

# Who Gets What?

Successes and Challenges of diversities of an ageing population.

- Issues

- More ethnic variation in our older population
- English language skills poor
- Prejudice among peers
- Funding limitations
- Cultural appropriateness of services

Janferie Bryce-Chapman, Age  
Concern North Shore



# North Shore City 2006 Census

205,605 people usually live in North Shore City.

This is an increase of 20,784 people, or 11.2 percent, since the 2001 Census.

Its population ranks 4th in size out of the 73 districts in New Zealand.

North Shore City has 5.1 percent of New Zealand's population.



# Ethnic Groups in North Shore City

2006 Census	Male (%)	Female (%)
European	66.5	68.3
Māori	6.7	6.1
Pacific peoples	3.5	3.2
Asian	18.1	18.8
Middle Eastern/Latin American/African	1.9	1.7
Other ethnicity (inc. New Zealander)	10.6	9.1

2006 Census, Statistics New Zealand <http://www.stats.govt.nz>

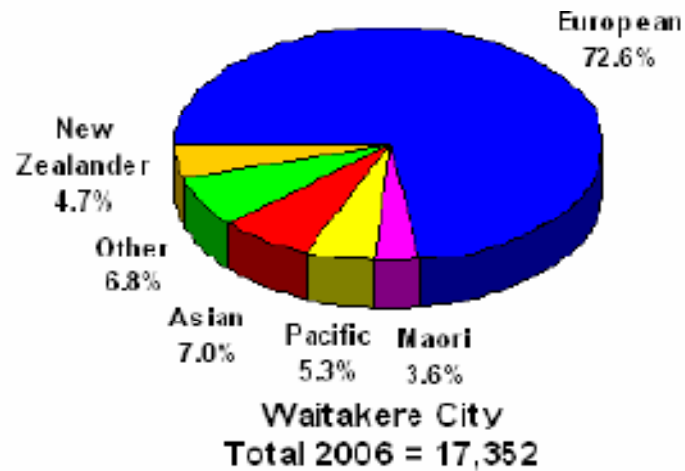
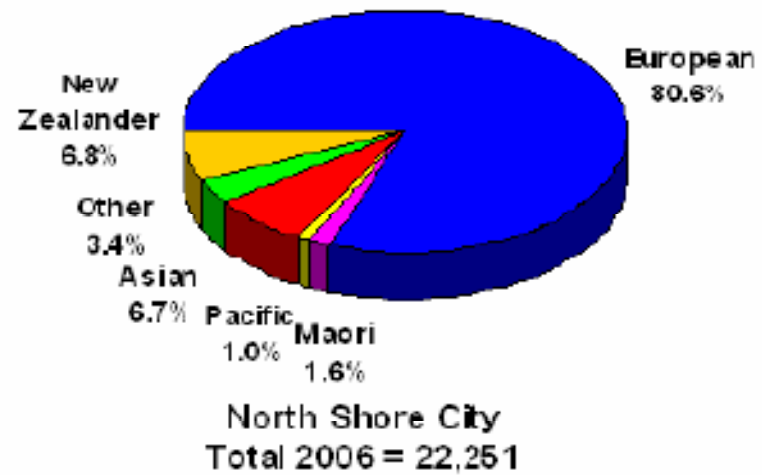
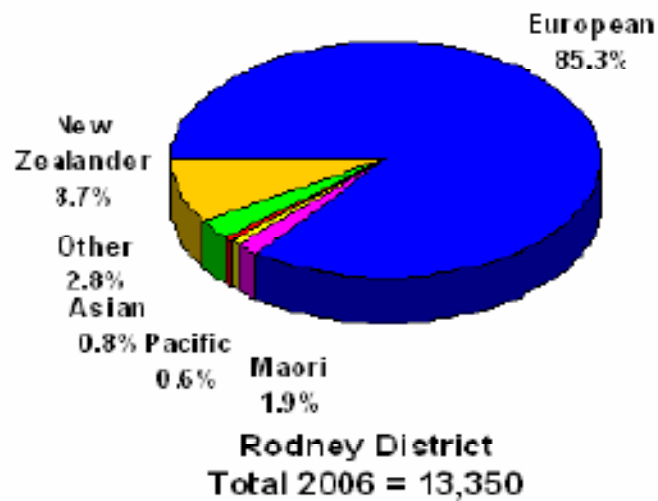
Janferie Bryce-Chapman, Age  
Concern North Shore



- Asian people 65+ yrs = 6.7%
  - compared with Pacific = 1%
  - and Maori 1.6% (2006 census).
- 
- In total, 19.4% of all the Asian population in the country lived in the WDHB region.
- 
- The older Asian population in North Shore City is projected to increase by a greater percentage than the national population between 2006 and 2026.

Janferie Bryce-Chapman, Age  
Concern North Shore





(R. Walker & S. Martin. 2007).

Janferie Bryce-Chapman, Age Concern North Shore



# Diversity of older people

- Age bands and experience
- Ethnic mix
- Socio-environmental differences
- Educational and life learning
- Current situation
- Health and fitness
- Motivation vs disengagement

Janferie Bryce-Chapman, Age  
Concern North Shore



# Solutions

- Recruitment of Asian volunteers (Integration)
- Day Centres by Asian Health Services (Needs assessment and support)
- English conversation groups/buddy peers (empowerment and integration)
- Asian staff to develop programmes (community development)

Janferie Bryce-Chapman, Age  
Concern North Shore



# Asian Volunteers

- Trained as peer facilitators for Falls Prevention Programme
- Transcribed validated course material
- Benefits
  - culturally safe
  - low cost and funds already in hand for course
  - Developed their own skills in presentation and communication with older people

Janferie Bryce-Chapman, Age Concern North Shore



# Disadvantages

- Unable to know if the material was transcribed correctly
- Costs of transcribing and reprinting material
- Unable to monitor presentation delivery for accuracy.
- Balance of Asian specific courses from budget for all populations

Janferie Bryce-Chapman, Age  
Concern North Shore



# Asian Elders Day Centre

- Established as part of a Mental Health service by clinicians.
- Similar to other day centres, run by Asian for Asians using 1 paid Co-ordinator and volunteers
- Ongoing evaluation of clients for wellbeing
- Ongoing funding is an issue for this group

Janferie Bryce-Chapman, Age  
Concern North Shore



# Asian Language group

- Commenced with a motivated Chinese Elder who offered to volunteer to teach conversational English
- Developed into a friendship group with local Seniors meeting with Chinese seniors weekly to practice English and learn more about NZ way of life.

Janferie Bryce-Chapman, Age  
Concern North Shore



# Empowerment Model

- Overcoming language barriers
- Breaking down discrimination barriers
- Developing skills and confidence
- Able to integrate and take advantage of the mainstream services available
- Creates social interaction and overcomes social isolation

Janferie Bryce-Chapman, Age  
Concern North Shore





# Asian staff

- Contracted to provide project management of Positive Ageing Course
- Transcribed validated material
- Developed 5 week programme based on “Ageing is Living” resource
- Advertising and Promotion in Asian newspapers
- Used key contacts to help present material

Janferie Bryce-Chapman, Age  
Concern North Shore



# Benefits

- Culturally safe delivery
- Able to access appropriate presenters
- Professionally trained so able to work autonomously with some supervision
- Spin off monthly group developed from course participants
- ACE funding for 2 x 5 week courses p.a. enabled contract

Janferie Bryce-Chapman, Age  
Concern North Shore



*“Our vision is for a society where people can age positively, where older people are highly valued and where they are recognised as an integral part of families and communities. NZ will be a positive place in which to age when older people can say that they live in a society that values them, acknowledges their contributions and encourages their participation”. (NZ Positive Ageing Strategy 2001)*

Janferie Bryce-Chapman, Age  
Concern North Shore



# Conclusion

- An ongoing challenge to stretch resources
- Balance between mainstream and Asian in allocation of resources
- Health Promotion and Social Work paradigms – reaching those most socially disadvantaged
- Culturally safe and appropriate service delivery is mandatory in contracts

Janferie Bryce-Chapman, Age  
Concern North Shore



# This applies to all older people in NZ.

- North Shore City Positive Ageing Strategy (March 2007)

*“The purpose of the NSCPAS is to look at the current and future needs of NSC’s older people and help guide planning to ensure older people in our community have the opportunity to age positively”*

- Age Friendly Waitemata (WDHB 2009)

*“The ability of people to grow older healthily in supportive communities is a key social, economic and health issue of our times.”*

# Future planning

- Relationship building with Asian NGO's to develop partnerships
- Secure funding to employ Asian social work/community development staff
- Continue evaluating greatest need in order to prioritise limited capacity
- Encourage integration with Seniors Clubs to provide empowerment and self help.

Janferie Bryce-Chapman, Age  
Concern North Shore





Youth is a gift of nature  
Age is a work of art.

[www.ageconcern.org.nz](http://www.ageconcern.org.nz)

[www.agewell.org.nz](http://www.agewell.org.nz)

[janferiebc@acns.co.nz](mailto:janferiebc@acns.co.nz)