

Age Concern Tauranga

KEEPING YOU CONNECTED



MEDICINES - What is a medicine review?

A medicines review can help improve your treatment and prevent medicine problems. Ask your doctor or pharmacist to organise a review of all your medicines regularly - especially if you or someone you care for is an older person and takes several different medicines.

Why should I have my medicines reviewed?

Medicine problems like side effects are more common when you get older — and can often occur when your medicines, health, or health care services change.

If you are an older person it is important that your medicines, current health problems and treatment goals are reviewed regularly. This helps to make sure you receive the best treatment.

When your doctor or pharmacist reviews your medicines they will check:

- what medicines you are taking and why
- how many different medicines you take
- the dose of each medicine you take
- how you are taking these medicines
- how well your medicines are working
- side effects or other problems you may have with your medicines.

It's OK to ask questions

If you have questions about your symptoms or the medicines managing your symptoms, speak with your health professional.



Adapted from NPS MedicineWise (2013), What is a medicines review? Choosing Wisely does not assume any responsibility or liability arising from any error or omission or from the use of any information in these resources.

Survey shows low EPA preparation by over-65s

A national survey has found that only 40% of people over the age of 65 have arranged Enduring Powers of Attorney (EPAs).

The survey was carried out by Public Trust and Dementia New Zealand. It was conducted by Dynata and surveyed 277 people between the ages of 18 and 85. It found that 91% of respondents are frightened of dementia.

It found that 18% of all those surveyed had arranged an EPA. Nearly 40% of respondents had actual experience of dementia through knowing someone with the condition, with 25% of them having EPAs. Public Trust says it prepares around 2,500 EPAs for New Zealanders every year.

In the survey respondents were asked about the things people like them should do to prepare for the possibility of dementia. Another question asked which of them they had done. There were big differences in the responses:

What should people like you do to prepare for the possibility of dementia and what have you done?

Preparation	Should do	Have done
EPAs	66%	18%
Up-to-date will	74%	31%
Advanced care plan	61%	9%
Discuss care options	75%	19%
Learn how to support	65%	18%

Scared but not prepared

The survey is being used in a "Scared but not prepared" campaign by the two organisations. Dementia New Zealand CEO Paul Sullivan says he is keen for New Zealanders to lose the fear – and stigma – associated with dementia and focus on how education and preparation can improve the quality of life for someone with the condition.

“There are many misconceptions around dementia, but it is still a health issue that needs to be confronted head on,” he says.

“One way to do this is to be prepared. We want people to feel empowered about protecting themselves and their family and not put off critical decisions just because they are uncomfortable about them.”

Public Trust General Manager of Retail, Julian .
Editorial supplied by Electricity Authority.

Our Vision: Older people live a valued life in an inclusive society.

Medical Alarm Supplier Changes

The Ministry of Social Development (MSD) funds the costs of medical alarm services to its eligible clients through the Disability Allowance.

There are a few small changes to the MSD-accredited medical alarm suppliers that you might want to be aware of. Red Wolf which was an MSD-accredited medical alarm supplier, has sold its medical alarm business to ADT Security, whilst Securely and TraceCare have become MSD-accredited suppliers.

If your medical alarm supplier was previously Red Wolf, there is nothing additional you need to do because of this change, as ADT Security is already an MSD-accredited medical alarm supplier. You will continue to receive the Disability Allowance for this cost.

This means that the current MSD-accredited suppliers of medical alarm services are:

- TraceCare 0800 559 720
- ADT Security Ltd 0800 111 238
- VitalCall (Chubb New Zealand) 0800 20 30 40
- Freedom Medical Alarms (WFA) 0800 380 280
- St John Medical Alarms 0800 502 323
- Securely 0800 865 865

If the services you need are not available through an MSD-accredited medical alarm supplier, MSD may still be able to help. Phone 0800 552 002 to discuss your situation.

The assessment and application process for the Disability Allowance hasn't changed.

For more information, go to the work and income website www.workandincome.govt.nz

Be Prepared For The Phasing Out of Cheques

- On 28th February 2020 Kiwibank will go cheque-free
- From 29th PostshopNZ will no longer be accepting cheques, as it will be unable to process them.
- From March 2020 Inland Revenue and the Accident Compensation Corporation are calling 'time' on cheques.

Although these statements may cause you to be a bit concerned, the above banks and organisations are definitely willing to help out with any questions or concerns you may have to make the transition easier for you.

For example Kiwibank are offering in-branch "tech tea" sessions—a cup of tea and internet banking training for customers.

Before these changes happen at the end of February, we suggest you contact your local Bank, Inland Revenue or ACC, and ask them how they can help you with the transition? That way you can start to get prepared. It may pay to write a list of questions before you phone. Also not all Banks are phasing out cheques at this stage so it's best to check.

Strengthening of Elder Abuse Helpline

The Elder Abuse Free and Confidential Helpline **0800 EA Not Ok or 0800 32 668 65** is now being managed by a team of counsellors and mental health practitioners.

This change will enable people to be offered brief intervention support as well as being referred or signposted to suitable service providers. The helpline team will provide information and low level support, adding capacity to the Elder Abuse Response Service (EARS) system, and referring cases to EARS providers where appropriate.

People seeking information and support for Elder Abuse can contact the team via email and text, in addition to the helpline number **0800 32 668 65**. The email address is support@elderabuse.nz and people can text **5032**. For further information visit <http://www.superseniors.msd.govt.nz/elder-abuse/>.

A DONATION THANK YOU

We would like to acknowledge
The Bodmin Charitable Trust Board
for their very generous Donation to
Age Concern Tauranga

Age Concern Tauranga thank the following Funders and Sponsors for their continued support:



Tauranga District Stamp Club



Lawyers • Notaries

Help Us Continue to Help Others

Did you know we are building an enduring **Age Concern Tauranga Fund** through the Acorn Foundation?

This endowment fund will allow us to have an even greater impact in our community, now and in the future.

Through your generosity, you can contribute to the growth of our fund by leaving a gift in your will, or donating during your lifetime.

Donate online now: acornfoundation.org.nz/funding/community_group_funds.



Contact us on **07 578 2631** or call the Acorn Foundation on **07 579 9839** for more information.



2020 / 2021 Subscriptions

Age Concern Tauranga's Membership period is from

1st April 2020 to 31st March 2021.

To renew your membership or join as a new member, please complete the details on the back page of this Newsletter, cut it out and post with your cheque to the address provided or call into the office.

We now have Eftpos available.
Sorry no Credit Card payments accepted.

If you would like to pay online, our account details are:

Age Concern Tauranga Inc | 03 0445 0172665 00
Please use your initial and surname as reference.

Free Staying Safe Driver Refresher Workshop

- ✓ Road rules
- ✓ Intersection rules and roundabouts
- ✓ Looking out for hazards
- ✓ Car care and maintenance hints
- ✓ Prescription drugs and driving
- ✓ Rural and urban driving



Monday 24 February 2020

Papamoa Community Centre (**Papamoa Library**)

15 Gravatt Road, Papamoa

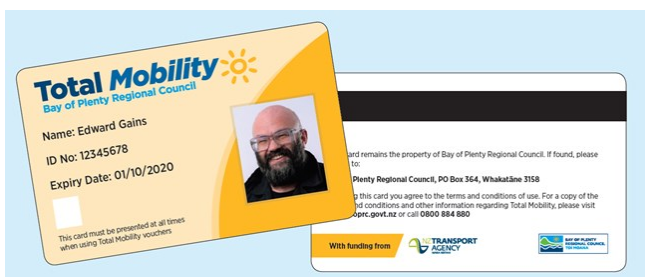
Papamoa 9.15am—1.30pm

Tea and coffee provided. Bring your lunch.

Phone Age Concern on 578 2631 to book your space.

CHANGES TO TOTAL MOBILITY SCHEME

Does your Total Mobility ID Card look like this?



If not please call us on 0800 884 880 to arrange a new card.

Your new card is all you need to access your Total Mobility Subsidy. Your yellow vouchers will no longer be required.

Hand your card to the driver at the start of your journey. The driver will do the rest and return your card at the end of your journey.



TAURANGA BUDGET ADVISORY Free Budgeting Service

Working together to;

- Make ends meet
- Gain Financial Confidence
- Manage Debt
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Confidential Service

"Giving you the skills to be in control"

Phone 578 0969 for an Appointment or
Text 021 0817 7107

What's On...



Minibus Adventures

Saturday 15th February

ZBlok's Day Out

Tirau Museum & BBQ Lunch

Cost: \$35pp Incl Entry Fee & Lunch

Thursday 20th February

Transport to Coffee & Conversation - Greerton Senior Citizens Hall.

Cost: \$5pp

Thursday 27th February

Transport to Monthly Meeting at Tauranga RSA

Cost: \$5pp

Wednesday 4th March

Transport to Coffee & Conversation - St Stephen's Methodist Church Hall.

Cost: \$5pp

Saturday 7th March

Trip to Raglan & Lunch at a Café

Cost: \$25pp

Please Note: All lunches and morning teas at your own cost.

Your Input Is Welcomed

If you have ideas for bus trips please let us know. Our trips need to be within a 2 hour radius of Tauranga please phone Age Concern 578 2631 or email your ideas to ageconcerntga@xtra.co.nz.

VOLUNTEER DRIVERS NEEDED

If you are interested in driving our Minibus for our outings and meetings, please phone us at Age Concern Tauranga on 578 2631 to arrange an interview.

Walking Group

Wednesday 5th February:

Briscoes, Chapel Street

Wednesday 12th February:

Sausage Sizzle at Kulim Park, Otumoetai

Wednesday 19th February:

Kmart, Bethlehem

Wednesday 26th February:

Waipuna Park, Kaitemako Rd, Welcome Bay

Wednesday 4th March:

Mt Maunganui Hot Pools

Wednesday 11th March:

Chester St, off Cambridge Rd

500 Card Group

Have you always wanted to play 500 but don't know how? We will teach you. A friendly fun group gets together at 9.30am until 11.30am every Monday (except Public holidays) held at Age Concern, 177a Fraser Street, Tauranga.



Light refreshments provided

\$2 Donation - All are Welcome.

Coffee & Conversation Groups



Do you miss having someone to chat with over a relaxing cuppa? Then come and join our Coffee and Conversation Group to meet others who are friendly and like-minded.

For catering purposes please register your interest by phoning

Age Concern on 578 2631.

Brookfield Group

When: Wednesday 4th March & Wednesday 1st April

Time: 10.30am to 12.00pm

Where: St Stephen's Methodist Church Hall. Brookfield.

Cost: \$3pp

Te Puke Group

When: Tuesday 11th February & Tuesday 10th March

Time: 10.00am to 11.00am

Where: Te Puke Citizens RSA

Cost: \$3.50pp

Greerton Group

When: Thursday 20th February & Thursday 19th March

Time: 10.30am to 12.00pm

Where: Greerton Senior Citizens Hall, 33 Maitland Street, Greerton.

Cost: \$3pp

Monthly Meeting

When: Thursday 27th February

PLEASE NOTE CHANGE OF VENUE.

Where: The Oak Room, Tauranga RSA, 1237 Cameron Road, Greerton

Time: 10.00am to 11.30am

Cost: \$3pp - light refreshments provided prior to meeting.

Guest Speaker: Angela Alexander, Heart Health Advocate for the Bay of Plenty Heart Foundation.

Everyone Welcome

Age Concern Tauranga Membership Form

Please forward your subscription with this form to: Age Concern Tauranga. 177a Fraser Street, Tauranga 3112

Age Concern Tauranga is a registered charitable entity (CC25758) and appreciates the generosity of the community by way of subscriptions, donations and legacies. Donations are tax deductible over \$5.00.

Name: Email:

Address: Postcode:

Phone: Mobile: D.O.B.:/...../.....

New Member / Existing Member / Receive Magazine by email

Pakeha (NZ European) NZ Maori European (incl. British) Pacifica Other:

Subscription per household \$25.00 (1st April 2020 to 31st March 2021)

Donation: \$5 / \$10 / \$20 / \$50 / \$..... other **EFTPOS available. Sorry no Credit Card payments accepted.**

Internet Banking: 03-0445-0172665-00 Westpac (e.g. Particulars—Sub, Reference—Surname & Initial)

Donations help us to continue to promote the welfare of older people in Tauranga and are welcomed.

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