive Ageing Strategy are:

- **Goal One**
Secure and adequate income for older people
- **Goal Two**
Equitable, timely, affordable and accessible health service for older people.
- **Goal Three**
Affordable and appropriate housing options for older people

- **Goal Four**
Affordable and accessible transport options for older people
- **Goal Five**
Older people feel safe and secure and can age in place
- **Goal Six**
A range of culturally appropriate services allow choices for older people
- **Goal Seven**
Older people living in rural communities are not disadvantaged when accessing services
- **Goal Eight**
People of all ages have positive attitudes to ageing and to older people
- **Goal Nine**
Elimination of ageism and the promotion of flexible work options
- **Goal Ten**
Increasing opportunities for personal growth and community participation

⁹ Nicholas Thomson Demography Business Unit, Statistics NZ August 2006

International Context

Ageing is not unique to New Zealand or even to ‘developed’ nations. The transition to lower mortality rates and lower fertility rates has occurred, or is occurring, in other countries, often at a much faster rate than in New Zealand. Population ageing is therefore a worldwide phenomenon.¹⁰

The International Plan of Action on Ageing,¹¹ adopted at the first World Assembly on Ageing in Vienna, has guided the course of thinking and action on ageing over the past 20 years, as crucial policies and initiatives evolved. Issues of human rights for older adults were taken up in 1991 in the formulation of the United Nations Principles for Older Adults,¹² which provided guidance in the areas of independence, participation, care, self-fulfilment and dignity. They were highlighted again in 1995 in General Comment No. 6 of the Committee on Economic, Social and Cultural Rights, on the implementation of the International Covenant on Economic, Social and Cultural Rights, which asserted the entitlement of older adults to the full range of rights recognized in the Covenant.¹³

The Principles for Older People were ratified by the United Nations General Assembly in 1991. New Zealand is part of the General Assembly, and very soon the international themes on ageing were picked up in New Zealand by the government and aged groups.

¹⁰ Demographic Aspects of New Zealand’s Ageing Population March 2006 stats.govt.nz

¹¹ See *Report of the World Assembly on Ageing, Vienna, 26 July-6 August 1982* (United Nations publication, Sales No. E.82.I.16), chap. VI, sect. A.

¹² *Official Records of the General Assembly, Forty-sixth Session*, Supplement No. 49 (A/46/49), resolution 46/91, annex.

¹³ Research Website address:

<http://www.un.org/esa/socdev/ageing/waa/isaa1e.htm# Introduction>

National Context

The Office for Senior Citizens was established in 1990 to act as a focal point for older adults’ issues within government. The Office contributes to the Ministry of Social Development’s goal of ensuring that “older adults are valued as important members of society and have the right to dignity and security in their senior years, [and that] they have opportunities to use their skills, knowledge and experience to contribute to society”.¹⁴ One of the key roles of the Office for Senior Citizens is promoting, monitoring and reporting on the progress of the New Zealand Positive Ageing Strategy within government and the wider community.

There has been a shift in focus in government policy from the traditional view of ageing to a view that people are living longer and having healthy and productive lives. Therefore future government policy provides a challenge to develop and implement policies to prepare for the expected economic and social effects of the population change.

¹⁴ Office for Senior Citizens, Ministry of Social Development, Wellington Briefing to the Incoming Minister *Taking a Positive Approach to Ageing*, 14 September 2005

Local Government

The Local Government Act (2002) gave councils powers and responsibilities with regard to community needs, including older adults.

The purpose of the Local Government Act is to provide for democratic and effective local government that recognises the diversity of New Zealand communities; and, to that end, this Act:

- (a) states the purpose of local government;
- (b) provides a framework and powers for local authorities to decide which activities they undertake and the manner in which they will undertake them;
- (c) promotes the accountability of local authorities to their communities;
- (d) provides for local authorities to play a broad role in promoting the social, economic, environmental, and cultural well-being of their communities, taking a sustainable development approach.¹⁵

¹⁵ Local Government Act 2002 Part 1

Wanganui District Council

The Council's vision is:

Wanganui

A vibrant and prosperous community

The Council's mission is:

To enhance the quality of life in Wanganui through a proactive approach to:

- Promoting a positive image of Wanganui as a great place to live and visit
- Developing quality amenities and recreational facilities
- Encouraging economic prosperity

What does the Council's 10-Year Plan Say?

The Wanganui District Council's 10-Year Plan 2006-2016 is the Council's strategic blueprint. It defines statements on the vision, the mission and the values that the Council has committed itself to pursuing and achieving. The Council's 10-year Plan will show:

- Why the Council is doing things
- What the cost will be
- What will be done over the next 10 year period of the Plan.

The Wanganui District Council as a local authority has a role to play through its strategic, and annual plan, and the community outcome process. The Council identified seven community outcomes from the Wanganui community. The development of a Wanganui Positive Ageing Strategy will link to all seven community outcomes, and can serve as a key driver for these outcomes.

Wanganui Community Outcomes:

- 1. A growing economy**
- 2. Diverse and quality educational opportunities**
- 3. A safe and healthy community**
- 4. Recognition as a great place to live and visit**
- 5. Development of amenities and recreational opportunities**
- 6. Develop the full cultural and environmental potential of the Whanganui River**
- 7. People working together**

What other needs and issues were identified by Older

People to influence this Strategy?







The following issues emerged from the 2005 consultation with the Older Peoples Forum and subsequent feedback during the development of the strategy.

The statements reflect the diverse views and issues offered for consideration. The issues raised in the following paragraph that led to policy statements being developed for the strategy.

1. **Income security** - Older adults have adequate income
2. **Health** - Older adults have access to primary and secondary health care services
3. **Housing** - Older adults have good affordable and appropriate housing available with a range of choices to suit individual needs

4. **Safety and Security** - In the community and in the home
5. **Transport and mobility** - Access to safe and flexible transport options
6. **Information** - Access to and the provision of appropriate information on services, activities and opportunities
7. **Participation versus isolation** - Opportunities for older adults to participate in their local community and mechanisms to prevent isolation and loneliness
8. **Promote positive ageing** - Develop policies and programmes that promote more positive images of older people.

Overview of the framework of the Council's Positive Ageing Strategy

	Vienna International Plan of Action 1982 The International Plan of Action on Ageing 1982	World-wide attention focussed on the serious problems besetting a growing portion of the populations of the world and a plan of action was developed to ensure independence, participation, care, self-fulfilment and dignity of older people.
	United Nations Framework The United Nations Principles for Older Adults ratified 1991 The global targets on ageing for the year 2001 (1992) The Proclamation on Ageing 1992	<ul style="list-style-type: none"> ● Independence ● Participation ● Care ● Self Fulfillment ● Dignity
	New Zealand Positive Ageing Strategy 2001	<ul style="list-style-type: none"> ● Improve opportunities for older people to participate in the community ● Provide the framework for government policy affecting older people ● Key vehicle for promoting the rights and interests of older New Zealanders and positive attitudes to ageing.
	Local Government Act 2002	<ul style="list-style-type: none"> ● Social Wellbeing ● Cultural Wellbeing ● Environmental Wellbeing ● Economic Wellbeing
	Wanganui District Council 10-Year Plan 2006-2016 and Community Outcomes	<ul style="list-style-type: none"> ● A growing economy ● Diverse and quality educational opportunities ● A safe and healthy community ● Recognition as a great place to live and visit ● Development of amenities and recreational opportunities
	Wanganui District Council Annual Plan	<ul style="list-style-type: none"> ● Older adults contribute to Council's decision making through policy and planning processes.

Objectives of the Wanganui Positive Ageing Strategy

The key objectives identified by the Older Peoples Forum are to:

- | | |
|--------------------|---|
| Objective 1 | Improve social participation and increase inclusion for older adults |
| Objective 2 | Improve accessibility (e.g. information, transport, mobility, health) |
| Objective 3 | Provide choice and independence for older adults in the services they receive (e.g. income security, housing) |
| Objective 4 | Increase the participation of older adults in recreation, paid work and voluntary activities |
| Objective 5 | Enhance older adult's feelings of safety and security both within their homes and within the community |
| Objective 6 | Develop a more positive community attitude to older adults and ageing |

Objective 1 Improve participation and increase inclusion for older adults

Older people are important members of society and have the right to be afforded dignity in their older years.¹⁶ They have skills, knowledge and experience to contribute to society and the expected growth in the proportion of older people during the coming decades will provide New Zealand with a valuable resource. Further, continued participation in older age has benefits for the individual concerned, the community and the country as a whole.

Unfortunately for some older people, full participation in society is prevented through low sense of worth or because of restricted opportunities. Social exclusion may arise through one or more of a range of circumstances, including a lack of access to personal community or state resources and facilities, insufficient personal capacity, and opportunity and negative attitudes to ageing.

Older people in Wanganui have identified social inclusion as important to their quality of life and independence. Opportunities to participate and make a positive contribution to the community and society are important for the older person. To ensure participation, it is necessary to offer opportunities to participate in recreational and existing volunteering, along with employment opportunities, and other programmes that are specifically targeted to older people

¹⁶ New Zealand Positive Ageing Strategy, April 2001

According to the latest 2006 Census¹⁷, there is evidence to suggest that in the future there will be an increase in volunteer numbers which demonstrates that volunteering numbers are being maintained and growing for certain services. This increase may be a reflection of an ageing society.

Council Contributions

The Wanganui District Council currently delivers the following services:

- Council undertakes public consultation on specific issues enable older people to contribute to the Council's planning and decision-making.
- Council supports community organisations with older people who undertake volunteer work in Council parks and facilities
- Older people are able to participate in forums on issues that affect older people in the rural areas of Wanganui.
- The Wanganui District Council funds the New Zealand Masters Games and other community events that promote inclusion of the older adults.

- The Council provides older people with disability mobility parking spaces on Council land and recreational facilities.

¹⁷ Statistics New Zealand Census 2006

Objective 2

Improve accessibility (e.g. information, health, transport and mobility)

The cornerstone of ageing policy in New Zealand is the Health of Older Adults Strategy. It has as its health goal 'equitable, timely, affordable and accessible health services for older adults'. The Health of Older adults Strategy sets the policy framework for health sector action to 2010 to support the health and independence goals of the New Zealand Positive Ageing Strategy. Together two strategies provide the vision and policy framework for developing an environment where older adults can maintain optimum well-being and connectiveness of community, contribution and participation for as long as possible but can also receive services if and when they become needed.¹⁸

Older adults' health is a complex issue. It is significantly influenced by health promotion and illness and disability prevention in earlier stages of life. Health policy for, and health promotion among, older adults does not exist in isolation. The effectiveness of public health promotion strategies impacts on the health of people as they enter old age, which can in turn influence the effectiveness of health strategies and policies targeted to the older population.

¹⁸ Briefing to the Incoming Minister for Senior Citizens, Health of Older People, Chapter 6, 2002

Many studies¹⁹, have found that geographical isolation and lack of public transport limit older adults' ability to be involved in social life, confining many to activities in their own, or at most, an adjacent suburb. Older adults are fiercely independent, and often limit their requests to 'really important errands' such as doctor's appointments, requests for shopping and not asking for transport for reasons such as visits to friends.²⁰

The digital society plays a key role in all our daily lives. More and more new and complex services can be accessed electronically through a range of devices. Yet access, skills, willingness and awareness can represent significant barriers to some older adults who may be able to benefit from these services.²¹

Mobility is critical to the wellbeing of Wanganui's older population and is essential for accessing medical services, obtaining goods that require personal selection, and maintaining social linkages such as participation in employment, recreation and learning. Mobility can be hampered by design such as entry to buildings, lack of parking, ramps to difficult buildings etc.

¹⁹ Mott, S. & Riggs, A. (1994). I would if I could: The effect of mobility problems on the activities of older adults, *Australian Journal on Ageing*, Vol.13 No. 3, 124-127. National Health Committee (1998a).

²⁰ Office of Senior Citizens In Factors Affecting Ability to Live Independently of Older People Research Report, Ministry of Social Policy page 9

²¹ Europe's Information Society June 2006 Conference ICT - For An Inclusive Society

Mobility scooters are on the increase in Wanganui. Older people are increasingly using mobility scooters as an alternative mode of transport.

Scooters enable older adults to transport small loads and travel short distances around their community, ensuring continued access to shops and other facilities. Other advantages of scooters include low maintenance and running costs, no requirement for registration or warrant of fitness and little space for parking.²²

Council Contributions

The Wanganui District Council currently delivers the following services:

- Recognises the need for continued public transport to an ageing population and provides a suburban bus service to Wanganui residents and the age group 65+. The Council is working with Horizons Regional Council to ensure that the needs of the 65+ age group are taken into account when delivering services such as low buses, flexible timetables and bus routes close to shops etc.
- The Wanganui District Council recognises the importance of older people being able to competently access library services and provides a door to door library service to Wanganui rest homes.
- The Wanganui District Council regularly undertakes footpath inspections, but also relies on feedback from its residents on any footpaths that require maintenance. The Council endeavours to maintain footpaths at an appropriate standard and prioritises upgrades near facilities that older people access, such as medical services, chemists, and the hospital.
- The Council recognises the need for older people to participate in all areas of the community, and mobility scooters provide improved transport options for older adults. The Council is taking the impact of mobility scooters, into consideration in its roading environment design and is working with mobility sector interest groups to identify key routes and future needs.
- In partnership with Age Concern provide a service to ensure the issues and concerns of tenants in Council pensioner housing are identified.

²² Land Transport NZ Older People & Transport 2003

Objective 3

Provide choice and independence for older adults in the services they receive (e.g. income security, housing)

For older adults to maintain independence, it is important that they have housing appropriate to their needs. This is reflected in Goal 3 of the Positive Ageing Strategy, which is ‘affordable and appropriate housing options for older adults’. A key factor for older adults in maintaining independence is remaining in their own home.²³

One of the goals of New Zealand Positive Ageing Strategy is that there should be affordable and appropriate housing options for older adults. In the New Zealand Housing Strategy (NZHS) action plan, one of the goals is to develop a housing work programme to meet the needs of older adults based on the initiatives set out in the plan, acknowledging that older adults feel safe and secure and can age in place.

Housing for older adults is an important issue in New Zealand’s climate. Recent studies have found that older adults see home as a place of security and refuge, a place where they can express their individuality, retain control over their lives and remain independent. (Keeling 1999, Smart and Means 1997, Tinka 1999.) All these aspects need to be considered when examining housing in Wanganui and an ageing population.

²³ Briefing to the Incoming Minister for Senior Citizens, Health of Older People, Chapter 6, 2002

Research shows that older adults in New Zealand have high levels of home ownership. The 2001 Census showed that 76% of those aged 65 and over owned their usual residence, compared with 51% of those aged under 65.

The Wanganui Older Peoples Forum states that the older adults in Wanganui have access to good, affordable and appropriate housing, available with a range of choice to suit an individual’s needs. For older adults who do not own their own homes, or who do not live with extended family, there is a range of rental accommodation options available.

In Wanganui the following housing options are offered to older adults by many service providers:

- Private residential housing
- Private retirement complexes with serviced apartments, or buy your own home
- Commercial boarding homes
- Community residential rehabilitation complexes
- Structured residential complexes
- 24 hour residential care facilities
- Rental units on site at retirement villages
- Government housing
- Council pensioner units

Council Contributions

The Wanganui District Council currently delivers the following services:

- The Wanganui District Council is a significant housing provider for older adults of limited means with 275 units in 16 complexes and 24 relocatable flats for older adults.
- The Wanganui District Council facilitates with the Whanganui District Health Board, applications under an assessment model within Council's housing stock that involves undertaking safety design modifications to enable older adults to maintain their tenancy and remain in their homes.
- The Council provides the Rates Rebate Scheme established by the government to provide a subsidy to low income home owners and ratepayers on their cost of their rates. Older people will get higher rates rebates, following adjustments to the Rates Rebate Scheme.

Objective 4

To increase the participation of older adults in recreation, paid work and voluntary activities

Older adults are key resources for organisations as they are committed to give more time and stay with organisations longer. Evidence from both Australia and the UK shows that despite the relatively low numbers of older volunteers overall, older volunteers are likely to be more committed and very cost effective for organisations which is one reason why they are viewed as a “rich resource”.²⁴

Voluntary work can enhance the positive ageing of older adults in Wanganui, not only as volunteers but also as consumers of volunteer services. Older adults in Wanganui can make a significant contribution to voluntary work.

As New Zealand competes globally for skilled workers, a more promising option is to use the human capital New Zealand has by maximising the potential of older workers and enhancing their workforce capabilities through appropriate policy initiatives. Education and training in mid-life can assist in addressing skill shortages and maximising the potential of older workers.

Participation in social, leisure and physical activities increases the level of health, self-esteem and positive participation in the community. It is therefore important that a range of recreation and leisure facilities, programmes and information are available. Older

²⁴ Dr Jeni Warburton, Senior Research Fellow, Australasian Centre on Ageing in age Concern Newsletter 46

adults should be encouraged to pursue active living. Wanganui has a wide range of facilities that are able to be accessed by older adults and recreation and sport is encouraged as part of the culture of Wanganui.

Council Contributions

The Wanganui District Council currently delivers the following services:

- The Council will continue to offer a range of programmes that are inclusive of older adults through the Council's community facilities.
- The Council will continue to provide community-focused library services that are responsive to the information needs of older people.
- The Council supports the principles and practices of Equal Employment Opportunities (EEO), and is committed to ensuring equality of opportunity in all forms of employment and rejects unfair discrimination on any ground of age.
- The Council facilitates the Older Peoples Forum four times per year.

Objective 5

To enhance older adults the feelings of safety and security both within their homes and within the community

The Wanganui District Council believes that feeling safe is important towards the wellbeing of the community.

It is recognised that older people are likely to be more concerned about their personal safety, and the Council is continually working towards ensuring that the people of Wanganui feel more secure in their homes, neighbourhoods and public places.²⁵

This may include good lighting in popular walking routes to discourage unhealthy behaviour, or an awareness of civil defence emergency procedures that have been developed to include older adults' needs during a civil emergency.

Wanganui prides itself on relationships between community providers to ensure that the needs of older people are recognised. Some people especially those who have experienced a serious fall, can worry so much about falling that they restrict their activity and gradually do less activity. Making their home safe and reducing any sudden falls can ensure that they feel safe and secure in their home environment.

The Accident Compensation Corporation promotes programmes to ensure that older people are safe from falls in their homes. Reducing

²⁵ Analysis of Wanganui Older Peoples Forum Minutes 2003, 2004, 2005

the number of falls that arise in the home of older adults will contribute to the health and wellbeing of older adults.

The Council has a strong commitment to community safety, and engages with the Safer Community Advisory Group to enhance safety within the community and reduce people's fear of crime. By implementing strategies to address fear of crime and improve community safety will increase the wellbeing of older people to move freely within their neighbourhoods and open spaces.

To create a safer environment in the central city business district, the Wanganui District Council enforces the skateboard bylaw and liquor ban as well as ensuring sufficient street lighting within the central city area.

- Ensures that good lighting is maintained in popular walking routes.
- Has developed procedures to include older adults' needs during a civil emergency.

Council Contributions

The Wanganui District Council currently delivers the following services:

- The Council has an effective dog control policy that assists in dealing with aggressive dog incidents. This helps to create a safer environment for older adults to move freely around the community.
- The Council has bylaw provisions banning skateboarding in the pedestrian area of the central city, along with a liquor ban to protect the community, including older people, from anti social behaviour and make it a safer place to be.

Objective 6

To develop a more positive community attitude to older adults and ageing

Older people are living longer and are encouraged to stay active and have a positive attitude to ageing.

Some concern has been expressed by the older people in Wanganui about the negative attitude towards older people and the ageing population. In an endeavour to change society's portrayal of older people in Wanganui, it is suggested that more intergenerational activities and advocacy by older people is undertaken as a springboard to attitudinal change within the community.

The launch of the government's *SuperGold Card* in 2007 is to promote the range of concessions and discounts for people 65 and over promotes positive and active ageing within the community. As people become more aware of the card and discounts, there will be greater awareness of ageing. The *SuperGold Card* will recognise the contribution that senior citizens have made, and currently make, to New Zealand and will promote a more positive attitude to older people.

Several opportunities exist in Wanganui that can be seen as a positive way of changing attitudes towards older people. For example, community groups could provide the media with interesting information on older activities or intergenerational issues.

There are opportunities to become involved in volunteer work, the local community and schools where older adults can offer their knowledge and skills sharing experiences to bridge intergenerational gaps.

Council Contributions

The Wanganui District Council currently delivers the following services:

- The Council has established the Older Peoples Forum to provide advice to the Council and to contribute to the Wanganui Positive Ageing Strategy.
- Older adults contribute to Council's decision making through policy and planning processes.
- The Council contributes to the funding of the New Zealand Masters Games to promote positive ageing.

Moving Forward

Action planning is about what will be done, by whom, how and when. It is very specific and measurable and often requires negotiation amongst the various stakeholders to reach agreement on the inputs necessary to implement the strategy. This requires in turn that working group representatives inform, advocate and negotiate with, and secure commitments from, their respective organisations.

The Older Peoples Forum consists of representatives from the various groups within the community who have contributed to the six objectives set out in this strategy. This group will consider the course of action, identify what needs to be done, by whom and what resources are needed, and will prioritise each action.

In the following action plan table each organisation will need to review their own areas of work to ensure that their future service planning is influenced by this strategy. Some organisations may wish to develop their own action plans while others may work in partnership on the action planning.

Each organisation in the Older Peoples Forum is being asked to identify how best to take forward relevant actions in relation to their activities and responsibilities.

'The notion that I have contributed to two generations gives me an inner sense of acknowledgement and reward.'

Rowan, aged 81 (Source: Age Concern Newsletter)

Membership of Participants to the Wanganui Positive Ageing Strategy

Wanganui District Council	Pasifika Vision Trust
Wanganui Older Peoples Forum	Fire Safety Officer, NZ Fire Service, Wanganui
Office for Senior Citizens, Ministry of Social Development, Wellington	Austin Administration
New Zealand Council of Elders	Progress Castlecliff
Whanganui District Health Board	Whanganui Volunteer Centre
Wanganui Senior Citizens	Christian Social Services
Accident Compensation Corporation (Wanganui)	Church and Faith Communities
Wanganui Citizen's Advice Bureau	Maori Women's Welfare League Whanganui
Wanganui Methodist Parish	Kaumatua Kaunihera
Restorative Justice	
Work & Income Wanganui	
Wanganui Democrats	
Grey Power Wanganui	
Volunteer Community Coordinator for the Minister for Senior Citizens	
Women's Institute	
Wanganui Alzheimer's Society	
Wanganui Police	
Elder Abuse and Neglect Prevention	
Age Concern Wanganui	
Senior Lions	
Road Safety Coordinator	

Our Future - Wanganui Positive Ageing Strategy

Action Planning Steps

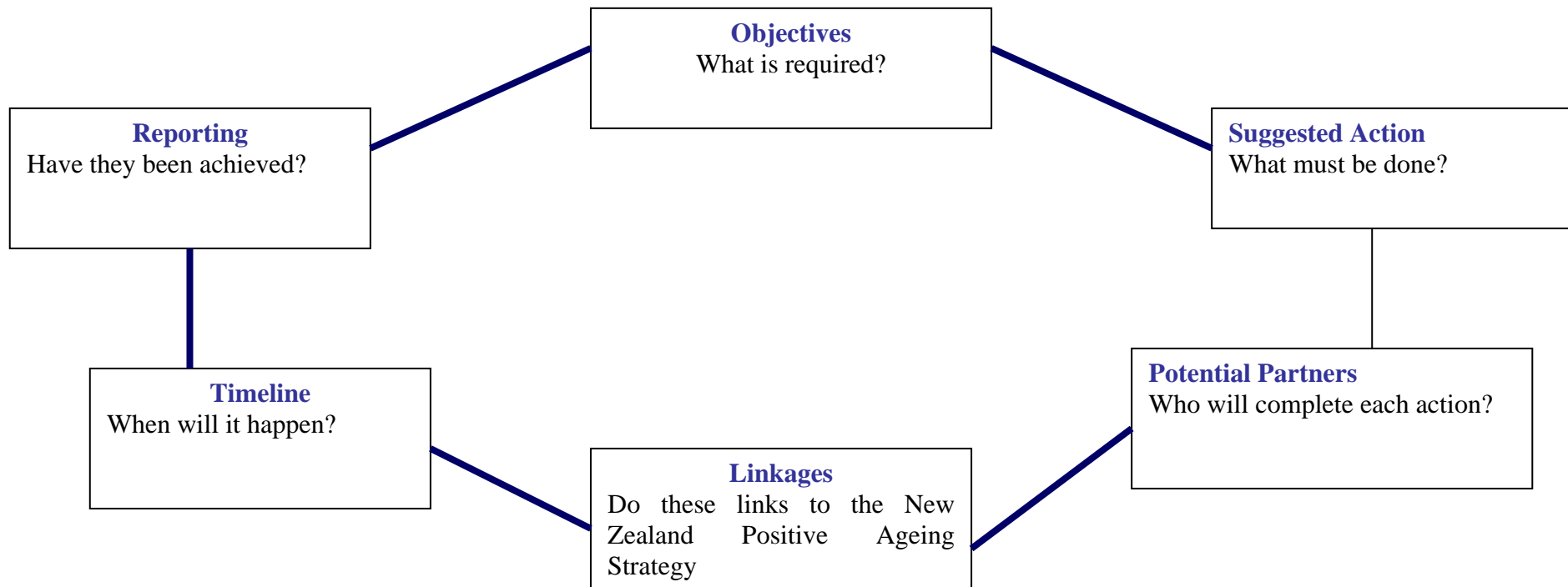
PART B

Action Planning Stage

The purpose of action planning is to show who is going to do what and by when and in what order for the organisation to reach its goal. The design and implementation of the action planning depends on the nature and needs of the organisation. Action plans specifies the actions needed to address the top goals or objectives, who will complete each action, and according to what timeline.

The format of the action plan is that the needs of the organisation are set out. They might specify what specific objectives are required, and what must be done to achieve those goals, how those results will be achieved and by when (timeline) In the action planning table set out below it which depicts how each of the objectives set out in the action plan table in this document will be reached.

The following flow diagram outlines the steps required.

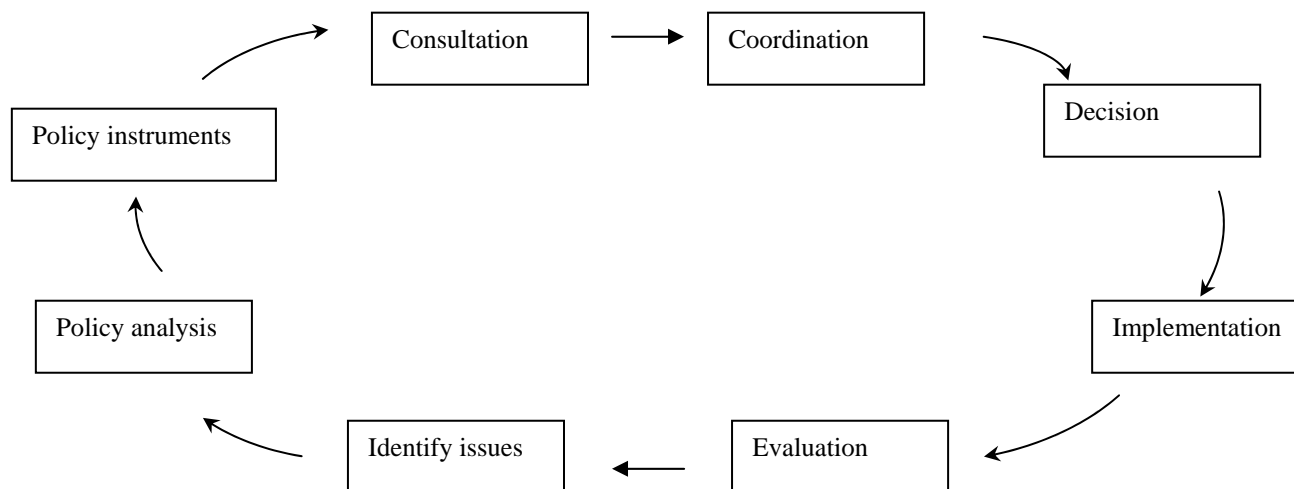


Policy Cycle - Implementing and reviewing

The following diagram illustrates good practice in the social policy context.. The flow diagram below represents the typical steps undertaken for ensuring the success of the work involve with the strategy

Implementing the proposals, actions and ideas outlined in the Wanganui Positive Ageing Strategy is the responsibility of all sectors of the community: central government, local government, community organisations, the business sector and individuals. The Council will expect that all sectors who have contributed to the development of the strategy will report on progress through the action planning process where stakeholders will report on the actions and achievements of that year.

The Wanganui Positive Ageing Strategy has been designed to operate for three years from June 2007 to June 2010. The three-year period has been chosen because it provides sufficient time for initiatives to make an impact. At the start of each year, the Wanganui Older Peoples Forum as part of their yearly strategic planning meetings will summarise the actions and achievements of that year. From that meeting a report will be produced to highlight the progress made towards meeting the objectives set out in the Wanganui Positive Ageing Strategy. The report will be presented to the Mayor and Councillors and then be used by agencies at all levels to further develop policies and actions that will improve the lives of the older people in Wanganui. As the strategy is taken forward, it will be important that it is periodically updated and reviewed using an action planning process.



ACTION PLAN TABLE

Objective 1

Improve participation and increase inclusion for older adults

Key Strategies	Suggested Actions	Potential Partners	Strategic Link to New Zealand Positive Ageing Strategy	When will it happen
Older adult should represent themselves in forums	Encourage and support older adult to attend community agency meetings that focus on older adults	Older Peoples Forum	Goals 2 & 10	Ongoing
Specific inclusion of older people in community activities	Feedback from meetings show a high level of active participation in community activities	Whanganui Volunteer Centre Age Concern Wanganui Grey Power Wanganui Church Groups	Goals 8, 6 10	Ongoing
Publicising the positive aspects of work both for older people and for employers	Material distributed to provide information for older people on local employment	Office for Senior Citizens Work & Income Case Older Peoples Forum Older adult's organisations	Goals 1 & 9	Yearly
Reduce barriers to social isolation in neighbourhoods	Promote participation in Neighbourhood Support. Older people considered in Council's planning	N.Z. Police Wanganui Age Concern Wanganui Neighbourhood Support Group Grey Power Wanganui	Goals 10, 5, & 8	Yearly
Participating in Civic Affairs	Older Peoples Forum represents the views of older people at annual plan workshops	Older Peoples Forum Wanganui District Council	Goal 10	Ongoing
Empower Older People	Develop and sustain partnerships with agencies and organisations and ensure that they include older people as core members	Whanganui District Health Board	Goal 10	Yearly

ACTION PLAN TABLE

Objective 2

Improve accessibility (e.g. information, transport, mobility, health)

Key Strategies	Suggested Actions	Potential Partners	Strategic Link to New Zealand Positive Ageing Strategy	When will it happen
Explore new ways of ensuring older adults have information on housing service providers	Consult with key stakeholders for any reviews of the type of housing for older people	Housing New Zealand Council Other housing providers e.g. RSA, retirement villages	Goal 3	Yearly
Older adults are offered mobility and transport options	Consult with older people to ensure bus service is meeting their needs	Horizons.mw Wanganui District Council Age Concern Wanganui District Health Board	Goal 4	As required
Provide positive wellbeing achieved by encouraging active participation	Older adult initiated walking groups Participate in health seminars Health promotion and prevention programmes will be available for older people in the Whanganui region The Whanganui District Health Board will support intersectoral collaboration for the promotion of 'positive ageing'	Sport & Recreation, Wanganui Whanganui District Health Board Age Concern Accident Compensation Corporation Disability Sector Sport & Recreation NZ Ministry of Social Development Wanganui District Council	Goals, 2,6 & 10	Ongoing
Investigate drop off and pick up locations where older adults require transport	Undertake a review of bus routes timetables and new bus shelters each year.	Horizons.mw Regional Council Wanganui District Council	Goal 4	Yearly

Raise awareness on how to access ACC and entitlements available	Facilitate delivery of presentations to service providers/agencies and organisations in the community	Accident Compensation Corporation Age Concern Wanganui Community Coordinators	Goal 10	Ongoing
More mobility and transport options to ensure access to services and facilities	Consult with older people to ensure bus and taxi service and other transport requirements are being met	Horizons.mw Mobility Scooter Group Order of St. John Disability Sector	Goal 4	As required
Informed Older People	The Whanganui District Health Board will work with intersectoral partners and service providers to ensure there is effective communication with and for older people	Whanganui District Health Board Wanganui District Council Sport & Recreation NZ Housing New Zealand Ministry of Social Development Service Providers	Goal 4 & 10	Yearly

ACTION PLAN TABLE

Objective 3

Provide choice and independence for older adults in the services they receive (e.g. income, security, housing)

Key Strategies	Suggested Actions	Potential Partners	Strategic Link to New Zealand Positive Ageing Strategy	When will it happen
Providing information to older adults and aged care providers on income support provisions	Deliver presentations to older adults interest groups	Work & Income (Superannuation Unit) Citizens Advice Access Ability Limited Community Legal Advice Whanganui	Goal 1	30 June 2008
Better planning for retirement	Deliver road show of planning for retirement seminars to older adults	Grey Power, Wanganui Age Concern, Wanganui Senior Citizens Public Trust Retirement Commission	Goal 1	Ongoing
Older adults are able to access affordable rental accommodation	Annual survey of Council housing shows the needs of older tenants are being met through improved services and standards Investigate housing Initiatives providing low rental	Wanganui District Council Housing New Zealand	Goal 3	Yearly
Older and housebound people receive their correct entitlements for income services	Promotion of services	Work & Income Wanganui Citizens Advice Age Concern Access Ability Limited	Goal 1	30 June 2008

ACTION PLAN TABLE

Objective 4

To increase the participation of older adults in recreation paid work and voluntary activities

Key Strategies	Suggested Actions	Potential Partners	Strategic Link to New Zealand Positive Ageing Strategy	When will it happen
Improved integration of voluntary sector	Develop a Voluntary Sector Strategy outlining the strategic contribution to older adults services provided by the voluntary sector	Wanganui District Council Volunteer Whanganui Centre Age Concern Wanganui Grey Power Wanganui Older Peoples Forum Wanganui District Library	Goal 10	2008 - 2009
Older adults and older new settlers have opportunities for social and recreation activities	More older new settlers participate in community activities	Age Concern Wanganui Grey Power Wanganui Over 60s Other cultural groups Older Peoples Forum Sport & Recreation Wanganui	Goals 6, 8 & 10	Yearly
Older adults' needs are considered in Council planning	Consult effectively with older people on issues and services	Older Adult Forum Wanganui District Council	Goal 10	Yearly

ACTION PLAN TABLE

Objective 5

To enhance older adults' feelings of safety and security both within their homes and within the community

Key Strategies	Suggested Actions	Potential Partners	Strategic Link to New Zealand Positive Ageing Strategy	When will it happen
Housing - older adult feel safe and secure in their homes	Education and training programmes on Elder Abuse and Neglect	Age Concern Wanganui New Zealand Police Neighbourhood Watch Elder Abuse Alzheimer's Society Wanganui	Goals 5 & 3	Ongoing
Older adult feel safe and secure in Wanganui	Provide annual information on safety statistics for older adult through agency websites	Age Concern Wanganui Citizens Advice Grey Power Wanganui Council Safer Community Advisory Group New Zealand Police	Goal 5	Yearly
Reduce number of falls to older people in Wanganui	Through Delivery of fall prevention programmes in the community (i.e. Tai Chi, Otago Exercise Programme) Through access to other community based physical activity Improved access to information through community services groups about prevention of falls	Accident Compensation Corporation DHB Sport & Recreation Wanganui Primary Health organisations Age Concern Wanganui Grey Power Wanganui Local Gymnasiums Splash Centre Community	Goals 2, 5,& 10	Ongoing

Provide safe footpaths in Wanganui to meet the needs of older people	Maintenance of existing and new footpaths reflects the needs of older people	Wanganui District Council Older Peoples Forum	Goals 5 & 6	Ongoing
Older people feel safe from fire hazards in their own homes	Deliver Seniors Fire wise Programme	New Zealand Fire Service (Wanganui) Maori Women's Welfare League	Goal 5	As required

ACTION PLAN TABLE

Objective 6

To develop a positive community attitude to older adults and ageing

Key Strategies	Suggested Actions	Potential Partners	Strategic Link to New Zealand Positive Ageing Strategy	When will it happen
Work to develop, support and recognise the contribution of older adults to life and communities in Wanganui	Older people organisations in Wanganui undertake to hold an Age Conference.	Wanganui District Council Age Concern, Wanganui Grey Power Wanganui Older Adults Forum Youth Committee	Goals 9 & 8	2008-2009
The community continues to be aware of contribution older adults made to community.	Older adults raise public awareness of commemorations	Returned Services Association Wanganui Branch Veteran Affairs NZ Older Peoples Forum Wanganui District Council	Goal 10	Yearly
Older adults participate in active social and competitive sports	Older adults promote Wanganui Masters Games through participation	Older Peoples Forum NZ Masters Games Wanganui Sport & Recreation Wanganui	Goals 6 & 10	Ongoing
Celebrating cultural events and ageing experiences	Events involving Kaumatua and other cultures	Wanganui Kaumatua Pasifika Vision Forum Ethnic Council of Wanganui	Goals 6 & 10	Ongoing

<p>Promote positive ageing attitudes</p>	<p>Whanganui District Health Board will work with intersectoral partners to challenge negative opinions attitudes and images of older people within the community.</p> <p>Whanganui District Health Board will support the development of comprehensive support systems to allow older people to age positively within the community for as long as they are able.</p>	<p>Whanganui District Health Board</p>	<p>Goal 8 & 9</p>	<p>Ongoing</p>
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Figure 1 : Methodology

