

# RANGITIKEI PATH TO WELL-BEING

## CONFERENCE 2013

### MAJESTIC THEATRE, TAIHAPE

#### OPPORTUNITIES OF AGEING



#### CONFERENCE PARTNERS



Whanganui Community Foundation

## Welcome

The fourth Rangitikei Path to Well-Being Conference was held at the Majestic Theatre, Taihape on Friday 15<sup>th</sup> November 2013. It was attended by 68 delegates from a range of agencies and businesses across the district. The day began with a whakatau by Richard Steedman from the Mokai Patea iwi collective to welcome the conference delegates.



Delegates were then welcomed by two of the three conference funding partners – Mayor Andy Watson, Rangitikei District Council and John Vickers, Vice Chair of Whanganui Community Foundation. A special acknowledgment to Whanganui District Health Board.

## Guest Speaker

### **MIKE KING - Comedian**



We were entertained and enlightened by Mike King who shared his life story and provided us with some thought provoking lessons. He captured the audience's attention from his opening mihi (introduction) especially when he introduced himself as Sonny Bill Williams. I guess this is why he's a comedian. Very positive feedback from a number of delegates who took away some key messages from his speech.



*Jo Donovan & Betty Tierney*



*Delegates enjoying networking opportunities*

## Keynote speeches and workshops

Four key note speakers followed Mike King's thought provoking session, with one workshop completing the morning programme. The following outlines each of the speakers, and the content of their keynote speech and/or workshop:

### **POSITIVE AGEING STRATEGY UPDATE – Keynote speaker**

#### **TE ORA NYMAN**



Te Ora Nyman is the Safer Communities and Injury Prevention Health Promoter for the Whanganui District Health Board. Te Ora is part of the Health Promotion team at Public Health Centre, WDHB and has been collocated with the policy team at the Rangitikei District Council offices in Marton for two days a week over the past six months to develop a multi-agency Positive Ageing Strategy for the District.

She outlined the work to date, particularly focussing on the outcomes of her research.

A survey of older people currently using services or connected with a community group was undertaken to seek their views on their experience of ageing in the Rangitikei. The research found that most respondents have been living in the District for at least 10 years, enjoy a good quality of life and have good social connectedness. Most of them attributed this to the friendliness of their community and family connections. The “most frequently used services” were health related, the Library and recreational facilities. Almost half of the respondents are not sure what they would do if that service was no longer available to them. The “most essential service” was seen as (free) transport, swimming pool open all year around, Māori health providers, the Library and respite care.

The research also undertook a number of face-to-face interviews with people in the baby boomer generation (approaching retirement age) to ask for their views on their plans for retirements. These interviews revealed that there is a commitment to continue living in the District, with pull factors including family/friends/social networks/sense of community/rural connections/sense of place/connection to land. Where a choice was to be made, the push factor was the high cost of living in the District, particularly rates, as well as, for example seeking a better climate or a beach lifestyle.

These conversations emphasised that this group is a resource to the District: they are fit, healthy and reasonably well-off. They want to travel and enjoy life but also have a commitment to “good citizenship” and regularly contribute to community events and activities.

Finally, the research sought the views of local agencies, both one to one and collectively, to identify potential areas for collaboration and mutual support.

These ideas form the basis of the workshops in conference today. The final Positive Ageing Strategy will be a number of projects that agencies have committed to taking forward from today.

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

## **WELLBEING IS A WHANAU MATTER – Keynote speaker**

### **DR CHERRYL SMITH**



Cherryl Smith is a researcher who lives and works in Whanganui. She has six grandchildren and is raising one of her grandchildren. She is of Ngati Apa descent through her mother and has connections to Kauangaroa marae and Parewanui in the Rangitikei. Cherryl works full-time for Te Atawhai o te Ao:, a research organisation based in Whanganui.

Cherryls' presentation clearly showed the growing numbers of grandparents taking over fulltime care of their grandchildren. In excess of 10,000 children in New Zealand are being raised by their grandparents. This growing trend can have significant impacts on the health and wellbeing of these grandparents who have taken on more responsibility. They often go without to ensure the health and day to day needs of their mokopuna/grandchildren are met.

It was alarming to hear that often grandchildren are placed into their grandparents care due to traumatic or life changing circumstances. i.e. Death of a parent, Neglect, Imprisonment, other social agency involvement etc.

Cherryl is also a local Whanganui Co-ordinator for the national organisation Grandparents Raising Grandchildren Trust, so if you know of anyone who needs support don't hesitate to refer them to this website: <http://www.raisinggrandchildren.org.nz/>

## **BUILDING COMMUNITY RESILIENCE IN THE RANGITIKEI – Keynote speaker**

### **PROF BRUCE GLAVOVIC**



Bruce has a multi-disciplinary education, with degrees in economics and agricultural economics, environmental science, and urban and environmental planning. He has 25 years of experience in academia, private consulting and Government. He has worked mainly in South Africa, the United States of America and New Zealand. He is currently a lecturer at Massey University on building collaborative community and planning hazard resilient communities within the School of People, Environment and Planning. He is also an EQC Chair in Natural Hazards Planning, and Associate Director of the Joint Centre for Disaster Research.

Bruce spoke on building community resilience, and the three projects which were completed by his Honour Students through an agreement entered into between Massey University and Rangitikei District Council. These projects included Community Resilience, Declining Population and Managing Natural Hazards Risks through Land-use planning.

Bruce's key messages included a resilient community is one that takes deliberate steps to enable community members and institutions to anticipate, respond to and deal with uncertainty, shocks and change over time. Bruce maintained that resilience is not static, and as such it can be strengthened to enable individuals, groups and communities to anticipate, cope with and benefit from change.

Rangitikei District Council look forward to working with Bruce and new students in 2014.

**Kevin Morris – Honours and Project student presented at the 'Community Resilient workshops'.**

## **HOUSING – Workshop**

### **ELIZABETH MORTLAND (Taihape Community Development Trust)**



A big thank you also to Jude Bartlett (Edale Aged Care) and Matt Henry (Massey University) for presenting at this workshop along with Elizabeth.

The workshop aimed to address the issue that existing housing stock in the District is not appropriate to meet the needs of older people, and that there are limited choices over residential/hospital/hospice care. Initiatives are needed to develop a wider range of choices in housing that can enable people to stay in the community for as long as possible.

The workshop included the presentation of the results from research completed by Robert Burgoyne, Massey University. Matt Henry presented on his behalf. Robert's research focussed on planning for a smaller, older population with respect to Council's community and leisure facilities including its stock of community housing.

### **Matt Henry - Planning for Population Decline**

The Massey student research indicated that across new Zealand, the end of population growth is expected with the shift towards natural decline becoming evident across territorial authorities. The research recommends that the Council take a proactive, future focussed planning for its community housing which will lead to better long term results. More research is needed to examine the specific needs of the projected future population. A more sophisticated statistical analysis and close consultation with the community can help to develop a more appropriate portfolio of community facilities, including community housing. A detailed case study is needed to investigate the feasibility of smart rationalisation of these assets.

**A copy of the presentation is available on request.**

### **Elizabeth Mortland/Jude Bartlett – Housing situation**

Rangitikei population statistics were shared with information regarding the resident population of Taihape predicated to fall by up to 650 people or 35% in 2031 than compared to 2006.

The opportunities and issues specific to housing requirements based on these projections.

- Growth in the number of older workers
- Increased demand for local health care and associated services
- Increased demand for recreation, leisure and activities for older people
- Increased community groups for older people
- A shift to smaller residential housing sections and units
- Growth in need for passenger services and public transport

Interest was sought in forming part of the Rangitikei Housing Advisory Group (HAG). Anyone interested please contact Elizabeth on 06 388 1307 or [elizabeth@taihape.co.nz](mailto:elizabeth@taihape.co.nz).

**A copy of the presentation is available on request.**

## **ADVANCED CARE PLANNING - Workshop**

**JENNIE FOWLER & DR ALAN MANGAN (WDHB)**

Mike King (Centre)



Jennie Fowler and Dr Alan Mangan provided key information and insight to the importance of having a Care Plan. 'It's not what is the matter with you is but what matters to you'.

**Advanced Care Planning** encourages people to think about how they want to be cared for as they reach the end of their lives – but a key issue for the Rangitikei is to ensure that the services that are needed to enable people to make choices about their preferred care are available to them.

The workshop/presentation focussed on the following:

- What is an Advance Care Plan?
- Why are these conversations important yet difficult to have?
- Who should hold the records i.e. Hospitals?
- Which medical agencies, social services or other group need to raise these with people?
  - **Suggestions:**
  - Hospital records could have an alert that a person has an ACP
  - Family GP and (potentially) Lawyer could hold this with their Will.
  - Could insurance companies be involved?

Applications can be found in multiple community agencies, libraries and some lawyers.

Please contact Jennie Fowler for more details [Jennie.Fowler@wdhb.org.nz](mailto:Jennie.Fowler@wdhb.org.nz) or 06 348 3296 extn: 8296.

**A copy of the presentation is available on request.**



*Advanced Care Plan participants*



*Elizabeth Mortland, Mike King, Bronwyn Meads & Nikki Cunningham*

## **COMMUNITY RESILIENCE - Workshop**

### **KEVIN MORRIS – MASSEY HONOURS STUDENT**



**Social connectedness/community cohesion/connectivity/volunteering** – these are acknowledged as the key factors that contribute to quality of life in rural communities. There is a vast resource available to the District through the baby boomers as they enter a long, happy and healthy period of retirement. Society is already relying heavily on this resource, through grandparents raising grandchildren and providing care for their own parents. It is important to recognise, reward and support this activity.

***Pictured above at mini symposium in Marton: Left to right: Kevin Morris (far left), Robert Burgoyne – Honours student, Denise Servante (RDC), Claire Fell – Honours student, Mayor Andy Watson and Professor Bruce Glavovic (Massey University)***

The workshop included the presentation of the results from research completed by Robert Burgoyne, Massey University. The research has explored community resilience across the Rangitikei District based on a conceptual framework that was developed following a review of resilience literature. It is based on an understanding of the meaning of community resilience and recognises the value of using a Community Capital and Community Competency approaches. The later includes trust, leadership, information, efficacy, connectedness and social networks which underpin human agency and plays a key role in building economic, environmental, social, institutional and infrastructural capital. Together these qualities enable communities to anticipate, respond to and adapt to sudden and slow on set change.

The research concluded that

- Careful consideration needs to be given to the structure and presentation techniques used when presenting information to the community.
- Community reputation and connectedness are also priorities when choosing those engaged in delivering information to the community.
- Consider options to strengthen the PWBI, i.e. add redundancy so that the responsibility is shared by more people.
- Strategic planning is needed to addresses what at present appears to be a focus on Marton at the expense of other towns

Finally, two areas of research on community resilience need further investigation: firstly, how to improve trust between the community and regional and district authorities and, secondly, how to engage the community more effectively in building better and more resilient communities.

**A copy of the presentation is available on request.**

## SUMMARY:

Overall the conference achieved many successes. From meeting like minded people who deliver services across the Rangitikei District, through determining opportunities for better collaboration and partnership working to having a walk into town, do a bit of shopping and taste the fine cuisine on offer from the local cafe's.

### Action Points:

- A detailed case study is needed to investigate the feasibility of smart rationalisation of the District Council's community housing.
- The establishment of a Rangitikei Housing Advisory Group
- Active promotion of Advanced Care Planning throughout service agencies across the District
- Continued promotion of, and support for, good range of essential services close to home
- Continued promotion of, and support for, health and social services networking groups and the Marton and Taihape Connections projects
- Communication and engagement strategy for the territorial authorities (District and Regional Councils)

Finally a big thank you to Leanne Adams and her team for the morning and afternoon tea and for providing us with a 'Grand Old Lady' as Mayor Watson aptly put it in his opening address. Also to Nathan Kane, Samantha Kett, Janette O'Leary and Katrina Gray for helping with the setup, scribing and making sure things went to plan.

Please don't hesitate to contact me if you have any further queries or if you would like copies of the presentations emailed or posted.

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*Workshop groups sharing idea's and thoughts*



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Many thanks to all those who gave their time and/or resources to make this such a great conference