

GO
DISTRICT
READY
FOR **LIVING**

READY FOR LIVING

SUPPORTING
SUCCESS FOR
LATER LIFE

GORE New Zealand

The Gore District is working towards becoming an intergenerational community. There is active promotion of interaction and cooperation between people regardless of age and life stage, and a focus on the needs of all residents both today and beyond.

WELCOME FROM THE MAYOR

The Gore District, like much of regional New Zealand, has an ageing community. However, unlike many regions, we recognise and embrace that fact as an opportunity for all.

We have combined our pioneering 'can do' attitude and reputation of punching above our weight to develop Ready for Living – a strategy focusing on addressing the challenges and opportunities of an ageing population. The result is an ageing strategy like no other, to transform and inspire, and support a community works with and across all ages.

As a District we offer vibrant, accessible urban centres, outstanding facilities, and a warm, friendly community. Regionally we are perfectly positioned to make the most of major airports, cities and tourism hot spots.



As Gore District Mayor, I am delighted to present Ready for Living. I fully recognise the potential the strategy offers not only for our community today, but for our residents of the future. Ready for Living realises what we need to be truly ready to live, as we age.

Tracy Hicks JP
GORE DISTRICT MAYOR

WELCOME FROM THE CO-CHAIR OF THE STEERING GROUP

Gore is a vibrant Southern community focused on inclusion and facilitation of processes to enhance existing services and to cater for the needs of older people.

Our provincial town caters well for our generationally inclusive community, with easy access to facilities and services within our township and outer boundaries.

As a district it is important to not only continue to support existing facilities, but that we nurture and continue to develop new initiatives that will benefit all older people now and in the future.



Our intergenerational approach to our community encourages exchange of ideas, new learning and life experiences across all ages with benefits for those involved e.g. high school students helping older age group; with computing – older people providing support and mentorship to younger people either in paid positions or as volunteers.

Partnerships in these programmes has always been the Southern way of showing support and demonstrating a sense of community that actively cares for the wellbeing of all.

The Ready for Living Programme is committed to taking an age friendly approach to future development while building on and retaining features of Gore that works well for older people now and in the future.

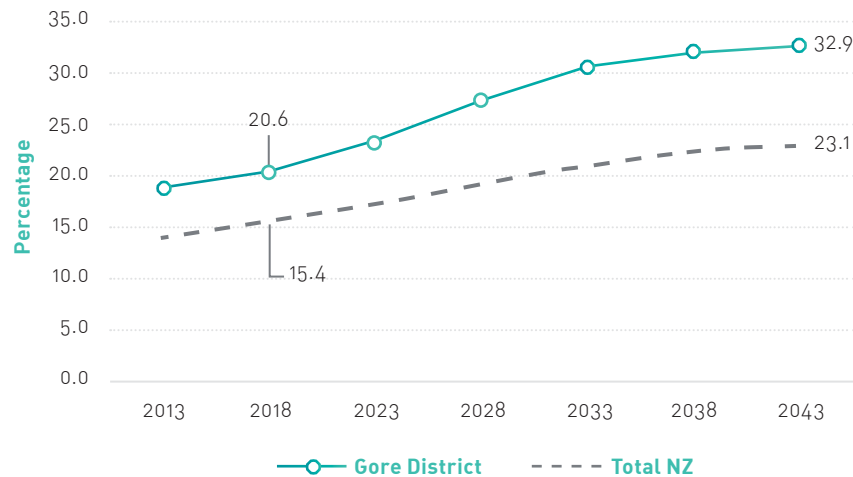
Marg McCornick
CO-CHAIR READY FOR LIVING STEERING GROUP

The true meaning of life is to plant trees, under whose shade you do not expect to sit.

Nelson Henderson

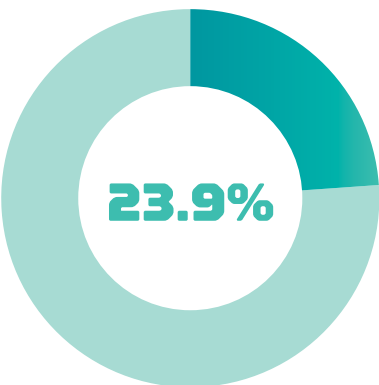
PROJECTED STATISTICS

% aged 65+ years Gore District compared with the rest of New Zealand



2043 Gore District's predicted population aged 65+.

2019 percent of 65+ is 20.6%.



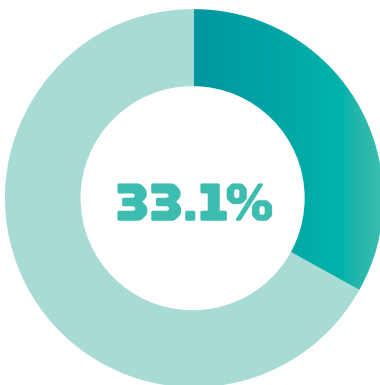
23.9%

Predicted population aged 65+
Rest of population

Gore District percentage of 65+ by 2023 is 23.9%.

That equates to an additional 400 people.

Total amount of over 65 year olds 2950.



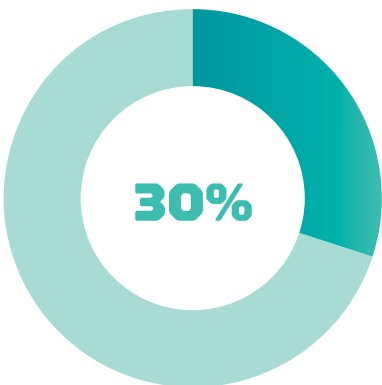
33.1%

Predicted population aged 65+
Rest of population

Gore District percentage of 65+ by 2038 is 33.1%.

That equates to an additional 1150 people.

Total amount of over 65 year olds 3800.



30%

Prediction of people aged 65+ living alone
Rest of population

It is predicted that 30% of over 65 year olds will be living alone in 15 years. That equates to potentially 1266 people living alone.

WHAT IS READY FOR LIVING?

Declining populations and ageing communities are challenges facing many parts of regional New Zealand. The statistics show that Gore District is no exception so it is taking proactive, collaborative steps to address these challenges and identify the many opportunities an ageing community offers.

The Southland Regional Development Strategy (SoRDS) identified the conditions required to address population decline and encourage sustainable growth across the Southland Region. Its target of an additional 10,000 people living in the region within 10 years. Ready for Growth, the Gore District's interpretation of SoRDS sets the goal of an additional 1500 residents by 2030. Ready for Living was then developed to ensure that the Gore District remains a great place to live for **all** ages.

A feasibility study, commissioned with support from MBIE, identified the six key priority areas within a Ready for Living strategy. Health, Housing, and Mobility are recognised as 'primary' priority areas followed by Social Participation, Employment and Volunteerism, and Accessibility.

The detrimental effect social isolation has on our health is internationally recognised. As such, it was not surprising that social connectedness

quickly became an important focus during the research phase of Ready for Living. We needed to establish how we can 'weave the people together' ie intergenerational living or Whiria te tangata.

The projected numbers of people living alone in the Gore District are above the national average. We need to ensure we keep people connected. There are huge benefits to everyone living in an intergenerational community. We need to actively promote interaction and cooperation between individuals of different life stages and focus on the needs of **all** residents.

We will only achieve this goal by working in partnership with key stakeholders, keeping individuals and their families/whānau at the heart of everything we do.

Intergenerational living - Whiria te tangata

PROJECT TIMELINE

Ready for Living will be a long term action plan – delivery will commence early 2020 and will continue to evolve for many years.

Some actions will be delivered rapidly, while some will be about a new way of planning and implementing infrastructure as maintenance and upgrades roll around.



APPROVAL

By end of
August 2018



BLUEPRINTS & ROADMAPS

By end of 2019



PRIORITY PROJECTS

Launch from
early 2020



ONGOING CO-DESIGN

Endless

GORE DISTRICT OVERVIEW

Nestled in the foothills of the Hokonuis, Gore is a boutique town with all the advantages of a city – cafe culture, national renowned arts and events, and outstanding sports facilities – all in a rural location. Locals call this combination Rural City Living.

Despite, or maybe because of its relatively small population Gore often punches above its weight. Gore strives to be the best place live, work, visit and do business in New Zealand. Gore District embraces the challenges of an ageing population and is actively pursuing collective projects to make our District a better place for all age groups to live.

Community Characteristics

Gore is the second largest town in Southland and is the rural hub of New Zealand's southern most province, bringing with it a self-reliant attitude and strong work ethic. The Gore District Council (2013d) describes the town character as 'Rural City Living', with the cultural and sporting advantages of a city as well as the values and benefits of rural living. These values are outlined as; an energetic and positive attitude, politeness, helpfulness, friendliness, transparency and consistency (Gore District Council, 2013d).

Green Spaces

The streets of Gore are lined with trees and the town interspersed with many large green spaces in the form of sports fields, gardens, parks and playgrounds. The Council values parks as they improve the physical and psychological health of the district as well as make it a more attractive place to live and work. (Gore District Council, 2013e).

Health and Social Services

Several health and social services are available in Gore, with the aim of meeting the physical,

emotional, mental, social and spiritual needs of individuals, whānau and the community.

Gore boasts one of the best rural hospitals in the Otago/Southland region. Built in 1999, it is located in the centre of the town. (Southern District Health Board, 2019).

The hospital is funded by the Southern District Health Board (SDHB) and in part by private contracts. It is managed by Gore Health Ltd, whose mission is to be a progressive provider of quality, individualised services, committed to improving the health and well-being of the people of the Gore community through focus on integrity, community, respect, innovation, progress and people (Gore Health Ltd, n.d.).

The 16-bed inpatient unit at the hospital is used for acute medical assessment and rehabilitation, and has an average of 800 admissions per year. Also available at the hospital is a 24/7 emergency department and modern high dependency unit for severe trauma.

Several allied health services are available in Gore, namely dentists, physiotherapists, audiologists and pharmacies. Gore Health employs a physiotherapist to provide inpatient services within the hospital and outpatient services in the community.

Four private rest homes are located in Central and North Gore.

A strong social service workforce exists in Gore and partners with the community to identify goals, address barriers and achieve aspirations. Services provided are aimed at supporting residents' health, well-being, safety, welfare, education and standard of living.

Hokonui Huanui, an initiative funded by the Provincial Growth Fund in 2019, is a community-led approach to support the tamariki (children) and rangatahi (young people) of Eastern Southland on their journey into adulthood.

Community Services

The Community Connections Centre is a hub of resources, information and social service facilities in Gore, catering for all demographics. Within the centre are youth-based drug and alcohol services, youth and social services for those aged five to 24 years, and PACT mental health services, which includes two field workers who visit clients in the Gore District.

The following initiatives also operate at the centre:

- Heartland Services, providing government and community information including ACC and IRD services and free law services.
- Literacy Aotearoa, developing, promoting and delivering accessible, quality literacy services designed to ensure the people of Aotearoa are critically literate and able to realise their full social, cultural and economic potential.
- Jubilee budget service is a not for profit charitable trust building financial capability and resilience in Southland. Providing financial advice, information and education to empower individuals and families into financial independence.
- Workbridge, providing job-seeker assistance such as interview and CV writing support.
(K. Young, personal communication, April 3, 2019).

Hokonui Runanga

Hokonui Runanga Health and Social Services Trust provides a free and confidential service to identify and assess health and lifestyle related needs, and to coordinate clients with support services in the community of Gore. Services are provided by community health field workers, youth educators, beneficiaries, advocates and various community services working together with their clients (Ministry of Health, 2018b). Examples of their services: youth advocacy, fortnightly nurse-led clinics and navigators who work with prisoners prior to and following their release (Hokonui Runanga, 2019).

Hokonui Runanga currently hold Kaumatua health days providing whānau support, physical activities, massage, foot clinic and health promotion presentations as well as access to medical and nursing staff on site (Ministry of Health, 2018b).

Whānau Ora

Navigators are available to work with individuals and whānau to identify and achieve aspirational outcomes. Whānau Ora is about increasing the wellbeing of individuals in the context of their whānau, it is whānau-centred. It differs from traditional social and health approaches that focus solely on the needs of individuals. Whānau ora recognises the strengths and abilities that exist within whānau and aims to support and develop opportunities that fulfill potential.

Public Transport

There is no public transport system within Gore. However, two bus companies provide transport between Gore and Dunedin, Invercargill, Christchurch, Te Anau, Queenstown and Milton. Gore has a taxi service that offers reduced rates for those with a mobility card and Ready for Living is investigating an 'on demand' public transport system and St John run a free Health Shuttle service, entirely staffed by volunteers, the Health Shuttle gets people that live alone, are unable to drive or don't have access to public transport to their vital medical appointments.

Sport and Recreation

The Gore District has a plethora of sporting facilities and opportunities. The Gore Multisports Complex is the jewel in the District's sporting crown. It houses the Gore Aquatic Centre, which has a 25m pool with eight lanes, a hydrotherapy pool and a leisure pool all with disability hoists and wheel chair access.



They hold fitness classes, operate a swim school which provides a professional swimming coach as well as free lessons for all school aged children. MLT Event Centre with its one sprung wooden court and three synpave courts that accommodate a variety of different sports and events.

It is also home to Ice Sports Southland's short-course Olympic sized rink. Adjacent is Eastern Southland Hockey's water turf, while a short distance away is Newman Park - home to Gore District athletics and the Pioneer Rugby Club.

Other sporting facilities in the Gore District include an all-weather equestrian arena at the Gore A&P Showgrounds, a golf club, multiple rugby and football fields, athletics club, squash club housed at the Town & Country Club, the Archer basketball stadium, a softball diamond, skate park, and recently built \$650,000 pump track located at Mataura.

Renowned as the brown trout capital of the world, Gore takes on an international feel between October and April, when anglers from all over the globe come to the Mataura River and its tributaries to pit their skills. The Mataura River has the highest trout population and catch rate of any river in New Zealand. It is also famous for its hatches and spinner falls and is the best match the hatch fishing in New Zealand. With easy public access, plentiful fish and water so clear it is often described as gin-clear, the Mataura Valley is a dry-fly Mecca, and Southland as a whole, an angler's paradise.

Arts and Entertainment

Gore's artistic side is as strong as its sporting side. It is well-known as the Country Music Capital of New Zealand (Gore District Council, 2013b). The Gore Country Music Club provides opportunities for artists to perform at club nights and organises the annual MLT NZ Gore Gold Guitar Awards. The ever popular Freeze Ya Bits off busking event is part of the overall festival. The Gore Musical Theatre Group run by volunteers puts on a yearly show and runs drama classes. The 450 seat SBS St James Theatre hosts shows and screens movies for all ages and has wheelchair access and spaces to ensure everyone can enjoy screenings (St James Theatre Gore, n.d.).

Hokonui Moonshiners' Festival is held every second Summer in Gore's heritage precinct, on Hokonui Drive. The District's illicit moonshine industry is the inspiration, and there's themed food and refreshments. Great music completes this outdoor event.

Held on an annual basis is the MLT Hokonui Fashion Design Awards - the only fashion awards

of their kind in New Zealand, celebrating amateur fashion designers. This is a top class event and judges have included Denise L'Estrange Corbet and Francis Hooper, of WORLD, Karen Walker, Nic Blanchet, Trelise Cooper, Kate Sylvester, Tanya Carlson, and Margi Robertson, of NomD.

Southern Field Days

The second biggest agricultural field days in New Zealand, Southern Field Days is where town and country get together, where innovation is showcased and business deals done. Held biennially in February it attracts over 40,000 people from around the country.

Maruawai is an exciting new development that will create an internationally significant arts and heritage destination. This new facility, currently under construction, combines iwi culture and history with eccentric and eclectic brands and pioneering stories. Adjacent to the Eastern Southland Gallery - our 'Goreggenheim' - Maruawai will revitalise and expand our already-strong arts and heritage offering to create a unique destination of choice, in a highly visible and accessible location.

Southland District





*Planning is bringing
the future into the present
so that you can do
something about it now.*

Alan Lakein



+ OUR FOCUS ON HEALTH

The importance older people place on health cannot be over-emphasised.

Access to health services is vital. The ideal is a high level of accessibility with minimum fuss and difficulty.

Health Advocacy

Support to assist with navigating the health care system. Actions and initiatives being considered:

- Seamless, joined up care
- Follow up with clients after checkups
- Easy to access appointments
- Readily available information about where to go, how to access services

Remote Delivery

Enabling access to quality health services despite distance from main centres.

- Retention of the local hospital is essential
- Attracting qualified people to the area
- Adequate special services eg dementia, mental health
- Majority of services accessed locally
- Greater use of telemedicine and remote servicing

Care Delivery Innovation

Doing things differently to improve the quality, availability and accessibility of health care.

- Improved integration of services and connectedness between them
- Culturally appropriate - for iwi and migrants

Home Support and Home Based Technology

Providing in home support which boost independence and confidence, and ensure that older people do not become isolated from health and wellness services by remaining in their own home.

- In home medical support
- Electronic monitoring connected to primary providers
- Community nursing

Health and Wellness Accessibility

Increasing access and minimising barriers to health and wellness services.

- Affordability, barriers are minimised – both health and wellness (preventative)
- Transport readily available
- Home visits where appropriate



OUR FOCUS ON HOUSING

Housing is a fundamental requirement to enable active ageing.

If housing is a source of comfort, instead of a source of stress or challenge in the life of an older person, life is just easier.

Support at Home

Services available to ensure that remaining in ones' own home is a source of comfort rather than a source of stress.

- Mobile services to support people at home
- Added community based supports eg home maintenance services, supermarket delivery
- Home handyman service

Housing and Retirement Village Models

Availability of options, under a range of models, for housing for those in their older years.

- Intergenerational living
- Community-based model
- Trust vs privately owned
- Co-location with other community facilities eg schools, childcare
- Kaumatua housing

Affordability, Suitability, Location and Sizing

- Meeting the housing needs of those in their older years, recognising the changing landscape of home ownership
- Ageing and limited housing stock
- Assessment housing stock
- Fewer people will enter retirement who own their own home
- Down-sizing options

Smart Houses

Maximising the technology available to make life easier and enable people to safely remain in their own home if they wish to.

- Safety management
- Health support technologies
- Retail services, ie supermarkets
- Connecting families through technology

Technology

Integrating the right technologies at the right time to give families the security and peace of mind to know loved ones are safe.



OUR FOCUS ON EMPLOYMENT AND VOLUNTEERISM

Employment, whether paid or unpaid, offers meaning and purpose.

It is important to value the ability of people to continue to make a significant contribution in the workforce, regardless of their age. Volunteering is equally important and contributes significantly to communities and GDP.

Re-training

Re training needs to be an option at any age.

- Education provision for older people
- Accessibility
- Affordability

Recruitment

Understanding the needs of employees and volunteers and ensuring they are valued.

- Connecting needs with potential volunteers
- Job board
- Placement arrangements
- Understanding need(s)

Employer Education

Supporting employers to better understand the drivers of their older employees, and putting initiatives in place to enable them to remain in the workplace.

- Retaining older employees
- Recognition of experience
- Rewards
- Skills transfer

Community Education

Older people bring huge value to the community through paid and unpaid roles, and this work needs to be highly valued and recognised.

- Value attached to unpaid employment
- Valuing older employees
- Role modelling / profiling good practice



OUR FOCUS ON ACCESSIBILITY

Making access to the community as easy as possible is fundamental to encouraging older people to remain engaged, especially as physical and/or health issues make life more challenging.

Information

Ensuring that information is readily available to those who want to know what is on offer.

- Knowing what's available
- Older person's expo for information provision
- Monthly newsletter

Physical Access

Physical access challenges can be overcome to ensure that older people (and others with reduced physical ability) can access private and public buildings.

- Age-friendly buildings and services

Hazard Mitigation

Putting measures in place to minimise the hazards which can disrupt active participation in the community.

- Communication process to notify GDC of identified hazards eg footpath tripping hazards

Attitude

The attitude of the community towards older people plays a huge part in their willingness and confidence to play an active part.

- Community education / buy-in

Accreditation Scheme

Giving older people confidence that service providers are going to treat them well.

- Agreed standards and commitments (including reporting concerns)
- Dementia friendly business
- Age inclusive business register



OUR FOCUS ON MOBILITY

Mobility enables access to living experiences.

Currently the ability to hold a drivers' licence is seen as essential in enabling an older person to lead an active life in Eastern Southland. This does not need to be the case – lack of transport should not be a barrier to being in the community.

Mobility Aids

Ensuring that appropriate mobility aids are available and affordable for all.

- Access to a variety of aids
- Affordability of equipment

Public Transport

Owning a car and retaining a drivers licence should not be essential in leading an active life.

- Social bus service
- Tailored services for people with mobility issues
- Affordable taxi service
- Reduced reliance on own car/licence

Town Centre Design

Ensuring the town centre is suited to people with reduced physical ability.

- Age-friendly access
- Footpath condition
- Shop and building access
- Scooter movements

Needs Identification

Identifying those in need of support and connecting them with the appropriate services at the earliest possible time.

- Determining who needs help
- Establishing where help is available
- Early intervention



OUR FOCUS ON SOCIAL

Social participation is vital for well-being at any age, but can be severely constrained in older years if other matters such as health, housing and mobility cause pressure.

Remove Barriers to Participation

Identify the barriers and implement initiatives and actions to overcome them.

- Antisocial attitudes
- Mental health issues
- Substance abuse
- Transport / location
- Affordability

Encourage Enablers to Participation

Enablers will vary for different people, but these need to be maximised.

- Education
- Communication and ability to find social connections
- Transport services
- Networking / mentoring / buddying
- Community attitude to connectedness

Connection with Volunteerism

Many people, regardless of age, volunteer for community organisations to connect socially.

- Centralised database of organisation and service clubs

Extension

Identifying win/win opportunities where community needs, and the needs and desires of older people can be matched.

- Connection with ECEs (Early Childhood Centre's) and Primary Schools
- Connection with Hokonui Huanui

READY FOR LIVING

P: 03 209 0330 or 0800 467 332
E: readyforliving@goredc.govt.nz

Gore District Council, 29 Bowler Avenue, Gore
PO Box 8, Gore 9740

www.readyforliving.co.nz