

POSITIVE AGEING



HE TIRA KAUMĀTUA

POSITIVE AGEING ON THE KAPITI COAST

*Celebrating older people,
their wisdom, talents, knowledge, skills and experience.*

*Acknowledging their invaluable contribution,
economically, culturally and socially to our Kāpiti Coast Community.*

Acknowledgements

The design and development of this Strategy and Action Plan is a tribute to the dedication, expertise and passion of the 'Workgroup' and their knowledge and understanding of the issues that affect older people living in the Kāpiti Coast District.

Foreword from the Mayor

The journey of ageing affects all people, young and old.

Belonging to a community that welcomes knowledge, skills, experience and diversity, and encourages participation in community life, certainly makes the journey easier and more rewarding.



Older people are an integral part of our Kāpiti Coast community, and contribute to it in many ways, as community leaders, stalwarts of the sports, recreation, environmental and social sectors, volunteers, workers, grandparents, and members of iwi and hapu. All these things build and strengthen the structure of community life, helping to build resilient and healthy communities.

Having spent a lifetime learning and gathering knowledge and skills, older people are experts on their own experiences. This enhances their ability to determine the best way to age positively.

The Kāpiti Coast District Council, in partnership with the Kāpiti Coast Council of Elders and a coalition of community services and groups, is committed to creating opportunities for positive ageing through the development and implementation of this strategy.

A handwritten signature in black ink, which appears to read 'Jenny Rowan'. The signature is stylized and cursive.

Jenny Rowan QSO, JP
Mayor Kāpiti Coast District



Introduction: Towards Positive Ageing

Positive Ageing on the Kāpiti Coast, He Tira Kaumātua has been developed in partnership with the Council of Elders, a coalition of representatives from groups and organisations that service the needs of older people living in the community and the Kāpiti Coast District Council.

At every opportunity, this strategy aspires to reflect Māori world views, values and aspirations that lead to whanau ora. It acknowledges and recognises Kaumātua as cultural custodians and leaders in Māori community life. The actions that support this strategy will reflect Kaumātua self determination in what they see as enhancing wellbeing in an ageing community.

In this strategy, an older, ageing person or kaumātua is defined as a Māori person over the age of 55 years, and a non Māori person over 65 years.

The purpose of this strategy is to:

- set strategic direction for the future planning of wellbeing of Kāpiti Coast's ageing community
- provide a robust foundation for the implementation of actions that contribute to positive ageing

Older peoples' wellbeing is determined by a number of significant factors including:

- income
- health
- safety and security
- community attitudes
- housing choice
- transport and accessibility
- cultural diversity
- employment

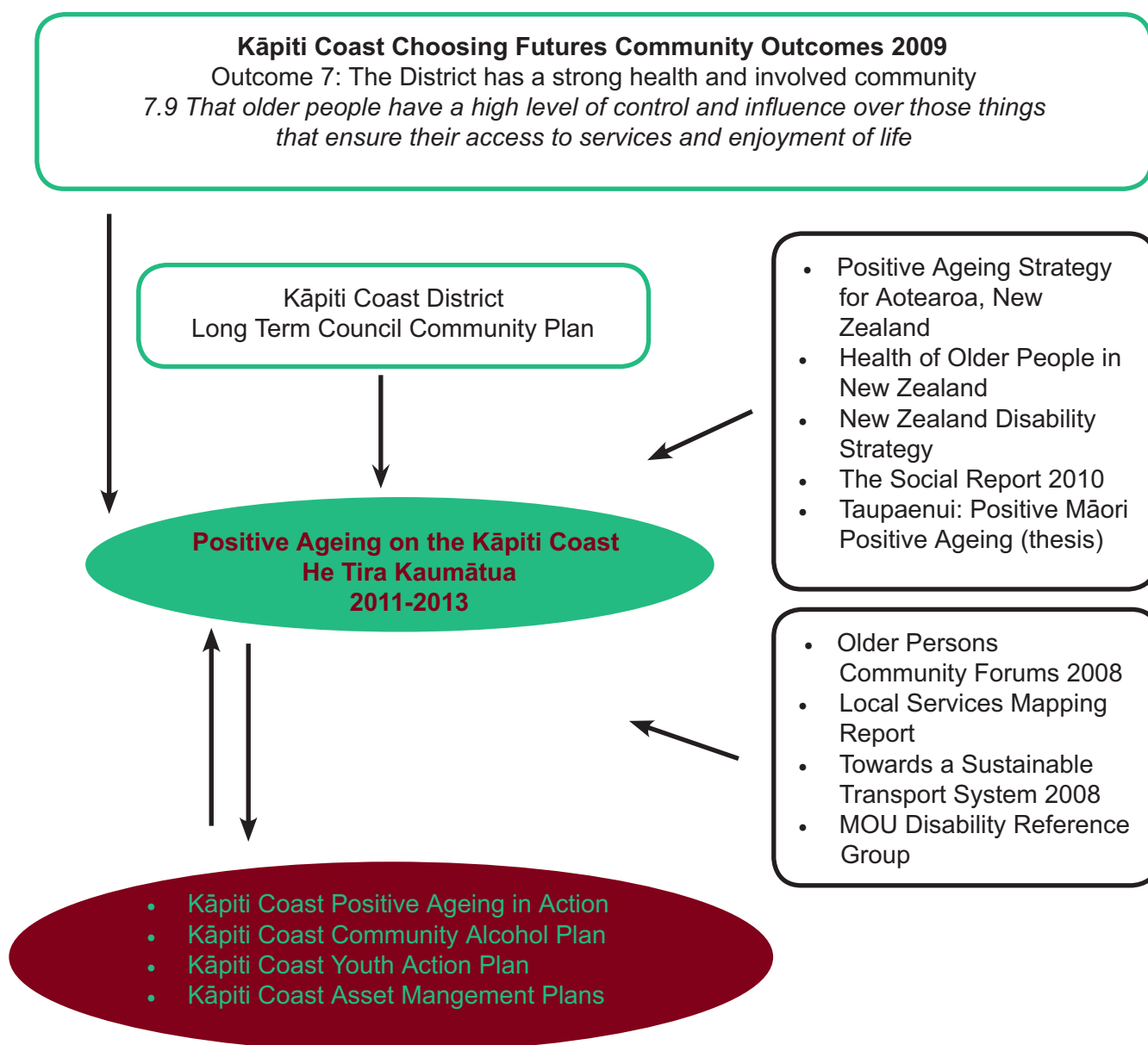
This strategy looks at how to influence these factors to bring long term sustainable changes to improving wellbeing in later-life.

Where Does the Strategy Sit?

The Positive Ageing on the Kāpiti Coast He Tira Kaumātua Strategy:

- contributes to the Kāpiti Coast Community Plan and Kāpiti Coast Community Outcomes
- works with a coalition of community groups and agencies to adopt a whole community approach, and is
- based on the New Zealand Positive Ageing principles (Appendix 2)

The following diagram illustrates these linkages:



TO OUR KĀPITI COAST COMMUNITY

Positive Ageing Goals and Objectives

The Positive Ageing Strategy aspires to achieve seven goals. Each goal is supported by a series of objectives. These are outlined below:

Goal 1: Our ageing community has improved access to services	
<p><i>Objectives</i></p> <ul style="list-style-type: none"> • To provide and encourage sustainable transport options • To provide infrastructure and services that allow safe and easy movement of ageing people throughout the District • To promote and support the delivery of driver education programmes • To support transport options that allow access to essential health and social services • To advocate for public transport options that are user friendly, affordable and accessible 	<p><i>Rationale</i></p> <p>Transport to essential health services including emergency services is a longstanding issue for the entire community and affects people accessing care. Currently, the bulk of clinical and rehabilitation care is administered from Wellington, Kenepuru, Hutt and Palmerston North Hospitals.</p> <p>The issue of accessing healthcare outside the region is further exacerbated for older people who use these services frequently. Travel to these essential services needs to be improved.</p>
Goal 2: Our ageing community has affordable and appropriate housing choice	
<p><i>Objectives</i></p> <ul style="list-style-type: none"> • To improve social, sustainable and affordable housing options in our Kāpiti Community • To support housing choice that encourages social inclusion • To provide information and access to support that enables older people to receive financial entitlements • To support initiatives that improve living conditions for older people (i.e. subsidised insulation projects) 	<p><i>Rationale</i></p> <p>Housing has a clear impact on health and wellbeing. Affordable, appropriate, healthy housing and secure tenure affects the way people live their lives; the way we participate in society and access essential services. It also influences the way we interact with friends, and social networks and the wider community. This goal recognises the links that housing choice has with deprivation and hardship, both material and social. The objectives that support this goal look to improve the underlying factors that impact on housing choice.</p>

Goal 3: Our ageing community feels safe and well

Objectives

- To provide public spaces and living environments that promote safety and security
- To support programmes and initiatives that improve perceptions of safety and sense of security
- To advocate for services and that support individual health outcomes
- To support networks within the community who provide services to older people

Rationale

Our ageing community feel safe

People's perception of safety and fear impacts on their wellbeing. It influences the way in which everyday lives are lived and has a profound impact on psychological wellbeing.

Crime and anti-social behaviour are major concerns for any community, and our District is no exception. The perception of fear is often amplified by media coverage of local criminal activity. This has detrimental implications for vulnerable communities especially those who live alone, thus increasing the risk for older people.

Our ageing community feel well

Services in the District that provide health, social and disability care to the elderly are often under resourced, have had a discontinuation of funding, and face service restrictions. A recent forum (Elder Provider Forum 2010) met to discuss how to enable providers of these services to work more collaboratively to improve effectiveness and efficiency and reduce duplication of services.

Goal 4: Our Kāpiti Coast Community is connected and supports social inclusion between young and old

Objectives

- To provide opportunities for intergenerational activities and projects
- To provide opportunities for older people to be leaders and mentors in the community

Rationale

The Kāpiti Coast District has predominant populations of both young and old, making our community unique and adding to its diversity. The success of this goal relies on mutual trust and respect, improving social environments that support intergenerational interaction.

These goal and objectives aim to enable people to feel valued and supported in all areas of their lives.

Goal 5: Our ageing community has increased opportunities for education

Objectives

- To provide support for learning opportunities for older adults
- To provide and promote opportunities for cultural exchanges
- To promote older people as a positive employment option

Rationale

Education increases opportunities for income and job security. It equips people with a sense of control over life circumstances no matter what age. Education can determine people's social and economic position, and provides opportunities for social interaction and regular activity.

Providing opportunities to share with and learn about other cultures and ethnicities encourages social cohesion and community resilience.

Understanding the wealth of diversity that makes up a community is essential to a healthy and strong community.

Goal 6: Older people have meaningful participation in society

Objectives

- To provide opportunities that support meaningful engagement of older people in decisions and matters that affect their wellbeing
- To recognise and support the contribution older people make to both paid and unpaid work
- To support the delivery of appropriate and easy to access services and activities that respect and encourage diversity
- To support activities in which older people can share their wisdom and experiences in the community

Rationale

The goal and objectives in this section aim to provide a platform that will support our Kāpiti community in recognising and valuing older people. Valuing older people for their diverse experiences, wisdom, knowledge and contribution to the District and acknowledging older peoples place in creating healthy, strong and supportive communities.

Goal 7: Our Kāpiti Coast Community values social capital

Objectives

- To encourage a supportive environment that reduces barriers to participation
- To promote and support volunteers and their organisations

Rationale

Social capital is vital to a healthy community. It's the invisible glue that bonds people together. It includes strengthening positive social networking, acknowledging human resources and encouraging positive interaction.

Our community already has strong values around social capital, this is evident through the establishment of the Volunteer Kāpiti. This goal looks to further support and build on social capital values to promote reciprocity, respect and encourage community resilience.



TO OUR KĀPITI COAST COMMUNITY

Positive Ageing in Action

To achieve the goals and objectives outlined in this strategy, and institute policy that improves older people's wellbeing, a number of actions need to be implemented.

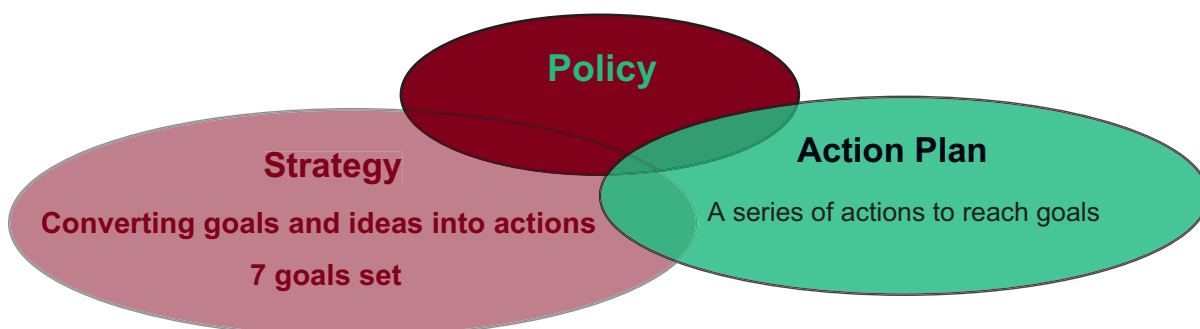
'Positive Ageing in Action' is an action plan that identifies strength based activities, projects and interventions that will be put into practice.

The implementation of this action plan will require a coordinated approach; focusing on partnerships, intersectorial cooperation and community participation and involvement.

Monitoring

This strategy will need to be evaluated and monitored to determine if the objectives are being met. Monitoring will be done by reviewing the Positive Ageing in Action Plan. Monitoring will be carried out by members of the coalition that have partnered in the development of this strategy.

Identifies principles that guide decisions



Our ageing community have improved quality of life

Supporting material:

Appendix 1: Understanding our older population

Appendix 2: Government's response to an ageing population

Appendix 3: Kāpiti Coast District Council's response to an ageing population

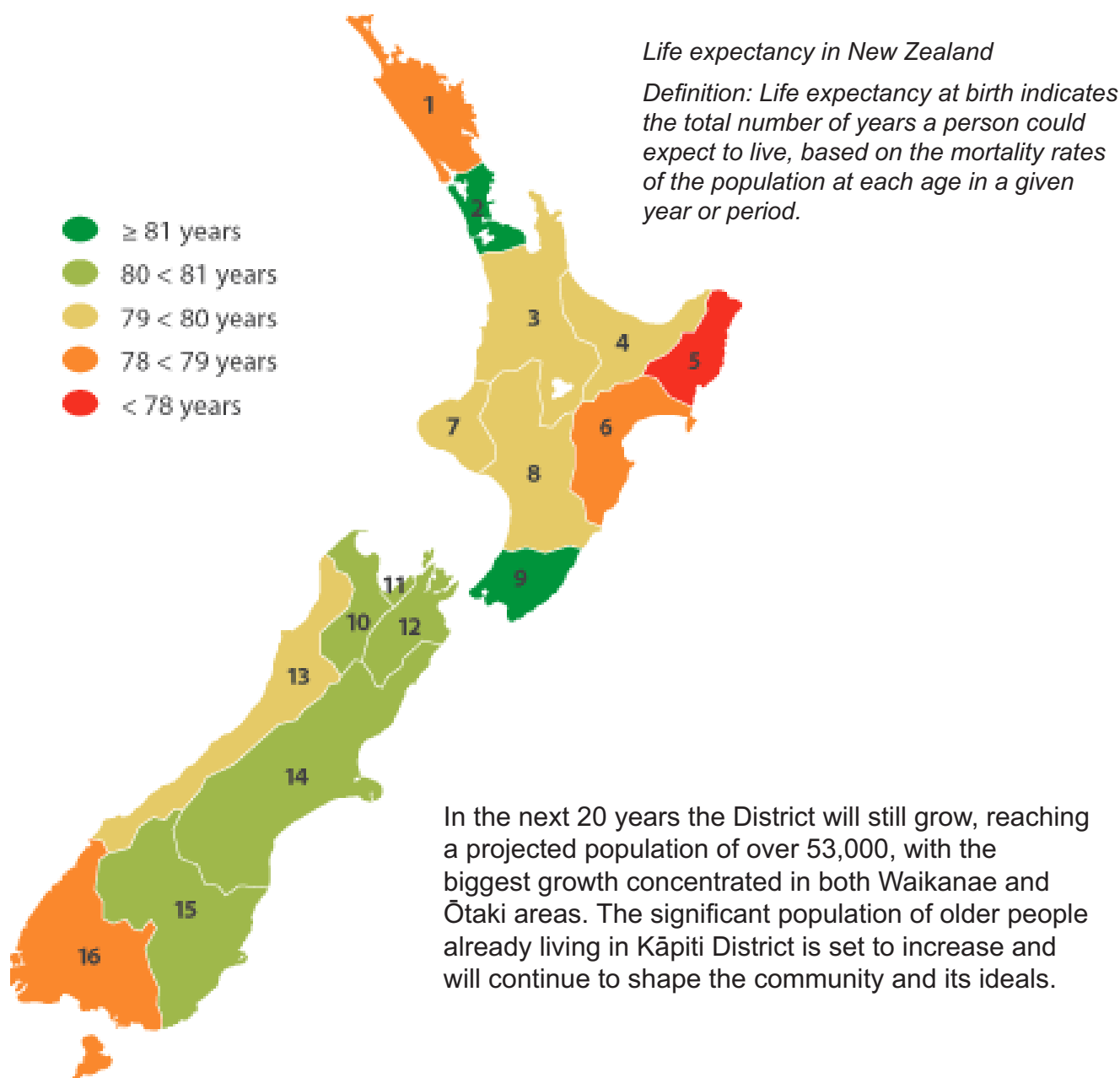
Appendix 4: What is Social Wellbeing for older people?

Appendix 1: Understanding our Older Population

The District at a glance

The Kāpiti Coast has an estimated population of around 48,000 that spans an area of 731 square kilometres, from Paekākāriki to the south and Ōtaki to the north. The Kāpiti Coast is well known for its iconic island, climate, rich history and is informally branded as a retirement community. The latter is reflected in the Coast's statistics; with a median age of 44.3 years compared with of 35.9 years for New Zealand, and residents have a longer life expectancy than the national average.

Older people form a high proportion of the population. In the Kāpiti Coast District the proportion of people over 65 years (approximately 26%) far exceeds the national average (of around 12%).



What does this mean for Māori Kaumātua?

There are over 5,000 Māori living in the Kāpiti District, making up approximately 12% of the total population. Like most indigenous peoples Māori have comparatively youthful structures, this is largely a result of high rates of fertility and lower life expectancy. The 2006 census shows that older Māori Kaumātua (Māori over 55) are a disproportionate population with no more than 4% of the total older population (55 years and older) in the District. The 2006 statistics show that there were only 39 Māori over the age of 80 living in the District, compared to over 3000 non Māori. A significant factor to note is that 69% of Māori living in the District are urban Māori or tautangata¹ and not tāngata whenua.²

The District's diversity

The diversity of New Zealand's communities is recognised as an essential part of the country's culture. Over the years, the Kāpiti Coast District has become more diverse. The 2006 Census shows that people from the Asian community make up around 2% of the District's population, followed by Pasifika peoples. Although there is only a small amount of people from other ethnic minorities (African, Latin, Middle Eastern) living in the District, they contribute to the dynamics and uniqueness that makes Kāpiti community life

Other statistics

Long term conditions such as cancer, musculoskeletal disease, injury from falls, and the impact of dementia are the leading causes of hospitalisation for older people. Women over 75 years living on the Kāpiti Coast have a high rate of medical and surgical treatment and make up a significant percentage of the total disability population.

Some facts about health and disability:

- Both Māori and Pasifika peoples tend to have earlier onset of long term conditions
- Older people account for most people with disabilities
- Socio economically disadvantaged communities have a higher prevalence of disability
- 4% of people with disabilities live in residential facilities
- Physical and sensory disability rates are the most common and increase with age

The growth of Kāpiti Coast's older people population brings with it an increase in age related disabilities as well as other impairments that some people have lived with for many years. The Kāpiti Coast therefore can be described as having a high rate of disabilities.

¹ Urban Māori or Tautangata, meaning Māori living on the Kāpiti Coast that do not descend from or have any tribal genealogy to the District's iwi and hapu.

² Tāngata whenua, meaning Māori who are indigenous to this area, belonging to hapu and whanau from Ngāti Toa Rangatira, Te Āti Awa ki Whakarongotai and Ngāti Raukawa ki te Tonga.

Appendix 2: Government's response to an ageing population

The National Strategy

The Positive Ageing Strategy for Aotearoa, New Zealand was developed in 2001 (revised in 2008) and sets priorities according to nationwide community and stakeholder group consultation, to provide a strategic framework for government policy, plans and strategies.

The NZ Positive Ageing Strategy identifies a number of positive ageing principles, sustained by goals and actions that aim to achieve a number of realities in order to reach its vision;

'for a society where people can age positively, where older people are highly valued and where they are recognised as an integral part of families and communities'.

The principles state that effective positive ageing will:

1. *Empower older people to make choices that enable them to live a satisfying life and lead a healthy lifestyle;*
2. *Provide opportunities for older people to participate in and contribute to family, whānau and community;*
3. *Reflect positive attitudes to older people;*
4. *Recognise the diversity of older people and ageing as a normal part of the lifecycle;*
5. *Affirm the values and strengthen the capabilities of older Māori and their whānau;*
6. *Recognise the diversity and strengthen the capabilities of older Pacific peoples;*
7. *Appreciate the diversity of cultural identity of older people living in New Zealand;*
8. *Recognise the different issues facing men and women;*
9. *Ensure older people, in both rural and urban areas, live with confidence in a secure environment and receive the services they need to do so; and*
10. *Enable older people to take responsibility for their personal growth and development through changing circumstances;*

The New Zealand Positive Ageing Strategy also identifies ten goals sustained by actions that aim to achieve its vision. They are:

1. **Income** – *Secure and adequate income for older people*
2. **Health** – *Equitable timely, affordable and accessible health services for older people*
3. **Housing** – *Affordable and appropriate housing options for older people*
4. **Transport** – *Affordable and accessible transport options for older people*
5. **Ageing in Place** – *Older people feel safe and secure and can age in place*
6. **Cultural Diversity** – *A range of culturally appropriate services allows choice for older people*
7. **Rural** – *Older people living in rural communities are not disadvantaged when accessing services*
8. **Attitudes** – *people of all ages have positive attitudes to ageing and older people*
9. **Employment** – *Elimination of ageism and the promotion of flexible work options*
10. **Opportunities** – *Increasing opportunities for person growth and community participation.*

Appendix 3: Kāpiti Coast District Council's response to an ageing population

Two older person's community forums were held in 2008, these identified a number of issues that impacted on older people living in the Kāpiti Coast District. These issues were:

- Improving access to services (health and transport issues)
- Supporting social cohesion
- Promoting safety and wellbeing
- Promoting connectedness and social inclusion between young and old
- Advocating for the needs of older people in Kāpiti Coast District Council nurturing an environment where people work together (Whakawhanaungatanga)
- Fostering an approach that acknowledges older peoples participation in society (a place that values their skills and abilities)
- Building social capital

These issues are reflected in the Positive Ageing on the Kāpiti Coast, He Tira Kāumatua Strategy and provide a platform for action.



Appendix 4: What is social wellbeing for older people?

This strategy is founded on evidence and information gained through research and consultation, local and national statistics and existing models and frameworks.

Research shows the inextricable link to social support, participation in society and wellbeing. This strategy sets its foundation on preventing older people from falling into long term disadvantage by:

- encouraging community activity
- combating social isolation
- reducing material and financial insecurity
- promoting personal development and education

All of these approaches contribute to positive ageing. Building strong social relations in the presence of other barriers will improve wellbeing. For example, those with serious health conditions can experience an improved quality of life through social ties and friendship.





POSITIVE AGEING ON THE KĀPITI COAST