AGE CONCERN HAMILTON
Serving the needs of older people

Don’t Wait Til You’re 80 Matey
A meaningful life for older people

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KEY LOCAL FACTS

- Waikato has 59,574 older people. 14.5% of population.
- Hamilton has 16,158 older people. 11.4% of population.
- Age Concern works across the Waikato and supported approximately 19,500 older people, their families and care givers last year.
TRENDS SINCE 2006

- Older population is growing.
- More older people are staying in their own homes.
- More staying or returning to the workforce after 65.
- More adopting healthy lifestyle habits leading to improved quality of life.
AGEING POPULATION 2051

- 65% of older men & 55% of older women are likely to be in the workforce
- $18.2 billion earned by the over 65’s
- $2.5 billion income tax paid by over 65’s
- $65 billion spent by the over 65’s each year
- $35 billion worth of unpaid & volunteer work carried out by over 65’s

MSD report ‘Business of Ageing’ update 2015
AGE CONCERN SERVICES

- Visiting & Shopping: Ministry of Health
- Elder Abuse Prevention: Min Social Dev.
- Supportive Services (Social work)
- Health Promotion: Ministry of Health
- Education & Training: MoH & MSD
- Lifelong learning & positive ageing: Hamilton City Council
MEANINGFUL LIFE

- Purpose
- Autonomy or control
- Active mind and body
- Moral code / value system
- Social connectedness
- Sense of self worth

Making Active Ageing a Reality. University of Waikato research 2014
PURPOSE

- **Something to do**

1. Personal activities: hobbies/routines
2. Social interaction: friends/family/clubs
3. Public activities: voluntary/paid work
ACTIVE MIND AND BODY

- Mental stimulation
- Healthy diet
- Regular exercise
- Regular health checks
- Learning new skills
- Socialisation
Eat Well, Live Well
Zumba Gold
SOCIAL CONNECTEDNESS

WHO. Social isolation is as damaging to an older persons health as smoking 15 cigarettes a day.

1. Get up, dress up and go out
2. Share a meal
3. Use technology
4. Have a pet....preferably a dog you can walk
SELF WORTH

■ Feeling of significance

1. Achievement: new learnings
2. Being valued: wisdom acknowledged
3. Giving back: contributing
4. Being there: support for others
BARRIERS TO A MEANINGFUL LIFE

‘Old age ain’t no place for sissies’
Bette Davis

- Poor health or disability
- Social isolation
- Geographical isolation
- Attitude
WHAT TO DO

- Plan for the future
- Adjust your attitude
- Don’t use age as an excuse
- Stay active mentally, socially, physically

and don’t wait til you’re 80 matey!