

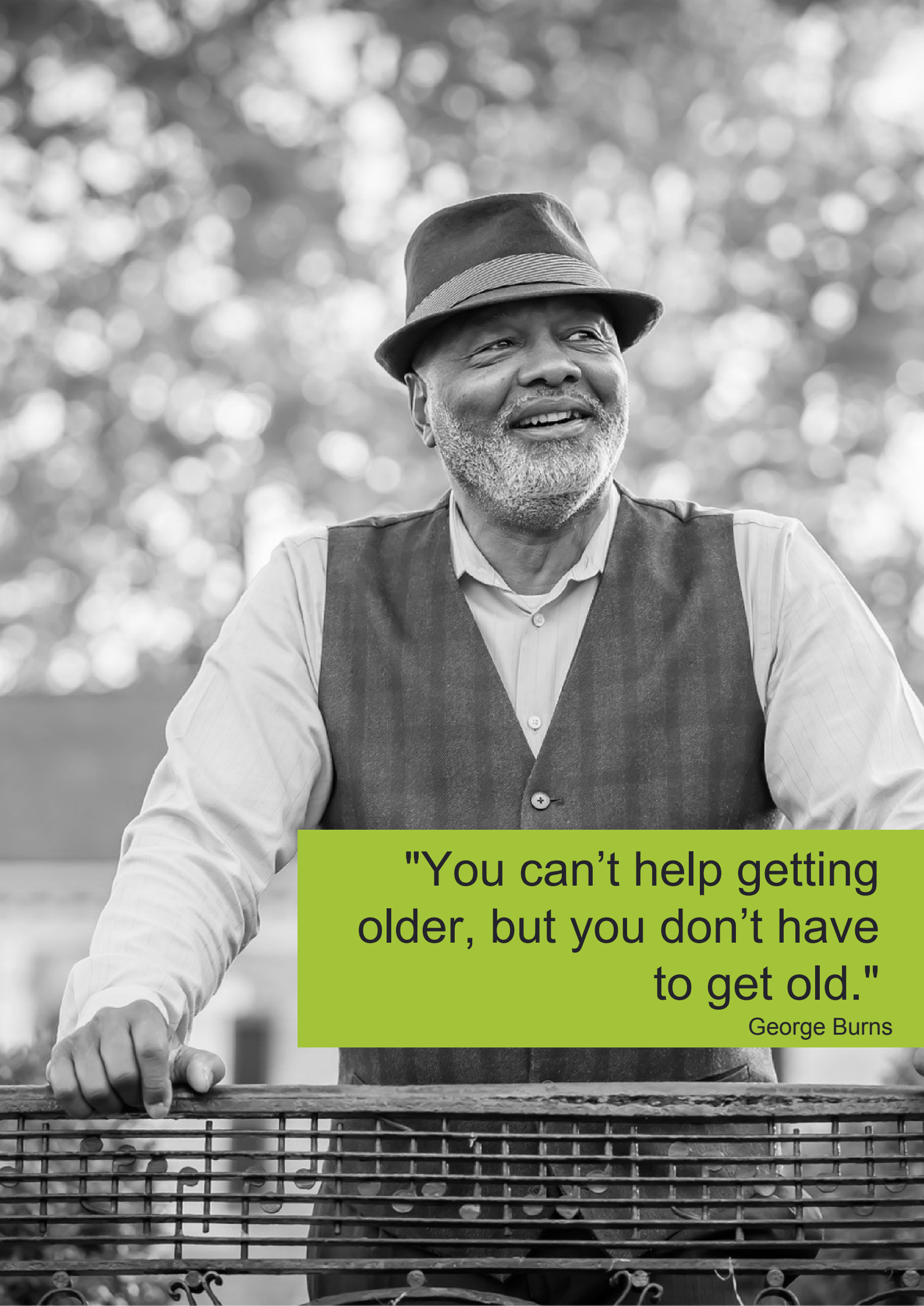
# READY <sup>FOR</sup> LIVING

AGE-FRIENDLY STRATEGY  
2023 - 2027



TE ARA  
TIKETIKE





"You can't help getting  
older, but you don't have  
to get old."

George Burns

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# **OUR VISION - Anga Whakamua**

**To create an age-friendly community in which our older people are valued, respected, and empowered to live fulfilling lives in a supportive and inclusive environment, so they can maintain their independence, self-esteem, and dignity as they age.**

# Introduction - Mihimihi

The Ready for Living strategy focuses on those living in the Gore District however, there is a wider community of interest who live outside of the Gore District boundary. The strategy aims to create an inclusive and supportive community for older people, prioritising their needs and preferences. With a higher median age than the national average and a projected increase in the older population, there is a pressing need to develop an age-friendly community that enables aging in place, maintains independence, and encourages engagement.

The strategy's priorities, based on insights from workshops and relevant information, address challenges such as healthcare access, social isolation, affordable housing, financial security, transportation, age discrimination, health issues, caregiver burden, digital divide, and support systems, focusing on housing, employment, volunteerism, health and wellbeing, information and communication, recreation and outdoors, mobility and accessibility, social change, and safety.







# **Strategic Context - Horopaki Rautaki**

# Guiding principles - Ngā Aratohu

In order for the Ready for Living strategy to become a success the following principles will underpin this strategy:

1

**FOCUS ON THE OLDER PERSON FROM A WELLNESS PERSPECTIVE**

Focusing on older people from a wellness perspective in an age-friendly strategy prioritises the well-being of older individuals by promoting active and healthy aging through accessible healthcare, age-friendly infrastructure, social inclusion, and opportunities for physical and mental engagement.

2

**BUILD ON WHAT ALREADY EXISTS**

There are already a large number of services and facilities that enable older people to live fulfilling lives in the Gore district. We aim to acknowledge them, build on them, and publicise them better to make more older people aware of what already exists.

3

**ENCOURAGE LOCAL COMMUNITY ACTION**

The Ready for Living strategy aims to empower local communities to evaluate, proactively plan, and respond to emerging needs for older people at a local level.

4

**WORKING TOGETHER**

There is a number of government and community organisations in Gore District that service the older community. It is important for these organisations to work together for the betterment of the wider community.

5

**BEING CULTURALLY APPROPRIATE**

The Ready for Living strategy acknowledges the cultural diversity that exists in the district. Older people within the district contribute significantly to community life and their families. Different cultures require different services, support, and facilities to meet their needs. The strategy acknowledges the key role these groups play in building an inclusive and diverse community for older people within Gore district.

6

**NOTHING ABOUT US WITHOUT US**

Allowing individuals to have ownership of their own aspirations and direction in life through inclusion and participation.

# What is an age-friendly community?

There is an increasing emphasis on planning towards 'age-friendly' communities that are designed to value the contribution of older people and ensure their access to all aspects of community life.

The World Health Organisation developed an age-friendly cities model in 2007 and more recently an age-friendly world model. These models are based on eight domains that assess a community's age-friendliness, which are:



## Outdoor spaces and buildings

Outdoor spaces and buildings focus on creating safe and accessible outdoor environments that promote physical activity and social interaction. This includes features such as well-maintained sidewalks, benches, parks, and public spaces that are accessible to people with mobility impairments.



## Transportation / mobility

The focus on transportation aims to create accessible, affordable, and safe transportation options that are suitable for older people. This includes features such as accessible public transportation, pedestrian-friendly infrastructure, and options for non-driving seniors.



## Housing

Older people need to have access to affordable, safe, and suitable housing options that meet their changing needs. This may include retrofitting existing homes to make them more accessible, designing new housing that is accessible, and providing support for seniors who want to remain in their homes.



## Social participation

Social participation aims to promote social engagement and inclusion among older people. This may include opportunities for older people to participate in community events and activities, social clubs, and volunteering.



## Respect and social inclusion

Respect and social inclusion focuses on addressing ageism and promoting inclusion among older people. This includes policies and practices that promote intergenerational relationships, address age-based discrimination, and promote positive attitudes toward aging.



## Civic participation and employment

Civic participation and employment aims to promote the engagement and participation of older people in the workforce and in civic life. This may include policies and programmes that support entrepreneurship, volunteerism, and employment opportunities for older people.



## Community support and health services

The area of communication and information of the age-friendly community framework aims to ensure that older people have access to information and communication technologies that are relevant to their needs. This includes features such as easy-to-use technology, accessible information, and opportunities for digital literacy training.



## Communication and information

Community support and health services aim to ensure that older people have access to high-quality health care and social services. This includes support for caregivers, access to healthcare providers, and programs that promote healthy aging.

Gore District is already a leading age-friendly community and has obtained age-friendly recognition from the World Health Organisation.



# Benefits of an age-friendly community

**1**

To promote social inclusion and reduce social isolation among older people, which can have significant health benefits. Older people who are socially isolated are at higher risk of depression, cognitive decline, and other health issues. An age-friendly community provides opportunities for social interaction, which can help to improve mental and physical health outcomes.

**2**

An age-friendly community can help to support the independence and autonomy of older people, enabling them to live in their homes and communities for longer. This helps maintain the dignity and well-being of older people.

**3**

An age-friendly community can create a more livable and sustainable community for all residents, regardless of age. Features such as accessible public transport, well-maintained public spaces, and housing that is adaptable to changing needs can benefit people of all ages, not just older people.

**4**

Creating an age-friendly community recognises the significant contributions that older people make to society. Creating an environment that values and supports older people, can help to foster intergenerational relationships, promote knowledge transfer and mentorship, and celebrate the diverse experiences and perspectives of people of all ages.



A black and white photograph of an elderly man with glasses and a young woman smiling together. The man is on the left, wearing a light-colored shirt and a dark tie. The woman is on the right, leaning her head against his. They are both looking towards the camera. The background is bright and out of focus.

# **Gore District Overview - Tiro Whānui o Māruawai**

# Understanding Gore District

**Demographics** (Please note that this demographic information has come directly from Beyond 2025 Southland - Regional Long Term Plan, Murihiku Southland Housing Needs Assessment, May 2023)

The historic population growth of the Gore District follows a similar pattern to that of the wider region. Significant population decline occurred from 1996 to 2006 in the district followed by slow growth. The district has only grown by about 500 people over the past nine years, the current population is ~13,000 which is lower than the 1996 population of ~13,500.

Growth in the district has been slow throughout the last 10 years, at 0.4%pa which is about half the growth rate seen in the other council areas. Within the district, Mataura stands out as an area of higher relative growth, outpacing Gore and rural areas since 2013. The growth is partly driven by an influx of people into the community employed in growing industries.

Employment levels in the district are like the regional average. The labour market is centred around the agriculture and manufacturing sectors followed by retail trade.

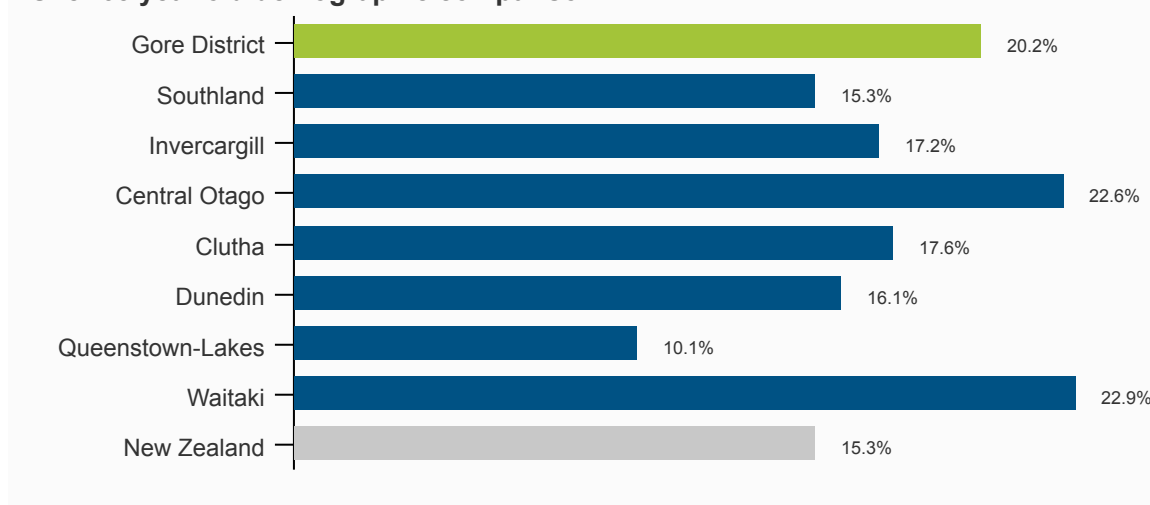
Home ownership is even more common in the district, with 72% of households being owned by its residents.

There are some key demographic differences between the populations in Gore township, Mataura and the rural areas.

- Gore township is home to a high proportion of adults over 65 years (24% of the town's population) which is 1.5 times higher than the national average.
- Mataura age demographics are consistent with the region, although slightly younger than urban Gore township. There is a much higher proportion of Māori people (over double the district's average) and a lower proportion of NZ European people. Education levels in the township are particularly low and unemployment rates are higher, reflecting a lower socio-economic community. Mataura's household sizes have increased from 2.4 in 2006 to 2.6 in 2021.
- Rural areas have a higher proportion of people between 40-64 years old. The average household size in 2006 was higher than the district average, with 3.0 people per household, but since then this has reduced closer to the district average. There are a higher proportion of NZ European people and less Māori people. Education levels are slightly higher than the regional average and the unemployment rate is very low.

Figure 1 below indicates that Gore District is the district with the third highest population over 65's when compared to surrounding regions and New Zealand. Gore District is surpassed only slightly by Central Otago and Waitaki.

**Figure 1: Over 65 year old demographic comparison**



Source: The Regional Economic Activity data visualisation



## Population Projections

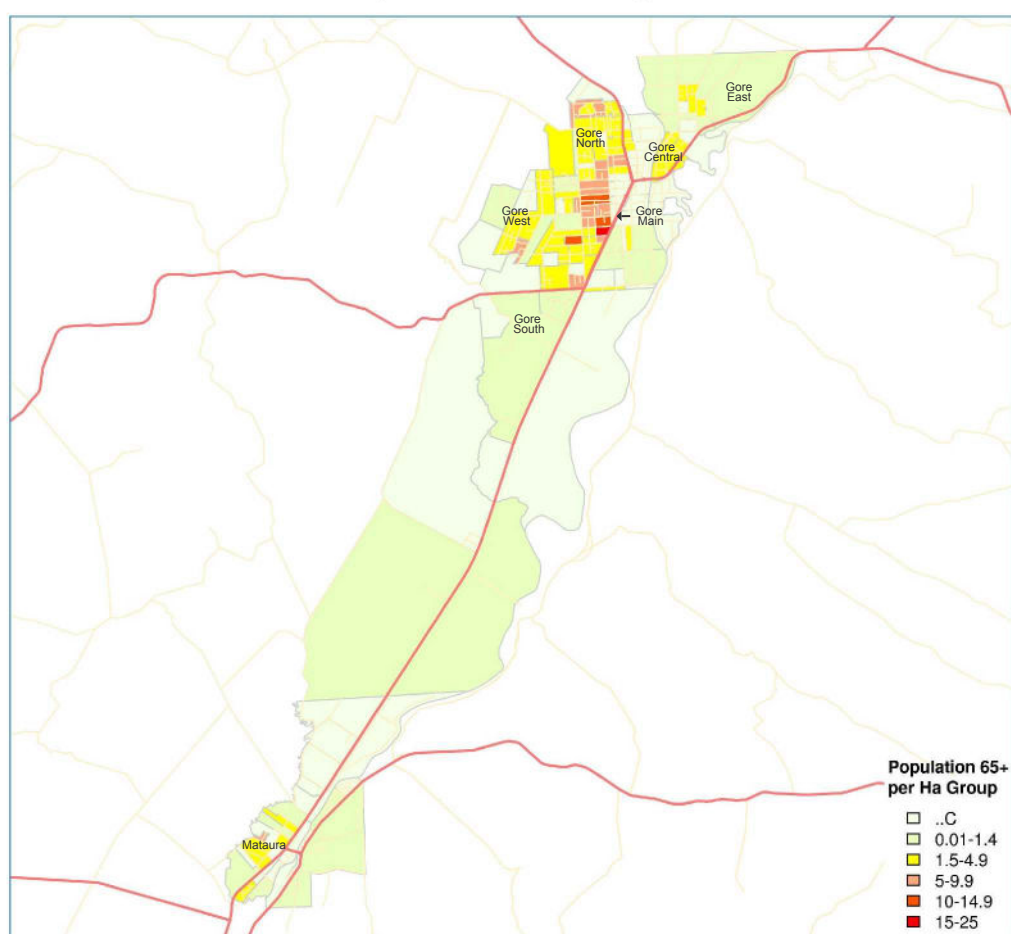
According to Statistics New Zealand, the Gore District is projected to experience modest population growth over the next few decades with the expected increase to be around 13,050 by 2033. While this growth rate may seem relatively slow compared to some other parts of New Zealand, it is still significant for the Gore District, which has traditionally had a smaller population than many other regions. The projected population growth is expected to have implications for a range of social, economic, and environmental factors in the region, including housing, infrastructure, and employment opportunities.

In addition to the overall projected population growth of the Gore District, there is also expected to be a significant increase (+26%) in the number of residents aged over 65 from 2018 - 2033.<sup>1</sup> This trend is reflective of the broader demographic shift occurring across New Zealand, with an ageing population expected to put pressure on health and social services in the coming decades. In response to this trend, the Gore District Council and other local organisations are working to develop policies and programmes that can support the needs of older residents and ensure that they are able to participate fully in community life.

## Distribution of older people (65+ years)

According to the below map, there is a higher concentration of over 65's in the areas of 'Gore Main' and 'Gore Central'. Most of the over 65's and older population is centred around the main areas of Gore Township with a somewhat significant percentage of over 65's living in Mataura relative to the size of the population, which was 1,629 in 2018.

**Usually resident population 65+ in Gore  
(selected meshblocks)**



Source: Stats NZ, Census 2018

1. Brunsdon N, and Swerdlhoff S, *Southland Region forecasting scenarios for Beyond 2025 Southland*, June 2023. Infometrics.

# Ready for Living - Te Ara Tiketike

## About Ready for Living

Ready for Living is a community-led project facilitated by Gore District Council. It is funded by P H Vickery Trust and Gore District Council. Ready for Living is a long-term action plan primarily to support older people to live well in the Gore District. PH Vickery has approved a further year of funding from June 2023 to June 2024.

Ready for Living is helping create a more enabling and inclusive environment that is supportive and accommodating to people of all ages. We're building our knowledge and understanding of the needs of older people now so we can put the best things in place for their future.

For this sector of our community to live well and thrive, we need a coordinated approach to support its health and wellbeing, mobility and accessibility, housing and work (paid or voluntary), and to build wider community awareness of the issues older people face in daily life.

Ready for Living is supporting the Gore District to become a truly intergenerational community—where people of all ages and stages interact and cooperate to everyone's benefit.

The profile of Ready for Living is growing in the community, as well as nationally, which has meant we are receiving more requests for advice, advocacy, and help, as well as requests to speak at different groups and organisations. Ready for Living is continuing to work to make sure services for older people, that are Southland based, deliver equitably to the Gore District.

## Successful initiatives led by Ready for Living:

- Gore achieved the World Health Organisation's Age Friendly City and Community Status. Gore was the second community in New Zealand to achieve this.
- Develop and distributed an 'Emergency Planning Guide' specifically for older people in the Gore District.
- Developed and distributed 800 copies of 'A Guide to Local Services and Connections for Older People.'
- To date, 328 seniors have received the over 80 parking permit.
- To date, 463 free swims or aqua aerobics sessions have been accessed by seniors over 80.
- Eight businesses in the Gore District have been recognised as age-friendly businesses. The Age-Friendly Business Framework supports businesses to provide a safe and convenient environment and appropriate service, particularly for older people.
- Run weekly strength and balance exercise classes since the start of 2021.
- Hosted events for the older community
- Opened Bannerman Park and the Gore Gardens to allow public vehicles to drive through.
- Organised a two-hour basic first aid course for seniors.

# Core challenges for older people

Some of the core challenges for older people within Gore District identified during workshops included:

- **Healthcare Access:** Older people may face challenges in accessing quality healthcare services, including affordability, availability of specialised care for age-related conditions, and navigating complex healthcare systems.
- **Social Isolation:** Those who may have limited social connections or mobility, may experience social isolation and loneliness leading to an increased risk of mental health issues.
- **Housing:** Adequate and affordable housing that meets the changing needs of older people, including accessibility modifications, can be a challenge, particularly limited availability of senior-friendly housing options.
- **Financial Security:** Older people may face financial challenges, including limited retirement savings, increasing health care costs, and potential dependence on fixed incomes. This impacts their ability to cover expenses and maintain financial security.
- **Transportation:** Access to reliable and affordable transportation options may be challenging for older people, particularly those who may no longer drive or have limited mobility. This can affect their ability to access services and participate in community activities.
- **Age Discrimination:** Older people may face age discrimination in various forms, including employment, housing, and social interactions, which can impact their well-being, access to opportunities, and overall quality of life.
- **Health and Wellness:** Age-related health challenges, such as chronic conditions, cognitive decline, and reduced mobility, can impact their overall health and wellness, and may require specialised care and support.
- **Caregiver Burden:** In some cases, older people may require care and support from informal caregivers, such as family members or friends, which can place a burden on caregivers in terms of time, emotional, and financial responsibilities.
- **Digital Divide:** Keeping up with technology and accessing information and services online can be a challenge due to limited digital literacy or access to technology, which can impact their ability to stay connected and engaged in today's digital world.
- **Inadequate Support Systems:** Inability or difficulty accessing adequate support systems, including social services, community resources, and advocacy. This can impact their ability to navigate complex issues and access necessary support.
- **Elder Abuse:** Older people can experience elder abuse causing them harm and distress. Due to the lack of knowledge of what elder abuse is and the shame associated, it is often not reported.
- **Mental health:** Older people may experience challenges accessing mental health services, once accessed these services often do not meet their needs. Older people often find it hard to talk about mental health problems, this can lead to suicides in the older community.

This process has led to the identification of several priority areas that demand action through this strategy.



# Priorities for older persons within Gore District

Challenges and feedback from the Gore district workshops for older people have been collated. Eight priority areas have been highlighted.




## High, medium and low priorities

Within the following action plan, each action has been assigned high, medium, and low priorities. Actions with high priorities will be started in the first year of the strategy, while those with medium priorities will be initiated in years 2 and 3. Actions with low priorities will be undertaken in the fourth year.



# **Action Plan - Mahere Mahi**



**"The great thing about getting older is you don't lose all the other ages you've been"**

**Madeline L'Engle**



# 1. Housing - Ngā Whare

**GOAL:** Provide accessible, affordable, and suitable housing options for older persons, promoting their independence, well-being, and social inclusion.

## What older people in Gore said about housing:

- The cost of housing, including rates is a concern for older people.
- Downsizing is challenging due to the cost of new homes.
- Family pressure and community connections can influence downsizing decisions.
- There is a need for smaller accommodation options for older people.
- Retirement villages may have waitlists, requiring forward planning.
- Younger people are buying smaller homes limiting options for older people.
- Renting to occupy and terrace-style housing could be viable solutions.
- Aged-care facilities/homes with communal facilities are appealing options to allow for independence as well as a sense of community.
- High-interest rates are, in some cases, forcing downsizing.
- Affordable retirement villages or homes in specific areas are needed.
- The timing of downsizing is important.
- Planning for suitable homes for older people is necessary to address changing needs.

## What service providers said about housing:

Service providers suggested independent shared living, which promotes health, well-being, and growth, be explored as a potential way to provide housing for our older people. Also discussed was the intergenerational cohabitation of young and old, and a care approach that enhances a holistic approach to well-being.

## Assessing housing in Gore District

The Gore District Council expects that the population of the Gore District will remain stable, with an overall increase in the over-65 age group. When the 2023 Census data becomes available in early 2024, this will provide an up-to-date understanding of the population within the Gore District.

There are significant gaps between the current housing stock and the needs of different age groups in the community. Specifically, older people prefer smaller homes, and attached units, and prioritise location over section size. The following have been identified as issues within the Gore District - affordability is the top issue, followed by poor quality and availability. Workshops with community housing groups and developers reinforced these findings.

The district faces the challenge of balancing the demand with the transformation of the housing stock. When considering housing for older people, additional factors such as universal design, accessibility, mobility, social isolation, health and safety concerns, maintenance and home modifications, and housing insecurity must be considered.

Many Kaumātua place a high value on living close to their whanau (extended family) and maintaining their cultural connections. This can be challenging if suitable housing is not available in their preferred location, or if they face discrimination in the housing market.

To address the several areas of concern by older people, renting, terrace-style housing, and aged-care facilities with communal facilities, were suggested as possible solutions.

Although the district already has aged care facilities, more affordable, smaller, and mobility-friendly housing options with a communal environment to foster social interactions and support are necessary for the district's aging population.

To address the challenges of housing for older people, shared living arrangements where homeowners are buddies with another older person, or an intergenerational younger buddy could be considered. Additionally, models of shared living where many older people live in a shared house and live communally, could be viable. Finally, small terraced or adjacent housing at affordable prices exclusively for older people could also be a solution.

A collaborative approach to improved housing outcomes within Gore District is required. Housing is recognised as a core building block to support future development. Council can play a role in facilitating and connecting the wide range of entities required to build and develop solutions.

### Actions to increase access to housing for older people within Gore District

	Action	Task	Who could be involved	Priority
1	Understand housing requirements for older people in Gore District now and into the future.	<ul style="list-style-type: none"> <li>Identify the type and need for housing for older people in Gore District. (e.g. universal design, rent to own, shared housing, terraced-style houses, communal housing options)</li> <li>Explore the possibility to work with Kāinga Ora to increase housing for older people.</li> <li>Assess land holding for the provision of older people housing.</li> <li>Assess the regulations within Gore District in relation to section sizes and building footprints.</li> <li>Create a collaborative environment between builders, developers, regulatory bodies and iwi to achieve housing outcomes for older people.</li> <li>Explore affordable options for downsizing including modular and prefabricated housing.</li> </ul>	<ul style="list-style-type: none"> <li>Gore District Council</li> <li>Hokonui Rūnanga</li> <li>Kāinga Ora</li> <li>Great South</li> <li>Ready for Living</li> <li>Ministry of Housing and Urban Development</li> <li>Community Trust South</li> <li>PH Vickery Trust</li> <li>Mataura Licensing Trust</li> </ul>	High
2	Downsizing information	<ul style="list-style-type: none"> <li>Provide information and resources to support the timing of downsizing, including legal and financial considerations.</li> </ul>	<ul style="list-style-type: none"> <li>Gore District Council</li> <li>Community Networking Trust</li> <li>Lawyers</li> <li>Accountants</li> <li>Ready for Living</li> </ul>	Low

## 2. Employment - Mahi

**Goal:** Promote inclusive and supportive employment opportunities for older persons, fostering their continued engagement, financial security, and personal fulfillment.

### What our older people said about employment:

- Age discrimination in employment is unacceptable.
- Working after retirement may affect retirement benefits, which may not be worth it due to tax rates.
- Discrimination against older workers may result in them being pushed out of job opportunities.
- Younger people may feel older workers are keeping them out of jobs.
- Non-sedentary jobs may be seen as more suitable for younger, stronger individuals.
- Older people should have the ability to work if physically and mentally capable. Having the ability to choose when to retire provides flexibility and control.
- Older people working part-time do not feel they can justify the time and cost to renew occupational registration.
- Transitioning to retirement may take time, and missing social contacts and face-to-face interactions may be a challenge.
- Some older people may choose to continue working in similar roles or industries after 65 years of age.
- Planning for retirement, including financial and social considerations, is important.
- Younger individuals may seek advice and guidance from older people due to their experience and knowledge.

### What service providers said about employment:

- There can be a state of mind shift when people finish work in that they want to receive help now as have paid taxes all their lives.
- A lot of people don't realise they can work and receive superannuation
- Older people are less likely to ask WINZ for help to go back to work as they don't want to be a burden.
- Superannuation entitlements do not have to change when people work as a casual employee. This needs to be promoted.
- Concern that our experienced people will drop out of the workforce
- Businesses need to ensure their older people feel valued.

### Assessing employment in Gore District

Stats NZ has reported that New Zealand's labour force is projected to grow due to population expansion and increased participation rates among women and older men.<sup>5</sup>

As of the March 2021 quarter, the labour force comprised 2.9 million individuals. Projections indicate a total labour force of around 3.2 million in the early 2030s and 3.7 million in the early 2070s, based on the median projection.<sup>6</sup>

However, long-term labour force growth is expected to slow due to a combination of slower population growth and an ageing population.<sup>7</sup>

The projections indicate an increase in the labour force participation of individuals aged 65 and over (65+). Currently, one in four people aged 65+ are part of the labour force, compared to one in ten in 2003 and one in fifteen in 1990.<sup>8</sup>

Creating inclusive work environments is crucial to value and respect older employees. Understanding their needs during recruitment and implementing initiatives such as recognising their expertise, offering rewards, facilitating skills transfer, and providing flexible work hours can help retain them. Efforts to promote employment opportunities for older individuals require these inclusive environments and support.

To further support older individuals in Gore District's workforce, opportunities for retraining and continued work are available through institutions like the Southern Institute of Technology - Te Pūkenga, University of Otago - Te Whare Wānanga o Ōtākou, Open Polytechnic - Kuratini Tuwhera, and Te Kunenga Ki Pūrehuroa - Massey University.

5. StatsNZ, Labour force projected to grow and grey, 2021, <https://www.stats.govt.nz/news/labour-force-projected-to-grow-and-grey/>

6. StatsNZ, Labour force projected to grow and grey, 2021, <https://www.stats.govt.nz/news/labour-force-projected-to-grow-and-grey/>

7. StatsNZ, Labour force projected to grow and grey, 2021, <https://www.stats.govt.nz/news/labour-force-projected-to-grow-and-grey/>

8. StatsNZ, Labour force projected to grow and grey, 2021, <https://www.stats.govt.nz/news/labour-force-projected-to-grow-and-grey/>



### Actions to increase access to employment for older people within Gore District

	Action	Task	Who could be involved	Priority
1	Improve the workforce participation and employment outcomes for older people living in the Gore District	<ul style="list-style-type: none"> <li>Support the implementation of the 'Older People's Action Plan' within the Gore District Workforce Strategy 2023.</li> </ul>	<ul style="list-style-type: none"> <li>Gore District Council</li> <li>Gore District employers</li> <li>Ministry of Education</li> <li>Ministry of Social Development</li> <li>Gore businesses</li> <li>Ready for Living</li> </ul>	High
2	Provide accessible relevant tax information	<ul style="list-style-type: none"> <li>Organise financial advisors to inform over 65s wanting to continue in or re-enter the workforce about tax and superannuation implications.</li> </ul>	<ul style="list-style-type: none"> <li>Age Concern</li> <li>Southland Business Chamber</li> <li>Ministry of Social Development</li> <li>Ready for Living</li> <li>Businesses and Organisations</li> <li>Closing the Gaps</li> </ul>	Medium
3	Encourage intergenerational mentoring	<ul style="list-style-type: none"> <li>Employers provide opportunities for older employees to mentor younger employees, or younger employees to mentor older employees.</li> </ul>	<ul style="list-style-type: none"> <li>Gore businesses</li> <li>Great South</li> <li>Southland Business Chamber</li> <li>Closing the Gaps</li> </ul>	Medium
4	Provide support and guidance regarding occupation registration renewals	<ul style="list-style-type: none"> <li>Assist those wanting to renew or continue occupational registrations to make it as easy and stress-free, including funding support where possible.</li> </ul>	<ul style="list-style-type: none"> <li>Ready for Living</li> <li>Age Concern</li> <li>Businesses and Organisations</li> <li>Office for Seniors</li> </ul>	Medium
5	Develop connections between older people and companies	<ul style="list-style-type: none"> <li>Liaise, develop, and strengthen social connectedness and relationships between older people and companies</li> </ul>	<ul style="list-style-type: none"> <li>Ready for Living</li> <li>Gore businesses</li> <li>Closing the Gaps</li> </ul>	Medium

### 3. Volunteerism - Tūao

**Goal:** Promote and support volunteerism among older persons, harnessing their skills, experience, and enthusiasm to contribute to the community, enhance social connections, and foster their personal well-being.

#### What older people said about volunteerism:

- Some retirees don't want to volunteer and prefer freedom.
- Retirees may need to be asked to volunteer.
- Intergenerational opportunities and the involvement of grandparents are needed.
- Some retirees volunteer for companionship and enjoyment.
- Leaving a volunteer role can be challenging without a successor.
- Encouraging more people to get involved in volunteering is important.
- Planning for volunteer opportunities after retirement is beneficial.
- Voluntary work may rely on savings or pensions.
- Being asked to contribute makes one feel valued.
- There are various roles, including phone-based or less physically demanding options.
- Volunteering allows retirees to join clubs, meet new people, and enjoy the positives of social interaction.
- Some find it easy to find a volunteer position whereas others find it difficult to find something that aligns with their interest.
- Volunteers play a crucial role in building a community.
- Engaging younger people in volunteering is important.
- Addressing anxieties about volunteering can be helpful.
- Having older people introduce new retirees to different groups can facilitate volunteer opportunities.
- The perception of time may change after retirement, with some feeling they have less time than when they were working.
- Some volunteer positions require additional criteria, i.e. police check, which can restrict people wanting to get involved.

#### What service providers said about volunteering:

- Promote intergenerational options such as working with schools and the playcentre.
- Huge opportunities and benefits to volunteering.
- Help people to not feel lonely.
- Good for young people to realise how much older people have to offer.
- Need to find ways to help organisations/groups lessen volunteer bureaucracy.

#### Assessing volunteerism in Gore District

Volunteering is of importance to older people, as it offers numerous benefits to both the volunteers and the community at large. Volunteering can provide a sense of purpose and fulfillment, allowing older people to stay active, engaged, and mentally stimulated during their later years. It gives them a meaningful outlet to contribute their skills, knowledge, and experiences to make a positive impact in their community, which can significantly enhance their overall well-being and quality of life.

Volunteering promotes social interaction and connection among older people, as well as with people from different age groups and backgrounds. It helps to mitigate social isolation and loneliness, which can be prevalent among older people and provides opportunities to build new friendships, share common interests, and engage in meaningful conversations. Volunteering also allows older people to be part of a supportive community of like-minded individuals who share similar values and goals, fostering a sense of belonging and camaraderie.

There are significant intergenerational impacts to volunteering as they can serve as mentors, role models, and sources of wisdom for younger generations, while also benefiting from the energy, creativity, and perspectives of younger volunteers. This intergenerational exchange of skills, knowledge, and experiences promotes mutual understanding, appreciation, and respect among different age groups, contributing to a more cohesive and inclusive community where people of all ages can thrive.

Volunteering plays a vital role in addressing local needs and supporting community organisations. For example, many community-driven initiatives and programmes rely on volunteers to operate and deliver essential services to the community. Older people who volunteer can fill gaps in services, and provide valuable support to local organisations.

Within Gore District, there are many opportunities for older people to volunteer. To name a few organisations, there are volunteering opportunities available at the Pakeke Lions Recycling Centre, Gore Hospice Shop, Salvation

Army Shop, St. Johns Health Shuttle, Big Buddy Programme, SupportLink - a friendship service, Meals on Wheels, Mataura Meals on Wheels, and Age Concern Accredited Visiting Service. Additionally, local sports clubs and schools appreciate assistance in coaching, management, mentoring, aiding, and administration.

Another volunteering option could be the establishment of a "Friends of the Gardens" to assist with getting people involved and creating connections.

Additionally, participating in community award ceremonies like the Gore District Community Awards can serve as a means to showcase the significance of

older people's contributions to the community, which are often overlooked. Honoring older individuals through this award would encourage respect from people of all ages within the community, cultivating a positive outlook on aging.

Another option for older individuals in Gore District is to establish a volunteer organisation, namely Volunteer Gore. Volunteer Gore could serve as a central hub for connecting volunteers with various community initiatives and organisations in need of assistance. It would provide a platform to coordinate volunteer activities, promote volunteer opportunities, and facilitate meaningful engagement between volunteers and the community.

### Actions to increase volunteerism for older people within Gore District

	Action	Task	Who could be involved	Priority
1	Understand what older people need and require to become involved in volunteerism	<ul style="list-style-type: none"> <li>Develop an understanding of needs, preferences, and motivation of older people in the community towards volunteerism.</li> </ul>	<ul style="list-style-type: none"> <li>Gore District Council</li> <li>Ready for Living</li> <li>Gore community</li> </ul>	Medium
2	Volunteer Gore	<ul style="list-style-type: none"> <li>Explore establishing an initiative Volunteer Gore to coordinate volunteer activities in the district.</li> <li>Develop an online platform that allows older people to search for volunteer opportunities based on their interests, skills and availability</li> </ul>	<ul style="list-style-type: none"> <li>Ready for Living</li> <li>Gore District Council</li> <li>Connected Eastern Southland</li> </ul>	Medium
3	Attract new volunteers	<ul style="list-style-type: none"> <li>Encourage current volunteers to act as ambassadors for volunteering and to introduce older people to different community organisation and volunteer opportunities</li> <li>Highlight the benefits of volunteering and encourage older people to get involved.</li> <li>Create volunteer opportunities that prioritise social connection and enjoyment, such as community events or group projects.</li> <li>Develop a targeted recruitment strategy for older people including outreach through community organisation, social media, and word-of mouth referrals.</li> <li>Provide options for older people who prefer freedom, such as one-time volunteering opportunities or flexible schedules that allow for more freedom.</li> <li>Align volunteer options with older persons interests</li> </ul>	<ul style="list-style-type: none"> <li>Gore District Council</li> <li>Ready for Living</li> <li>Community Organisations</li> </ul>	Low
4	Intergenerational opportunities and involvement	<ul style="list-style-type: none"> <li>Encourage community and educational organisations to provide intergenerational programs, such as mentorship or tutoring programs, that allow older people to use their skills and expertise to support younger generations.</li> </ul>	<ul style="list-style-type: none"> <li>Ready for Living</li> <li>Community organisations</li> <li>Educational organisations</li> </ul>	Medium
5	Promote retirement planning	<ul style="list-style-type: none"> <li>Provide retirement planning resources that include information on volunteer opportunities and how to get involved.</li> </ul>	<ul style="list-style-type: none"> <li>Ready for Living</li> </ul>	Low
6	Gore District Community Awards	<ul style="list-style-type: none"> <li>Develop an Older Person award as part of the Gore District Community Awards</li> </ul>	<ul style="list-style-type: none"> <li>Gore District Council</li> </ul>	High
7	Friends of Garden	<ul style="list-style-type: none"> <li>Establish and promote "Friends of Gardens" as an opportunity to build connections.</li> </ul>	<ul style="list-style-type: none"> <li>Parks and Recreation</li> <li>Ready for Living</li> </ul>	Low



## 4. Health and well-being - Hauora

**Goal:** Assist older people to maintain good health and well-being to enable them to maintain independence, engage in meaningful activities, and enjoy a high quality of life as they age.

### What our older people said about health and well-being

- Need for home services such as hairdresser, massage, and podiatrist.
- Lack of knowledge on how to access services and information.
- Loneliness is a significant issue.
- Lack of appointment times at doctors, not enough doctors available, and long waiting times are significant issues.
- Advocacy and connection are essential, especially for those without family support.
- Cost is a significant barrier to accessing healthcare services.
- Some people lack assertiveness or the ability to ask for help.
- Connections and social activities are critical for mental health.
- Need for publicising health services, especially free services.
- Fear and concern when receiving new prescriptions.
- Health services need improvement, and staff should be better trained to deal with older people.
- The lack of medical practitioners and medical facilities in some areas requires travel to access services.
- Age Concern's visitor service can be helpful in combating loneliness.
- An advocate is needed to ensure older people needs are being met.
- Lack of information about available services and travel subsidies.
- Too big a population in Mātaura for one doctor.

- Anxiety about moving to a care home. Loss of independence and reliance on staff. The perception they can't shop or do activities once they move in.
- Hard if families aren't close by - limitations to what aged care can offer.
- A lack of understanding about what public services can provide.
- The older generation is used to one doctor - they don't like having different doctors.
- Need to ensure older people understand nurses are also highly skilled and qualified to tend to them.
- Stress on families with regard to finances and inheritance.
- Alcoholism is an issue amongst some older persons - they hide it from doctors.
- Depression and anxiety issues.
- Cognitive decline not detected early enough.

### Assessing health and well-being in Gore District

In Gore District, the issue of the health and wellness of older people presents several challenges. One challenge is the limited availability of certain healthcare services, which may not be easily accessible or affordable for older people. Additionally, navigating the healthcare system and knowing where to go for help can be confusing, particularly for those without family support or advocacy. Waiting lists for medical appointments and procedures can be lengthy, and the cost of healthcare, including prescriptions and travel to appointments, can be prohibitive for older people. Mental health concerns, including depression, loneliness, social isolation, and lack of social connections, can also impact overall health and well-being.

### What service providers said about health and well-being:

- Some families send their parents to care homes and stop visiting.
- How do we address the needs of Māori and migrants?
- Public transport - lack thereof and is expensive. Prevents older people from going to the doctor and they risk of becoming isolated.

For our Kaumatua, it is important for services relating to physical and mental health, neglect, and elder abuse be culturally appropriate and responsive. This means that services should be provided in a way that takes into account the unique needs and perspectives of Te Ao Māori, and that acknowledges and respects their cultural identity and values.

Age-related limitations such as reduced mobility, hearing loss, and challenges in assertiveness or willingness to ask for help can further complicate the issue of health and well-being.

To address these Gore District has in place certain initiatives and actions. Some of these services mentioned include include Te Kakano nurses offering free health advice, education, and support, and working with other health providers to provide the best care. Their services include various checks, access to specialists like podiatrists and dieticians, and developing a health plan.

Age Concern New Zealand supports older people and provides services such as elder abuse education and Accredited Visitor Service. St John Health Shuttle is a community service that provides transportation to medical appointments from Gore to Maitua, Balcutha, Invercargill and Dunedin.

Gore District Council has also developed a 'Living Well in Later Years' document that gives information on many of the various health services provided within the Gore District. The documents also include support services for various areas of the well-being of older people.

### Actions to increase health and wellbeing for older people within Gore District

	Action	Task	Who could be involved	Priority
1	Provide culturally appropriate and responsive services in relation to Kaumatua health	<ul style="list-style-type: none"> <li>Facilitate and promote a Kaumatua health day</li> </ul>	<ul style="list-style-type: none"> <li>Hokonui Rūnanga Health and Social Service Trust</li> <li>Te Whanau O Hokonui Marae Inc.</li> </ul>	High
2	Need for more home service providers	<ul style="list-style-type: none"> <li>Establish a network of home service providers (e.g. podiatrist, trusted tradie, hairdresser etc.)</li> <li>Provide a list of available home service providers via our libraries and other promotional avenues.</li> <li>Establish volunteer groups to provide these services to older people who cannot afford them.</li> </ul>	<ul style="list-style-type: none"> <li>Ready for Living</li> <li>Libraries</li> <li>Volunteers</li> <li>Home Service Providers</li> </ul>	Medium
3	Combat loneliness	<ul style="list-style-type: none"> <li>Promote community engagement programmes, such as social clubs and support groups.</li> <li>Promote volunteer programmes to provide companionship to older people who are isolated.</li> </ul>	<ul style="list-style-type: none"> <li>Ready for Living</li> <li>Community Organisations</li> <li>Volunteers</li> </ul>	High
4	Promote advocacy	<ul style="list-style-type: none"> <li>Connect older people with advocates who can assist them in accessing services.</li> <li>Develop and promote programmes to train older people on self-advocacy and assertiveness skills.</li> </ul>	<ul style="list-style-type: none"> <li>Age Concern</li> <li>Ready for Living</li> <li>Well South</li> </ul>	Medium
5	Transport	<ul style="list-style-type: none"> <li>Promote existing transportation assistance programs.</li> <li>Establish partnerships with local businesses and community organisations to provide transportation support for older people in need.</li> </ul>	<ul style="list-style-type: none"> <li>Local businesses</li> <li>Community organisations</li> <li>Ready for Living</li> </ul>	High
6	Raise awareness of the mental health of older people	<ul style="list-style-type: none"> <li>Provide educational opportunities on mental health services available.</li> </ul>	<ul style="list-style-type: none"> <li>Well South</li> </ul>	High

## 5. Communication and information - Kia Whai Mōhiohio te Kaumātua i ngā Kaupapa

**Goal:** That older people have access to information and communication tools that empower them to stay connected, informed, and engaged.

### What our older people said about information and communication:

- Lack of knowledge about available resources and difficulty with technology.
- Create a "What's On" section in the Ensign for easy access to local events.
- Keep the pool website updated for older people using the facilities.
- Brochures or information at the library on available groups.
- Ensure accurate and up-to-date information for older people.

### What service providers said about information and communication:

- The cost of advertising in The Ensign has increased.
- Libraries are a good source of information and assistance and can assist in helping older people understand new technologies.
- Older people find it hard to update their phones and fix a broken phone or TV.
- Scam safety awareness is an issue.
- Some families don't want to put their parents in care as they don't want to lose their family home.

### Assessing information and communication in Gore district:

Access to information empowers older people to make informed decisions, leading to better health outcomes, financial security, and social engagement. However, older people face challenges in accessing information due to limited technology skills, physical limitations, language barriers, information overload, lack of localised information, cognitive impairments, and trustworthiness of sources.

Our Kaumātua may also not be aware of the full range of services and support that are available. This can be due to factors such as limited access to information, technology, and lack of awareness about their rights and entitlements.

To assist older people with the ability to access and use information in a meaningful way Gore District has some programmes already in place. These include the Ready for Living Coordinator attending meetings to inform them of upcoming events and sharing relevant information. Additionally, Ready for Living is working to provide information in various formats, including hard copies in accessible locations. Other sources of information are the Gore and Mataura Library, Aged Concern, and the Gore Information Centre.

The provision of educational events plays a vital role in catering to the different needs of older individuals. It is common for older people to express a desire for education on topics specifically related to later life. These topics encompass a wide range, including first aid courses, digital classes, brain health, elder abuse, and scams, as well as matters like wills and enduring power of attorney. Ready for Living and Age Concern are actively involved in responding to these needs and ensuring that educational opportunities are accessible to older individuals.



### Actions to increase communication and information for older people within Gore District

	Action	Task	Who could be involved	Priority
1	Ensure Kaumātua has access to information regarding services available to them	<ul style="list-style-type: none"> <li>Work closely with Māori communities and Kaumātua to ensure that communication and information relating to services are clear and incorporate Te Ao Māori perspective.</li> </ul>	<ul style="list-style-type: none"> <li>Hokonui Rūnanga Health and Social Services Trust</li> <li>Te Whanau O Hokonui Marae Inc.</li> <li>Community organisations</li> <li>Ready for Living</li> </ul>	Medium
2	Assist older people with communication and information	<ul style="list-style-type: none"> <li>Develop and implement a communication plan for older people, including traditional and digital channels, to inform them about available resources and events.</li> </ul>	<ul style="list-style-type: none"> <li>Ready for Living</li> <li>Community organisations</li> <li>Gore District Council</li> </ul>	Medium
3	Scam awareness training	<ul style="list-style-type: none"> <li>Promote resources or programmes to help reduce the risk of scams.</li> </ul>	<ul style="list-style-type: none"> <li>Libraries</li> <li>NZ Police</li> <li>Local businesses (i.e. ASB, Spark)</li> </ul>	High
4	Technology training and assistance	<ul style="list-style-type: none"> <li>Develop a free or reduced-cost service to assist with basic technical support. e.g. update phone or install a new T.V etc.</li> <li>Provide technology training for older people to improve their knowledge and skills, ensuring they can access available resources.</li> </ul>	<ul style="list-style-type: none"> <li>Local businesses</li> <li>Ready for Living</li> <li>Volunteers</li> <li>REAP</li> </ul>	Medium
5	Promote 'Living Well in Later Years' and Emergency Planning	<ul style="list-style-type: none"> <li>Update and reprint 'Living Well in Later Years' every 18 months to 2 years.</li> <li>Promote Living Well in Later Years and Emergency Planning.</li> </ul>	<ul style="list-style-type: none"> <li>Ready for Living</li> <li>Emergency Management Southland</li> </ul>	Medium
6	Educational Events	<ul style="list-style-type: none"> <li>Deliver a range of educational events that meet the needs of older people.</li> </ul>	<ul style="list-style-type: none"> <li>Age Concern</li> <li>Ready for Living</li> </ul>	Low

## 6. Recreation Ngā Mahi Ā-rēhia

**Goal:** Provide recreational activities for the physical and mental wellbeing of older people.

### What our older people said about recreation

- Create a dedicated place where citizens, especially older people, can gather and socialise, such as a community centre with card games or other activities.
- Consider opening Bannerman Park for drive-through access on Wednesdays, as it has been in the past.
- Ensure that Gore Gardens have ample seating, with different types of seating, including higher seating options for older people.
- Address low tree branches opposite the council building that may pose a hazard for older people who have to duck.
- Provide a variety of exercise classes and activities to promote fitness and well-being for older people.
- Consider free or discounted access to swimming pools and cinemas for older people.
- Encourage social connection through initiatives like community gardens and Men's Shed programmes.
- Increase the availability of walkways and cycle tracks, particularly in areas like Mataura.
- Focus on beautifying and improving accessibility of existing walkways, including addressing any rough or unsafe areas.
- Consider enhancing the appearance of Waimumu stream walkway to make it more appealing for older people.

### What service providers said about recreation:

"Seating in parks could be a good project for woodwork groups like the Menzshed."

"Cost of materials is a barrier - partner with organisations such as Hokonui Runanga."

### Assessing recreation in Gore district

Regular engagement in recreational activities promotes physical exercise, which is good for maintaining overall health and well-being, including improving cardiovascular health, muscle strength, and flexibility.

Recreational activities also provide opportunities for socialisation and community engagement, helping to combat loneliness and social isolation often experienced by older people. The mental health benefits of spending time in nature and engaging in enjoyable recreational activities cannot be overstated. Recreational activities can help reduce stress, anxiety, and depression, and improve cognitive function, memory, and mood.

Overall, easy access to recreational activities plays a vital role in promoting the physical, mental, and social well-being of older people, including kaumatua and migrants, enhancing their quality of life, and contributing to healthy aging.

The following recreational activities are available for older people in Gore district. Gore Public Gardens, Dolamore Park, Mataura River Walk, Gore Bike Track, Eastern Southland Gallery, several walking tracks, Mataura River Walkway, Centennial Park, Mataura Community Garden, and Mataura Riverbank Reserve.

Some examples of recreational options include Gore Golf Club, Gore Aquatic Centre, Mataura Bowling Club, Mataura Museum and Art Gallery, Gore District Libraries, Mataura Public Library, and Mataura RSA.

### Actions to increase access to recreation for older people within Gore District

	Action	Task	Who could be involved	Priority
1	Promote and/or develop utilisation of existing resources	<ul style="list-style-type: none"> <li>Assess the potential use of the flat area at the top of Bannerman Park as a gathering place for older people, including identifying any necessary infrastructure improvements and potential funding sources.</li> <li>Assess potential areas around Gore district that could be purposed as gathering places for retirees e.g. create chess tables, petanque areas etc.</li> </ul>	<ul style="list-style-type: none"> <li>Gore District Council</li> <li>Ready for Living</li> </ul>	Medium
2	Assess seating options	<ul style="list-style-type: none"> <li>Conduct an assessment of seating options in Gore Gardens and around Gore district to determine the need for additional seating.</li> </ul>	<ul style="list-style-type: none"> <li>Gore District Council</li> <li>Older people</li> </ul>	Medium
3	Ensure paths and walkways are clear and safe	<ul style="list-style-type: none"> <li>Coordinate with the council or local arborist to address low tree branches that pose a hazard to older people.</li> <li>Conduct an assessment of existing walkways to identify areas that need improvement in terms of accessibility, safety, and aesthetics, and develop a plan to address these issues.</li> </ul>	<ul style="list-style-type: none"> <li>Gore District Council</li> </ul>	High
4	Provide free or discounted services	<ul style="list-style-type: none"> <li>Explore the feasibility of offering free or discounted access to swimming pools and cinemas for older people.</li> </ul>	<ul style="list-style-type: none"> <li>Gore District Council</li> <li>Gore Movie Theatre</li> <li>Local businesses and organisations</li> </ul>	Low
5	Promote social interactions and engagement	<ul style="list-style-type: none"> <li>Promote initiatives like community gardens and Menzshed programmes to encourage social connection among older people.</li> <li>Identify potential partners and funding sources to support these initiatives.</li> </ul>	<ul style="list-style-type: none"> <li>Friends of Gore Gardens</li> <li>MenzShed</li> <li>Other community groups and organisations</li> </ul>	Medium
6	Event Accessibility	<ul style="list-style-type: none"> <li>Host recreational events at times and venues accessible to older people.</li> </ul>	<ul style="list-style-type: none"> <li>Event organisers</li> </ul>	Medium
7	Provision of culturally appropriate and responsive activities and outdoor spaces for Kaumatua	<ul style="list-style-type: none"> <li>Work closely with Maori communities and Kaumatua to ensure that outdoor spaces and recreational activities are designed and delivered in a way that is culturally appropriate and responsive.</li> </ul>	<ul style="list-style-type: none"> <li>Hokonui Runanga</li> <li>Gore District Council</li> <li>Community groups</li> </ul>	Medium
8	Increase accessibility and adaptability of outdoor spaces and recreational activities to meet the needs of migrant communities	<ul style="list-style-type: none"> <li>Provide information about available resources in multiple languages.</li> <li>Work closely with older migrant communities to co-design outdoor spaces and activities that are culturally appropriate and responsive.</li> </ul>	<ul style="list-style-type: none"> <li>Welcoming Communities Advisory Group</li> <li>Migrant communities</li> <li>International Connect Group</li> </ul>	Medium
9	Promote and increase access to local walkways and cycle tracks	<ul style="list-style-type: none"> <li>Develop a plan to increase walkways and cycle tracks in areas (e.g. Mataura).</li> <li>Identify potential funding sources and coordinate with council and community groups to develop.</li> </ul>	<ul style="list-style-type: none"> <li>Gore District Council</li> <li>Hokonui Runanga</li> <li>Community groups</li> <li>Hokonui Mountain Bike Club</li> </ul>	Medium



## 7. Mobility and accessibility - Ngā Ara me Āheitanga

**Goal:** Older people are able to move freely, access essential services, and fully participate in their community.

### What our older people said about mobility and accessibility:

- Senior citizen parking, especially on Thursdays.
- Need for seats in shops and businesses for resting (e.g. at ATM).
- Focus on improving footpaths overall for better mobility.
- Painted white and yellow strips for better visibility (e.g. Charlton Road and William Street).
- Ensure wheelchair access to and around shops (e.g. wide doors).
- Address issues with obtaining Australian money in Gore.
- Bigger print size for better visibility in shops and businesses.
- Manage the parking on footpaths to avoid obstructing mobility.
- Address the need for another crossing on Irk Street.
- Make memorial gates wide enough for scooters.
- Install lights and address uneven surfaces on Ardwick Street.
- Provide lifts in theatres and cinemas for accessibility.
- Provide microphones in venues for improved speaker audibility.
- Provide wider and more disabled carparks.
- Provide clear information on obtaining disability parking permits.
- Address worn-out walker wheels on footpaths.
- Explore transport options for those who don't drive, including wheelchair taxis.
- Consider establishing regular transport services for groceries and banking in neighbouring areas
- Consider tunnels under roads for pedestrian access, such as in Maitua.
- Ensure appropriate railing on Main Street in Maitua.

### What service providers said about mobility and accessibility:

- Hard to access shops - no hand rails etc. Businesses don't own shops so can't make adjustments.
- Williams and Albany Street are very dark. New dark lighting and trees not helping as they block the light.
- Getting out of cars is an issue. Hard to get walkers out of cars.
- Car parks aren't wide enough.
- Can't trigger automatic doors in wheelchairs.
- Lack of crossings - hard to get across certain roads for wheelchairs and mobility scooters.
- Road markings for the blind are either absent or limited.

### Assessing mobility and accessibility in Gore district

Challenges regarding accessibility and mobility for older people can vary depending on factors such as location, infrastructure, and personal abilities. Common challenges include physical barriers, transportation limitations, age-related health conditions, social and community barriers, financial constraints, digital accessibility, and lack of information and awareness. Addressing these challenges requires a multi-faceted approach, including improving infrastructure and transportation, promoting social inclusion and community engagement, providing affordable mobility aids, promoting digital accessibility, and increasing awareness and information about available resources and services for older people.

In order to mitigate some of these challenges Gore District has several services to assist those with mobility issues. These include; the Disabilities Resource Centre Southland (DRC) which offers impartial advice and information on all matters associated with disabilities. Trained information consultants help older people find the equipment, people, and organisations they need after an operation, accident, or illness.

DRC can assist with hiring or selling equipment, making it easier for people with disabilities to access the support they require. Southern Mobility provides equipment and gadgets to improve the lives of people with limited physical abilities. They sell, hire and service a wide range of equipment, including mobility scooters and electric beds. They are an Enable and ACC subcontractor and believe in promoting independence for people with disabilities. Mobility Parking Scheme which allows people with limited mobility to apply for a permit that allows them to park conveniently at accessible reserved parking spaces or in a metered space for free for an allotted time.

There are also various public transport options, such as affordable taxi and social bus services, and the Total Mobility scheme, which provides subsidised transport to people with impairments. Gore District Council provides free parking at metered spaces for people over 80 years to come into town to utilise and enjoy the facilities available in our CBD and encourage more social interaction.

### Actions to improve mobility and accessibility for older people within Gore District

	Action	Task	Who could be involved	Priority
1	Improve parking	<ul style="list-style-type: none"> <li>Conduct a review of parking needs for senior citizens in the area.</li> <li>Identify locations where older people parking is most needed.</li> </ul>	<ul style="list-style-type: none"> <li>Gore District Council</li> </ul>	Medium
2	Improve seating for older people	<ul style="list-style-type: none"> <li>Encourage businesses to provide seating for customers</li> <li>Work with the council to provide funding or incentives for businesses to install seating.</li> <li>Provide guidance and recommendations to businesses on the types of seating that would be most helpful.</li> </ul>	<ul style="list-style-type: none"> <li>Businesses</li> <li>Gore District Council</li> </ul>	Medium
3	Improve footpaths for better mobility	<ul style="list-style-type: none"> <li>Conduct a review of existing footpaths to identify areas in need of repair or improvement.</li> <li>Council allocates resources to improve footpaths (ensuring they are wide enough), particularly in areas with high foot traffic.</li> <li>Educate older people on how to report issues in relation to footpaths and other infrastructure.</li> </ul>	<ul style="list-style-type: none"> <li>Gore District Council</li> </ul>	High
4	Road and pedestrian marking made clear	<ul style="list-style-type: none"> <li>Identify areas where painted strips could improve visibility and safety for pedestrians and those with seeing impairments.</li> <li>Council to allocate resources to paint the strips in identified areas.</li> <li>Conduct regular reviews to ensure that painted strips are maintained and clearly visible.</li> </ul>	<ul style="list-style-type: none"> <li>Gore District Council</li> </ul>	High
5	Increase driver education	<ul style="list-style-type: none"> <li>Develop educational programmes for mobility scooter drivers to raise awareness and increase safety.</li> <li>Encourage drivers to be more aware of their surroundings and give way to pedestrians, including those using mobility scooters.</li> <li>Promote driver education programmes to the older community.</li> </ul>	<ul style="list-style-type: none"> <li>Police</li> <li>Ready for Living</li> </ul>	Medium
6	Increase businesses involved with the Age-Friendly Business Programme	<ul style="list-style-type: none"> <li>Promote Age Friendly Business Programme within the business community and organisations</li> <li>Provide guidance and recommendations to businesses on improving wheelchair accessibility.</li> <li>Work with the council to allocate resources to improve accessibility, such as installing non-slip surfaces on steps, handrails or automatic doors.</li> <li>Provide guidance and recommendations to businesses on improving accessibility for older people.</li> <li>Encourage businesses to use larger font sizes on signs and displays.</li> </ul>	<ul style="list-style-type: none"> <li>Ready for Living</li> <li>Local businesses</li> <li>Community organisations</li> </ul>	Medium

## 8. Safety - Haumarutanga

**Goal:** Prioritise the safety and security of older persons, ensuring their well-being, independence, and quality of life.

### What our older people said about safety:

- Break-ins and feeling vulnerable.
- Importance of home security.
- Need to lock doors and take necessary precautions.
- Feeling safe with weapons or someone for protection.
- Courtesy and communication with neighbours.
- Recognition of police being busy.
- Neighbourhood watch concept, such as keeping curtains open as a possible security measure.

### What service providers said about safety:

- Prevent burglaries - put signs up to say protected by a security company, cameras, and dogs, don't leave anything in the car
- Smoke alarms - know when to change batteries
- Lack of reporting - older people don't want to bother the police
- Collaboration between organisation - police and DHB
- Encourage older people to have key lock safe for care workers to be able to get in.

### Assessing safety in Gore District

The safety of older people is important to ensure they feel safe and secure. Precautions need to be taken to prevent break-ins and address home security concerns. Communication and collaboration between the police and older people can be improved, and neighbourhood watch programmes can be implemented to provide an added layer of safety. Prioritising the safety of older people is crucial to their well-being and quality of life.

Within Gore District, there are options for people to feel safe within their homes such as smart houses to help older people remain in their homes safely. Additionally, there are options for older people to be able to reach companies that can assist them if they fall ill or fall etc. The list of MSD-accredited medical alarm suppliers, includes ADT Security Neva Alone, Chubb VitalCALL, St Johns Medical Alarm, and Securely.

### Actions to increase access to safety for older people within Gore District

	Action	Task	Who could be involved	Priority
1	Community Education	<ul style="list-style-type: none"> <li>• Educate older people about the importance of home security and the steps they can take to reduce the risk of break-ins.</li> </ul>	<ul style="list-style-type: none"> <li>• Age Concern</li> <li>• NZ Police</li> </ul>	High
2	Collaborate with law enforcement	<ul style="list-style-type: none"> <li>• Work closely with local law enforcement to ensure they are aware of the concerns and can take appropriate measures to address them.</li> <li>• Encourage community members to report any suspicious activities to the police.</li> </ul>	<ul style="list-style-type: none"> <li>• Police</li> <li>• Age Concern</li> </ul>	High
3	Encourage communication and courtesy among neighbours	<ul style="list-style-type: none"> <li>• Encourage neighbours to communicate with each other and keep an eye out for each other's homes and well-being.</li> </ul>	<ul style="list-style-type: none"> <li>• Neighbourhood Support</li> <li>• NZ Police</li> <li>• Connect Eastern Southland</li> <li>• Ready for Living</li> </ul>	Medium
4	Elder Abuse	<ul style="list-style-type: none"> <li>• Promote and educate the community and older people on what is elder abuse and how to deal with it.</li> </ul>	<ul style="list-style-type: none"> <li>• Community</li> <li>• Businesses</li> <li>• Ready for Living</li> <li>• Age Concern</li> <li>• Health Providers</li> </ul>	High





**"Wisdom shared to the new generation. The legacy of the old"**

Mai Quesada



# Strategic Alignment and Funding

An increasing ageing population is a local, national, and global issue. Slowly there is becoming more awareness and conversation about this changing demographic. New thinking is required to ensure that people around the world can age with dignity. Gore District has been aware of this trend for some time and implemented a work programme called Ready for Living over five years ago with a view to ensuring that older adults can age with dignity, remain active participants in our community, and enjoy a high-quality of life as valued members of the Gore District community. This Age-friendly strategy aims to create a supportive environment for older adults within the Gore district. It also acknowledges international, national, regional, and local strategies and reports that address various aspects of aging, including health, housing transportation, and social engagement.

Ready for Living was ahead in its vision when it embarked on exploring the needs of our ageing community. Ready for Living has been acknowledged both in New Zealand and overseas for its work in the aged area. This has included obtaining Age-friendly accreditation with the World Health Organisation Global Network for Age-friendly Cities and Communities before New Zealand received its recognition. Regular requests are received to present on individual pieces of work both within New Zealand and overseas, including Ageing Better UK for Age-Friendly Business framework, Sharjah Elderly Services forum for the work completed in developing an Emergency Planning Guide for Older Persons.

For Gore district to continue the work within this sector of the community, secure funding is required. To date the PH Vickery Trust has provided funding to employ a part-time co-coordinator. This funding is to the 30 June 2024. The Gore District Council needs to consider a long-term commitment to ensure that the work can continue within the district. This should form part of the discussion in the next Long Term Plan. A full-time position is now required.

The following is a list of documents that have been reviewed during the development of this plan.

## International Level Alignment

- World Health Organisation (WHO) Age-friendly Cities framework developed in the Global Age-friendly Cities Guide proposes eight interconnected domains that can help to identify and address barriers to the well-being and participation of older people. <https://extranet.who.int/agefriendlyworld/age-friendly-cities-framework/>
- United Nations Principles for Older Person, resolution 46/91 - <https://social.un.org/ageing-working-group/documents/fourth/AWAZUNprinciplesforolderpersons.pdf>

## National Level Alignment

- Office for Senior Citizens, Te Tari Kaumatua, Ministry of Social Development, 2014 Report on the New Zealand Positive Ageing Strategy, (2015) - <https://officeforseniors.govt.nz/assets/documents/our-work/Ageing-research/Positive-ageing-strategy-report-2014.pdf>
- Ministry of Health - Healthy Aging Strategy, (2016) - <https://www.tewhātuora.govt.nz/for-the-health-sector/specific-life-stage-health-information/health-of-older-people/healthy-ageing-strategy-update/#:~:text=The%20Healthy%20Ageing%20Strategy's%20key.and%20recovery%20from%20acute%20episodes>
- Better Later Life - He Oranga Kaumatua 2019 to 2034 - <https://officeforseniors.govt.nz/assets/documents/our-work/better-later-life/Better-Later-Life-Strategy/Better-Later-Life-He-Oranga-Kaumatua-2019-to-2034.pdf>
- New Zealand Disability Strategy (2016-2026) - <https://www.odi.govt.nz/assets/New-Zealand-Disability-Strategy-files/pdf-nz-disability-strategy-2016.pdf>
- REFLECTIONS on Kaumatua, Pakeke and Seniors Housing, Kylie Bailey - [https://www.buildingbetter.nz/publications/housing/reflections\\_on\\_kaumatua\\_pakeke\\_and\\_seniors\\_housing/](https://www.buildingbetter.nz/publications/housing/reflections_on_kaumatua_pakeke_and_seniors_housing/)
- Disability Action Plan 2019-2023 - <https://www.odi.govt.nz/disability-action-plan-2/>

# Strategic Alignment and Funding

## Regional Level Alignment

- Beyond 2025 Southland - Regional Long Term Plan - <https://beyond2025southland.nz/nov/wp-content/uploads/2023/06/B2025-Plan-FINAL-Compressed.pdf>

## Local Level Alignment

- Gore District Welcome Plan 2022 - <https://www.goredc.govt.nz/repository/libraries/id:2buwl3j7c17q9srz9ase/hierarchy/Our%20Community/Documents/Welcoming%20Communities/Gore%20District%20Welcome%20Plan%202022.pdf>
- Gore District Workforce Strategy 2023

## Action to continue work within this sector

	Action	Task	Who could be involved	Priority
1	Secure funding for staffing	<ul style="list-style-type: none"> <li>• Include staffing and project funding within the 2024 - 2027 Long-Term Council Plan</li> </ul>	<ul style="list-style-type: none"> <li>• Gore District Council</li> </ul>	High

# READY FOR LIVING TE ARA TIKETIKE

P: 03 209 0330 or 0800 467 332

E: [kyliereadyforliving@goredc.govt.nz](mailto:kyliereadyforliving@goredc.govt.nz)

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

[www.readyforliving.co.nz](http://www.readyforliving.co.nz)

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