

Our services

- **Accredited Visiting Service** – provides companionship and support for older people living independently in the community by matching them with a regular, volunteer visitor.
- **Elder Abuse Response Service** – aims to improve the quality of life of older people in abusive situations and to prevent abuse by providing information, education programmes, advocacy and support.
- **Field Social Worker** – social workers are available to support and assist older people address social, health or wellbeing issues.
- **Total Mobility Scheme** – assesses and provides subsidised taxi cards to eligible people.
- **Health Promotion** – delivers a range of workshops and activities to promote positive ageing strategies so older people can age in place and maintain their independence.
- **Asian Services** – our services and activities delivered in Mandarin and Cantonese.



Contact details

Avondale Office

57 Rosebank Road, Avondale,
Auckland 1026

Phone: 09 820 0184

North Shore Office

177B Shakespeare Road, Milford,
Auckland 0620

Phone: 09 489 4975

Papatoetoe Office

Cambria Park Homestead,
250 Puhinui Road, Papatoetoe,
Auckland 2025

Phone: 09 279 4331

Postal Address

PO Box 19542, Avondale,
Auckland 1746

www.ageconcernauckland.org.nz



Ageing Well for older adults

We deliver a range of activities and workshops that aim to improve the health and wellbeing of older adults.



Age Concern deliver a range of activities and workshops that provide practical knowledge on topics such as health and wellbeing, legal matters, modern technology and safe driving.

Positive Ageing:

The NZ Government has a vision for a society where people can age positively, older people are highly valued and are recognised as an integral part of families and communities. It recognises:

- the value and importance of lifelong good health and wellbeing
- that older people have an abundance of skills, knowledge and experience to contribute
- that we all have an interest in ensuring that older people can be active participants in society for as long as they possibly can.

'Positive ageing is not about how to live longer, nor is it about how to avoid growing old. It's about making the most of the benefits of being older.'

How we can help:

Our friendly team can help guide you to find the information you need to age well and make informed decisions. We host a programme of Health Promotion activities and have resources available that we can share.

Our programme of Health Promotion activities includes:

- Steady Steps (Preventing Falls)
- Nutrition in a Nutshell
- Seniors Eating Well
- My Home, My Choices
- Enduring Power of Attorney
- Advance Care Planning
- Scam Alert!
- Technology for Seniors
- Safe Driving

About Age Concern

Getting older is something we should all celebrate, but it can be tough. With an increasing number of major life changes – retirement, health challenges and loss of loved ones – it is crucial we have the support we need within our reach.

Age Concern Auckland is a charitable organisation dedicated solely to over 65s and is one of the most significant providers of services across Auckland that connects, supports, empowers, celebrates and respects the older people in our community.

At Age Concern, we are committed to promoting wellbeing, rights, respect and dignity for older people. Each year we receive tens of thousands of requests for help ranging from those simply seeking advice and guidance, to providing dedicated support to some of the most vulnerable older members living in our community.

We work to ensure that older people's voices are heard and represented when decisions are made about them.

Age Concern Auckland is a charity and relies on donations to deliver our essential services and support. To support our work please donate at www.ageconcernauckland.org.nz, all donations large or small make an impact.



Where to from here?

Contact our friendly team today for more information or for a list of our upcoming Health Promotion activities.

Central & West: 09 820 0184 North Shore: 09 489 4975

Counties Manukau: 09 279 4331

