



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

Liam Butler | Consumer Advisor
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www.nmdhb.govt.nz/supportworks.aspx

A Quote of note...

“Naku te rourou nau te rourou ka ora ai te iwi”

‘With your basket and my basket the people will thrive.- A Maori proverb referring to co-operation and the combination of resources to get ahead



www.korero.maori.nz/forlearners/proverbs.html



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At

<http://www.nmdhb.govt.nz/SupportWorks.aspx>

In the section

9. Support Works Newsletters, Online publications, Glossary and how to order free publications

Two tables continue to expand with new options:

[Transportation and Meal Delivery Options for older people and people with disabilities in Nelson, Richmond, Wakefield, Murchison and Golden Bay](#)

[Transportation and Meal Delivery Options in Marlborough](#)

Please print the tables from the website or if you would like me to print some double sided and stapled copies for you please let me know.

This will ensure your clients get to choose from the often updated meal options.

Kind Regards

Liam Butler Liam.Butler@nmdhb.govt.nz

The South Island Masters Games

These games are an annual festival of sport and will be held in Nelson in 2011. Running for nine days. They are a chance for athletes at all levels and abilities to compete in 50 different sports.

Most sports have both competitive and social grades so you don't have to be a top performer or even a current competitor to enter. There are no qualification criteria - athletes don't need to be nominated or to represent a club. Athletes can be an absolute beginner lining up against an ex-All Black or a novice against a world record holder! Anyone can enter – as long as they are old enough. Most sports take entries from age 30 or 35 and upwards.

All people with disabilities are encouraged to enter events at the games the event organiser will endeavour to cater to your needs.



For more information visit www.simasters.co.nz/nelson.htm

Email: info@simasters.co.nz or phone Jill at the South Island Masters Help Desk on 03 6885531





The first World report on disability



About 15% of the world's population lives with some form of disability, of whom 2-4% experience significant difficulties in functioning. The global disability prevalence is higher than previous WHO estimates, which date from the 1970s and suggested a figure of around 10%. This global estimate for disability is on the rise due to population ageing and the rapid spread of chronic diseases, as well as improvements in the methodologies used to measure disability.

The first ever WHO/World Bank World report on disability reviews evidence about the situation of people with disabilities around the world.

Following chapters on understanding disability and measuring disability, the report contains topic-specific chapters on health; rehabilitation; assistance and support; enabling environments; education; and employment. Within each chapter, there is a discussion of the barriers confronted, and case studies showing how countries have succeeded in addressing these by promoting good practice.

In its final chapter, the report offers nine concrete recommendations for policy and practice which if put in place could lead to real improvements in the lives of people with disability.

www.who.int/disabilities/world_report/2011/en/.



www.accesstourismnz.org.nz

News and views about tourism, travel, and leisure that is accessible to people with disabilities, seniors, and Baby Boomers who will experience increasing disability as they age. Developed by Access Tourism NZ incl:

[Why New Zealand Should Make Rugby World Cup Accessible for Everyone](#)
by Veroniek Maat,
NZ Tourism Research Institute.

“About 17% of Kiwis report a disability and same numbers occur in other rugby-mad countries. This implies that a considerable percentage of the 60,000 visitors will have some form of disability, being a visual, hearing or physical disability.”

www.beaccessible.org.nz/rwc-2011

This site is growing to include accessibility information and assessments from 12 cities around New Zealand.



Artist's impression of Wellington's waterfront (Wharewaka at left) during RWC 2011

[Rugby World Cup and the World Food Programme](#)

The United Nations World Food Programme (UNWFP) has been the humanitarian partner of the International Rugby Board (IRB) since 2003. www.wfp.org



Nelson Bays Primary Health produces a Health Resource Directory, which has a section dedicated to **local pharmacies**.

The directory is also available online at www.bewell.org.nz/healthdirectory

It lists of all the pharmacies in the region, with a description of the services available at each individual pharmacy, and includes details about car parking and disabled access too.

The pharmacy phone numbers are listed so that people can ring them to ask for further information, such as opening hours or service charges.

This way people can chose their pharmacy based on their personal needs and preferences.

We would encourage people to have one pharmacy where they get their medicines dispensed, so that the pharmacy has a record of all the medicines they are taking, which is good for patient safety.

Kind Regards

Caroline Allen Pharmacy Facilitator
Nelson Bays Primary Health

Ankylosing Spondylitis SEMINAR

Thursday, 21st July, 2011

2pm — 4.30pm

**ACC Rooms
(47 Collingwood Street, Nelson)**

Speakers:

Dr. David Porter

Consultant Rheumatologist, NMDHB

Alice Scranney

Physiotherapist, NMDHB

Helen Saul

Arthritis Nurse Educator, NBPH

To register for this FREE seminar or for more information
please contact Helen on

03 539 1821 or 0800 731 317

Helen.Saul@nelsonbayspho.org.nz



Physical activity guidelines for

OLDER ADULTS (65+ YEARS)



- Older adults who participate in any amount of physical activity gain some health benefits, including maintenance of good physical and cognitive function. Some physical activity is better than none, and more physical activity provides greater health benefits.
- Older adults should aim to be active daily. Over a week, activity should add up to at least 150 minutes (2½ hours) of moderate intensity activity in bouts of 10 minutes or more – one way to approach this is to do 30 minutes on at least 5 days a week.
- For those who are already regularly active at moderate intensity, comparable benefits can be achieved through 75 minutes of vigorous intensity activity spread across the week or a combination of moderate and vigorous activity.
- Older adults should also undertake physical activity to improve muscle strength on at least two days a week.
- Older adults at risk of falls should incorporate physical activity to improve balance and co-ordination on at least two days a week.
- All older adults should minimise the amount of time spent being sedentary (sitting) for extended periods.

Individual physical and mental capabilities should be considered when interpreting the guidelines.

Examples of physical activity that meet the guidelines

Moderate intensity physical activities will cause older adults to get warmer and breathe harder and their hearts to beat faster, but they should still be able to carry on a conversation.

Examples include:

- Brisk walking
- Ballroom dancing

Vigorous intensity physical activities will cause older adults to get warmer and breathe much harder and their hearts to beat rapidly, making it more difficult to carry on a conversation. Examples include:

- Climbing stairs
- Running

Physical activities that strengthen muscles involve using body weight or working against a resistance. This should involve using all the major muscle groups. Examples include:

- Carrying or moving heavy loads such as groceries
- Activities that involve stepping and jumping such as dancing
- Chair aerobics

Activities to improve balance and co-ordination may include:

- Tai chi
- Yoga

Minimising sedentary behaviour may include:

- Reducing time spent watching TV
- Taking regular walk breaks around the garden or street
- Breaking up sedentary time such as swapping a long bus or car journey for walking part of the way

What are the benefits of being active daily?

- Helps maintain cognitive function
- Reduces cardiovascular risk
- Helps maintain ability to carry out daily living activities
- Improves mood and can improve self-esteem
- Reduces the risk of falls

For further information: *Start Active, Stay Active: A report on physical activity for health from the four home countries' Chief Medical Officers* (2011)