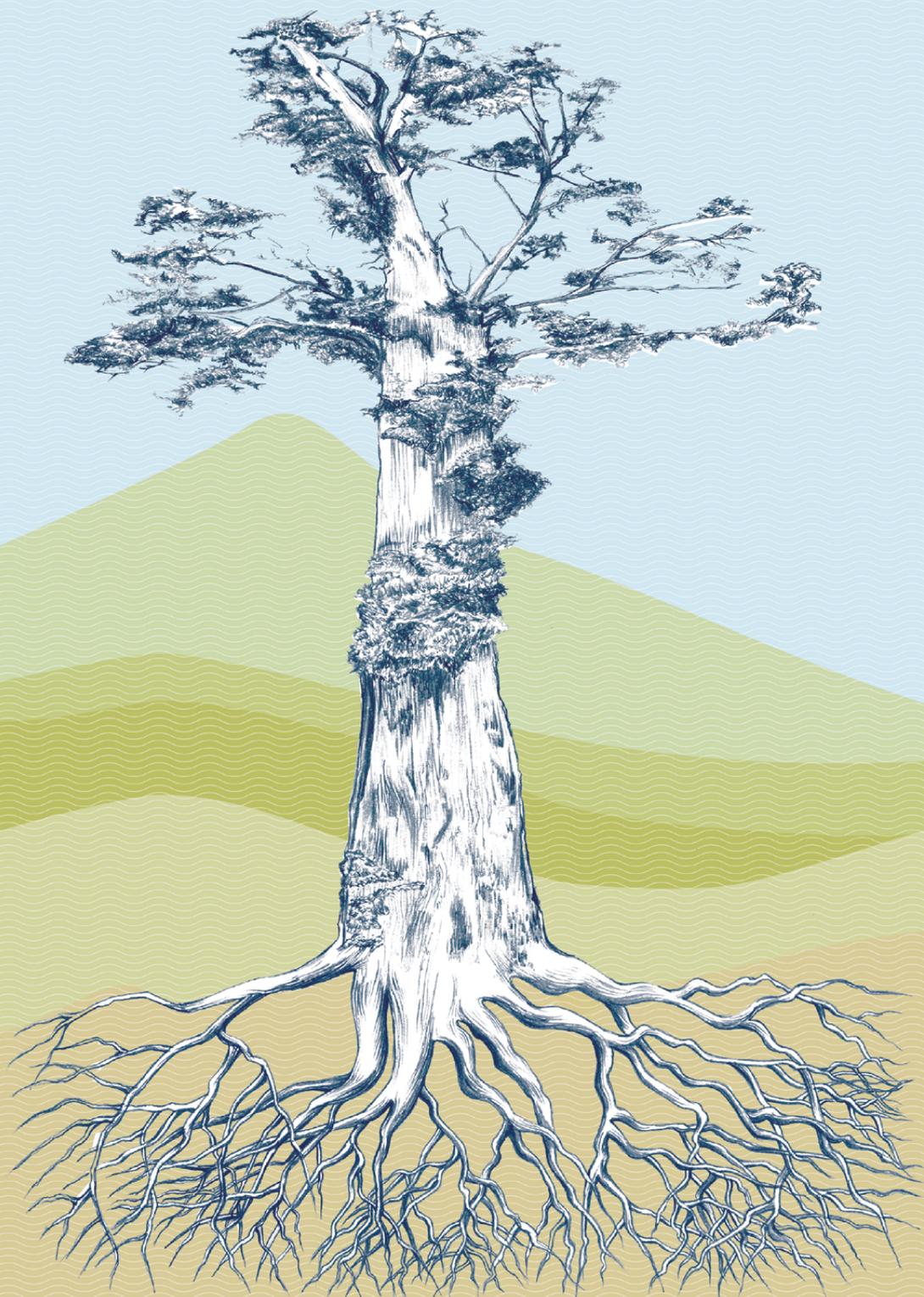


Te Ara Manaaki i ngā Kaumātua 2023

Te manaaki i ngā kaumātua o tō tātou rohe hei ngā tau e heke mai ana

Age Friendly Approach 2023

Future proofing our district for our ageing communities



Te wāhinga kōrero a te Koromatua

Mayor's Foreword

Kia ora and welcome to our Age Friendly Approach.

I'm very pleased to be sharing our Aged Friendly Approach with you. Being an age friendly district means ensuring our residents can continue to be part of our community and their physical and social needs are cared for as they get older.

Kāpiti has an aging population and one that is aging, on average, faster than the rest of Aotearoa New Zealand. Our approach has a long-term focus to meet the needs not just of our current older population, but also future generations that are predicted to live longer than any generation before them.

Council has an important role to play in improving outcomes and addressing the barriers faced by older people. This approach is an important step towards ensuring they feel connected and valued, have access to what they need, can get around our district easily, and can participate in our community in ways that work for them now and in the future.

Implementing our Age Friendly Approach will also have wider benefits because what works for older people is also good for others such as young families and those with mobility and disability challenges.

Our approach recognises the World Health Organisation's aspirations and aligns with New Zealand's Better Later Life and Disability strategies. It's been developed with our community, who are at the centre of what we have achieved so far and will continue to achieve together. I'd particularly like to thank the Older Persons' Council and the reference group, as well as other community services and kaumātua Māori who drew on their experience and expertise to advise us. We look forward to continuing these relationships as our approach is put into action.

Nōku te tūranga, nā koutou te mana
Mayor Janet Holborow
Kāpiti Coast District Council



Te kupu whakataki a te Tiamana o te Rōpū Manaaki i ngā Kaumātua

Age Friendly Reference Group Chair's Foreword

As the Chair of the Reference Group shepherding this last stage of the Age Friendly Approach over the line, I am only too aware of the giants whose shoulders we stand on. There are many - in particular, late Jill Stansfield, who promoted the idea for years and the late Trevor Daniel who revitalised the effort to progress the approach through Grey Power Kāpiti and the Kāpiti Older Persons' Council.

I also salute the members of the Age Friendly Working Group in the Older Persons' Council, along with the many people consulted over the years whose efforts have helped make the launch of this approach possible.

I highly recommend the implementation of this approach which will help improve the lives of older people in our district.

John Hayes, Chair of the Age Friendly Reference Group



Kupu takamua

Preface

This document has been developed over a two-year period with strong community collaboration and leadership from the Age Friendly Reference Group. Its purpose is to provide a lens and focus on age-friendliness across all areas of community-led work with the Kāpiti Coast District Council (the Council), community engagement, and to ensure connection, connectivity, and implementation of responses which provide meaningful support and action for older people in our district.

In 2023/24 the Council will work with the community to develop a vision for Kāpiti. **Vision Kāpiti** will set out the community's aspirations for our district into the longer-term. A supporting masterplan and blueprint for change will be developed by 2025/26 to inform Council priorities for investment and areas of focus over the next four decades. This work will also introduce some new elements into the Council's existing strategic framework:

- **Approaches**, which will provide focus and lenses to important groups within the district, and issues which encompass all that we do. For example, local areas will land their own local visions which will inform and support Vision Kāpiti; and our Age Friendly Approach will set out the focus areas and drive the changes that we want to make to achieve an age friendly Kāpiti.
- **Operating strategies**, our response to the highest order issues that our communities will face over the medium term. This will include housing, health, climate change and resilience, the environment (and its degradation), and economic development (attracting business and investment to Kāpiti).

As part of establishing a more structured and accountable strategic architecture (i.e., policies, strategies, and implementation plans), a review of Council's existing strategic framework will be undertaken to outline the hierarchy and connection between existing and new elements.

The Council is also adopting a new approach for assessing the needs of people in our district – the doughnut economic model. This model focuses attention on meeting the needs of **People, Place, and Partnership** and supports the achievement of thriving and sustainable communities, where we grow and shift towards the future in a way that means we are prosperous and well. The Age Friendly Approach will help inform how we support **People** to thrive in our community and ensure that they have access to affordable and available services related to:

- education, work, and income
- water, food, and energy
- political voice
- safety and justice, and equality
- housing, health and networks – from transport connections, creativity, and community spaces to everyday support to improve resilience.

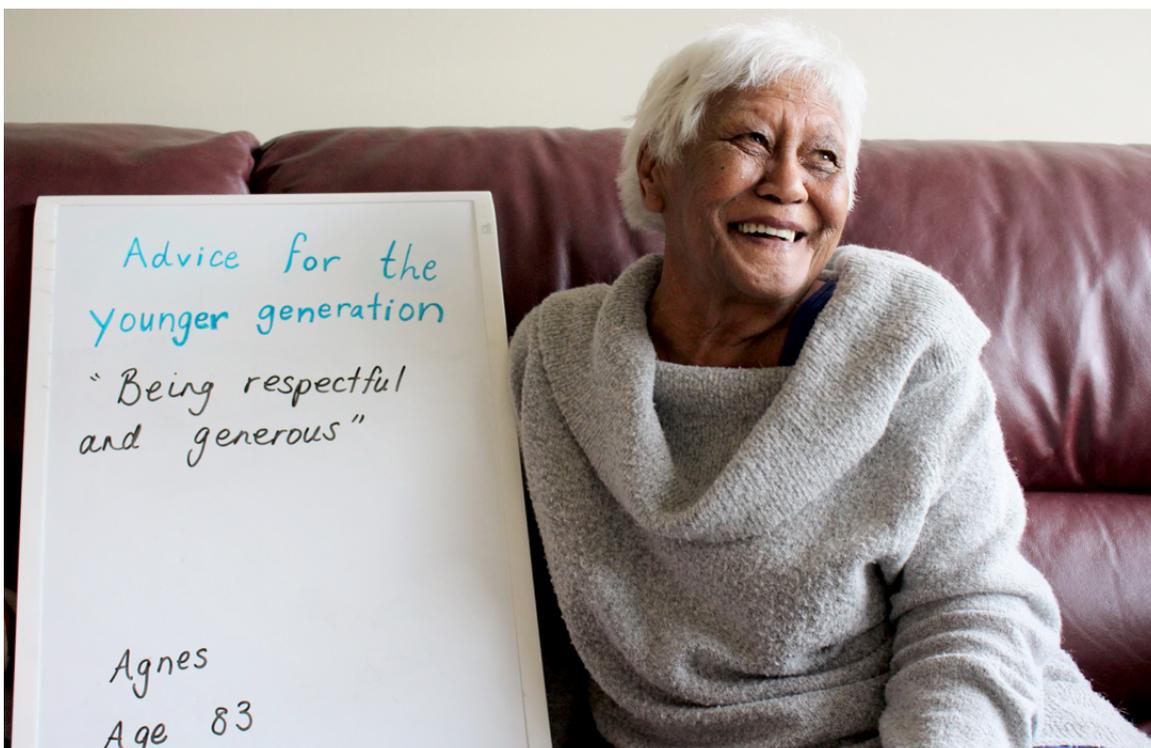
A new reporting framework will improve transparency and help us to communicate how things are going, and how well we are meeting the needs of our community. We will also report on how we're ensuring our **Place** is protected and nurtured for current and future generations, and the **Partnerships** we have in place to get things moving in our district.

The Council believes this is an important thing to get right, so that we can share our combined views with others (including central government) to ensure that the challenges, needs, and opportunities for the Kāpiti Coast District and our people are well understood and prioritised. The Age Friendly Approach is the first element in our strategic architecture to be reviewed and aligned, and it is our intention that its place in the new strategic architecture will ensure that age-friendliness is a primary focus for all work progressed by the Kāpiti Coast District Council.

Ihirangi

Contents

<i>Kupu whakataki</i> / Introduction	7
<i>Ō mātou moemoeā</i> / Our vision	8
<i>Te Tōtara: Ō mātou uara</i> / Te Tōtara: Our values	9
<i>Te Tōtara: Ō tātou kaumātua</i> / Te Tōtara: Our older people.....	10
<i>Ō tātou hapori kaumātua</i> / Our ageing communities.....	11
<i>Ō mātou aronga</i> / Our focus areas	13
<i>Te whanaketanga o tō mātou Ara Manaaki</i> / How we developed our Approach.....	17
<i>He aha tā ngā kaumātua kōrero</i> / What older people said.....	18
<i>Te wāhi ki te Kaunihera</i> / Roles of Council	21
<i>Te horopaki whānui</i> / Our wider context.....	22
<i>Te horopaki o te Kaunihera</i> / Our Council context.....	23
<i>Te Ara Manaaki i ngā Kaumātua 2023</i> / Age Friendly Kāpiti Approach 2023.....	25
<i>Te timatanga o tā mātou mahere mahi</i> / The start of our Action Plan.....	26



Kupu whakataki

Introduction

*Whakarongo ki ngā kupu o ngā kaumātua, kākahutia i runga i a koe,
mau e hoatu ki te ao*

Listen to the wisdom of your elders, cloak yourself with this knowledge,
to share with the world

Wi Te Kakakura Parata

Kāpiti Coast District Council's Age Friendly Approach seeks to value and support ageing in Kāpiti with a focus on those aged 65 and over.

An age friendly Kāpiti is one which:

- recognises the wide range of capacity and capability of our older people
- future-proofs and responds to positive ageing needs and interests
- is inclusive and celebrates older people's diverse identities and lifestyles
- is safe and accessible for older people and addresses inequities.

Aotearoa New Zealand has an aging population and the population in Kāpiti is aging faster than the national average. Council has a significant role to play in improving outcomes for older people and addressing the barriers they face.

Council cannot achieve an age friendly Kāpiti by itself. We will work alongside the diverse and vibrant range of organisations, facilities and services to improve the lives of our older people in Kāpiti, as well as advocate to central government on their unique needs.

The community has been at the heart of the development of our approach. Over 1,000 members of the community have provided their time and thoughts which have formed the vision, values and focus areas of our approach.

"It's about older people participating in local decision making by voting and attending age-specific forums and having age-friendly communications."

Ō mātou moemoeā

Our vision

Kia rongō ai ō tātou kaumātua ki te manaakitanga, kia whai pānga, kia whai wāhi hoki rātou ki te tautoko, i ēnei rangi tonu me te anamata.

Our older people feel cared for, connected and able to contribute, now and into the future

.....

If our older people feel cared for, connected and able to positively contribute to the district, they feel valued and have an increased sense of wellbeing.



"An Age Friendly strategy is a starting point for building a community suitable for all ages. A place where people grow and thrive whatever their age"

Te Tōtara: Ō mātou uara

Te Tōtara: Our values

Tōtara stand proudly in Aotearoa's forest canopy and are a symbol of a thriving natural ecosystem. With the right support and environment, the majestic Tōtara will grow for a thousand years.

The success of Tōtara depends on its community, what resources support it and the conditions in which it lives. The values embodied through Te Tōtara are what we seek through our Age Friendly approach so everyone can thrive as they age.

In the context of our approach, our older people are Tōtara who have stood the test of time and are significant in our communities.

Ūkaipōtanga

Whenua – Land

Ūkaipōtanga is having a sense of belonging and contribution to society. Ūkaipōtanga is represented as the whenua which Tōtara are connected.

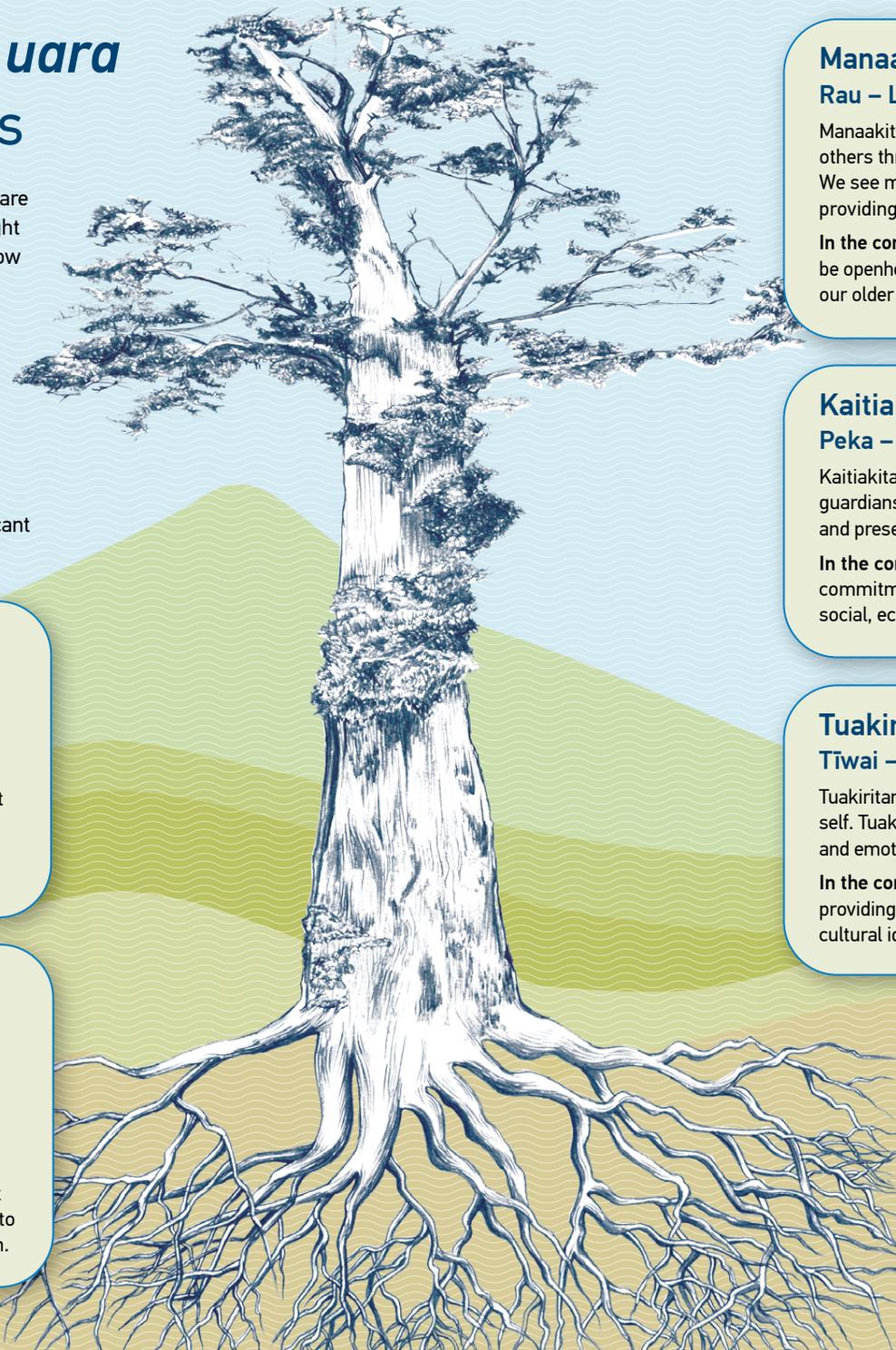
In the context of our approach, Ūkaipōtanga is about providing an environment for older people with the opportunity to contribute, be included and valued so they feel a part of the community.

Kotahitanga

Pakiaka – Roots

Kotahitanga is about working together in unity as a collective. Kotahitanga is represented as pakiaka of Tōtara. Having strong unified roots which spread through the whenua helps our Tōtara stand strong and thrive.

In the context of our approach, Kotahitanga is about working together across Council and the community to progress shared goals as we implement the approach.



Manaakitanga

Rau – Leaves

Manaakitanga is to be mana-enhancing towards others through generosity, appreciation, and respect. We see manaakitanga represented as the rau of Tōtara, providing warmth, shelter and shade all year around.

In the context of our approach, Manaakitanga means to be openhearted, caring and respectful in ways that ensure our older people thrive in Kāpiti.

Kaitiakitanga

Peka – Branches

Kaitiakitanga is about protection, preservation and guardianship. We see kaitiakitanga as the peka protecting and preserving Tōtara.

In the context of our approach, Kaitiakitanga is a commitment to sustaining and nurturing people's social, economical, environmental and cultural wellbeing.

Tuakiritanga

Tīwai – Trunk

Tuakiritanga means identity, pride and confidence in one's self. Tuakiritanga is represented as the tīwai, the spiritual and emotional source of Tōtara.

In the context of our approach, Tuakiritanga is about providing older people with opportunities to nurture their cultural identity and self-determination as they age.

Te Tōtara: Ō tātou kaumātua

Te Tōtara: Our older people



15,453

people **over the age of 65** live in Kāpiti

26%

of Kāpiti Coast District's population is **over 65** compared to

16%

nationally 

3.8%

of Kāpiti Coast District's population is **over 85** compared to

1.8%

nationally 



10%

of Kāpiti Coast District's workforce is made up of those **over 65** compared to

6.7%

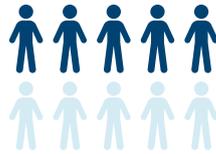
nationally 



30%

of Kāpiti Coast District's population will be **over 65** by

2048



50%

of Kāpiti Coast District's population will be **over 55** by

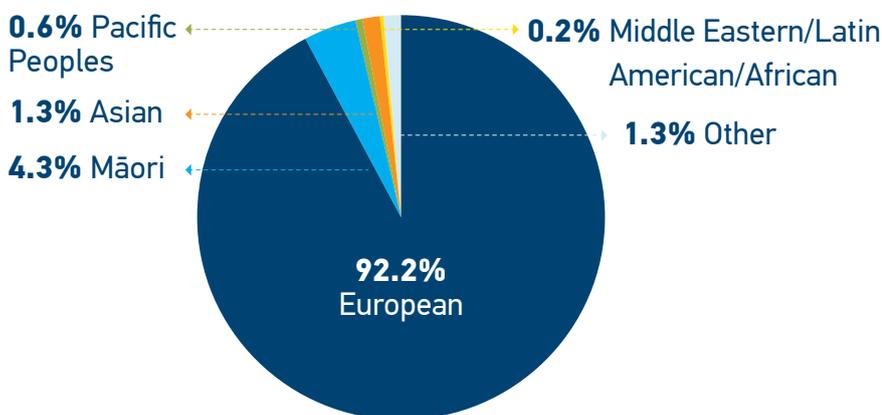
2048



72%

over 65 of Kāpiti Coast District's population own their own home

ETHNICITY BREAKDOWN OF THOSE AGED OVER 65 IN THE KĀPITI COAST DISTRICT



OF THOSE AGED OVER 65 IN THE KĀPITI COAST DISTRICT



51% are **65 – 74 years old**



34% are **75 – 84 years old**



15% are **85 years and older**

Ō tātou hapori kaumātua

Our ageing communities

Across Aotearoa, our older population is rapidly growing. This brings new challenges, opportunities and future implications for councils to think about and act on. Kāpiti Coast is an attractive option for retirees, many moving here for a lifestyle change or a downsize in housing. Home ownership for over 65-year olds in Kāpiti is 80 percent. However, it is important to note that while many incoming retirees have strong financial security, some older people in our district struggle with hardship. For example, Māori are more severely impacted by housing issues in Kāpiti and Council has identified the need to achieve more equitable housing outcomes for them.

Many older people are enjoying good health. They are assertive, have a strong political voice and hold high expectations of living active, healthy lifestyles well into old age. Use of new technologies is growing, particularly in the recently retired age group of those aged 65-69 years. Strong and vibrant rainbow and LGBTQIA+ communities are becoming more common and will be further reflected in our older age groups in the future. The number of older Māori communities has increased with older Māori people holding significant value as leaders and kaitiaki (guardians).

The number of people aged 85 years and over are growing the fastest. Nationwide, the number of people aged 85+ is predicted to double from 86,800 in 2018 to 178,800 in 2034. The rise in this age group will have the most dramatic impact on health and social services. In Kāpiti, due to the availability of aged care facilities, the number of people aged 80-90 years living in the district is increasing. As the population ages, so does the number of older people in the community who require support services. As age increases, so does the likelihood of living with a long-term health condition or a disability which requires ongoing support.

Many older people face vulnerabilities, disability and hardship, but the specific needs of Māori need to be prioritised. Disparities in outcomes between Māori and non-Māori are well documented. Older Māori suffer disproportionately more from ill health and have a shorter expected life span than non-Māori.

Many older people are choosing, or find themselves needing, to stay longer in work. Workforce participation among older New Zealanders has risen significantly in the last decade. In fact, nearly one in four people aged 65+ are currently in paid employment. In 1990, just seven percent of those aged over 65 participated in the labour market and now that figure is 20%. This trend is only expected to continue as our population ages further.

"An Age Friendly community respects and utilises the richness and experience that older people bring."

Older people provide an important role in unpaid work in our communities:

- By 2036, it is predicted that those over the age of 65 will contribute \$25 billion worth of unpaid or voluntary work to New Zealand's social economy³.
- Older people make a significant contribution as volunteers in our community organisations.
- A growing number of grandparents are also caring for their grandchildren, either full-time or while their own children are at work.



Ō mātou aronga

Our focus areas

Through the development of our Age Friendly Approach, we heard that the following focus areas are important to our older people. Achieving these focus areas will mean we will have flourishing age friendly communities in Kāpiti.

- Older people feel connected and valued as an integral part of our district.
- Older people can get around and have access to what they need.
- Older people participate in their communities in ways that work for them.



Kia rongo ngā kaumātua ki te whai pānga me te wāhi nui ki a rātou i tō tātou rohe

Older people feel connected and valued as an integral part of our district

Ngā āhuatanga ka kitea e tātou

What we will see

- People have positive attitudes towards aging and older people.
- Older people feel a sense of safety and connection in their neighbourhoods and the wider district.
- The contribution of older people in the community is encouraged and valued and their knowledge and experience are cherished.

Ngā mea hei ine mā mātou

We will be measuring

- Increase in older people feeling safe.
- Increase in older people feeling valued.
- Increase in older people feeling connected.

He aha te take o tēnei aronga

Why this focus area

Like Tōtara – which stand out as one of Aotearoa New Zealand's native forest giants – our older people are important members

of our community who have the right to be treated with respect and dignity.

Living in a friendly, secure neighbourhood is a way of reducing the risk of social isolation in older age¹ and a range of Council actions can help our older people feel connected with others in their immediate neighbourhoods.

Feeling safe is important for everyone's mental health and overall wellbeing. The value of manaakitanga is one we want nurtured in our communities. Having vibrant and nearby shopping areas where people are out and about, positive relationships with neighbours and community events which are inclusive of our older communities all contribute to feeling safe and valued. In turn, this reflects the value of ūkaipōtanga and tuakiritanga which help increase older people's feeling of belonging in Kāpiti and building self-reliance. Older people also value opportunities to connect with young people, with different generations learning from each other.

Kāpiti has vibrant and diverse communities of older people bringing different needs, interests and contributions to our district. They want

to see their cultural diversity reflected in local events, programmes and services. Older Māori

people want more opportunities to speak, read and see te reo Māori across Kāpiti. They also want more opportunities to connect through waiata and toi Māori. Positive ageing for Māori in our approach is considered in the context of iwi, hapū, whānau and community.

Me pēwhea e tutuki ai tēnei aronga

How this will be achieved

- Strengthening older people's sense of safety and connection at neighbourhood and community levels.
- Ensuring there is age friendly access to educational, cultural, spiritual and recreational resources in our communities.
- Ensuring there are services, activities and information available which recognise the unique needs of older Māori people, as well as older ethnic and migrant communities.
- Supporting initiatives which enhance older people's wellbeing and celebrate their achievements.

¹ Age Concern Kāpiti & the Health and Ageing Research Team at Massey University Research



Ka taea e ngā kaumātua te hāereere haere me te whai wāhi ki ngā mea e mātua hiahia ana rātou

Older people can get around and have access to what they need

Ngā āhuatanga ka kitea e tātou

What we will see

- Kāpiti is easy to get around for all ages and abilities.
- Communication and information are inclusive and accessible to older people.
- Older people can access the services, spaces and resources they need.

Ngā mea hei ine mā mātou

We will be measuring

- Increase in equity and access to services and opportunities.
- Accessible transport options and systems.
- Increase in feeling informed.

He aha te take o tēnei aronga

Why this focus area

Just as Tōtara need a diverse forest floor to support the forest canopy, our older people need to be shown manaaki through a range of services and opportunities for their cultural, social and economic wellbeing. Access to appropriate services was a common theme through the development of our approach, ranging from access to health services through to using internet banking and digital technology. The value of kotahitanga is upheld when services, leaders and systems work together to ensure a joined-up approach to access and opportunities for our older people.

The COVID-19 pandemic highlighted inequities for older people, including access to support services and online information. Enhancing social connection and participation is central to the resilience of our ageing community in Kāpiti. We can do this through a range of actions including how we design new parts of our communities. Getting around includes ensuring our cycleways, footpaths and walkways are appropriate for a range of needs including older people's growing use of e-bikes and mobility devices.

There is a rich array of activities and services for older people across Kāpiti. Older people want better access to these to enhance their physical, mental, cultural and emotional wellbeing. This includes providing good information in ways which work for older people, helping services and activities to reduce barriers for older people to participate, and making sure our communities are designed in ways which allow older people to get what they need. This is underpinned by the value of manaakitanga, encouraging services to be delivered in a way which is mana-enhancing, values kaitiakitanga and nurtures older people's social, economic, environmental and cultural wellbeing.

Me pēwhea e tutuki ai tēnei aronga

How this will be achieved

- Ensuring older people have good up-to-date information and can get around Kāpiti.
- Providing support to enable older people to access Council services.
- Advocating to central government and others on local needs, as well as helping transform systems and policies to work better for our older people.
- Ensuring our transport systems and resources work to get older people where they need to go.

Ka whai wāhi ngā kaumātua ki ō rātou hapori i runga anō i tā rātou i pai ai

Older people participate in their communities in ways that work for them

Ngā āhuatanga ka kitea e tātou

What we will see

- Older people participate in decisions that affect them and contribute to the community.
- Our outdoor spaces and public facilities are accessible to all and encourage active use and enjoyment by older people.
- All older people have options to participate meaningfully in our communities.

Ngā mea hei ine mā mātou

We will be measuring

- Increase in feeling heard in community decision-making.
- Increase in use of outdoor places and spaces.
- Increase in community and social participation.

He aha te take o tēnei aronga

Why this focus area

Older people are a valuable resource for our district. As the forest relies on Tōtara as central to its foundation, many families, communities and organisations depend on older people for their skills, knowledge and experience. Through this outcome, we uphold the value of tuakiritanga (recognising older people's unique identities and voices) and the value

of ūkaipōtanga (supporting opportunities to contribute to our communities and wider district).

Older people want to be included and their needs considered as our communities grow. This means ensuring we include our ageing communities when planning new developments, activities and programmes.

People are generally healthier and happier in places where decision-makers prioritise physical activity². Being active contributes to all aspects of health and wellbeing. Having spaces and activities that promote active lifestyles for the diverse range of abilities as people age is key.

Listening to the diversity of older people's voices is also important. For example, there are times older people in our migrant and ethnic communities or in care facilities are not heard or their thoughts and ideas not sought. These groups want to be engaged but require us to reach them in ways which work for them.

Me pēwhea e tutuki ai tēnei aronga

How this will be achieved

- Providing different ways older people can find out about and participate in community activities.
- Strengthening ways older people share their wisdom and participate in community decision-making.
- Ensuring the way we design our communities encourages social inclusion and connection with others.
- Ensuring the voices of our diverse older people are heard by the Council on matters which are important to them.

Te whanaketanga o tō mātou Ara Manaaki

How we developed our Approach

The voices of our older people were central to the development of our approach and helped us understand the diversity of Kāpiti older people's needs, challenges and opportunities.

A series of leadership groups provided valuable input over time as the approach evolved. An Age Friendly Kāpiti Reference Group was established early in the project with representatives from the Kāpiti Coast Older Persons' Council, Grey Power Kāpiti, Kāpiti Age Concern and the Kāpiti Disability Advisory Group. A number of individuals in community leadership roles, health and social service experts and kaumātua Māori were involved, providing advice from their lived experience and community expertise as our approach took shape.



A range of methods were used to collect older people's thoughts and ideas, including surveys, workshops and interviews, with Grey Power Kāpiti instrumental in leading the initial stages of the project.

- Just under 1,000 older Kāpiti residents responded to age friendly surveys.
- Workshops were run in four different communities across the district.
- Hui and interviews were held with older Māori people across the district.
- Over 100 residents participated in consultations at several retirement villages and rest homes.
- Interviews were carried out with older people from our rainbow communities, those living in our rural communities and with organisations looking after seniors with complex needs, including homeless older people.
- A hui was held with older people from different ethnic and geographic communities.

"Age Friendly relates to older persons ability to get out and about in their communities - mobility then increases opportunities to keep social isolation and loneliness at bay - thus promoting good health."

He aha tā ngā kaumātua kōrero

What older people said

The key themes voiced by our older people were:

- design communities with us in mind
- develop communities which nurture us
- improve the way we get around, get services and get information
- provide us with meaningful opportunities to contribute to decision-making.

Whakaarohia mātou i ā koutou hoahoa

Design with us in mind

Older people told us they want to see communities designed with their needs in mind. They were appreciative of opportunities to have a say on this design, however many – particularly those in care facilities – felt they were not heard and wanted more opportunities to contribute to community decision-making.

Older people were clear about what is needed to achieve an age friendly district. Many commented being age friendly would benefit everyone and felt it was an inclusive way of designing our communities. They talked about wanting to have a more age friendly ‘feeling’ in our outdoor spaces and provided a range of practical suggestions such as more shade, comfortable seating and good lighting. They shared their challenges with facilities including access to toilets, struggling with heavy doors and the need for planners to think about size, space, and how people move around and through our communities.

He hapori e manaaki ana i a mātou

Communities which nurture us

Older people shared the places and spaces in the district which they felt nurtured their wellbeing. Older Māori people also spoke about their connection to marae, whenua and awa (river). There were a number of places older people said they enjoyed spending time. Parks with intergenerational use were seen as beneficial but required better access and seating. Overall, the beaches of Kāpiti were seen as a central place of wellbeing and having seating with ocean views for those who could not walk onto the beach was key. Having direct access to small parks and other green spaces in their immediate community was also important to older people, many of whom have disabilities and are dependent on others for getting around the community and across the district.

Housing is a key challenge and concern with many older people in the district talking about the need for affordable housing support and limited housing choices (particularly for people with disabilities). There was concern about the high number of older people living alone and the debilitating experience of being socially isolated. They felt the way communities were designed could contribute to reducing social isolation and ‘inspire a sense of community’ rather than be solely focused on providing housing.

Many people talked about how community is created through people, as well as places and facilities. Getting a friendly ‘hello’ from a neighbour, chatting about the weather with

someone in their local dairy and feeling visible in busier parts of the community were all examples shared by older people as ways they feel part of a nurturing community.

Te hāereere haere, te noho wātea mai o ngā ratonga me ngā pārongo

Getting around, getting services and getting information

One of the most important aspects of achieving an age friendly Kāpiti for many older people was access. A lot of them spoke about the challenges they have getting to shops, services, clubs and other activities. The provision and maintenance of footpaths and walkways was highlighted, with some footpaths not suited to wheelchairs and mobility scooters. Barriers for some were immediate from the moment they left their homes onto footpaths which did not feel accessible to them.

Concerns about accessing transport were also common. Some of the key challenges were unreliability of public buses, standing at bus stops, having to rely on relatives for private transport options and issues with parking in town centres. There was high dependency on private transport to access health/medical services and many people felt there could be better transport options for them to get to these services.

Health and social services are important in older people's lives. Generally, our older people felt provision of, and access to, these services was adequate. Many felt specific challenges needed attention including transport to medical services, as well as access to after-hours medical services and care services. Having culturally appropriate and respectful services between providers and older Māori people was also highlighted. Many people felt the Council had an important role to play in advocating the unique needs of our district's ageing population to central government.

Getting information about local services, activities and events was a challenge for some older people while others found their libraries a good source of information, with access to digital education. The role of services such as Grey Power and Age Concern in providing good information in the community was noted. Older Māori people wanted more opportunities to learn, speak and hear te reo Māori in the wider community.



"Being age friendly means our young and older people live in a pedestrian-friendly and accessible built and natural environment where they are safe and supported through their vulnerable years."

He ara wātea whai tikanga tonu

Meaningful opportunities

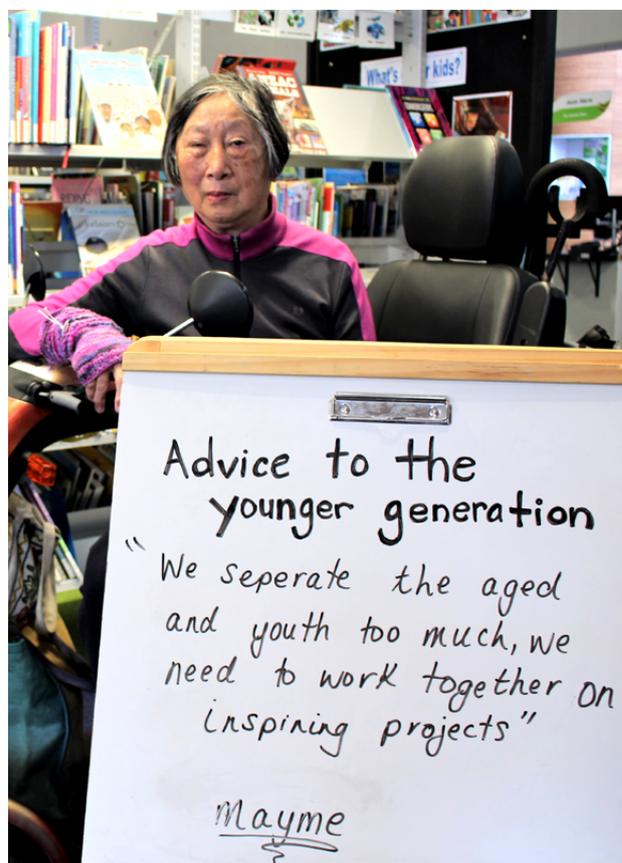
A common theme was a desire to have more opportunities for meeting people, learning new activities, getting involved in recreational activities and having new experiences.

The older people in our district who lead independent and active lives are taking up a variety of social and recreational opportunities. However, others have less access to such opportunities for a range of reasons. Being less mobile, having a disability, financial barriers, looking after grandchildren or partners, being reliant on others for transport and language barriers were some of the factors which reduced older people's ability to connect with social and recreational opportunities outside their homes.

Many older people commented that they felt 'out of touch'. They wanted to share their knowledge and skills but did not know how to or were unsure these would be valued. The importance of having work and things to do whether these involved looking after others, gardening or undertaking paid or unpaid work, was important in creating meaning in their lives and connection with others.

Kāpiti has a broad range of services, clubs and groups which older people regularly access. A canvas of services for older people in Kāpiti found over 100 support agencies, recreational and social clubs, and special interest groups specially focused on this age group.

A gap was identified in activities for our older Māori community. Older Māori people expressed a desire for more opportunities to celebrate and express their culture through *toi Māori*. They wanted more opportunities for ongoing connection with each other and felt there was a lack of activities catering to their needs and interests.



"I like the whakatauki, "He taonga te wareware." One explanation is it recognises as we get older we get forgetful nevertheless we're still taonga."

Te wāhi ki te Kaunihera

Roles of Council

Many work streams across Council support our older people to live their best lives including advocating for older people's needs related to housing, health, connection, income and work.

Current Council work focused on older people's needs includes:

- supporting the Kāpiti Coast Older Persons' Council
- providing social housing for older people in ten locations throughout Kāpiti
- providing rates assistance for residential ratepayers 65 years of age and over
- creating age friendly opportunities for older people to be physically active through our pools, parks and other community facilities
- making library services and resources accessible to older people and supporting their access to the digital world.

"For me it's leading an active lifestyle where I can tramp, hunt, fish and dive plus fulfil the obligations in terms of being Māori."

As a funder and facilitator, Council supports the work of local community organisations who play a pivotal role in achieving positive social outcomes for our older people. The key actions outlined in our approach recognise the importance of our organisations which cater for the aged sector and the significant contributions they make in our communities. By working together in the development of an Action Plan, we can leverage resources and deliver greater impact.

Achieving an age friendly Kāpiti requires a local lens within the wider context of the country's ageing population. Our role includes advocating to central government on the unique needs of our older people and national policies which can help or hinder our age friendly focus areas.



Te horopaki whānui

Our wider context

Being an age friendly district is part of a global aspiration led by the World Health Organization. Our Age Friendly Approach is based on the World Health Organization's Age-Friendly Cities and Communities Framework which seeks to foster healthy and active aging across a range of domains including:

- outdoor spaces and buildings
- transportation
- housing
- social participation
- respect and social inclusion
- civic participation and employment
- communication and information
- community support and health services.

Our approach contributes to the Age Friendly Aotearoa New Zealand programme led by Te Tari Kaumātua, the Office for Seniors and contributes to New Zealand's response to the United Nations Decade of Healthy Ageing 2020-2030.

Nationally, our approach aligns with three key strategies:

[Better Later Life – He Oranga Kaumātua 2019 to 2034](#): This Government strategy focuses on making the future better for Aotearoa as we age and the strategy's vision "Kia noho ora tonu ngā kaumātua – Older New Zealanders lead valued, connected and fulfilling lives" is supported by the Age Friendly Aotearoa New Zealand programme.

[The Disability Strategy 2016 - 2026](#): The vision for this Government strategy is that Aotearoa is a non-disabling society - a place where disabled people have an equal opportunity to achieve their goals and aspirations, and all of New Zealand works together to make this happen.

[Healthy Ageing Strategy 2016 – 2026](#): This Government strategy takes a life-course approach, seeking to maximise health and wellbeing for all older people so that "older people live well, age well and have a respectful end of life in age-friendly communities".

"Being age friendly will mean an environment that is free from physical and social barriers to enable all Kāpiti residents, regardless of age, to fully participate in society."

Te horopaki o te Kaunihera

Our Council context

Our Age Friendly Approach contributes to Council's current long-term plan vision ***"thriving environment, vibrant economy, strong communities - toitū te whenua, toitū te wai, toitū te tāngata — toitū Kāpiti: the lifestyle choice"*** through the following community outcomes:

- Our people have access to suitable housing in Kāpiti so they can live and thrive.
- Our local economy is prosperous with ample opportunities for people to work and learn in Kāpiti.
- Our communities are resilient, safe, healthy, thriving and connected. Everyone has a sense of belonging and can access the resources and services they need.

Tāngata whenua have a significant relationship with Council through the Memorandum of Partnership. Our approach is aligned with the vision of tāngata whenua for the district including kaitiakitanga, whakawhanaungatanga, manaakitanga, the importance of te reo Māori, kotahitanga and tino rangatiratanga.

Our approach has strong synergies with work we are undertaking to develop a shared community vision to 2060 and beyond. There are three domains included in this Kāpiti vision: place, people and partnership. Our approach particularly aligns with the people and partnership domains in the following ways:

- People:
 - » Health
 - » Housing
 - » Equality
 - » Income and Work
 - » Peace and safety
- Partnerships:
 - » Shared direction
 - » Trust and confidence.

The Age Friendly Action Plan that will implement our approach will be led by the strategic priorities of the Long-term Plan 2024 and will align with the strategic framework which will underpin the community vision to 2060 and beyond for Kāpiti.

"It's about being recognised for our wide range of capacities and resources, being listened to, and participating in society."

Our Age Friendly Approach intersects with the following Council strategies:

[Community Facilities Strategy 2017](#)

This 20-year strategy is about ensuring there are safe and welcoming facilities for all ages in Kāpiti which provide a wide range of recreational and social activities. The needs of older people are included with opportunities for improved provision of these facilities for our ageing communities.

[Sustainable Transport Strategy 2022](#)

This strategy acknowledges older people make up a significant proportion of pedestrians and cyclists in Kāpiti, and that the transport network needs to better meet the needs of this age group.

[Kāpiti Coast District Council Housing Strategy 2022](#)

This strategy outlines an approach to housing in Kāpiti. Older people's needs were a key part of the large-scale housing needs assessment for the strategy.

[Toitū Kāpiti: Kāpiti Coast Open Spaces Strategy 2022](#)

This strategy safeguards and guides the provision of open space in Kāpiti for the next 30 years. Open space includes green spaces such as parks, reserves, transport corridors, urban spaces, streetscapes, greenbelt areas and streams.

[Te tupu pai: Our strategy for enabling sustainable growth 2022](#)

Te tupu pai is our growth strategy. It sets out a vision and roadmap for how Council and Mana Whenua will work with our community to achieve sustainable development for our district in the 30 years to 2051.

Te Ara Manaaki i ngā Kaumātua 2023 / Age Friendly Kāpiti Approach 2023



Our Vision

Our older people feel cared for, connected and able to contribute, now and into the future.

Our Approach

Focus Areas

- Older people feel connected and valued as an integral part of our District
- Older people can get around and have access to what they need
- Older people participate in their communities in ways that work for them

Values



Voices of our older people

- Design with us in mind
- Communities which nurture us
- Getting around
- Getting services
- Getting info
- Meaningful opportunities

Our Council

Long Term Plan 2021

Thriving environment, vibrant economy, strong communities
Toitū te whenua, toitū te wai, toitū te tāngata
Toitū Kāpiti: The lifestyle choice

Mana Whenua Vision

- Kaitiakitanga
- Whakawhanaungatanga
- Manaakitanga
- Te reo Māori
- Kotahitanga
- Tino rangatiratanga

Four Wellbeings of Local Government



Our Wider Context

- Te Tiriti o Waitangi - Treaty of Waitangi
- World Health Organization's Age-Friendly Cities and Communities Framework
- Better Later Life - He Oranga Kaumatua to 2035
- New Zealand Healthy Ageing Strategy to 2026

Te timatanga o tā mātou mahere mahi

The start of our Action Plan

Our first actions across the approach will be:

- The establishment of a cross-sector working group to identify and progress opportunities.
- A detailed action plan to enable collaboration between Council, aged-sector organisations and communities.
- Assessment of new areas in an age friendly work programme for Council.
- An evaluation framework to measure how we are tracking against our focus areas.

"Population aging is perhaps the biggest social transformation this century, and Kāpiti is leading the way. As most of us age we know we want to "age in place." We want to stay at or near home safely and be independent and proud. That to me is what the Age Friendly Strategy is all about."



This table provides the starting point under our approach's three focus areas as we move to implementation.

<p><i>Ngā Arotahinga Manaaki i ngā Kaumātua</i> Focus area</p>	<p><i>He pēwhea tōna āhua</i> What we will see</p>	<p><i>Ngā mahi</i> Actions</p>
<p>Older people feel connected and are valued as an integral part of our district.</p>	<p>People have positive attitudes towards aging and older people.</p> <p>Older people feel a sense of safety and respect in their neighbourhoods and the wider district.</p> <p>The contribution of older people in the community is encouraged, recognised and valued, and their knowledge and experience is cherished.</p>	<p>Promote positive attitudes to older people and address ageism.</p> <p>Deliver events and promotion which connects communities and neighbourhoods.</p> <p>Integrate age friendly attributes in our neighbourhoods and town centre work programmes.</p> <p>Provide social connection and support for older Māori people.</p> <p>Assess whether Council's community programmes and outward facing services are age friendly.</p>
<p>Older people can get around in ways that work for them and have access to what they need.</p>	<p>Kāpiti is easy to get around for all ages and abilities.</p> <p>Communication and information are inclusive of, and accessible to, older people.</p> <p>Older people can access the things they need.</p>	<p>Work with central government and our local social sector agencies to improve access to transport choices that work for older people and co-ordinate assistance for socially isolated and other vulnerable older people.</p> <p>Upgrade Council facilities, places and open spaces so they are age friendly.</p> <p>Incorporate age friendly design in our transport networks.</p> <p>Advocate to external organisations such as Waka Kotahi and Greater Wellington Regional Council on older people's mobility and transport needs and interests.</p> <p>Ensure Council communications are age friendly.</p> <p>Help improve older people's digital skills and safety to increase access to the benefits of digital technology.</p>
<p>Older people participate in their communities in ways that work for them.</p>	<p>Older people participate in decisions that affect them and contribute to the community.</p> <p>Our outdoor spaces and public facilities are accessible to all and encourage active use and enjoyment by older people.</p> <p>All older people have options to participate meaningfully in our communities.</p>	<p>Ensure older people can engage with us in ways that suit them, so we can understand their needs and better support those who are vulnerable.</p> <p>Provide a range of ways diverse older people can participate in community decision-making.</p> <p>Ensure Council work programmes, engagement activities and consultation are age friendly and seek the voice of older communities we do not often hear from</p> <p>Work with our community organisations to enhance social and recreational opportunities for older people.</p>

