

SPRING 2019 QUARTERLY NEWSLETTER
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Age Concern Wellington

Serving the needs of older people

COMPLIMENTARY COPY

Seniority



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Me Heke Ki Pōneke **Four Winds**

Chief Executive Report

Spring is nearly here. The mornings are getting lighter and the weather warmer. If you're a gardener you'll be thinking about what to plant for the summer and getting your soil ready. I'm trying aubergines this year. With the warmer weather we'll also be able to get outside more. That's not always easy for everyone and with that in mind we have a new service starting this spring to help you get out and about.

Our Companion Walking Service will organise a volunteer to assist a senior on a local walk. This service is designed for people who have concerns

about their safety while out walking and would appreciate the security and companionship of a volunteer. If you would like to go out for a walk to your local park, a browse around your local shops or walk to a local café for a cup of tea with a volunteer companion then send us your details and we'll let you know as soon as the service is up and running. And if you're still as fit as a fiddle then maybe you'd like to join as a volunteer? You can find out more on our website and by subscribing to our email newsletter, 'Chatter'.

Our local councils are keen for people to enjoy all the activities the region has to offer too. This year we're working together to hold a Senior Games Day on 1 October at The Dowse in Lower Hutt. This event has something for everyone whether you're 65 or 95. You'll be able to try out activities from ball games to board games and enjoy lunch together. The focus is on fun, although there's bound to be a bit of rivalry between the councils!

We're also launching our new Ambassador programme. We're looking for people who care about the well-being of the region's older people to join our Ambassador groups. If you are keen to have a say in how our services are developed and are happy to support our work in your area then please consider becoming an Ambassador. No particular skills are required just a passion for what we do! Check the website or contact us to find out more.

If you do use the website you may have noticed it has a new look. Our volunteer Daniela Orru has kindly redesigned it to make sure people can easily find the service they're looking for. We'd love to have your feedback on this so please contact us and let us know if you can find everything you need. A big thank you to Rosie, Jan and Steve who helped with photos. Check out their story on page 4.

We're always looking for good quality photos of our seniors to promote our services. If you have any you'd like to share with us, please send them in and we may publish them – check with the subject first of course!

We love to hear from people interested in what we do so keep in touch in whatever way is best for you – via our website, Facebook, Chatter, Seniority, the phone or good old fashioned post!

Best wishes

Jacqui Eyley Chief Executive

Driving Miss Daisy We are not just for seniors!

Over the years Driving Miss Daisy has built up a reputation for providing a high quality service to senior citizens who no longer drive. They are a regular at retirement villages and rest homes across the country and senior citizen clients form the largest proportion of their client base. But did you know that they also provide our services to younger people who don't drive?

Some clients have a disability or medical condition which means they can't drive, however this doesn't stop them from being very active in other areas of their life; they work in a professional capacity, run businesses, attend school or tertiary education and enjoy socialising with friends. Driving Miss Daisy drives these clients to their place of work or business meetings, assists them to their lectures and social occasions, ensuring they are where they need to be in plenty of time.

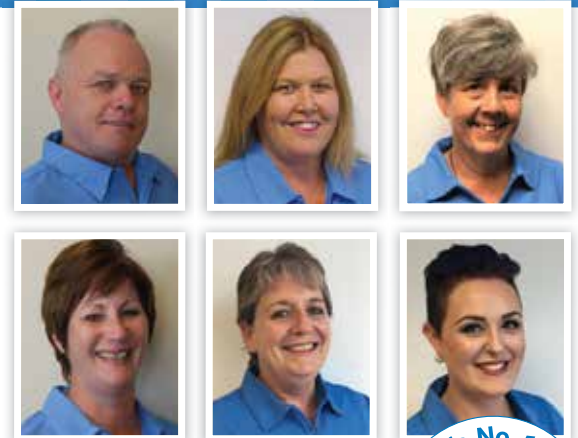
They treat every client as an individual, no matter what their personal circumstance. Every client has different needs, and they make sure they discuss this with their clients so that they fully understand them and provide them with the absolute best support and service.

For Driving Miss Daisy, it's imperative that all their clients are treated with dignity and respect. They are committed to helping their clients get out and about, so they can live life to the full and enjoy every moment.

If you have an activity you would like them to help with please call them today to discuss – they look forward to seeing you soon!

Editorial supplied by Driving Miss Daisy

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On the hunt for photos

We're keen to tell people how our services can help them and, as 'a picture can tell a thousand words' we went looking for photos to use on the website and posters. We particularly wanted ones which showed the special relationship between our volunteer visitors and our clients. It turned out we didn't have any photos! Fortunately, volunteer Rosie Morrison chose that moment to share a photo she'd taken of herself and her companion Jan Hill. Jan had given her a picture of a rose which she had painted to celebrate an important step in Rosie's career and Rosie was so delighted she sent it in.



We thought this was a lovely story so we asked professional photographer Steve Montgomery of Profile Photos if he would like to help us out with a professional photo shoot. The picture left was one of several he took on a chilly morning in Newtown. While we were there we found out a little about Jan and Rosie's stories.

When Jan's sister recommended the Accredited Visitor Service to her she didn't think twice about signing up. She says, 'I've been creative all my life but recently I've been struggling to get to my art group because of my hip. The loneliness can be overpowering,' she explains, 'and I rely on my friend.'

We're sipping coffee with Jan in her living room, surrounded by paintings, many of which are her own. They're beautiful and clearly a considerable amount of time has gone into developing her talent. Rosie is holding a painting of a rose which Jan painted for her after she attained a graduate intern position with the ambulance service. Their friendship is clearly important to both of them. Rosie agrees, 'It's definitely beneficial for both sides. No-one else shouts 'I love you' when I leave!'

Rosie volunteered after reading research on the effect of loneliness on the elderly. She says she had the skills and the time to help. Now she loves her visits, describing them as 'an hour when time slows down a bit - a little oasis in a busy day.' Listening to Jan talk about her childhood during the depression years has also made her realize how lucky we are today.

Jan was quite clear about what sort of visitor she wanted, 'I really wanted a young person. Rosie brings back memories of having a young family and I love following what she's doing. I look on her like a granddaughter,' which is perfect for Rosie who doesn't have a grandmother. Jan may be in her nineties now but the sparkle is still there. 'Scooters are a problem,' she says, 'but I tell you what... I'd like to have a go!'

We'd like to thank Jan and Rosie for allowing us to photograph them and our photographer Steve Montgomery for donating his time and skills. If you'd like a family portrait we'd highly recommend him. Check out his website www.profilephotos.nz maybe it's time to capture the generations in your family.



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Where community shapes the heart of your retirement

Seniors@work

A new jobsite exclusively for Seniors and those over 60



“Seniors@work” has just launched and is designed exclusively for people over 60 who are looking for work opportunities. It has been set up by a fellow Senior, Ian Fraser, as a tool to connect employers with a fantastic pool of talented, skilled and experienced people who can add real value to the workplace.

Having found himself unexpectedly out of work days before his 60th birthday, Ian was shocked to discover that job hunting in your 60s is incredibly challenging. “I literally have a lifetime of knowledge and experience. I have worked in industries both here and overseas, I have started companies, learned from successes and failures and yet I couldn’t find a job”, Ian said.

After speaking with others in the 60+ community, Ian discovered that his was not an isolated experience and senior workers struggle to find employment. “It seems crazy to me that New Zealand businesses are complaining about a skills shortage, when we have a goldmine of skills, experience and talent available in our senior community”, Ian said.

Ian knows that the biggest challenge to overcome is a subconscious bias and negative connotations associated with being elderly. To counter this, he established Seniors@work, an organisation that works with employers and older job hunters to help New Zealand businesses benefit from our ageing population.

“Being “old” is viewed negatively, there are common misconceptions like the elderly can’t keep up with technology. The reality is we have a wealth of skills, experience and a work ethic that is second to none. Savvy businesses that realise this can gain access to an incredible workforce”, Ian said.

If you are interested in learning about great work opportunities guaranteed to be suitable for those aged 60 plus then you can visit the job site www.seniorsatwork.nz and hit the “Register” button to create an account in just two simple clicks. The site also has a comprehensive Work Readiness info pack and Wellbeing section, so is not just your standard jobsite.

You can like and follow them on Facebook at www.facebook.com/SeniorsatworkNZ/.

If you'd like further information also feel free to reach out directly to Ian via email at ian@seniorsatwork.nz who can assist you in registering as a Job Seeker or even as a potential employer

Good, better, best.
Never let it rest.
‘Til your good is better
and your better is best.
~ St. Jerome ~

An opportunity to hear a world expert talk about managing osteoarthritis

If you have been told you have arthritis usually it is osteoarthritis. You may have been told “just learn to live with it” or “come back when it is worse and we will look at surgery”. That is what we often hear from clients with osteoarthritis and we think they are not always getting the best management of their condition.

Osteoarthritis is the most common form of arthritis in New Zealand- and can cause pain and stiffness that can reduce your mobility and make it difficult to do everyday tasks. It most commonly affects weight bearing joints such as knees and hips and is associated with ageing.

We are learning more and more about osteoarthritis and how best to manage it. Arthritis New Zealand is arguing that New Zealand needs a national plan for managing osteoarthritis- a plan that does not just focus on joint replacement surgery but looks at a range of ways that can improve the lives of people with osteoarthritis such as learning about joint protection and pain management and the impact of exercise and reducing weight.

In September Arthritis New Zealand is hosting Professor David Hunter, a world expert in the management of arthritis, in a tour of New Zealand. Of relevance to the management of osteoarthritis in New Zealand will be his experience in New South Wales developing a project that achieved reduction in surgical waitlists for knee and hip joint replacement surgery.

This programme targeted patients on the surgical wait list- well before they needed to see an orthopaedic surgeon- and could be of real significance in improving the treatment of osteoarthritis in this country.

Professor Hunter will be speaking in Wellington on Monday September 16th at a meeting for people who have osteoarthritis. He will outline how the condition can be well managed and discuss how the programme in New South Wales was developed and implemented.

If you have osteoarthritis or are caring for someone with it this meeting will be informative and eye opening as to how much we can improve management of osteoarthritis in New Zealand

Professor David Hunter- meeting in Wellington
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Alcohol and drug issues and older people

Alcohol has long been the main social drug of our society; a derivative of the mores of the United Kingdom and European societies which many white New Zealanders inherited and brought with them to Aotearoa. Some of them also brought grape vine cuttings and the skills of wine production which has led to a flourishing industry which, along with the development of craft beers, has created not only a local market for their produce but also employment in the agricultural and hospitality industries: though it is the big commercial brewers who dominate and are the big marketeers. “Ay, there’s the rub.” Alcohol brings with it positives and negatives, including those around potential suicide, as Hamlet famously mused.

International evidence shows that the most effective policies to reduce alcohol related harm are those which target the availability, price and promotion of alcohol. Policies which target cheap alcohol are important because low cost alcohol is favoured by the young and heavy drinkers. The relationship to alcohol

at an early age influences older people’s alcohol consumption.

The Royal Australian and New Zealand College of Psychiatrists [RANZCP] issued a statement on 18 July, 2019 “The time for alcohol law reform is now” which includes :-

“Alcohol harm remains the most pervasive addiction problem in New Zealand. Excessive alcohol consumption causes so many problems for individuals, families and communities in terms of the negative effects on health and wellbeing.”

Alcohol problems for older people tend toward three types.

- 1 Early onset [survivors] who develop problems early, which continue throughout life.
- 2 Late onset [reactors] who react to stressors – loneliness, pain, loss.
- 3 Intermittent heavy drinkers [binge drinkers]

On the whole older people tend to have a more spread pattern of drinking and more home based drinking.

Hidden drinking may be a factor at any age, including older ages which emphasises the need for regular questions about alcohol, and other possible additional drug consumption, in any assessment of a person’s health and wellbeing. Too often this is omitted.

Alcohol induced aggression, verbal, psychological or physical on the part of other people, including family members, may worsen elder abuse and other aspects of family violence from childhood onwards to old age.

If alcohol is combined with other drugs that can heighten the ill effects. Alcohol and other drugs may also interact detrimentally with medications, especially for elders.

All of which means that the issue of law reform, including the regulation and promotion of alcohol advertising; the raising of the price of alcohol; the strengthening of the rights and responsibilities of parents for the supply of alcohol to minors, and the introduction of an Alcohol Harm Reduction Act, should benefit all ages, including older people.

Age Concern, both locally and nationally, should support the psychiatrist’s urging of alcohol law reform, thereby taking a much more active role in alcohol harm reduction for their communities.

Dr Margaret Guthrie

Choosing Wisely

– A thought provoking campaign

In August, Ann and I went to a very thought provoking presentation by Sue Ineson from the “Choose Wisely” campaign.

This is an international campaign that is also being run in NZ. It involves consumers, doctors, nurses, midwives, pharmacists and other health professionals and is a campaign whose aim is to decrease non beneficial medical interventions or those which have little or no benefit.

Sometimes it seems that, when someone is very sick, there is an endless list of tests and interventions that they could undergo but which actually make very little difference or even make people feel more uncomfortable. Writers like Atul Gawande and Kathryn Mannix talk a lot about this, especially in the context of palliative care. They would urge us to consider quality of life rather than quantity.

Choose Wisely suggests a collaborative approach between the patient and health professional to consider and ask

- Do I really need this procedure/test?
- What is the risk of this test/procedure?
- Are there any safer, simpler options?
- What happens if I don’t have this test or procedure?

Every person’s situation is unique and together patient and health professional can discuss the answers to these questions and develop a health plan.

Find out more at CHOOSINGWISELY.ORG.NZ

Sheila Reed

Thank goodness my book finally arrived,
I almost started cleaning the house.



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Dear John

My three neighbours and I have small sections with shared boundaries and three of us are at a loss as to what to do about our fourth neighbour – or rather his livestock. This neighbour decided to keep chooks in his back garden. This is all well and good but they roam freely over everyone's gardens! The shared path leading up to our houses is covered with chicken poo which then gets trodden into the house. They scratch away in my garden and then, to my horror, I discovered that they had scratched away and eaten 20 of my new strawberry plants. I have to confess I was very upset when I went round to see him about this but pleasant dreams of a bowl of strawberries and cream had been shattered. What do you think our best course of action should be?

Dear Dave

When I rang the council for advice for you, I realised that this sort of complaint is very common, as the person on the other end of the phone knew exactly what to tell me. The council recognises that small suburban properties are not the best place for chickens and so there are regulations around the keeping of chooks on private sections. A permit is required and there is a limit of 8 birds. They must also be kept securely on the property. (If you look on the council website under "chickens" it is all spelt out.) If you ask, the council will send someone from the Environmental Health Department to check the property in question. My advice is for all three of you to meet with the keeper of the chickens and ask him to keep them secured and to explain the damage they are causing. If this doesn't make a difference, the next course of action will be to phone the council and ask for an inspection of the property.

Rent Rebates for Retirement Villages

For over a decade the Retirement Villages Association (RVA), with support from Residents Associations, Grey Power and Age Concern, have been lobbying successive governments to amend the Rates Rebate Act 1973 to include income-eligible Licence to Occupy (LTO) retirement village residents. Although all residents pay their local rates via the village's weekly fees, but because they're not the "named ratepayer" we've been unsuccessful.

However, in January 2018 the Hon Ruth Dyson's Private Member's Bill extending the rebate to income-eligible LTO residents was passed unanimously by Parliament and the first rebates were paid out. We argued that around 50% of our residents only have their National Superannuation to rely on, so the rebate would be a particular benefit to them.

The Department of Internal Affairs (DIA) provided some information about the first year's rebate payments to retirement village residents. Around 4,200 applications were received by 44 Councils across NZ. This is around 13% of all RV units (currently 32,200 units). The DIA advise that around \$2.5 million was paid out to RV residents.

The four Councils that had a remission scheme for RV residents in place had a slightly higher level of rebates paid – Auckland 15.5%, Thames-Coromandel 45%, New Plymouth 31% and Kapiti 10%.

Several Councils where villages often tend to be older and more "affordable" also had a higher percentage of claimants than the national average. In Ashburton, 40% of retirement village residents claimed the rebate, as did 25% in the Far North, 40% in Horowhenua, 29% in Marlborough, 30% in Napier, a massive 47% in the South Waikato District, and 40% in Upper Hutt City.

These figures illustrate an important point – retirement villages are not always for the well-off. Most units are priced around the average freehold home's value in the area where the village is based. We want residents to move to a village and release some equity, and enjoy a better quality of life.

If you're a retirement village resident and you only have your National Superannuation to live on, think about claiming a rebate for the current financial year. Ask your village manager about the details and/or check out the Rebates Guide that's available on the RVA's website (www.retirementvillages.org.nz).

You could find yourself better off by more than \$600!

editorial supplied by Retirement Villages Association

“Blood Test can detect onset of Alzheimer’s”



This startling headline in Saturday 3rd August's DomPost made the startling statement that a simple blood test has been developed by scientists which they think can detect the onset of Alzheimer's. This could prove to be a breakthrough in combating the disease. It is early days but Randall Bateman from

Washington University of Medicine is looking at recruiting people for clinical trials of the test. This test is said to have a 90% accuracy in spotting beta amyloid, the toxic protein in the brain that could be an early indication of the disease. Thus it could be a useful tool in early diagnosis, treatment and possibly the development of more effective medications.

One of the problems is that the brain is affected for years, even decades, before the symptoms of dementia become noticeable. Researchers think it is possible that current drugs may not be especially effective as they are used too late. An early intervention could well be more effective in preventing the inevitable progress of the disease.

Sheila Reed

A little girl was diligently pounding away on her grandfather's word processor. She told him she was writing a story. "What's it about?" he asked. "I don't know," she replied. "I can't read."

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Book Review

Extra Time: 10 Lessons for an Ageing World by Camilla Cavendish



Extra Time (as in, `there`s everything still to play for`) is beautifully written and extremely easy to read. It is packed with ideas to keep fit and healthy into old age, but much emphasis is put on exercise. It is never too late to start exercising, even when quite elderly. These 10 lessons are what we need to learn in an ageing world.

There are ten chapters, each with an attention seeking title. In chapter one we are told that in 2020 for the first time in history there will be more people on the planet over 65 than under five years old, and there are now 83 countries with fertility rates below the `replacement rate`. In Japan in 2013 there were more nappies sold for older people than for babies. This is all sobering stuff, but there is good news too. There was a study done in Caerphilly in Wales which started in 1979 by a young scientist called Peter

Elwood. He and his team asked every man between the ages of 45 and 59 if they could be monitored every five years to track their health. As it says in the book they must have been very persuasive as they got 90% of the candidates – 2,500 to agree!

Over the next 35 years they discovered some marvellous results which indicate that making simple lifestyle changes can dramatically lower your risk of cancer, diabetes, heart attack, stroke and even dementia.

The five simple questions were:-

- 1 Are you a non smoker?
- 2 Do you take exercise or walk at least 30 minutes a day, five days a week?
- 3 Do you eat at least 3 portions of fruit/vegetables – with no more than 30% of the diet fat? (note 3 portions would be reasonable in a Welsh mining village)
- 4 Do you drink no more than 4 (yes 4!) units of alcohol a day?
- 5 Do you have a healthy body weight a BMI of between 18 – 25?

The startling news is that those who answered `yes` to 4 out of 5 of the above had a staggeringly better quality of life than those who didn't. They suffered 70% less from diabetes, had 60% fewer heart attacks, 35% less cancer and were 60% less likely to suffer cognitive impairment or dementia. Elwood called the last finding `gold dust` and those who did get dementia got it later – its onset was delayed six to seven years.

This is just one gem from the book. Others include examples of people continuing working – like Bette Nash, who, at 82, is the world's oldest cabin crew member. Her goal in life is just to keep moving. Mention is also made of having a sense of purpose, keeping active and having strong social networks. Camilla Cavendish was an editor at The Times newspaper, who left to run David Cameron`s, (ex Prime Minister of the UK,) Policy Unit. She also served on the board of the Care Quality Commission and led a large review into healthcare workers and support staff.

The book, though, covers national and global views of policy issues, but she has a great style, and it is so readable.

Copies are available from Wellington Library. It is published by Harpers Collins.

Highly recommended.

Ann Dalziel

Community Support and Outreach Co-ordinator.



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Some things make for happier, healthier living, no matter what your age or ability. At Enliven, we create elder-centred communities where older people have companionship, choice and control, meaningful activity as well as quality care.

Cashmere Home
51 Helston Road, Johnsonville.
Phone: 04 477 7067

Longview Home
14 Sunrise Boulevard, Tawa.
Phone: 04 232 6842

Cashmere Heights Home
16 Helston Road, Johnsonville.
Phone: 04 478 9051

Huntleigh Home
221 Karori Road, Karori.
Phone: 04 464 2020

Free phone 0508 ENLIVEN or visit www.enlivencentral.org.nz

Please see our website for information on how you can support our work or return this slip to the address below.

I wish to support the work of Age Concern Wellington by:

(Please tick the relevant boxes)

- Making a donation of \$.....
- Making a regular donation of \$.....
- Becoming a Member (\$25 single, \$30 couple) \$.....
- Volunteering

Note: Donations of \$5.00 or more are tax deductible

Please tick box if you require a receipt

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Title: Mrs / Mr / Miss / Ms _____

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Street Address: _____

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Information is confidential, and will not be passed on to any other persons or agency and is held in accordance with the Privacy Act 1993.

Bank Account: 0305 1007 19509 00

Pay by cheque or online with name as reference

Age Concern Wellington Inc.

Forward this form or contact us with your address.

Age Concern Wellington, PO Box 11-108, Manners Street, Wellington 6142 or phone (04) 499 6646.

Resonance Podiatry

Our wonderful team at Resonance Podiatry are a group of highly experienced Podiatrists, who are specialized in treating a wide array of conditions affecting the feet and lower limbs. Our Resonance Podiatry clinics are the first podiatry clinics in New Zealand to become Allied Health Care Accredited providers, meaning that we are qualified at the highest possible health care standard for podiatry services.

Resonance Podiatry provides specialist assessment, treatment and management, utilizing leading-edge technology to provide you with the best management plan to get you back on your feet. We provide services ranging from general comfort care, to falls risk prevention, and general management of musculoskeletal conditions and chronic pain.

If you or anyone you know is suffering from any lower limb problem, don't hesitate to contact our friendly team for an appointment so we can get you back to work, sport, or play as quickly as possible!



Resonance Podiatry are a specialist team of Podiatrists, working in collaboration with you, and our fellow medical colleagues, to get you back to being pain-free. At Resonance we implement up to date evidence-based practice, and are committed to getting you back on your feet as quickly as possible.

If you suffer from:

- Painful feet
- Bunions
- Falls
- Corns
- Callus
- Difficult toe nails or ingrown toenails
- High Risk Foot: Diabetic Foot or Rheumatoid Foot



Come and see us at our Wellington CBD, Lower Hutt, or Mana clinics.

Whatever your pain, we are committed to getting you back on your feet!



0800 4 RESPOND
www.respod.co.nz



Plan ahead today, for peace of mind tomorrow

Planning your funeral in advance can make a difficult time easier for your family

Thinking about your own funeral plans may seem odd to some, but by planning ahead, you can help ensure that your family will not experience extra distress at an already difficult time, knowing your wishes are being fulfilled.

Keeping a record of what you'd like when it comes to your service and burial or cremation, can take a lot of pressure off family members at a time when they're likely to be very stressed.

Grief can affect our ability to make considered decisions and it can be overwhelming to think of all the things that need to be done. Even though talking about death can be difficult, planning ahead is such a helpful thing to do.

“Planning ahead not only makes things much easier for the family but can also offer peace of mind,”

says Steve Haddock, the manager of Lychgate Funerals.

Steve says his team of funeral directors are happy to meet with people to talk them through what they'd like, so there is no uncertainty after they've passed away. It's a particularly good idea if you'd like some personal touches as part of your funeral, or if there are certain things you definitely don't want.

Lychgate Funerals can supply you with a free preplanning pack which enables you to record your information as required by the Registrar-General of Births, Deaths and Marriages, as well as including details of who needs to be notified of your passing and also your preferences for your funeral.

“People do find it is a useful thing to do. Straight away you can see that it's like a weight has been lifted off their shoulders. Similar to writing a will, there is satisfaction in knowing that everything is taken care of.”

This recorded information is also greatly appreciated by families. “We have a lot of people saying it gives them peace of mind and a sense of direction in the planning of a funeral because the person who has died was able to have their input into the music or the readings or the casket. It is gratifying to see that their wishes are then carried out,” Steve says.

The other thing you can talk to a funeral director about in advance is the cost. This can help to avoid a financial burden on your family, who may otherwise have to pay for the funeral themselves.

The FDANZ Funeral Trust allows people to pay for part, or all of their funeral. The money is paid into the trust and released to the funeral director at the relevant time.

While a major life change like going into a rest home or being diagnosed with a serious illness may prompt you to begin planning your funeral, it's never too soon to start thinking about what you may want.



www.lychgate.co.nz

Whether you need to plan a funeral now or are just thinking about the future, we are happy to provide you with a free funeral pack which contains material about Lychgate Funerals and important information with regards to planning a funeral. We are also happy to come out to you and discuss your needs, and can provide a free, no obligation estimate if you wish.

Alternatively, please visit lychgate.co.nz/preplanning to find out more or to simply record your choices online for free.

Wellington City | 306 Willis Street
(04) 385 0745

Karori | 89 Karori Road
(04) 476 6472