



Meri Kirihimete ki a koe me to whanau Merry Christmas to you and your family !

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

Liam Butler | Consumer Advisor

Support Works|Liam.Butler@nmdhb.govt.nz

www.nmdhb.govt.nz/supportworks.aspx

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A Quote of note...

"On the twelfth day of Christmas

My true love gave to me

Twelve pui pui swinging

Eleven haka lessons

Ten juicy fish heads

Nine sacks of pipi

Eight plants of puha

Seven eels a swimming

Six poi a twirling

Five - big - fat - pigs !

Four huhu grubs

Three flax kite

Two kumara

And a pukeko in a ponga tree! - Kingi Ihaka, 1981

<http://folksong.org.nz/nzchristmas/pukeko.html>



Nicola Berthelsen is the Wakefield and Brightwater region's new Senior Care Coordinator. Her position is funded by the Anglican Care Charitable Trust.

Nicola's role is 20 hours a week and is funded for the next three years.

Nicola will facilitate activities and create opportunities for seniors in the community to interact with other people while enjoying a range of social events.

How can we help Nicola help older people:

1. Let her know what you think can counter older peoples social isolation in the Wakefield Brightwater area.
2. Let Nicola know of socially isolated people who want to be linked up with her fun activities.
3. Let Nicola know if you can volunteer to help.

Nicola Berthelsen phone 03 542 3694

Email: WaimeaSeniorCare@Gmail.com



Research is now easier to find on the Health Sponsorship Council (HSC) website

The HSC website has been updated. Our research is now all in one place - and much easier to find - at <http://www.hsc.org.nz/researchpublications.html> There is also a great search function - search by topic, year or keyword.

The Health Sponsorship Council (HSC) is responsible for:

- data collected to monitor and evaluate HSC's programmes and campaigns
- data collected in cooperation with others
- data entrusted into our care by other organisations.



Data are disseminated in many ways, including descriptive reports, fact sheets, data tables, journal articles, and datasets.

Where it is the custodian, HSC aims to maximise access to survey datasets while ensuring responsible use that protects individual information. This is regarded as an important way of increasing the benefit gained from the data collected.

The Feeding our Families site is where you will find quick, low-cost food ideas, recipes, tips & information about healthy eating for your family. www.feedingourfamilies.org.nz



Disability Sector Career profiles

View videos to hear inspirational stories from people working in a variety of roles in the disability sector. Visit their workplace to find out about their job, what drives them, and how rewarding their careers can be.

<http://www.leva.co.nz/page/147-disability+career-profiles>

Provider Spotlight:



[Te Hauora o Ngati Rarua Limited](http://www.thonr.org.nz) is an accredited Māori health provider with the DAA Group operating out of Marlborough and Nelson. It is owned by manawhenua iwi Ngati Rarua Iwi Trust. Te Hauora O Ngati Rarua Ltd (THONR) is governed by a board of Directors and employs a General Manager, Amoroa Luke, and 10 staff.

The service has been delivering a growing range of free primary care services to Māori whānau since 1996. THONR has specific expertise in disease management for Māori whānau in priority areas such as asthma, diabetes, nutrition, fitness, and smoking cessation.

Te Hauora Ngati Rarua Ltd's mobile services are delivered directly by registered nurses and whānau workers in the Marlborough and Nelson communities. The service works collaboratively with other Māori providers, GPs, non-Government organisations, Government Departments, hospital, community health providers and more recently Primary Health Care Organisations.

Te Hauora o Ngati Rarua Ltd provides other services including:

Advocacy, Advice, Liaison and Support, Health Promotion, Health Education and Health Screening
Breast Screen Aotearoa Promotion, Immunisation, Sexual Health, Injury Prevention, Cervical Screening
Promotion, Mobile Māori Disease State Management, Hauora Tane Services, Palliative Care & Oncology.

CONTACT DETAILS: www.thonr.org.nz

2c North Street, Blenheim

Amoroa Luke (General Manager) – molly@ngatirarua.co.nz

Carol Buck (Administration) – hauora@ngatirarua.co.nz

Phone: (03) 5778404 Fax: (03) 5778452



[Health information Privacy](#) is about making sure patients and staff know what's being done with their health information, and why. [The Health Information Privacy Code 1994](#) applies specific rules to agencies in the health sector to better ensure the protection of individual privacy.

[On the Record](#) is a practical guide to Health Privacy.

[Health Information Privacy Fact Sheets:](#)

- [Fact Sheet 1](#) : Overview
- [Fact Sheet 2](#) : Collection of health information
- [Fact Sheet 3](#) : Disclosure of health information
- [Fact Sheet 4](#) : Dealing with requests for health information
- [Fact Sheet 5](#) : Storage, security, retention and disposal of health information

[Top Ten Tips for Privacy \[www.privacy.org.nz/top-ten-tips\]\(http://www.privacy.org.nz/top-ten-tips\)](#)

1. Think before you give out personal information, and ask what it will be used for.
2. You can ask to see any personal information held about you. If it's wrong, ask for it to be corrected.
3. Don't like people trying to sell you things by mail or over the phone? You can contact the Marketing Association (0800 347 328) to ask about its Name Removal Service. For information on the Association's two Registers, click on the links [Do Not Call Register](#) and [Do Not Mail Register](#) or phone 0800 222 332. www.marketing.org.nz
4. Help keep your kids safe online by encouraging them to talk to you about what they're doing.
5. Protect yourself from identity theft by ripping up your personal letters and bills, and putting different bits in separate rubbish bins. Even better - use a shredder.
6. Limit your risk when buying online. Have a separate, low-limit credit card.
7. Posting personal information on the internet? Use a nickname if you can.
8. Check security procedures in internet cafés and make sure you log out before you leave.
9. Get a free copy of your credit record once a year to check that nobody is applying for credit in your name. Visit www.mycreditfile.co.nz or www.dnb.co.nz for details.
10. Make sure you've got up-to-date safety software on your computer, especially if you're doing banking online.



[Dementia risk raised by alcohol](#)

By Sarah Young Health Reporter The Nelson Mail

<http://www.stuff.co.nz/nelson-mail/news/5984461/Dementia-risk-raised-by-alcohol>

New Zealand's pervasive alcohol culture is threatening to make the future dementia wave even bigger, says a Nelson addiction specialist.

Nelson Hospital drug services addiction medicine specialist, and New Zealand chairman of the Australasian chapter of Addiction Medicine, Dr Lee Nixon, spoke in Nelson about the impacts of alcohol and drinking culture on the elderly at a seminar on alcohol abuse and the elderly.

A review of worldwide research by the Australian National Health and Medical Research Council had concluded that if a person exceeded two units of alcohol per day, they had an increased risk of dementia, or rate of cognitive decline, as they got older, Dr Nixon said.

"Alcohol is a major contributor to dementing processes. And it doesn't take much alcohol in your lifespan to increase chance of dementia."

While dementia rates were going to increase with a growing elderly population anyway, the current level of alcohol intake in New Zealand society was going to increase that burden further, he said.

With people drinking more, starting earlier and carrying on longer, this also meant all the other health problems of elderly people which were affected by alcohol – such as depression, anxiety, suicide, social isolation and loneliness, falls, pain, obesity, cancer and multiple chronic illnesses such as cardiovascular disease – were going to be made worse, he said.

"The lifelong alcohol intake is going to impact very much as succeeding generations come to be the topic of aged care.

"This is why we are seeing more people with problems as we get older in our society, and it's going to get worse. That's the big message, given the pervasive use of alcohol in society."

Dr Nixon said staff were seeing people in their 80s at the hospital's addiction clinic, which dealt with the really "sharp end" of alcohol abuse, the top 3 per cent of problem drinkers in the region.

Often, these people had started drinking heavily at a young age.

However, there was another group of people who went through life as moderate drinkers, then hit retirement and became heavy drinkers – whether because their usual social activity had been after-work drinks, or to help mask feelings of depression or anxiety, he said.

However, this often made things worse, he said. Alcohol often added to a person's frustration, sense of loss and isolation...

...Addiction could also make people avoid social events where they couldn't drink, and contribute to relationship breakdowns once retirement hit and partners were faced with the reality of a heavy drinker who was at home all the time.

Dr Nixon said various surveys showed that alcohol contributed to up to half of all falls by the elderly, due to permanently reduced co-ordination and muscle strength. Alcohol could also contribute to osteoporosis and brain shrinkage, meaning the effects of a fall could be much more serious. Dr Nixon also spoke about a 30-year Danish study of about 180,000 people seen by mental health services, which showed that those who had alcohol or drug problems along with their psychiatric conditions had twice the death rate of those who did not drink or use drugs.

Another issue was the lack of care facilities and beds for people with dementia in general, he said, although the worst thing was for under-65s who required care, as alcohol use could create quite a difference between a person's biological age and their chronological age. "It's very difficult when you've got a person in their 50s who is biologically 80 and can't cope. They may be incapacitated but don't feel comfortable sitting in a rest home with 80-year-olds. "And with good care, they're going to live a very long time, and that's a very expensive price to pay in our society for [something that could in part be] preventable," he said.

Age Concern Nelson manager Sue Tilby said the seminar was needed because agencies were seeing so much alcohol abuse in either older people or their caregivers. "And obviously with the population growing, that's going to increase over the next 20 years."

The key message was that agencies needed to collaborate, she said. A recent case she worked on had eight separate agencies involved.

She said the caregiver aspect was "huge" because of the stress inherent in these jobs. This meant the elderly were vulnerable to becoming involved in alcohol and drug situations – and alcohol abuse and elder abuse went "hand in hand". - **The Nelson Mail**

Booklet Raises Awareness Of Alcohol Issues In Older People [Alcohol and Older People](#) (pdf 5.5MB)

Symptoms dismissed as signs of old age could actually be signalling an issue with alcohol, which could lead to serious harm to New Zealand's older population. The Alcohol Advisory Council, ACC and Age Concern have released a booklet called [Alcohol and Older People](#).

The booklet is aimed at older people as well as their family, friends and carers.

The booklet identifies symptoms that may indicate a problem with alcohol, such as:

- General decline in health
- Withdrawal from friends and family
- Memory loss
- Depression and anxiety
- Falls or other injuries
- Stomach upsets
- Loss of appetite.

The booklet also includes tips for older people to self-regulate their alcohol consumption:

- Notice any increased effect that alcohol is having and adjust alcohol intake accordingly
- Check with the doctor or pharmacist whether drinking alcohol is safe with prescribed and over-the-counter medication
- Work out a personal weekly limit and stick to it
- Have no more than two standard drinks a day with, or before, a meal
- Have at least two alcohol-free days each week
- Avoid alcohol when feeling unwell, depressed, tired, or cold.

Copies can be ordered from ALAC's web site www.alac.org.nz or free phone 0508 258-258.

Copies are also available from [Age Concern www.ageconcern.org.nz](http://www.ageconcern.org.nz)



Primary Mental Health Brief Intervention Service

Client Information

It's OK to ask for help

We are a free primary mental health brief intervention service offering support to persons 16 years of age and over who are residents of Nelson Bays (Nelson and Tasman region)

It is estimated that at any given time up to 17% of the population suffer from mild to moderate mental health problems

What we offer

We offer up to 4 sessions of intervention

How we work

With your assistance, we complete a brief assessment to help identify issues which may be affecting your mental health, then discuss how your needs may be met

The types of intervention we may offer:

- Information, advice and support about healthy lifestyle
 - Education about mental illness and medications
- Specific therapies to help you with problem-solving and different ways of thinking, feeling and behaving
 - Specific short-term counselling
- Referral and liaison to other health or social service agencies

Staff

We are a multidisciplinary team of mental health professionals including: nursing, counsellor and clinical psychologist

Each staff member has the clinical expertise to help you develop your ability to manage stress, regulate your emotions and develop coping skills

Cultural Support

Cultural support is available on request

Referral

Referral to the service is through your GP, Practice Nurse or Māori Health provider

Confidentiality

Our service to you is confidential. We will not disclose information about you to a third party without your informed consent

Where are we located

In Nelson – 20 New Street

In Motueka - 125a High Street (behind Bay Pharmacy)

Direct: 03 539 1170

Free: 0800 731 317

Fax: 03 539 4958

www.bewell.org.nz

Useful websites:

www.depression.org.nz

www.mentalhealth.org.nz

www.thelowdown.co.nz

www.calm.auckland.ac.nz

24 Hour Counselling

www.lifeline.org.nz - 0800 54 33 54

www.youthline.co.nz - 0800 37 66 33