



Age Concern Auckland

Serving the needs of older people



Age Concern Auckland Update September 2020

International Day of Older Persons (IDOP) – Thursday 1 October 2020

October 1st is International Day of Older Persons and 2020 marks the 30th year of this observance day, which provides us with the opportunity to highlight the value of older people in our communities and to promote dignity and respect. It's a time for us all, including families and organisations to acknowledge and say thank you for the huge contribution older people make to our communities. Mentoring, volunteering, looking out for the neighbourhood, caring for children, sharing wisdom and experience and being in paid work and leading businesses are some of the many ways New Zealanders aged 65+ contribute.

This year the theme of International Day of Older Persons centres on the special needs of older people during pandemics and the impact of pandemics on their overall health and wellbeing. Two of the greatest impacts Age Concern Auckland has noticed COVID-19 has had on the older people we are working with are, an increase in the level of anxiousness being experienced by older people and increasing feelings of isolation and loneliness. Many of the people who are contacting us, need our time, to talk with them, to connect with them and to listen to their concerns, fears and needs.

In the words of Nelson Mandela

“A society that does not value its older people denies its roots and endangers its future. Let us strive to enhance their capacity to support themselves for as long as possible and when they cannot do so anymore, to care for them.”



**The gift of your time
for an older person
is a very precious
thing.**

This International Day of Older Persons we are encouraging every Aucklander to reach out to the older people in their lives, they could be a family member, a neighbour or at your work.

Let them know that you care and what they mean to you and your family. You can call them, visit them, skype with them or send them a card.

This will highlight their importance to you and reinforce they are not alone. If we can do all do this it would be a great way to mark this International Day of Older Persons.

Donate now to support our work
www.ageconcernauckland.org.nz

Age Friendly City Research

Age Friendly Cities is a global initiative coordinated by WHO (World Health Organisation) and includes a framework of eight interconnected domains which include housing, transport, social connections, civic participation and employment, environment and green spaces. The framework is designed to help us to identify opportunities and address barriers to the wellbeing and participation of older people.

The overall aim of an 'Age Friendly Auckland' is to recognise that if Auckland is accessible and inclusive for older people it is likely also accessible and inclusive for all people, no matter their age, ethnicity, abilities and language. For this reason, Auckland Council is also proposing a ninth domain, culture and diversity, to reflect the bicultural foundation of Tāmaki Makaurau and our diverse population.

Age Concern Auckland is very conscious of the need to be at the forefront of research and planning for our changing population and in 2019 as part of that, we assisted in hosting and delivering community engagement workshops and surveys. The findings were compiled into key themes and presented to stakeholders and organisations working across Auckland early this year. This brought to light the varied and complex challenges that older Aucklanders face as they attempt to navigate through their community.

Auckland Council is currently gearing up for the next phase, which was delayed due to COVID-19. It involves hosting a series of planning workshops, facilitated online during October with key partners and stakeholders, who can contribute ideas and help with the ongoing development and delivery of those ideas and initiatives.

Age Concern Auckland will participate in these workshops and will continue to disseminate information out to the wider community network for feedback and contribution.

Loneliness Group Research

Age Concern Auckland is a partner in the Loneliness Group Research, led by Gary Cheung from Auckland University. The research involves a study aiming to address loneliness and isolation amongst older adults, through group activities. The core components involve a short-term therapy model (Interpersonal Therapy), art and meditation.

Mairangi Bay Arts Centre and Connect the Dots will facilitate the art components of the project. Initially the research was to commence this year but has been delayed by COVID-19.

Age Concern Auckland Benefits from Intergeneration Project

The artwork on the side of the Age Concern Auckland office on Rosebank Road, is the final stage of an 18-month intergenerational community art project coordinated by West Auckland artist Ekarasa Doblancovic in partnership with Age Concern Auckland.

The artwork is comprised of individual clay tiles that were handmade and painted by Avondale Intermediate students and residents from Cosmopolitan and Rosedale Retirement Villages during 10 workshops in mid-2019. The paint used on the tiles is mixed from local clays and soils from the Whau area, connecting the participants to their local area.

The project was designed as a meaningful way to bring together young and old members of the community using the medium of art.

Follow us on Facebook to keep updated on our work and news
<https://www.facebook.com/ageconcernauck/>

The art project is just one of the ways that we provides community connectedness for isolated and lonely older people through the Social Connections Service

The project was funded by Whau Arts, Whau Local Board and Whau Arts Festival, and is part of the Whau Arts Festival 2020.



Support Age Concern Auckland

Sunday 28 February 2021 is Round the Bays and registrations are now open. If you are participating in this iconic Auckland fun run, we would love you to help support Age Concern Auckland while you do it. It's easy to fundraise via Round the Bays, you set a fundraising target \$250, \$500, \$1000 (whatever you are comfortable with) and then set up an online fundraising page. Share the link to your fundraising page with your friends, family, colleagues, neighbours, anyone you can think of and ask them to donate in support of your run for Age Concern Auckland. It's a fantastic way to show your support of our essential community work and gives purpose to your fun run. This is the first time we've tried to fundraise through Round the Bays, so we would love your support to help us raise crucial funds to deliver our services.

Please also share this information with other people who might be keen to participate.

If you are keen or would like more information, contact Alexis on alexiss@ageconak.org.nz or 09 972 0092.



Wisdom and Experience are just two of the great things that older people bring into our lives.

Listen to some excerpts of the chat we had with Chris, a 76 year old Vietnam veteran (and self-proclaimed rollercoaster freak!) during lockdown in Auckland

Kevin Lamb
CEO Age Concern Auckland

To contact your local office:

Central and West - 09 820 0184; ageconcern@ageconak.org.nz

Counties Manukau - 09 279 4331; admin@accm.org.nz

North Shore - 09 489 4975; ageconns@acns.co.nz