



Tēnā koutou

This newsletter celebrates events and services that can support people whose lives are affected by a disability.

Please let me know what you would like included in future editions.

Kind Regards

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www.nmdhb.govt.nz/supportworks.aspx

A Quote of note...

“There is no greater calling than to serve your own community and, for people of the Pacific, it’s a fundamental part of our culture” - Pacifika Disability Action

Disability Workforce Development

Adding value



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Harakeke Nelson, Presbyterian Support and the Forget me not Club Blenheim.

As part of our service we run a day center for people with memory loss in response to identified needs within the community. Our aim is to assist older people to live at home with dignity and purpose.

We provide a varied, meaningful and stimulating day program for our clients that is designed to meet their individual needs and while allowing their carers time to take a break or pursue their own interests.

Our program is run by a team of experienced, qualified staff and volunteers whose experiences and talents enhance our service.

A typical day includes:

- Opportunities to socialize with other participants and volunteers, providing inclusion, friendship and community connection.
- A variety of cognitive activities to keep the mind stimulated.
- Physical activities to keep the body moving.
- Nourishing food, a cooked meal including desert, home baking for morning and afternoon tea.
- One on one attention to meet individual needs.
- Music for creative expression and enjoyment.
- Transport to and from the center.

Members have reported that they enjoy attending, particularly for the social aspect and the food. Carers also report how grateful they are for the support, allowing them to have some time to themselves.

Harakeke Nelson

Phone 547 9350 Extn 708 nelhkke@psusi.org.nz

www.enliven.org.nz

Forget me not Club Blenheim

Alzheimers Marlborough 03 577-6172 8 Wither Road Blenheim
alzheimersmarlb@xtra.co.nz www.alzheimers.org.nz/marlborough

Getting the most from your visit to a health professional

Based on information published by the

[The Cerebral Palsy Society of New Zealand www.cpsoc.org.nz](http://www.cpsoc.org.nz)

It is hard to understand complex information when you are anxious or afraid. And sometimes, without knowing it, health professionals use words their patients don't understand. If you don't understand something, ask your health professional to explain it to you. Even if they carefully explain things, you may not hear or remember all that is said.

Here are some ways to help you remember everything they tell you:

Before you go, write down questions you have:

- 1. What is the problem?**
- 2. How are you managing the problem now?**
- 3. What can you do to manage the problem?**

Write down SMART goals, Specific, Measurable, Attainable, Realistic, and Time Bound. E.g. I will get in the healthy weight range by not eating between meals.

- 4. What would you like the health professional to do?**

List all the drugs and supplements you currently take or put them in a bag and take them with you to the appointment. That way you'll have all the information you need about names of drugs, dosage and how much of your prescription you still have left. Record past medical problems that may not already be included in your current records. Add to them any appropriate family history. Then take all this information, along with your current records, to your appointment.

Write down the advice or ask for the professional to do this for you. Read through your notes with the professional and let them know if you are not going to follow any of the advice or take a prescription.

Encourage the professionals to work as a team. Share information between professionals and encourage them to do the same. You may like to take a family member or friend there with you. They can remind you of questions you want to ask and help you remember what they say.

You may want your family's help in making decisions, so keeping them up to date is a good idea. You might like to consider using friend or support worker to attend the appointment with you. You will need to discuss with the support worker the cost of attending the appointment with you.



Free Face to Face Counselling!

Our confidential counseling service is offered to individuals that may benefit from one on one support and who may not be able to afford private counseling. If you would like to make a referral contact our Nelson office phone 5482400 lifelinenelson@lifeline.co.nz Nelson Telephone based counseling ph 0800 543 354.

Lifeline Marlborough. Office phone 578 7503 Telephone based counselling phone 577 8668 lifelinemarlborough@lifeline.co.nz Lifeline Marlborough does not offer face to face counseling.

Free email counselling service anywhere in NZ! Email Address: chris@elifeline.co.nz

You might prefer to email chris@elifeline.co.nz how you are feeling rather than picking up the phone. Many people prefer to email chris@elifeline.co.nz rather than get counseling by telephone or face to face. The reply to your email is provided by experienced LifeLine counselors. We endeavor to respond to your email within 3 days. If you want an immediate response phone a LifeLine telephone counselor on 0800 543 354. For more information about email counseling visit www.elifeline.co.nz

Please make contact with Lifeline before things reach a crisis point. Often we just need someone to talk over an issue to get support through a problem associated with work, school, relationships, depression, grief, loneliness or just don't know what to do.



The Nelson LifeLine Goodwill Shop 76 Collingwood Street, Nelson is always looking for people to help sort and price goods for the shop on Tues-day and Thursday afternoons. It does not need to be on a regular basis. If you know anyone who might be interested, please call 5482400. Set up in 1974 the store is open Monday-Friday 10 am - 4 pm and is staffed by volunteers. Your donations are welcome. It sells second hand goods donated by the public, mostly clothing, but also household linen, books, shoes and bric-a-brac.

Please drop in to donate a good, find a bargain and support a worthy cause all at the same time!



Nelson older drivers offered free personalised vehicle 'fit' check-up

Nelson City Council and local Rotary Clubs have teamed up with the Automobile Association and the New Zealand Association of Occupational Therapists to run a unique event called CarFit, a **FREE** community education service to older drivers.

A CarFit event offers them a free check on how well they personally 'fit' their vehicle. The check makes sure they are aware of all their vehicle's safety features and can adjust them to fit themselves. Information is also provided that can improve people's safety as drivers and maximise their mobility in the community, says Kath Henderson, Senior Adviser from the AA, who has introduced CarFit into New Zealand.

"More than other groups, older people are very likely to drive with safety in mind. They are more likely to wear their seatbelts and less likely to speed, or to drink and drive. But unfortunately when a crash does occur, because of their greater frailty they can be killed or seriously injured," says Mrs Henderson.

"Older drivers can improve their safety by making the best use of their car's features. For example, making sure they are using all their mirrors to minimise blind spots, having their seat adjusted to the best position for them, and being aware of other safety features in their car and using them if they need to."

Mrs Henderson says a CarFit check takes about 20 minutes and involves trained community volunteer technicians and health professionals working with each participant to ensure they 'fit' their vehicle properly for maximum comfort and safety. The technicians also offer tips and advice and information about products or services that older drivers might benefit from.

"Staying independently mobile is incredibly important for our well-being. We all depend on our cars to access essential services as well as for family and social activities.

"It's amazing what can be done to keep people driving safely for longer. Programmes like CarFit are going to become increasingly important as the number of older people in our community grows," says Mrs Henderson.

Margaret Parfitt, Road Safety Adviser for Nelson City Council says CarFit provides valuable assistance for older drivers and local rotary clubs have been crucial in helping make available in Nelson.

"When the AA asked us if we were interested in introducing CarFit to Nelson, we were very keen to get involved. A lot of voluntary effort is going into this initiative, but the reward is seeing people drive away knowing they are safer on the road, more protected in the case of a crash, and are more likely to be able to keep driving for longer," says Ms Parfitt

- For future events older drivers can book a CarFit check up in advance by contacting Margaret Parfitt from Nelson City Council on 546 0390 or email Margaret.parfitt@ncc.govt.nz
- The CarFit check-up is FREE and helps older people keep driving safely for longer.

About CarFit CarFit is based on CarFit in the USA, which was created by the American Society on Aging and developed in collaboration with American Automobile Association, AARP and the American Occupational Therapy Association. The programme has been adapted for New Zealand by the NZ Automobile Association with advice from the NZ Association of Occupational Therapists. Local government and non-profit community groups help to run CarFit events.



Parent to Parent Nelson

Ph: 03 546 8973

Mail Address: P O Box 1164, Nelson 7040

Office Location: Community Group Offices, 50 Halifax Street, Nelson

Office Hours: Tuesday & Wednesday 9 – 5.00pm, Thursday 9 – 2pm

Contact: Coordinator Jane

Email: nelson@parent2parent.org.nz www.parent2parent.org.nz

Please contact Jane if you would like her to email you the Parent to Parent Nelson Newsletters

Parent to Parent Nelson covers the area from Nelson, Blenheim up to Collingwood in Golden Bay and down to Murchison and everywhere in between.

Services: Matching with a similar family, Information, Support Parent Training, Local group newsletter, Coffee Mornings, Sibling Activities

Support Parent Training -

Parent to Parent Nelson offers free training to parents who have children with disabilities, health impairments and special needs, who are interested in supporting others through the Parent to Parent network.

This 18 hour Support Parent Training covers:

Communication, Grief issues, Resources within the disability sector, It provides the opportunity for parents to consider their ability to support others in similar circumstances. Our volunteer Support Parents provide support to the families contacting Parent to Parent.

If you have a child with special needs and are interested in becoming a Support Parent, please contact 03 546 8973.

The beWell Community Nutrition Service



The Dietitians at Nelson Bays Primary Health provide a free nutrition service in Nelson and Tasman.

This includes:

One to one consultations. All health professionals can refer to the team for lifestyle related long-term conditions such as: Weight management (for overweight/obese or underweight), Type 2 Diabetes, Cardiovascular Disease, Other conditions such as Irritable Bowel Syndrome and Osteoporosis

Patients are usually seen at their General Practice clinic or a home visit can be arranged if required.

- **Group sessions.** For groups small or large. Sessions are fun and interactive, and tailored to the group. Examples of regular groups that the Dietitians are involved in are the Upright and Able course and Living with Type 2 Diabetes.
- **Updates or provision of resources for staff.** The Dietitians can provide staff with training and updates on nutrition, as well as providing the latest nutrition resources.

Good Nutrition for Older People

The older population is very diverse, especially when it comes to health. It is not 'one size fits all'. Malnutrition is a problem for many older people, as well as chronic conditions related to overweight and obesity. Nutritional needs are very individual and advice needs to be tailored to the individual. As people get older they may not need as much energy from food, however they still need the same amount or even more of certain vitamins and minerals. It is important to make meals count and choose foods which are rich in nutrients.

Healthy eating tips:

- Eat a variety of foods. Have plenty of fruit and vegetables. Choose plenty of wholegrain breads and cereals. Include milk and milk products every day or alternatives such as almonds, dark green leafy vegetables, and tinned salmon (with the bones). Include lean meat, poultry, fish, eggs and/or alternatives such as beans, lentils or chickpeas. Have at least three meals a day
- Fluids are important. Aim to have at least 8 cups a day – water, tea, coffee, juice, and milky drinks all count. It can be helpful to have drinks in between meals or after meals, so they don't fill you up and put you off eating. Inviting friends or family around can make meals more enjoyable
- Stock up the freezer with some 'ready to eat' meals available from the supermarket, or left overs for the days that you might not feel like cooking
- If you have concerns about nutrition, talk to a Health Professional about a referral to a Dietitian

For more information contact the Community Nutrition Service on 539 1170.

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Facts about stroke in New Zealand

- Stroke is the third largest killer in New Zealand (about 2000 people every year). Around 10 percent of stroke deaths occur in people under 65.
- Every day about 21 New Zealanders have a stroke. A quarter occur in people under 65.
- Stroke is the major cause of adult disability in New Zealand.
- Stroke is largely preventable, yet about 7600 strokes occur in New Zealand every year. A third of these are fatal.
- There are an estimated 45,000 stroke survivors in New Zealand. Many are disabled and need significant daily support. However, stroke recovery can continue throughout life.
- Most people can't recognise the signs of a stroke occurring. Make sure you are aware of the signs to look for.

The Field Officer Service is able to provide information, advice, support, prevention and management of stroke and assistance to stroke survivors, their families and caregivers. Education in regard to stroke risk and prevention provided to the wider community. Hospital and Home visits available.

There is also an informal younger stroke group who meet and a carers group who meet once a month for support and education on stroke.

Stroke Education includes the following;

- What is a Stroke?
- What does a Stroke Do?
- Stroke Signs & Symptoms (How to recognise stroke)
- Who can have a stroke?
- Rehabilitation
- Caregiver Role
- Life After Stroke
- Understanding and Preventing Stroke (Learn how to lower your risk of stroke)

If you would like more information on any of the above,
Please contact-

Anne-Marie Fowke-Stayner
Stroke Foundation Southern Region Inc
Community Groups House
50 Halifax St
Nelson
Phone (03) 545 8183 or (027) 216 0675
Email strokenelson.fo@xtra.co.nz
Website www.stroke.org.nz

STROKE FOUNDATION SOUTHERN REGION INC.



STROKE - It's about TIME,

the clock is ticking FAST

and the TIME is to act now!

**Take the TIME now to reduce your chances of having
a STROKE so you'll have plenty of TIME to enjoy life.**

HAVE YOUR BLOOD PRESSURE CHECKED – you are 7 TIMES more likely to have a
Stroke if you have high blood pressure.

STOP SMOKING – you are 4 TIMES more likely to have a stroke if you smoke.

IS YOUR HEART BEATING REGULARLY? – you are 5 TIMES more likely to have a stroke
If you have an irregular heart rhythm.

Other risk factors include high cholesterol, alcohol, an unhealthy diet, weight and a
lack of exercise.

Take TIME, look after yourself and reduce your chance of having a Stroke.

STROKE: It's about TIME – act FAST!

Stroke Awareness Week



Further details contact: **Anne-Marie Fowke Stayner**, Community Groups House,
50 Halifax St, Nelson. Phone (03) 5458183 or email: strokenelson.fo@extra.co.nz