



# Age Concern Rodney

*Serving the needs of older people*

## WORLD ELDER ABUSE AWARENESS DAY JUNE 15 2019

JOIN AGE CONCERN RODNEY ON  
THE 13TH ANNUAL WORLD ELDER  
ABUSE AWARENESS DAY

Show the world you care  
about ending elder abuse  
and neglect by wearing  
something purple on  
June 15th 2019.



There will be a street appeal and information  
day at all the Town Centres in Rodney on  
Friday 14th & Saturday 15th June.

If you would like to make a donation  
directly to Age Concern Rodney  
please cut off this section and send to:  
Age Concern Rodney,  
PO Box 12, Red Beach 0945

Donation Amount:.....

## Contact Information

Phone: (09) 426 0916 Fax: (09) 426 0917  
 Email: [info@ageconcernrodney.org.nz](mailto:info@ageconcernrodney.org.nz)  
 Address: Shop JA2 Westpac Plaza, Tamariki Ave, Orewa 0931  
 Postal Address: PO Box 12, Red Beach 0945

Hospital Shuttle Phone: (09) 426 0918 or  
 0800 809 342 (press 5)

### OFFICE HOURS

10.00am - 4.00pm Monday to Friday

## Age Concern Rodney Board 2018 - 2019

**Acting Chairman:** Vince Harris

**Minutes Secretary:** Yvonne Copland

**Board:** Pam Long, Ann McKenzie, Chris Laird, Patricia Noakes

## Staff

**CEO:** Catherine Smith  
**Office Receptionist:** Tania Henderson  
**Visiting Service Coordinator:** Sue Robertson  
**Shuttle Coordinator:** Jill Henderson  
**Shuttle Drivers:** Narne Ireland  
 Colin Wilson  
 Tony Flude  
 Queenie Tana

**Age Concern Rodney would like to thank all the local businesses for their continued support of our fundraising activities.**

**Disclaimer:** The views expressed in this newsletter are not necessarily those of Age Concern Rodney. The inclusion or exclusion of any product does not mean that the publisher or Age Concern advocates or rejects its use.

### Previous quick solution

**Across** 6. Broaden 7. Embed 9. Rob 10. Slaughter 12. Blockbuster 15. Awkwardness 17. Ham-fisted 19. Fan 21. Abuse 22. Traipse.  
**Down** 1. Droop 2. Fad 3. Dell 4. Emphasise 5. Referee 8. Turban 11. Blow a fuse 13. Cerise 14. Swear by 16. Pause 18. Earn 20. Din.

## Our Services

**Hospital Shuttle:** Throughout Rodney to out-patient appointments at North Shore, Waitakere Hospital, Auckland/Starship Hospital, & Greenlane Clinic Centre.

**Elder Abuse & Neglect:** For information, support or education.

**Hireage:** Wheelchair and Walker available for short term hire.

**Advocacy:** Advocacy for our members.

**Skills Bank:** Database of gardeners/cleaners/handymen etc.

**Time Out:** 4th Tuesday of each Month. 10.30am to 1.30pm. Guest Speakers, Light Entertainment, Hot Lunch, Bingo

**Visiting Service:** A one hour weekly visit from a volunteer.

## IMPORTANT NOTICE

**Please note, we now have a new email address:  
[info@ageconcernrodney.org.nz](mailto:info@ageconcernrodney.org.nz)**

**We have recently been updating our computer system which includes the changed email address. This unfortunately affected our telephones – we unreservedly apologise for any inconvenience caused throughout this time.**

The Age Concern Rodney 2019 Membership fees are now due. Thank you to the members who have already paid their Age Concern Rodney 2019 membership fees

## IT'S DRIVING MISS DAISY'S 10TH BIRTHDAY!

This May marks a ten year milestone for Driving Miss Daisy. We are New Zealand's first and largest companion driving service and we have been committed to helping older people stay social, active and independent since 2009.

With ten years' worth of hard work and dedication, owners Melanie and Jack Harper have been successful in establishing Driving Miss Daisy as a trusted and loved brand, giving people the freedom of independence within their community. Driving Miss Daisy is now established all over New Zealand with 73 franchises, from Invercargill all the way up to Kerikeri in the North.

"We are so proud of what we have achieved and all of the people that we have helped along the way. Thank you to all our Daisies - franchise owners, drivers and partners. Thank you to all the wonderful clients we have enjoyed helping, spending time with and making friends with - here's to another decade of making a difference in people's lives!"

Melanie Harper, co-founder Driving Miss Daisy.

As people get older and their situations change, it can be hard to get out and about, socialise or simply manage basic errands. Driving Miss Daisy provides freedom, independence and strong social connections for those who need it. Our Driving Miss Daisy, 'Daisies', provide transport as well as companionship to clients ranging from supermarket shops, to doctors' appointments, or simply accompany them for leisurely activities whether grabbing a coffee or going on a group day trip.

We hold the companion driving service contract with ACC nationally and we are accredited under the Total Mobility Scheme which provides discounts on Driving Miss Daisy transportation services.

It is important to stay socially active and if you would like to find out more about our services please call us to discuss - we look forward to hearing from you.

*Editorial supplied by Driving Miss Daisy*

## Call Driving Miss Daisy and ride with a friend!



**Driving Miss Daisy is a safe, friendly and reliable companion driving service for anyone.**

We can drive you and provide assistance for:

- Medical and other appointments
- Family/social occasions
- Companionship outings
- Take pets to vets
- Grocery or other shopping trips
- Scenic drives
- Airport departures and pick ups

All drivers are NZ Police checked, hold passenger 'P' licenses from the NZ Transport Agency and are first aid qualified for your peace of mind.

We are also an ACC Registered vendor & accept Total Mobility cards.

Bookings are essential – call Brenda today and make your next outing a pleasure!

Hibiscus Coast

Phone: (09) 428 4490

Mobile: 021 035 0431



Driving Miss Daisy®

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

## New Age Concern Rodney West Auckland WDH B Shuttle Service Contract

Age Concern Rodney are proud to announce that we have signed up for another WDH B Community to Hospital Shuttle Service contract for the West Auckland District. Age Concern Rodney has purchased the existing West Auckland Van from Keith Kent.

Keith Kent has been servicing the West Auckland district for the last 25 years and has decided he would now go into retirement as of 31st March 2019.

It was agreed by the WDH B and Keith



Kent that Age Concern Rodney would be best suited for this contract as we have already been operating the Age Concern Rodney Hospital Shuttle Service contract for 12 years in August.

This is an exciting opportunity to be the only Age Concern office in New Zealand to hold DHB shuttle contracts.

We look forward to operating professionally the WDH B Outpatient Contracts for the Rodney and West Auckland Residents.

**For bookings and enquiries please phone the Age Concern Rodney office.**

**09 426 0918 or 0800 809 342 (press 5)**

**Note: The 0800 number does not work from a mobile**

**Office hours Monday – Friday 9.30 – 4pm**

## NorthHarbourLaw



### PARTNERS

Chris Hunt  
Richard Worker  
Tony Edward  
Nicolene du Toit  
Jeanine Mitchell

### OUR SERVICES

- Property Conveyancing
- Retirement Home Contracts
- Relationship Property
- Family Law
- Elder Law
- Enduring Powers of Attorney
- Estate Planning & Wills
- Asset Protection & Family Trusts
- Commercial Law
- Financing Transactions

**Your trusted local experts**

1st Floor, North Harbour Law House, 3 Alice Ave, Orewa

Phone 09 427 0550  
nhl@nhlaw.co.nz  
[www.northharbourlaw.co.nz](http://www.northharbourlaw.co.nz)

## There's a new non-emergency number for police

To help keep New Zealand as safe as possible, a new way to contact Police for non-emergencies has been introduced. **Call 105 or go to 105.police.govt.nz**

Until now people either called their local Police station or they called 111 if they wanted to get hold of Police. Quite often people called 111 just because they wanted to talk to someone even if the matter wasn't urgent.

So they have introduced 105 so people know how to contact them for those non urgent situations as well. Use 105 to report things that have already happened that don't need urgent Police assistance.

**Remember, in an emergency, always call 111**

You can call 105 from both mobile and landline phones. It's a free nationwide service available day and night for New Zealanders and overseas visitors.

### USE 105 TO REPORT:

- Theft in a public place
- Theft from a car
- Intentional property damage
- Shoplifting
- Lost property
- or to get an update on a report already made or add to an existing report.

### CALL 111 WHEN

- A crime is happening now - and the offenders are still there or just left
- Someone's in danger or badly injured
- There's a serious risk to human life or property
- You see a major public hazard, like trees blocking a road
- Any of these things are happening now or have just happened

**111 is also the number for Fire and Ambulance.**

### REPORT IT AS A POLICE STATION

You can also report anything in person at your local station - they are always there to help you.

## Parkit Property Management

Parkit is owner-operated we provide the hands-on management you require on a daily basis. We only employ mature, experienced managers.

We care about the sort of tenants who rent your property, - we get it right.

We have thorough accounting systems that are balanced every working day. We do not tolerate late payments.

We carry out regular detailed property inspections. We use honest, reliable tradies. They are cost-effective and deliver quality work - and our guys guarantee it.

Our current owners can tell you their properties are hardly ever vacant. We keep our tenants on long-term lease contracts, carry out reference checks on all tenants, and credit checks.

We offer market-based fees and we believe they are 'cost-neutral' to you, the owner. We know we add value, and we know we save you money in the long run, - always balancing good tenants, low vacancy, and competitive market rentals.



**PARKIT**  
MANAGEMENT LTD

### WE OFFER

- Experienced mature property managers
- Free rental appraisal
- Finding and retaining quality longterm tenants for owners, we carry out thorough reference checks on all tenants
- Benefits from accessing high quality maintenance at competitive costs from trusted tradesmen
- Periodic rent reviews to maximise returns for investors
- Regular thorough property inspections
- Peace of mind for owners

**Please contact us to discuss in detail.**

M 0274 81 27 26  
E [mark@parkit.org.nz](mailto:mark@parkit.org.nz)  
[www.parkit.org.nz](http://www.parkit.org.nz)

**SPECIALIST PROPERTY MANAGEMENT throughout North Shore and Rodney**



### Elder abuse key trends

Data from Age Concern New Zealand's Elder Abuse and Neglect Prevention Services

## Elder Abuse Awareness Week June 15 -22

### starts on World Elder Abuse Awareness Day June 15

Each year, Age Concern's Elder Abuse and Neglect Prevention (EANP) services receive more than 2,000 referrals of older people who may be facing elder abuse or neglect. That's eight referrals every working day. About three quarters of these situations are confirmed to involve elder abuse or neglect.

Abuse is also identified by other agencies including health providers, the police, lawyers, banks, other community support organisations, and other non-Age Concern Elder Abuse and Neglect Prevention services.

We know that only a small proportion of elder abuse incidents come to the attention of an agency that can be of assistance.

### Incidence of elder abuse

An analysis of data from the New Zealand Longitudinal Study of Ageing concluded that 10% of the population aged over 65 years who are living in the community have experienced abuse.

A large community based study in the UK found that 2.6 - 4% of older people experience abuse each year. When this prevalence figure is applied to the

population of New Zealanders aged over 65 years, it equates to two - three older people being abused every hour.

Elder abuse can be classified into different types. Often the abuse experienced by an older person/kaumātua involves more than one type of abuse. In the cases seen by Age Concern's Elder Abuse and Neglect Prevention Services over the last three years:

- Three quarters involved psychological abuse
- Over half involved financial abuse
- 15-20% involved physical abuse
- 15-20% involved neglect
- 15-20% involved self-neglect

Age Concerns report that they are dealing with an increasing number of older people who have become the victims of scams. Scammers are targeting lonely older people who have assets, forming friendships with them (particularly through romance scams) and then requesting money for various hypothetical emergencies. In many cases, it is the family who contact Age Concern for assistance. The older person is often content to accept their financial loss in exchange for the proffered friendship.

### Who is involved?

- Almost half of abused older people are over the age of 80
- Forty per cent of abused older people live alone
- More than three quarters of alleged abusers are family/whānau; and we know that family/whānau members continue to abuse their older relatives even when that person is in residential care.
- Almost half of alleged abusers are adult children
- Abusers are as likely to be female as male.

### Age Concern Rodney

## Elder Abuse Awareness Campaign

June 2019

Elder Abuse Co-ordinator speaking on Abuse

Wed 19th June 2019  
Thurs 20th June 2019  
at 1.30pm.  
At Orewa Library  
Moana Ave Orewa

### How does abuse affect older people/kaumātua?

For about half of the older people/kaumātua seen by Age Concern's Elder Abuse and Neglect Prevention Services, their health was significantly affected by the abuse.

Two out of every five abused people experienced a significant reduction in their independence, loss of confidence and self esteem, and reported feeling very frightened or anxious and emotionally distressed. About a quarter of abused older people experienced long-term inability to cope by themselves and poor health, sometimes leading to the need for residential care.

For more information and contact details for services visit: [www.ageconcern.org.nz](http://www.ageconcern.org.nz)

## AGE CONCERN RODNEY

# Annual General Meeting 2019

Thursday 25th July  
10am

Morning Tea  
St John's Catholic Church  
Centreway Road Orewa



**Armstrong**  
Smarter Security

**CALL US**  
**0800 506 111**

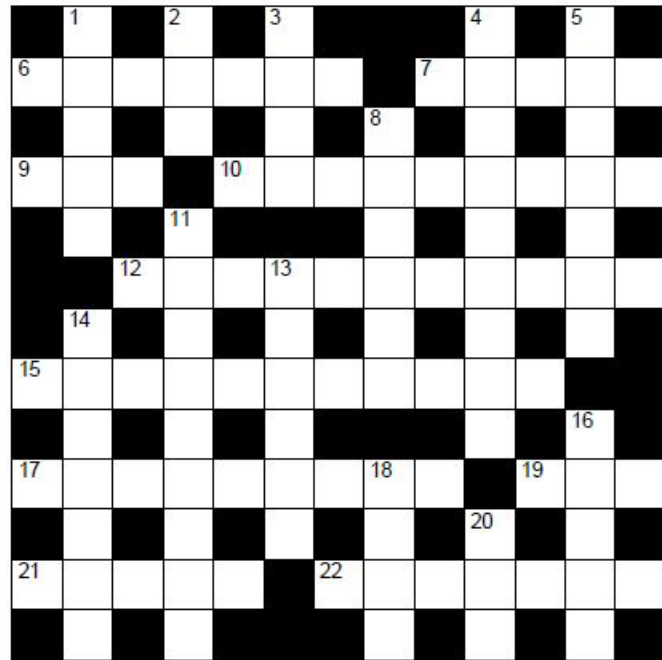
**New Zealand's Leading Locksmith and Alarm Specialists**

Talk to us about... **LOCKS • KEYS • SAFES • ALARMS • CCTV**

**ALARMS**  
Installation | Sales | Monitoring  
Call us today!

**Hibiscus Coast** 09 426 0126 **Warkworth** 09 425 0999  
[rodney@armstrong.co.nz](mailto:rodney@armstrong.co.nz) [www.armstrong.co.nz](http://www.armstrong.co.nz)

### Quick crossword



- |   |                                       |
|---|---------------------------------------|
| <b>ACROSS</b>                                       | <b>DOWN</b>                           |
| 6. Expand (7)                                       | 1. Sag (5)                            |
| 7. Implant (5)                                      | 2. Craze (3)                          |
| 9. Bungle (3)                                       | 3. Small valley (4)                   |
| 10. Butcher (9)                                     | 4. Accentuate (9)                     |
| 12. Smash hit (11)                                  | 5. Sports official (7)                |
| 15. Self-consciousness (11)                         | 8. Head dress (6)                     |
| 17. Clumsy (3-6)                                    | 11. Lose your temper (colloq) (4,1,4) |
| 19. Groupie (3)                                     | 13. Light red (6)                     |
| 21. Making an older person's decisions for them (5) | 14. Have confidence in (5,2)          |
| 22. Plod (7)  | 16. Hesitate (5)                      |
|   | 18. Merit (4)                         |
|   | 20. Racket (3)                        |

**21 Across:** If a family member or carer takes decisions out of your hands or disregards your wishes, it's elder ABUSE & it's not OK. What is OK is seeking help. Call 0800 32 668 65 for free, confidential support. Brought to you by the Office for Seniors.

### Cheryl's family on board with her advance care plan

Wellingtonian Cheryl Cameron knows she can go from being pretty well to really unwell quite quickly, so has thought about what she wants for her future health care.

Cheryl, 73 has Parkinson's disease, an incurable, degenerative disorder of the central nervous system. She features in Kia korero/Let's talk, a new campaign that encourages people to plan for their future health care, with a focus on what matters to them. It features the personal stories of six New Zealanders at different stages of life and wellness. Advance care planning is a way to help you think about, talk about and share what matters to you for your future health care. Having an advance care plan will help you and those around you understand what is important to you, what treatment and care you would like or would prefer not to have, and who can make decisions on your behalf if you're not able to.

Cheryl has lived with Parkinson's for more than 11 years and came to the idea of advance care planning when she had an emergency visit to the hospital. "It made me think about at what point I would want to stop medical intervention. So, I've written down my wishes, and my husband Gary and I have shared it with our children, so that they all know my thoughts if they're confronted with hard decisions."

She says her family is very accepting of her decisions and reassured that she's thought about the care she does and doesn't want if she is ever unable to speak for herself.

A copy of her advance care plan is also lodged with her GP. "It's very freeing knowing that it's done. And, of course, it's easily updated any time."

For more information go to the Health Quality and Safety Commission at [www.hqsc.govt.nz](http://www.hqsc.govt.nz)

My young grandson called the other day to wish me Happy Birthday. He asked me how old I was and I told him. My grandson was quiet for a moment, and then he asked, "Did you start at 1?"



"Hey Mr Burgler, That security door you just kicked in was there for your protection not mine!"

### NZ Super and Veteran's Pension payments are adjusted each year to reflect increases in the cost of living, inflation and the average wage.

#### From 1 April payments will increase to:

- \$720.84 each before tax or \$632.54 each after 'M' tax for a married couple who both qualify
- \$950.84 before tax or \$822.30 after 'M' tax for a single person living alone
- \$874.28 before tax or \$759.04 after 'M' tax for a single person sharing accommodation.

The first full payment at the new rate will be on 16 April. For a full summary of the new rates go to [www.workandincome.govt.nz](http://www.workandincome.govt.nz) and search for 'benefit rates 2019'.

## Senior Drivers Seminars

### This is a Refresher Course for Senior Drivers

### NO Exams or Driving Tests



**Enquiries and Bookings for the next Seminar**  
**Age Concern Rodney**  
**Phone 09 426 0916**

### Friendly, local Total Mobility (TM) provider for personalised transport

Freedom Drivers Hibiscus Coast, run by Nadine Broomhead, brings a warm and friendly driving service right to your door.

"We specialise in driving seniors to a wide range of appointments and outings - the usual medical and business appointments as well as shopping or just a nice afternoon out with a friend or two. We will even take you and your pet to the vet. Travelling with Freedom is like travelling with trusted friends or family as you build a relationship with a driver you get to know and trust," says Nadine.

Service is personalised and Freedom prices are comparable to (and often less) than a standard taxi but with lots of extras.

Freedom Drivers are police checked, take Total Mobility cards (TM) and are ACC Registered Vendors.

**Call Nadine now on 09 216 5916 or 021 0872 2760 for more information.**

TRANSPORT YOU CAN TRUST



Reliable and friendly service

- Medical appointments
- Social and business trips
- Shopping
- Sightseeing and outings
- Airport transfers
- Pets to the vet
- One off or regular
- Long trips and local

Call Nadine now!

For more information

09 216 5916 or  
0800 956 956

Total  
Mobility  
Provider

ACC  
REGISTERED  
VENDOR



www.freedomdrivers.co.nz

## Dunedin neuroscientist discovers new way to help stroke victims

In a world first, a Dunedin professor and his team targeted the healthy side of a stroke victim's brain. The results could be life-changing.

A Dunedin neuroscientist has discovered a new way to help people recover from stroke, by implanting an electrode into the undamaged side of the brain. In a world-first, Professor John Reynolds and his team at Otago University have gone against traditional thinking, targeting the healthy side of the brain, rather than the area around the stroke, with electrical stimulation.

"Putting an electrode in the healthy side of the brain when someone has a stroke on the other side is really not a conventional thing to do," Reynolds says. "We are potentially putting something that could be risky on the good side."



The Dunedin neuroscientist may have discovered a way to dramatically improve the lives of those

who have suffered strokes.

Studies show a third of the 9000 people who have a stroke each year will never regain full movement. Professor Reynolds theorised that the healthy side of the brain was overcompensating for the damaged side, and inhibiting its recovery.

But to test his theory, he needed the help of the only man in the world with a patent for the technology - pioneering Belgian neurosurgeon Dirk de Ridder. He had also tried to treat the damaged part of the brain, without success.



Paul Robertston-Linch had a devastating stroke. A new treatment pioneered by a Kiwi neuroscientist has changed his life.

"So when John came up with

this new idea to treat the healthy part in order to influence the diseased part. I thought it was a brilliant idea," he says.

Together, they developed a novel device, and with funding from the Ageing Well National Science Challenge, were able to put it to the test. During surgery, de Ridder places an electrode over the brain's motor cortex, which controls movement. A wire is tunnelled under the skin to the chest, where a stimulator is implanted - similar to a pacemaker. "From a surgical point of view, it's very safe. We don't even see the brain because it is covered by the dura mater," he says.



Professor John Reynolds and his team at Otago University are responsible for the world-first discovery. Two men volunteered to trial the device, including 61-year-old Paul Robertston-Linch. Four years ago he had a stroke at work,

which initially robbed him of his speech, and all movement down his right side. Despite rehabilitation, he still couldn't use his right arm and hand. "I guess it fascinated me," he says. "I thought 'I've got nothing to lose.'"

He can't feel the stimulator at all, which is only activated by another device when he has physio. Professor Reynolds says the initial results are exciting. The men couldn't grip anything when they started, and at the end could lift at least 7kg. More importantly, they had regained fine motor skills which can hamper stroke patients.

"The stimulator doesn't make them better - it's the rehabilitation. What we are trying to do is allow parts of the brain to wake up during that session and form new connections."

For Paul, the treatment has been life-changing. "I couldn't hold my toothbrush when I came here. Now I can hold it and get it up to my face... I can open and close the door. It's fantastic. I often have dreams that my arm is all better and it's an amazing feeling, so I hold on to those dreams."

The Otago University team now hope to secure more funding so a bigger trial can go ahead, which they hope will lead to this technology being widely used to treat stroke patients.

Source: *Senor Watch* - stuff

## Choose wisely and review your medicines

The Council of Medical Colleges (CMC) is encouraging people to talk to their doctor about whether they could take fewer medicines.

The CMC coordinates the Choosing Wisely campaign, which encourages patients to ask their health professional whether they really need a test, treatment or procedure.

More isn't always better when it comes to medical tests, treatments and procedures. Unnecessary interventions are stressful and can lead to more testing to investigate false positives.

In New Zealand, 35 per cent of people aged over 65 are taking five or more long-term medications.

Choose Wisely clinical lead Dr Derek Sherwood says it is important people get their medicines reviewed regularly. "This helps make sure you are receiving the best treatment. When a doctor or pharmacist reviews your medicines they will check things like what medicines you are taking and why, how many different medicines you are taking and any side affects you may be experiencing."

Dr Sherwood says stopping a medicine can seem daunting, especially if you've been taking it for a long time. "However, many older people successfully stop medicines without feeling worse. In fact, you may feel better and improve your quality of life - especially if your symptoms were being caused by your medicines. Talk this over with your GP or specialist."

Find out more at the Choosing Wisely website at [www.choosingwisely.org.nz](http://www.choosingwisely.org.nz)

## Little bowel screening test a life saver

The free bowel screening test can quite literally be a life-saver, by finding symptoms of bowel cancer early when it can often be successfully treated.

The National Bowel Screening Programme is being rolled out nationwide and is already available to people aged 60 to 74 years living in the Waitemata and Counties Manukau DHB areas in Auckland, with Auckland DHB due to start screening next year.

Around 100 New Zealanders die from bowel cancer each month, but bowel screening every two years can help save lives. A positive test can lead to a colonoscopy which may find and remove pre-cancerous polyps or detect bowel cancer at an early stage.

Testing is done at home using a bowel screening test kit received through the mail. The kit is simple and clean to do and is returned by post. Anyone who is eligible to participate should automatically receive an invitation in the mail. However, it's really important your Doctor has your up-to-date address so if you think you may be eligible and have not been sent bowel screening test kit please call 0800 924 432.

Please note: if you do have unusual bowel symptoms, don't wait to be screened - please contact your Doctor immediately.

For more information about the bowel screening programme call Freephone 0800 924 432 or visit [www.timetoscreen.nz](http://www.timetoscreen.nz)

*Dils* for beautiful funerals  
[www.dils.co.nz](http://www.dils.co.nz)

## Rodney Hospital Shuttle Service

FANTASTIC NEWS! The Age Concern Rodney Shuttles are now able to use the bus lane on the motorway. This makes such a huge difference to our travel time heading south.

We would like to refresh our clients by giving out our Hospital Shuttle information. For those of you that have not used our service, this information will be helpful.

### What is this service?

- This is an ON DEMAND SERVICE for Outpatient Appointments Only!

### Who can use this service?

- Rodney - Hibiscus Coast residents attending Outpatient appointments at North Shore, Auckland and Waitakere Hospitals, and Greenlane Clinical Centre.
- North Shore Residents that have Outpatient appointments at Auckland and Waitakere

- Hospitals and Greenlane Clinical Centre. North Shore Hospital is the pick-up and drop off point.
- NOTE: (The Shuttle does not pick-up from homes on the North Shore)
  - West Auckland residents attending Outpatient appointments at North Shore and Auckland Hospitals, and Greenlane Clinical Centre.
  - Pre Booking Service: It is recommended that booking a seat on the shuttle should be made when you receive your Outpatient appointment letter. It is COMPULSARY to pre book a seat a MINIMUM of 3 working days before the appointment.

**The Shuttle service will arrange pick-up times with passengers so that they can get to appointments during the times in the table below**

**Contact 426 0918  
or 0800 809 342 (press 5)**

Age Rodney Community to Hospital Shuttle Operating Times	Age Concern Rodney Shuttle Returning Times Approximately
To North Shore Hospital for appointments between 9.30am – 2.30pm	Morning appointments the Shuttle returns 1pm Afternoon appointments the Shuttle returns 3.30pm
To Waitakere Hospital for appointments between 10.30am – 1pm	Morning appointments the Shuttle returns 12pm Afternoon appointments the Shuttle returns 2.30pm
To Auckland Hospital for appointments between 10am – 1pm	Morning appointments the Shuttle returns 12.45pm Afternoon appointments the Shuttle returns 3.15pm
To Greenlane Clinical Centre appointments between 10am – 1pm	Morning appointments the Shuttle returns 12.30pm Afternoon appointments the Shuttle returns 3pm

## Justice of the Peace



**Catherine Smith is available to sign and witness documents at our office  
Monday to Thursday, 10am - 3pm.  
Phone (09) 426 0916 to make an appointment.**

## Mobility Parking Information

If a Mobility Cardholder parks in a standard car park, the time is doubled. For example - if someone parks in a 60-minute parking space, the time will become 120 minutes. The Mobility Card needs to be in a visible position for the parking wardens.



## Get ready for winter with insulation grants

Many New Zealand homes aren't warm enough in winter, increasing the risk of respiratory illness. Putting on another jersey doesn't help because you are still breathing in cold air. A warm, dry insulated home is healthier and easier to heat.

If you own and live in your own home, you may be eligible for a Government grant offering two-thirds of the cost of ceiling and underfloor insulation. In some regions contributions by community organisations mean there is minimal or no cost to the homeowner. These Warmer Kiwi Homes grants are run through the Energy Efficiency and Conservation Authority (EECA).

### You may qualify if:

- Your home was built before the year 2008
- You are the homeowner (owner-occupier) and have a Community Services Care or SuperGold combo card, or
- You own and live in a home in an area identified as low-income.

You may also be eligible if you hold a licence to occupy in a retirement village.

**To find out if you are eligible  
free phone 0800 749 782**

Talk to EECA Energywise or use the eligibility tool on the Energywise website [www.energywise.govt.nz/tools/warmer-kiwi-homes-tool/](http://www.energywise.govt.nz/tools/warmer-kiwi-homes-tool/)

Grants for heat pumps and wood burners will be available from July this year. The same eligibility criteria will apply.

After putting her grandchildren to bed, a grandmother changed into old slacks and a droopy blouse and proceeded to wash her hair. As she heard the children getting more and more rambunctious, her patience grew thin. Finally, she threw a towel around her head and stormed into their room, putting them back to bed with stern warnings. As she left the room, she heard the three-year-old say with a trembling voice, "Who was THAT?"

## PLEASE SUPPORT OUR ADVERTISERS

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

## Rotary Satellite Club in Orewa-Millwater

The recently-formed Rotary Satellite Club of Orewa-Millwater has offered to partner with Age Concern and provide occasional handyman services, depending on their availability.

Although there are some restrictions on their time, we will be able to approach them on your behalf and, if available, a Rotarian will be happy to help out with general, light maintenance around your home, inside and out.

Please contact Age Concern Rodney Office phone: (09) 426 0916.

## Time Out Programme for 2019

**New Members are very Welcome**

We meet at Centrestage Foyer  
10.30am to 1.30pm  
on the 4th Tuesday of the month.

### The Time Out dates for this year;

May 28	June 25
July 23	August 27
September 24	October 22
November 26	

Morning tea and Lunch provided.  
Guest Speaker or Entertainment  
For more information ph; 09 426 0916

## \*MR. WALKER ELECTRICAL, PLUMBING & GAS



**Nothing is impossible**

Email: [team@mrwalker.co.nz](mailto:team@mrwalker.co.nz)  
[www.mrwalker.co.nz](http://www.mrwalker.co.nz)

**021 956 463**

24/7 SERVICE THROUGHOUT THE ENTIRE AUCKLAND AREA

## Winter Energy Payment starts again on 1 May

If you're getting NZ Super or Veteran's Pension, you'll also get the Winter Energy Payment from 1 May to 1 October each year. You do not have to apply, you will get it automatically with your other payments. Couples and people with dependent children will get \$31.82 a week and single people will get \$20.46 a week.

### Travelling overseas

If you're heading away from New Zealand over the winter months you can keep getting your Winter Energy Payment for up to 28 days.

It's really important you let MSD know if you'll be away for more than 28 days, otherwise they might pay you too much and have to ask for the money back.

The easiest way to let MSD know is using the form on their website [www.msd.govt.nz/overseastravel](http://www.msd.govt.nz/overseastravel) - or give them a call.

Don't forget to get in touch when you return from your travels so your payment can be started again.

### Payments to couples

If you're a couple getting NZ Super or Veteran's Pension, the Winter Energy Payment will all be paid to one person at the full couple rate. Unfortunately MSD can't split the payment between you.

If you'd like the payment switched to the other person's account just give them a call.

### Opting out or back in

If you don't want the Winter Energy Payment you can choose to opt out using the form on [www.workandincome.govt.nz/winterenergypayment](http://www.workandincome.govt.nz/winterenergypayment). You can get it again by asking MSD to restart it.

### More information:

- [www.workandincome.govt.nz/winterenergypayment](http://www.workandincome.govt.nz/winterenergypayment)
- Seniors line – 0800 55 200, Monday to Friday, 8am to 5pm
- Overseas travel – [www.msd.govt.nz/overseastravel](http://www.msd.govt.nz/overseastravel)

## Let's Get Physical!

We all know the major benefits of exercise. Whether improved strength, fitness and endurance or better cardiovascular health, exercise is good for all of us - especially for people living with dementia.

### So why is exercise so important for those with dementia?

- Exercise can improve your memory and slow down cognitive decline
- It improves your heart health
- Maintaining stronger muscles and joints can help you maintain independence for longer
- It can improve self-esteem and mood
- It reduces your risk of osteoporosis
- Exercising with others can provide much needed socialisation
- So how can you incorporate physical activity into your routine?

**Walking is one of the easiest ways to raise the heart rate and it's free!** Going for walks regularly provides an outlet for the restless urge to wander that is common of those living with dementia. Combining the walk with a daily activity such as going to the shops, walking the dog or visiting a friend is a useful way of incorporating exercise into your regular routine. Why not join one of our Dementia Auckland walking groups as a way of getting exercise and being social at the same time?

**Attending aerobics or dance classes together can be extremely beneficial to the social world of someone living with dementia, especially when they're designed specifically for people with dementia.**

Any exercise alongside a group provides feelings of camaraderie and fun while also releasing the positive endorphins we all need. Alternatively, following along to a workout video from home is a simple way to incorporate exercise for those less comfortable exercising with others. Regular exercise is not just hugely beneficial to physical health, but also benefits brain activity and can decrease the chances of developing dementia. Studies have shown that physical activity helps your brain by not only keeping the blood flowing but also by increasing chemicals that protect the brain. It can keep your thinking and reasoning skills sharper and improve judgment, memory, and cognitive function. Whether it's going for a stroll in the park or attending an aerobics class at the gym, even a little bit of exercise can go a long way for not only those living with dementia but everyone else too. This summer, encourage your loved ones to get active and add some element of fitness into their daily routine.

## Glaucoma

The optic nerve at the back of the eye is responsible for carrying the information that our retina sees, from the eye to the brain. Glaucoma is a progressive disease that damages the optic nerve and if left untreated can result in a complete loss of the peripheral vision. Eye pressure is determined by fluid production and removal in the eye, and glaucoma is related to this pressure. A healthy range is 8-21mmHg, however it is possible to have healthy pressure and have glaucoma, or pressure higher than this and still have a healthy optic nerve. There are many types and causes of glaucoma, and the risk is increased if there is an immediate family history, and by the use of some medications.

Glaucoma is treatable, but any damage already done to the optic nerve is irreversible so an early diagnosis is key to the prevention of further peripheral vision loss.

- Glaucoma is the leading cause of blindness in NZ
- 2% of the population over 40 are affected

**Worried about changes in your loved one's memory or behaviour?  
Struggling to care?**

**TIME FOR A BREAK?**

Bethany Hill Dementia Care is **certified** by Ministry of Health to provide:

Long Term Care | Day Care | Respite Care

**ONE FREE DAY CARE**

CALL US NOW TO BOOK



**BETHANY HILL**

Dementia Care

582 Leigh Road, Warkworth

Ph: (09) 422 6006

Email: [admin@bethanyhill.co.nz](mailto:admin@bethanyhill.co.nz)

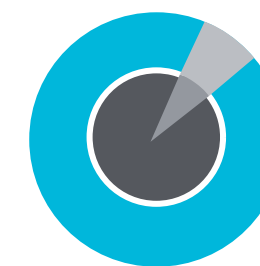
[www.bethanyhill.co.nz](http://www.bethanyhill.co.nz)

- More than 10% of the population over 80 are affected
- 50% of people with glaucoma are unaware they have it
- Once you start to notice a loss of the peripheral vision it is often too late. Up to 2/3 of the nerve fibres have died before someone will notice a loss of peripheral vision
- It can affect any age. Babies can be born with glaucoma

Glaucoma testing is much more than just checking eye pressure. There are many different signs we look for and it is most often found in a routine eye exam with the patient being completely unaware there is any problem.

Sarah our optometrist is qualified to treat glaucoma and has sophisticated equipment that allows for very accurate screening and monitoring of not only glaucoma, but many different eye conditions and diseases.

*editorial supplied by Mahurangi Vision Centre*



**Mahurangi Vision Centre**

Phone: 09 425 7002

Email: [admin@mahurangivision.co.nz](mailto:admin@mahurangivision.co.nz)

Visit: 23 Neville Street, Warkworth

**15% DISCOUNT OFF THE COST OF A NEW FRAME FOR GOLD CARD HOLDERS.**

Swipe here and save!

spend \$100 or more  
SAVE 10¢ OFF PER LITRE OF FUEL

OR

spend \$400 or more  
SAVE 20¢ OFF PER LITRE OF FUEL



AA Smartfuel



## Giving the gift of life through organ donation

Each year the lives of many New Zealanders are saved and transformed through the generosity of organ and tissue donors and their families.

Organ Donation New Zealand (ODNZ) says that one donor has the potential to save the lives of up to ten people through the donation of organs and tissues, while also transforming the quality of life for the recipients and their families.

In New Zealand you can donate your organs (lungs, heart, liver, pancreas and kidneys) and tissue (eyes, heart valves and skin) in the event of your death. Organ donation is only possible when someone is on a ventilator (breathing machine), in an Intensive Care Unit, usually with devastating brain damage. Less than 1% of all deaths happen this way.

Tissue donation is possible in most circumstances when people die - whether at home, on a hospital ward or in a hospice. Eye tissue can restore sight for up to four people or repair eye damage, heart valves help young children and babies born with congenital heart disease and donated skin (removed from front and back of thighs only) is the preferred dressing for people with severe burns.

### Facts about organ and tissue donation:

- People of all ages can be organ and tissue donors. Some people say "I'm too old to be a donor or I'm not healthy enough". However there are very few medical conditions that prevent donation from taking place.
- Doctors will always assess your organs at the time of your death to see if they are suitable for transplant. If for some reason you are unable to donate your organs, you could still help others by donating your heart valves, eye tissue or skin.
- Organs are only removed from a donor if they are a match for someone on a transplant waiting list.
- Funeral arrangements are not usually affected by organ or tissue donation. After a family has agreed to donation, the organs and tissues are removed respectfully from the donor using normal operating procedures. So there is no reason to

delay funeral arrangements. It is still possible for your family to take your body back to your home or to your marae and to have an open casket following donation.

- People who have lived or visited the UK can still donate their kidneys, liver, heart, lungs, pancreas and eyes. However, if you lived in the UK between 1980 and 1996 you cannot donate your heart valves, skin and blood, this is due to the risk of transmitting Creutzfeldt Jakob Disease (CJD), more commonly known as Mad Cow Disease.

It is important to have a conversation with your family about whether you want to be an organ or tissue donor in the event of your death, as doctors will always ask your family if they know your wishes.

Organ Donation NZ Donor Coordinator Janice Langland says families usually follow through with the wishes of their family member, when they know what that person wanted. She says it is the situations where the family have never had a conversation about donation that people struggle to make a decision.

"Having a conversation with your family now can make the donation decision a little easier for them at a very difficult time," Janice says. If you've had a conversation about organ and tissue donation with your family, there's nothing else you need to do.

In New Zealand you can choose to have 'donor' on your driver's licence, however this is an indication of your interest only and it is not an official organ donation register

For more information about organ and tissue donation visit [www.donor.co.nz](http://www.donor.co.nz) or call Organ Donation New Zealand on 0800 436 667.

I didn't know if my granddaughter had learned her colours yet, so I decided to test her. I would point out something and ask what colour it was. She would tell me and was always correct. It was fun for me, so I continued. At last, she headed for the door, saying, "Grandma, I think you should try to figure out some of these colours yourself!"

## WANTED

Skilled and semi-skilled people required for our Skills Bank.  
Builders / Handy man, plumbers,  
Electricians, Gardeners etc.  
If interested please phone  
09 426 0916.

# URGENT URGENT URGENT VOLUNTEERS REQUIRED

We require people to join our team of volunteers to assist at various Age Concern Rodney projects and activities throughout the year.  
If interested please phone  
09 426 0916.



## An urban myth

### "Villages are just for rich people"

It's true that some retirement villages are seriously expensive. You won't get much change from a million dollars in some places, but the price also reflects the amenity value, location, views – all the sort things you'd expect from a real estate transaction.

Retirement village operators are acutely aware that their residents, generally speaking, come from a 10 or 15 km radius of their village, so they can keep the social connections, clubs and activities they've enjoyed for decades. Operators also know that their Occupation Right Agreements (ORAs, or the contracts between the residents and the operator) should reflect the average freehold home price in the area where the village is based. That means that an ORA in the premium parts of Auckland or Christchurch will come at a higher price than in other places. It also means that residents have a huge range of prices and options to choose from, if they're prepared to look a little further.

Releasing pent-up equity from the family home is another driver of demand in recent years. It's a bit like winning Lotto if you can sell your family home and move to a village at a significantly lesser cost. The additional money can dramatically improve your retirement, and remember, you can't eat equity unless you realise it.

Trade Me Property has a section devoted just to registered retirement village units. A quick look through recently showed that there are at least 30 units and serviced apartments priced at \$300,000 or less in a huge range of places across New Zealand. Taupo, Christchurch, Rotorua, Pukekohe, Manukau, Napier, Tauranga, Red Beach, the Hutt Valley, Nelson and Whanganui are just some of the options. The average price of the 30 units is \$199,000 – which, coincidentally, is the same price my former next-door neighbour paid when she moved to a central Lower Hutt village.

**The RVA's website ([www.retirementvillages.org.nz](http://www.retirementvillages.org.nz)) has a list of member villages and their contact details, so you can check the minimum entry age, who's got rental units, and ask questions.**

## NZ Transport Driver Licence

Once you turn 75 there are a few changes to the process for renewing your driver licence:

- Your new licence will be valued for only two to five years.
- The renewal fees are lower - because you are renewing your licence more often.
- You need to present a medical certificate each time you apply.
- If recommended by your doctor, you will have to sit a 30 minute On-Road Safety Test.

### When do you have to renew?

Drivers must renew their driver licence at age 75, 80 and every two years after that.

### How to renew your licence

You must renew your driver licence on or before its expiry date if you wish to continue driving - but you cannot renew it more than six months in advance. You will receive a driver licence renewal pack about six weeks before your licence is due to expire. Have

not received your pack? You can download the driver licence application form (DL.1), or get this form from any driver licensing agent. To apply to renew your licence you need to visit a driver licensing agent in person.

### You need to take:

- A completed driver licence application form (DL.1).
- A current medical certificate issued by your doctor within the last 60 days.
- Your current photo driver licence or other acceptable evidence of your identity.
- A cheque, cash or EFTPOS card to pay for your new licence. Some agents also accept credit cards. If you pay by cheque, there may be a delay while it clears.

Once your application is complete, you will receive a temporary licence which is valid for 21 days. Keep this on you whenever you are driving until your new driver licence arrives in the mail - within two to three weeks.

## Getting a Medical Certificate

To renew your licence past your 75th birthday you will need to visit your doctor to get a Medical certificate for a driver licence.

Tell your doctor the certificate is for your driver licence. You will have to pay for the appointment yourself.

During your appointment your doctor will discuss your present state of health with you and test your eyesight. They will then recommend whether you are:

- Medically fit to drive
- Medically fit to drive with conditions (e.g. correcting lenses, time-of-day restriction, distance restriction)
- Medically fit to drive subject to an on-road safety test
- To be referred to a specialist (e.g. optometrist or occupational therapist driving assessor - your doctor will advise you of the results)
- Not medically fit to drive. Your doctor must advise the NZ Transport Agency and your licence will expire on your birthday.

If your doctor decides you are medically fit to drive, he or she will provide you with a Medical certificate for a driver licence.

Information from: [www.nzta.govt.nz/driver-licences/renewing-replacing-and-updating/renewing-for-seniors](http://www.nzta.govt.nz/driver-licences/renewing-replacing-and-updating/renewing-for-seniors)

## MDP Medical Alarms



MDP Medical Alarms represents ADT Security in the provision of monitored medical alarms. If you have a medical condition, or live by yourself, a NevaAlone medical alarm is your ticket to a safer, more independent lifestyle. You, your family and friends can have peace of mind knowing that you will be able to get help 24 hours a day, 7 days a week at the touch of a button.

The NevaAlone Personal Help Button can be worn as a pendant or wristband. It is water-resistant and can be worn even in the bath or shower. Its long-range capability allows it to work in any room in virtually any home, even out in the garden.

Being Ministry of Social Development accredited, funding might be possible through Work and Income in some cases.

**For more information  
call Marina Du Preez  
021 039 8022 or email at  
mdpmedicalalarms@gmail.com**

### Peace of Mind

A Neva Alone Personal Medical Alarm could be your ticket to a safe, more independent lifestyle



- ✓ Emergency assistance 24/7
- ✓ WINZ and ACC funding might be possible
- ✓ Free and professional installation
- ✓ Water-resistant pendant or wristband

**NevaAlone**

For more information contact Marina on 021 039 8022 or email: [mdpmedicalalarms@gmail.com](mailto:mdpmedicalalarms@gmail.com)  
**MDP Medical Alarms**



## 5 QUESTIONS TO ASK ABOUT YOUR MEDICATIONS

when you see your doctor, nurse, or pharmacist.

**1. CHANGES?**  
Have any medications been added, stopped or changed, and why?

**2. CONTINUE?**  
What medicines do I need to keep taking, and why?

**3. PROPER USE?**  
How do I take my medications, and for how long?

**4. MONITOR?**  
How will I know if my medication is working, and what side effects do I watch for?

**5. FOLLOW-UP?**  
Do I need any tests and when do I book my next visit?

**Keep your medication record up to date.**

Remember to include:

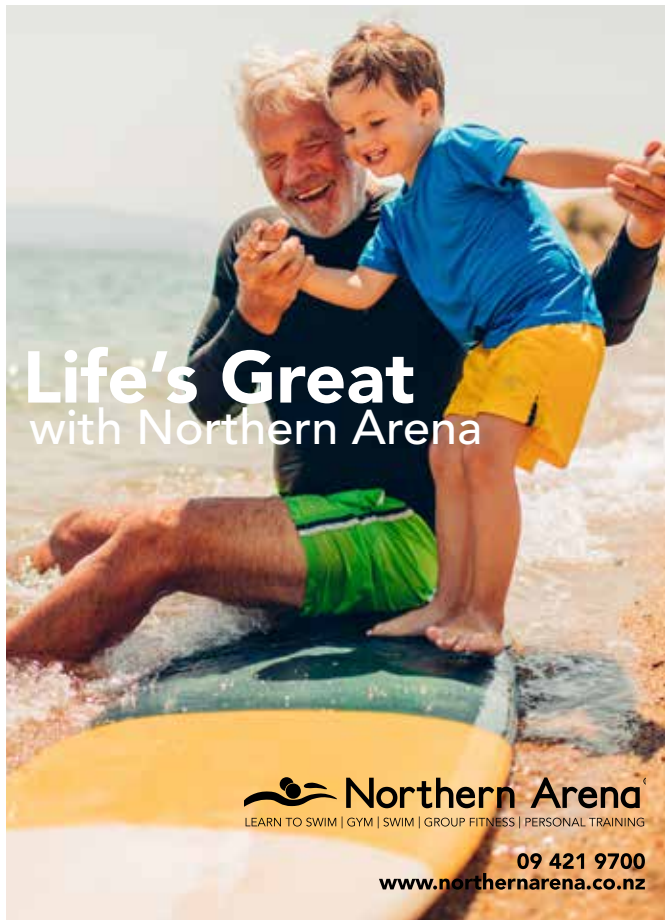
- ✓ drug allergies
- ✓ vitamins and minerals
- ✓ herbal/natural products
- ✓ all medications including non-prescription products

Ask your doctor, nurse or pharmacist to review all your medications to see if any can be stopped or reduced.

Visit [www.hqsc.govt.nz](http://www.hqsc.govt.nz) for more information

THINKING OF YOU!

To those people in the community who are ill, or suffered a loss.  
We send our warmest thoughts and Blessing to you all!



## Growing older

Growing older is a part of life that can't be avoided but getting 'old' is not only a state of mind but a state of body.

There are a couple of sayings that are all too true as we get older,

*'if you don't use it, you lose it'*

and

*'the older I am, the better I was,'*

but all is not lost and before long you'll be able to kick these sayings to the kerb because it is never too late to resume being active, increase your current activity levels or indeed, begin to be active.

Northern Arena has a special Senior's fitness membership specifically for those aged 65+ because we want to ensure you keep the spring in your step.

So give us a call on 09 421 9700 or pop in we'd love to show you around and have a chat.

*editorial supplied by Northern Arena*

## Leave a lasting legacy

At Age Concern, Rodney we are committed to continuing to provide the most vulnerable older members of our communities' essential services that enable mitigation of the negative impacts of loneliness, social isolation, elder abuse and neglect.

We are a Not for profit organisation. We rely on the generosity of our community to raise funding required to deliver our services

Any amount, no matter how small or large, can make a lasting impact, ensuring that we can continue supporting some of the most vulnerable people aged over 65 in Rodney. A bequest will allow you to leave a lasting legacy, and continue to assist those who need it most, long after you are gone. It is the ultimate act of kindness and caring you can show towards your community.

A bequest form is included right. Please note that it is not effective until written into your will. Please take or send the form to your legal advisor, to ensure it is incorporated into your will. Please contact us if you need further information or assistance.

Please also let us know if you are making a bequest so we can personally thank you. Leave Age Concern, Rodney a gift in your will and enable the work we do; promoting wellbeing, rights, respect and dignity for older people. Our vision is that older people live a valued life in an inclusive society.



## BEQUEST FORM

Please take/send this form to your legal adviser for incorporation into your will.

.....  
.....(your full name)

Give to Age Concern, Rodney Incorporated, Shop JA2, Tamariki Avenue, Orewa, for its general purposes the following:

Amount in words:.....  
.....

And/or assets, property and shares as listed below:

This is not effective until written in your will, which must also be signed. Please let us know if you make a bequest so we can personally thank you.

Age Concern Rodney Incorporated  
CC10731

Physical address :  
Shop JA2 Tamariki Avenue  
Orewa, Auckland, 0931

Postal address:  
PO Box 12, Red Beach, Auckland, 0945

Telephone : 09 426 0916  
Fax : 09 426 0917  
Email : info@ageconcernrodney.org.nz

## DONATIONS, BEQUESTS AND LEGACIES

Donations play an essential part in the funding of Age Concern Rodney and the services we provide. You can make a donation at any time. Donations of \$5.00 and over are Tax Deductible!

**Thank you to all those who have already made donations to Age Concern Rodney.**

You may alternatively like to remember Age Concern Rodney in your will. Bequests and legacies are a vital source of income. If you would like to know more about how your bequest or legacy could help us in our work please contact Catherine.

I wish to make a donation of \$..... to the general work of Age Concern Rodney.

Name: .....

Phone: (09) 426 0916 or our postal address is: PO Box 12, Red Beach 0945.



## 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](http://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 checking to see if you're getting the best deal for you.

### **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](http://www.energywise.govt.nz) for more information.

## RETIRED ON A BUDGET?

Paying less for power is a quick way to squeeze more out of your budget.

Check [whatsmynumber.org.nz](http://whatsmynumber.org.nz) to see if you can get a better deal.

WhatsMyNumber  
.org.nz

## Benefit and payment rates 2019

Benefit and payment rates increased on 1 April 2019, due to the Annual General Adjustment.

### Your first April payment

You'll get your first payment at the new rate in the week 8 April (or in the week 15 April if you get paid fortnightly). This is because you're paid for the week that's just been.

### Getting Temporary Additional Support

If you get Temporary Additional Support and your benefit or pension payment goes up, in most cases your Temporary Additional Support will go down. The total amount you get will not be less than what you were getting before 1 April.

### How to check your payments

To check your payments, you can either:

- log into MyMSD
- call the Service Express self-service line on 0800 33 30 30

### Winter Energy Payments

If you're getting NZ Super or Veteran's Pension, you'll also get the Winter Energy Payment from 1 May to 1 October each year. You don't have to apply, you'll get it automatically with your other payments.

Couples and people with dependent children will get \$31.82 a week and single people will get \$20.46 a week.

# Macular Degeneration Free Seminar

Learn about the impact of Macular Degeneration, medical research, treatments and resources available

**Macular Degeneration** is the leading cause of blindness in New Zealand, affecting 1 in 7 people over the age of 50.

Local Ophthalmologist, Dr David Squirrell, will share the latest information on treatments and the management of Macular Degeneration.

Bring your friends and family to this free educational seminar.

DATE: Saturday 29 June 2019

TIME: 10 am - 11.30 am

VENUE: Orewa Baptist Church  
2 Loop Road  
Orewa  
Auckland

Sponsored by



Science For A  
Better Life

To register call **0800 MACULA** (622 852), or email [info@mdnz.org.nz](mailto:info@mdnz.org.nz)



MACULAR  
DEGENERATION  
NEW ZEALAND

[www.mdnz.org.nz](http://www.mdnz.org.nz)



## Need a hand? Services we offer:

- **General Home Help** - dusting, polishing, tidying, bed making, bathroom, stove tops, microwaves, vacuuming, all floors and wet areas mopped, Rubbish taken out.
- **Laundry** - colours sorted, washing done, hung on line, dried, folded and put away.
- **Meals** - shopping lists, meal planning, food preparation, cooking, company while eating, washing up and kitchen left tidy.
- **Shopping** - driven to local shops, accompanied while shopping, bags carried, unpacked and put away. Or if preferred we will shop for you, bring home and put away.
- **Sleep Over's** - support worker to sleep in the house for a 8, 10 or 12 hour period to ensure your safety.
- **Driving** - to appointments, Doctors, Hospital, Hairdresser, etc.
- **Morning Care** - help to get out of bed, showering, drying, dressing, grooming, ensure breakfast is eaten and hot drink given.
- **Evening Care** - ensure evening meal is eaten, undress, leave bed turned down, check house is locked up and secure.
- **Medication** - support workers are not authorised to give medication but they are able to remind you to take them.
- **Companionship** - need someone to pop in and check on you, read the newspaper to you, go for a walk, chat for a while, or even treat you to a day out occasionally.
- **Spring Clean** - this can be negotiated and arranged at any time.
- **Respite Care** - does your carer need a break, support worker to stay while carer is away.
- **Full Time Care** - 24/7 care can be provided. Special packages can be worked out individually.

***"We'll give you the help  
that you need,  
and the care  
that you deserve"***

Very competitive rates

PHONE: (09) 424 2911 | MOB: 021 045 2299

EMAIL: [chrissycleanncare@xtra.co.nz](mailto:chrissycleanncare@xtra.co.nz)

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

