

Media Release

From: Jan McLaren, Communications Advisor

Date: 19/07/04

Subject: Living well – ageing well

This Wednesday every letterbox and business in Wairarapa will get a copy of “Living well – ageing well”, Wairarapa District Health Board’s publication about older people.

Supporting the health of older people is an important priority for the DHB. This booklet informs people about support services available and celebrates the many ways older people contribute to our community, enjoying activities and opportunities that keep them active. There are articles about volunteer work, Seniornet, Probus clubs, caring networks and support groups, managing chronic conditions, rest homes and grandparenting. On the back cover is a directory of services supporting older people locally.

This publication is the second in a series focusing on the DHB’s strategic priorities. In the Wairarapa the proportion of New Zealanders over 65 years will double within 20 years. Because older people will make up a much larger portion of the population the community needs to recognise and plan for their needs.

Wairarapa DHB CEO, David Meates, says, “There are a lot of services in our region that support the health and well being of older people, but a common theme is that not enough people know about them. Major challenges include reducing and managing high levels of diabetes, respiratory disease and heart disease. Social isolation of older people affects their health and is an ongoing issue. By working together as a community, we can address the health issues facing our older people so we can all age well and live well throughout our lives.”

More copies of “Living well – ageing well”, will be available from the WDHB Communications Unit.

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