
Waihoru
Spreydon-Cashmere Community Board
MINUTES ATTACHMENTS

Date:

Time:

Venue:

Tuesday 17 March 2020
8am
Boardroom, Beckenham Service Centre,
66 Colombo Street, Beckenham

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Age-friendly Spreydon-Cashmere Action Plan 2019-2022

1. Transport: Everyone in Spreydon-Cashmere over the age of 65 years has accessible and affordable transport options to enable their social and economic participation

What We Have:

* Christchurch public transport services have undergone major reorganisation since the 2011 Canterbury Earthquakes, including removal or redirecting routes because of closure of the central city, road damaged routes, and reduced patronage. The new city bus exchange is open and is the central connection to the new radial hub and spoke network. Gold Card holders can travel for free during off-peak hours, bike racks are provided on suburban buses, buses have wheelchair accessibility, and where patronage is low small buses are deployed. From July 2019 Metro cards can be purchased at the 66 Colombo St South Service Centre and South Library. The Orbiter bus route travels between key activity centres at 10 minute intervals, and in Spreydon-Cashmere connects with St Martins, Princess Margaret Hospital, Pioneer Leisure Centre, and Barrington Shopping Centre, as well as nearby Addington Raceway and Westfield Riccarton. Transfers to other Metro bus routes can be made at each shopping centre.

*Environment Canterbury is responsible for bus routes, and its goal is “more people can access key activity centres by public transport, so that 90 per cent of households can access a key activity centre within 30 minutes by 2028.” Bus stops, seats, shelters and bus priority measures are provided and maintained by city and district councils.

*The cycle ways network and introduction of e-scooters have opened up new travel options

*Taxis, and driving services and from businesses and community organisations are available across the city.

*Feedback from Spreydon-Cashmere citizens shows there is understanding for ongoing road works and repairs, despite the difficulties they present for navigating streets and often footpaths.

*The Spreydon-Cashmere Community Board and at least two resident group communities submitted to the 2018-28 Canterbury Regional Transport Plan about bus routes.

Obstacles and Opportunities:

*Walking safely within a reasonable distance to a bus stop is a challenge for some residents, particularly people with mobility issues on steep or uneven terrain.

*Somerfield and Bowenvale residents have identified travel access gaps following changed bus routes.

*Accessibility provisions in proposals for the installation of traffic and pedestrian controls are now reported to the Community Board

*The Older Adults Network identified a perception of danger to older pedestrians from e-scooter users.

Action Areas:

- ❖ Promotion of awareness of transport issues concerning older people, and support for them being taken into account by decision-makers
- ❖ Work to ensure that older people in Spreydon-Cashmere are aware of their transport options and can make fully informed choices
- ❖ Identification of needs and advocacy to improve accessibility provisions of public transport services in Spreydon-Cashmere

Goals:

1.1 Residents are provided a bus route and a bus stop within 500 metres of their home, or rest seating where the bus stop is further than 500 metres

1.1.1. Action: Research public transport gaps experienced by Spreydon-Cashmere older adult populations and recommend solutions

1.1.2. Responsibility: Environment - bus routes, Christchurch City Council – bus stops, shelters and seating. Research - University of Canterbury (tbc)

1.1.3 Measure: 1-2 neighbourhoods/area locations mapped and analysed

1.1.4 Result: Research and recommendations presented, and accepted for implementation

2. Connection and Participation: Community support and connection opportunities are available to all older adults in Spreydon-Cashmere who are at risk of social isolation and/or experiencing loneliness

What We Have:

* There are approximately 15 churches in Spreydon-Cashmere, most of which operate older adult oriented friendship clubs or group activities. Rowley Resource Centre, Manuka Cottage, Whare Ora / House of Life, and the St Martins Library are all community run projects that have specific focus on connection and participation support for older adults, offering multiple activities. There is one Working Men's Club with social recreation activity options. The Lansdowne, Huntsbury, Somerfield, Hoon Hay, and Cracroft communities manage bookable community centres.

*The Spreydon-Cashmere Older Adults Network comprises representatives from older adult outreach groups and networks. It is convened by local Council staff every six weeks, and allows members, agencies (including social housing), and Community Board representatives to engage about specific local older adult issues and responses, as well as wider trends and solutions.

* The Christchurch older adult sector is well serviced by information and service providing organisations such as Age Concern Canterbury, Eldernet, Elder Care, Canterbury Neighbourhood Support, and Volunteering Canterbury.

*The Cashmere Club and the South Service Centre in Colombo St host wider older adult networks such as Grey Power and the Aotea Club (combined Probus Clubs), Council runs the weekly Beckenham Walk n Talk group that attracts mostly older adults, and the South and Spreydon Libraries run tailored programmes for example computer learning and Dementia groups.

Obstacles and Opportunities:

*Until 2013, a paper community directory was produced for Spreydon-Heathcote Ward. Although printed information dates quickly, the booklet was popular, in particular with older adults.

*A city directory of recreation opportunities for older adults is being updated for reproduction. New types of publication and delivery may be needed in order to successfully inform people.

*There is a challenge to reach isolated people without being intrusive – enabling the healthy balance of independence and social connection.

Action Areas:

- ❖ Stocktake of support and connection activities that encourage social participation, including identification of geographic and diversity gaps.
- ❖ The provision of up to date, accessible information about the social and recreational opportunities available in Spreydon-Cashmere for older adults.
- ❖ Work with local organisations for new ways to reach potentially isolated older adults with information and social connection opportunities.

Goals:

3.1 Older adults in all Spreydon-Cashmere neighbourhoods and from all cultures and backgrounds have well informed choices for social connection, recreation, and well-being that are available to them

2.1.1 Action: Create and distribute a tailored package of information resources towards older adults at risk of isolation

2.1.2 Responsibility: Age-Friendly Steering group members, existing community outreach and home support providers (e.g. meals on wheels, Nurse Maude, Social Housing staff)

2.1.3 Measure: At least 200 people reached with information packages through extended delivery

2.1.4 Result: Six month check on uptake to show number of new social connection and participation opportunities realised (alongside Wellbeing and Health goal result 3.1.4)

3. Wellbeing and Health: Older Adults in Spreydon-Cashmere make use of and contribute to the quality of their local amenities, events, health programmes and organisations

What We Have:

- * The Canterbury District Health Board is responsible for older adult health assessment programmes and pathways to care, and aligns with the government's "Aging in Place" approach to later life living that supports people to remain in their own homes as long as possible
- * Home warmth barriers are being addressed by government for community service card holders, gold card holders, and low income home dwellers with subsidies for insulation and winter heating
- * Community feedback tells us that foot clinics are effective social buoys, and that doctor green prescriptions help refer participants and volunteers towards social as well as physical wellbeing producing activities
- * Decorative gardening and food production talents of many older adults are recognised and show-cased in the Annual Garden Pride and Edible Gardens Awards provided by the Spreydon-Cashmere Community Board, while Community Service Awards recognise long voluntary service in communities
- * The Pioneer Sport and Recreation Centre runs older adult targeted exercise classes with social connection objectives.

Obstacles and Opportunities:

- * Although on-line connection is increasing in the older population, many older people are digitally disconnected at home and are likely to be challenged to make bill payments and social connections as financial and communications technology changes continue
- * Latest trend commentaries indicate that older adults are working longer out of necessity or choice, and that this is increasingly necessary for the labour market and economy to function well. The majority of people moving towards or into retirement or semi-retirement have not prepared adequate financial and lifestyle plans

* While traditional independent and supported later life living options are communicated or advertised comprehensively, new and alternative housing and lifestyle choices that are emerging offer quite different possibilities for older adults either in individual or group dwellings

* Most volunteer groups, including resident associations benefit from older adults as volunteers and cater to older adults as a proportion of members. In some groups volunteer availability is diminishing, or expectations for short term or reciprocal systems are growing.

Action Areas:

- ❖ Support for and promotion of recreation and leisure spaces and activities designed for older adults
- ❖ Maximising opportunities for neighbourhood groups to ensure that older residents are connected, feel safe, and have healthy homes
- ❖ Promoting the provision of paid and unpaid work opportunities provide with and for older adult that are culturally, physically, socially, and economically inclusive.

Goals:

3.1 Older adults in Spreydon-Cashmere are well informed and supported to take advantage of healthy homes programmes

3.1.1 Action: Boost information dissemination of heating and insulation subsidies to increase older adult awareness and reach of support

3.1.2 Responsibility: Community Energy Action and ECAN provide access, while existing networks along with home support providers can extend reach

3.1.3 Measure: At least 200 people reached with heating and insulation information through extended delivery

3.1.4 Result: Six month check on uptake to show number supported home warmth enhancement opportunities realised (alongside Connection and Participation goal result 2.1.4)

4. Exploring the Future:

What We Will Have

* By 2034 almost a quarter of the national population will be aged over 65 years, and will also be increasingly diverse.

* More older people will be living alone without family and whanau support, however intergenerational households are also expected to increase.

* Nearly one in four people aged 65+ are in some paid employment – in future working past 65 may become the norm.

* Within the next 16 years the economic contribution of the 65+ population is predicted to be today's equivalent of \$50 billion consumer spending, \$25 billion unpaid or voluntary work, and \$13 billion taxes.

* It is likely that increasing numbers of older people will experience poverty and material hardship: bearing a mortgage, renting, or having limited savings. The percentage of older people who own their homes is decreasing, and the percentage of those entering later life with a debt or mortgage is increasing.

Action Areas:

- ❖ preparation for retirement
- ❖ plan for change – social economic, environmental
- ❖ take part in local decision-making

Obstacles and Opportunities:

* While traditional independent and supported later life living options are communicated or advertised comprehensively, new and alternative housing and lifestyle choices that are emerging offer quite different possibilities for older adults either in individual or group dwellings

* Technology developments will continue to improve health care, family and social connection, democracy, and life-long learning, however some older people are excluded because of unaffordability, lack of skills, or high preference for face-to face-interactions.

* The expansion of aging workforce and aging customer proportions will influence the types of goods, services, and promotions by employers and producers as they work to take advantage of this market.

Actions:

4.1 Older adults and pre-retirement residents in Spreydon-Cashmere are provided opportunities to understand and consider trends, future developments, and innovative life choices.

4.1.1 Action: At least one future-oriented seminar or engagement will be provided locally per year.

4.1.2 Responsibility: Steering Group members, Spreydon-Cashmere Community Board, Older Adults Network

4.1.3 Measure: At least one future awareness event per year will attract up to 50 attendees.

4.1.4 Results: Attendance records and feedback from each event will be reviewed by the Steering Group.