

WINTER 2018 QUARTERLY NEWSLETTER
www.ageconcern.org.nz



Age Concern Southland

Serving the needs of older people



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From the Manager...

Welcome to our second addition of our newsletter for the year. I would like to thank everyone for taking part in the survey, if you have not seen the results, have a look on the notice board.

From this survey it was great to see how many people found their quality of life has improved. If you missed taking the survey let Heather know and she will give you a copy or talk to a staff member about any new programs you would like to run, it was great to see you are all enjoying the meals. Keep warm and continue to make the most of the Centre.

Janette Turner

Age Concern Southland Manager

*Providing Free
Community Legal Services
for all of Southland*



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LAW CENTRE**

Freephone: 0800 55 0800 or (03) 214 3180
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AWHI MANA TOHU TOHU ME MIHI KI MURIHIKU

Who's Who at 'The Centre'?

JANETTE – Manager Extension 4

Janette promotes and runs 'The Centre'. She also provides a Confidential Advocacy service for clients going through Elder Abuse or any Welfare needs.

HEATHER – Office Manager Extension 1

Contact Heather to book meals, rooms or to answer any queries that you may have.

CHRIS – Accredited Visiting Service Co-ordinator Extension 2

If you feel that you could benefit from this service either as a Visitor or Client please contact Chris.

JANINE – Social Worker Extension 5

Janine works alongside Janette with any Elder Abuse or Welfare needs.

JAN – Community Educator Extension 3

Jan is always willing to go out and talk to groups and individuals about the services we have here at Age Concern Southland.

KATHY:

Is our wonderful cook who manages the kitchen.

CRAIG:

Is our cleaner at the Centre.

LES – Van Driver Extension 6

Please contact Les if you would like to be picked up to come into the Centre.

HELEN – Queenstown Office (03) 441 3490

Helen looks after our Queenstown office and works in the field of Advocacy and any welfare needs of Elder Abuse situations.

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Their support enables the production of this newsletter, so please support them.

Navigate this winter with ease!

During the winter months the cold weather and shorter daylight hours can make life challenging for everyone, but that's no excuse to hibernate!

Whilst it's a nice thought to be snuggled up inside, with the fire or heating on, sipping on hot drinks, the reality is that winter can often be a jolly nuisance. There are a few things that can be done to help make the winter months more enjoyable:

Be extra careful to prevent falls - Wet, frosty conditions can make it easy to slip and fall causing injuries such as hip and wrist fractures, head trauma and lacerations. Make sure your shoes have good traction with non-slip soles, replace worn cane tips to make walking easier and install handrails up steps.

Wrap up warm in appropriate clothing - With such a large variety of clothing available these days there's no need to be cold, either when you're inside or when you're out and about.

Prepare for electricity outages - Ensure you have supplies on hand in case of an electricity cut. This includes a radio with batteries, canned foods, bottled water and extra blankets. Driving Miss Daisy can help you prepare for this.

Eat well - In winter we need to nourish our bodies with warming, nutrient-rich foods to help boost our immune systems. Think delicious soups and broths, citrus fruits full of Vitamin C and hearty casseroles. You may consider the option of purchasing nutritious prepared meals and soups that are available these days.

Maintain contact with friends and family - Driving Miss Daisy can help drive you to social engagements or appointments. Our vehicles are all maintained to a very high standard, they are warm and clean, to drive you safely in almost any weather, and our amazing drivers will ensure you're delivered safely from door to door.

Driving Miss Daisy can help you stay comfortable and safe, so you will not just survive but thrive this winter! Remember that many of our franchise owners have fully equipped Mobility Vehicles, so if you have a walker or wheelchair this is no problem at all. No matter what your requirements please call us today to discuss - we look forward to seeing you soon.

Editorial supplied by Driving Miss Daisy

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Driving Miss Daisy®

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HealthCare New Zealand is part of a national network of experienced and trained professionals. Our person centred approach means we work alongside people and their family each step of the way, with a personalised support plan that incorporates the individual's needs and goals.

We have a proven track-record of successful outcomes working with people who have either basic or very complex support needs. Our tailored services can typically include help with:

- Washing, dressing, grooming and toileting
- Preparing and managing meals
- Shopping and home management needs
- Taking medication safely
- Exercises to help increase mobility and strength
- Assistance to achieve mobility goals such as walking to the park
- Learning new skills to manage symptoms of any illness you have such as breathing exercises for people with respiratory problems
- Being part of a community group, club or activity programme.

HealthCare New Zealand is community-based and committed to supporting the people of Southland.



With over 30 years of experience and a professional team of local, caring and highly qualified staff, we can support you to live independently in your own home.

We can provide you with the following services:

- Personal care, such as support with dressing, bathing and showering
- Nursing services
- Home Care services, including support with cleaning, washing and grocery shopping
- Goal based services that enable you to gain greater strength, confidence and mobility.

Our services are fully certified and in some cases may be free for eligible residents. We also support privately paying clients.

For more information about how we can support you please phone 0800 002 731 or visit www.healthcarenz.co.nz

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Editorial supplied by HealthCare NZ

Financial Safety Quiz

Below is a quiz to get you thinking about what you could do for yourself to keep yourself financially safe.

Give it a go and see if there are any areas where you could make some changes!

How much cash do you keep in the house?

Very little under \$100 over \$100

Have you ever given your eftpos or credit card to someone else to use?

Never Sometimes Often

Where do you keep your PIN number?

In my head Written separately from my card
Visible on the table

Do you allow anyone access to your online account?

Never Someone I trust Anyone who asks

Do you regularly check your bank statements for untoward activity?

Regularly Sometimes Never

Do you feel able to say "no" to anyone who asks for money?

Yes It depends who it is No

Have you ever given money to online scammers?

No Once More than once

Do you feel confident that your money is yours to use?

Yes Most of the time No

I think you can see the point of these questions without spelling it out - that the best way to avoid people taking advantage of you financially is to

- keep as little cash as possible in the house or on you
- not give your banking details to anyone
- check your bank statements regularly
- say NO assertively to personal, telephone or online requests for money
- never give your PIN number or bank account details to any anonymous callers

Source: Age Concern Wellington

Immunisation Week 2018: Immunisation across one's life promoted

Southern District Health Board (SDHB) is marking Immunisation Week (30 April - 6 May) by promoting the importance of immunisation across people's lives, including shingles and influenza immunisation for those aged 65 and older.

As people age, their immune system may also no longer work as well, and they become more vulnerable to diseases that can be prevented through immunisation, particularly influenza, shingles and tetanus. Talk to your practice nurse, family doctor or vaccinating pharmacist about getting protected.

Immunising against influenza

Influenza immunisation is free for those aged 65 and older and is recommended every year. The vaccine is made from a killed virus; it cannot give you the flu. Every year, the influenza vaccine is adjusted to protect against strains of the influenza virus that are most likely to be circulating the following winter, as these change from year to year.

Immunising against shingles

Shingles immunisation is now free at age 65, and until 31 March 2020, anyone aged 66 to 80 is also eligible for a free dose of the vaccine. Talk to your doctor if you are immunosuppressed or immune deficient as the shingles vaccine may not be suitable for you. Shingles is a painful rash affecting a particular nerve. It is a long-term effect of chickenpox that can occur many years after a person has recovered from the initial disease. It can affect anyone who has previously had chickenpox and is more common in older people. Shingles usually lasts 10 to 15 days but can cause scarring and loss of vision if it affects the eyes. One of the most serious complications, particularly among older people, is nerve pain that lasts long after the rash has disappeared.

Immunising against tetanus and diphtheria

The free combined tetanus and diphtheria immunisation is recommended at ages 45 and 65 to boost the immunity you received as a child (there may be an administration fee).

Reactions

After an injection, you may get a sore arm or mild fever for a day or two. Or very rarely a person might experience a serious allergic reaction (anaphylaxis) shortly after vaccination. For this reason you will be asked to wait at the clinic or surgery for 20 minutes after a vaccine is given. This is to make sure that medical treatment is available if an allergic reaction occurs.

Contact your doctor, practice nurse or vaccinating

pharmacist if you experience any unusual or severe symptoms after immunisation.



Photo Caption: Dunedin woman Mavis Torr, age 68, gets immunised against influenza and shingles by Roslyn Healthcare nurse manager Suzanne Crosado. It is the first time Mrs Torr has received the vaccinations. She read about the recommendation to get immunised in the newspaper. She was also motivated by the experiences of two friends who had shingles, who said the pain was excruciating. Mrs Torr recommends people over 65 take the time to get immunised. "I wouldn't want anybody to have shingles. When you get older you don't need that sort of pain!"



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Grief is a journey, not a destination.
We are here to help and support you during this time.

Could you be saving money on your power bill?

As the weather gets colder it's a good time to check if you're getting the best deal on your power.

This has been made easy with a quick two-minute check you can do.

A visit to www.whatsmynumber.org.nz will tell you if you could save money on your power bill by switching electricity providers.

It's a free, independent website that compares the electricity choices available in your area and lets you know what your potential savings are, should you choose to switch.

If you don't have access to the internet, your local Citizens Advice Bureau can help you run the check or you could ask your family to help. And if you decide to change, the new electricity company will do all the work for you.

Even if you're happy with your current company it's worth giving them a call to see if they can offer you a better deal.

Top tip to lower your bill

Well-installed insulation is always the top priority for a warmer, healthier home. Get your insulation checked to make sure it is up to scratch – it may have been moved or need topping up.

Visit www.energywise.govt.nz for more information.

Incontinence

Many New Zealanders live with an incontinence issue on a daily basis which can be either urinary, faecal or both. Approximately 25-30% of women and 10-15% men experience urinary incontinence (UI) which equates to over 1.1 million of our population. Incontinence becomes more prevalent as we age and the percentage of men with UI tends to equal women in the latter years.

The impact of incontinence is very individual and depends on the person, but can significantly interfere with quality of life, affecting self-esteem, sex life and ability to work, travel or perform daily physical functions with confidence. Often outings are organised around toilet availability. Many people withdraw from social interaction due to embarrassment and will not discuss or disclose "their problem". Incontinence is one of the main reasons for admission to rest home care. It is a serious problem which is very costly not only emotionally, physically and socially, but also poses a huge burden financially.

There are many reasons why people become incontinent such as advancing age, impaired mobility, constipation, some medications, diabetes, cerebrovascular disease and urinary tract infections. Changes to our bodies include a smaller bladder capacity, tendency for overactive bladder, reduced ability to hold on, increased amount of urine being produced at night and enlarged prostate in men.

Sadly this condition is accepted as being a normal part of growing old and many believe that nothing can be done or feel too ashamed or embarrassed to seek help. Indeed, some studies show that only 20% of sufferers will seek help.

In fact, incontinence can be controlled and in many circumstances cured with appropriate management.

Over 70% of people with incontinence can be improved or become dry with appropriate treatment. This involves undertaking a careful and comprehensive individual assessment with a targeted treatment plan.

There are many health professionals qualified to assist with incontinence issues, such as Continence Nurse Specialists, physiotherapists with a special interest in continence and GPs. Southland has a continence service based at Southland hospital with regular clinics held in Queenstown and Gore. The service can be accessed via a referral usually from a GP or another health provider.

Many people are reluctant to buy pads as they find these very expensive. But it is important to understand how the pads work and how to utilise these. Often the cheapest pad is purchased and can be found to be ineffective. Pads for bladders are designed to wick the urine away from the skin, thereby keeping the skin dry. The pads only need to be changed when it is two thirds full after 8-12 hours of wearing.

Helen Peek RN, MHSc.
Continence Nurse Specialist

AGE CONCERN SOUTHLAND MEMBERSHIP 2018

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TZORA MOBILITY

“A mobility scooter” - also referred to as battery-operated electric scooter - is very useful to persons who lack the stamina to cover distances on their own, or who want to keep up with the able-bodied. The type of use, and how often, will determine which model will be most appropriate.

3-wheeled mobility scooters are ideal for use indoors (rest homes, shopping centres, supermarkets) as they have a smaller turning circle, and technological advances have significantly improved their stability. 4-wheeled mobility scooters obviously offer the most stability, however, they are not as manoeuvrable as the 3-wheeler scooters.

Most mobility scooters require reinforced vans to move them around; otherwise the user is limited to the distance of the scooter and no more. This makes scooters expensive when requiring a taxi, not possible on bus, train or plane, and not easy to “take grandparents somewhere for the day”.

The Tzora Elite, Classic and Lite are foldable and portable 3 and 4-wheeled mobility scooters - simple yet ingenious, ergonomically designed and fold in seconds without effort, bending or tools required. Their total weight including battery is up to 31kgs and they fit easily in the back of a small car, a taxi, a train or bus, or checked onto a plane. They are IATA-approved to travel with you everywhere you want to go.

The Titan 3 and Titan 4 are respectively heavier 3 and 4-wheel models, are larger and more powerful, providing performance and comfort and they cover a greater distance. Yet both are detachable and foldable as well, and can also be transported in a car, bus, train or plane.

A Tzora mobility scooter will bring back your independence, and remove your mobility problems for long or short journeys.

For more information on Tzora’s portable and foldable mobility scooters phone Tzora Mobility NZ Ltd today on 0800 000 652.




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