

Making a **Difference**

2008/09 plans and actions for Well Wairarapa

Improving the health of older people

Services working together

- When older people need support services and community nursing there will be a single point of entry where all their needs are assessed and catered for
- Make it clear how older people enter and exit the rehabilitation Service
- Establish an Organised Stroke Service

Promote more holistic approaches in services

- Encourage and promote healthy nutrition and activity of older people
- Promote and support an information service for carers of older people

Community wide involvement

- Enhance opportunities for older people through health providers, agencies and community support groups working together
- Identify potential workforce and development opportunities for support workers in conjunction with other providers and agencies

Improve quality and safety of services

- Establish a specialist gerontology nurse position
- Develop and promote rehabilitation service, culture and identity
- Complete plan to address mental health needs of older people

Health targets

- Vaccinate 90% of people 65 years and above against influenza
- 70% of people 65 years and above receiving disability support services will be in their own homes rather than in residential care



These plans and actions are part of national health targets 1,2,5,6,7,8,9
(see summary sheet)

FOR MORE INFORMATION



See the full version of the *District Annual Plan* at: wairarapa.dhb.org.nz

Support for Living at Home

"I stopped mowing my lawns when I turned 90. I figured I had done them all my life and it was time to give it up," says Dot Finlay who is 96, and still living at home. "But I still do my own garden even though everyone tells me off for doing too much. But you've got to exercise and what would I do if others did it –watch them? I still walk around the block regularly and do my own cooking."

Dot is grateful to be so independent and still in her own home. She spent eight months in Kandahar last year after a spell in hospital following a fall but says she felt lazy there and "harpred on about going home." While she was in the rest home her house was prepared for her return. The carpet was fixed, her favourite chair raised, a heat pump installed and a seat put into the shower. Following the all-clear from her doctor and a needs assessment by Focus, Dot came home last July and since then has been coping really well with the support of a carer who helps her for two hours a day, four days a week.

It is part of the 'Support for Living at Home' package of coordinated care for people who want to remain in their own home. Focus and Glenwood work in partnership to meet the needs of up to 20 clients at a time. Focus identifies goals and timeframes, works out what support is needed within budget limits and then Glenwood step in as the provider of the services. Priority is given to older people with high needs and limited support. Glenwood arranges meals, support workers and on-call help if needed and they also do regular reviews to check that everything is fine. It's a flexible and responsive approach.

Dot Finlay certainly thinks so. She is very grateful to her support worker, Angela Thom, who comes most days to help with showering, any health needs and housework. Angela takes her to town each week to get groceries or books from the library. "I always have a book on the go – I don't bother with television," Dot says. "I still cook all my own meals



but I could get Meals on Wheels if I needed them. I do my own washing and ironing and I get on very well. I have great neighbours who keep an eye on me and if I want anything extra Angela will drop it in on her way home –she's marvellous."

Dot still belongs to Women's Institute and goes to monthly meetings. She knits and reads and looks after two cats and her garden. "When I came home from Kandahar last year the weeds were up to my waist and there were dandelions everywhere. Now I have cleared it all except for one patch. My doctor keeps asking if I'm overworking but I'm happy being active."