**READY FOR LIVING ACTION PLAN |2019-2036**

**Introduction**

Ready for Living is a framework for action for older people being developed by the Gore District Council (GDC) in association with Office for Seniors (MSD) and part funded by Community Trust South, Mataura Licensing Trust and PH Vickery Trust.

**Ready for Living Workshops**

Ageing populations is a worldwide issue and the Gore District is no exception, with 32% of our population projected to be aged 65+ by 2038. In response to this a feasibility study was commissioned (with funding from MBIE via the Southland Regional Development Strategy (SoRDS)) with the brief to undertake local research, understand perceptions of retirement, and explore the Gore District’s capacity for supporting an ageing population, now and into the future. It has two broad and inter-related intents:

**Active Ageing** encouraging older people to contribute to the community, economically and socially, for the benefit of the Gore District community and each other

**Age-friendly** shaping the Gore District physical and social environment in such a way that supports older people and enables them to be active.

Six areas were identified to explore in further detail regarding their relevance to people in our community:

* Employment and volunteerism
* Mobility
* Health
* Social participation
* Housing
* Accessibility.

People with a particular interest or knowledge base in each of these areas were invited to attend one-day workshops to focus on specific topics within and across the context of each theme:

16 May Employment and volunteerism, attended by 15 local employers and volunteer organisations throughout the District

10 June Health, attended by 14 health professionals from Christchurch, Invercargill, Dunedin and Gore

20 June Housing, attended by 15 people, with five different presenters regarding housing options, including Simon Figenshow from Community Housing Aotearoa

27 June Round table discussion with Gore District Council planning and roading staff and two Professors from Canterbury University

Under the leadership of the Ready for Living Steering Group, outcomes from each workshop were reviewed for discussion on 2 July, with the ultimate aim of incorporating a streamlined overview into a strategic action plan.

**Action Plan**

A draft action plan has been developed to incorporate outcomes from the consultation phase lead by findings from the Ready for Living feasibility study and subsequent workshops, and in conjunction with the Ready for Growth objective for the:

Gore District to be the best place in New Zealand to:

Live Through the enhancement of **community wellbeing**.

Work By actively encouraging people and businesses to be age-inclusive, whether you be an employer, employee or customer.

Play Creating opportunities for social connectedness in a genuine, meaningful and sustainable way.

The delivery of these goals are outlined in the attached table, broken down into four objectives: Employment, Volunteerism and Social participation; Housing; Health and Social participation; Mobility and accessibility.

Once all content is agreed and further detail added, it is anticipated some of the actions will need to be further broken down into individual project plans, at the discretion of the Steering Group.

The following information is presented as a broad overview for discussion only. Once agreed it will need to be developed further with the inclusion of more detail.

**Next Steps**

In taking this action plan forward, the following needs to be considered:

* Does the action plan represent an outcome of the Ready for Living consultation process?
* How will the plan be resourced, implemented and monitored going forward?
* How do we measure progress? What are our baseline indicators that will lead to measures of success?
* How do longer term (2-15 year) projects become incorporated into the action plan?

The following are members on the current Steering committee for Ready for Living:

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| **Name** | **Organisation** |
| Tracy Hicks | Mayor, Gore District Council |
| Ian Davidson-Watts | Regulatory and Planning, Gore District Council |
| Robyn Morris | Community Networking Trust |
| Karl Metzler | CEO Gore Health |
| Marg McCornick | Albany House |
| Barbara Cunningham | Mataura Community Member |
| Bruce Campbell | Work and Income |
| Diane Turner | Office for Seniors / MSD |
| Jo Brand | Hokonui Runanga |
| David Bone | St John |
| Janette Turner | Age Concern |
| Jenny Buchanan | Gore Budget Advisory |
| Shelley Lithgow | Ready for Living Coordinator |

**OBJECTIVES, ASSOCIATED ACTIONS AND FUTURE CONTROLS**

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| **EMPLOYMENT/VOLUNTEERISM**  **EASILY ACCESSIBLE OPPORTUNITIES TO REMAIN ENGAGED IN WORK, EITHER PAID OR VOLUNTARY.**  **OBJECTIVES:**  **1: MAXIMIMISING THE COORDINATION AND IMPACT OF THE GORE DISTRICT VOLUNTEER NETWORK**  **2: IMPROVING AWARENESS OF SERVICES, BUSINESSES, FACILITIES, CLUBS AND EVENTS**  **3: RETAINING AND ENHANCING THE CONNECTION BETWEEN READY FOR LIVING, READY FOR GROWTH AND HOKONUI HUANUI**  **4: EMPOLOYER AND COMMUNITY EDUCATION ON THE IMPACTS OF AN AGEING POPULATION FOR INDIVIDUALS AND BUSINESSES**  **5: BREAK DOWN PERCEIVED BARRIERS TO BEING ACTIVE IN THE COMMUNITY** | | | | | | | | | | | | | |
| Objectives | Actions and their supporting Strategies | Delivery Approach | Delivery mechanism | | Proposed Timeframe | | | | | | | Key performance indicators/ measure of success | Future ownership |
|  |  |  | Lead | Key partners | End 2019 | Mid 2020 | End 2020 | Mid 2021 | End 2021 | End 2025 | End 2036 |  |  |
| 1.1,3.1 and2.1  1.2, 2.1 and 5.1  1.2,2.2 and 3.2  1.3, 2.3 and 3.3    1.4,2.4 and 3.4  3.5, 4.1 and 5.2 | Work with Hokonui Huanui to create a website for centralised database and social opportunities  Coordinator  Work with Ready for Growth and GoRetail to ensure businesses are age-inclusive and to maximise expenditure to keep it in the Gore District. | A volunteer organisation register to be developed and delivered through a centralised website incorporating social participation. Must have the ability to adapt to the community’s needs as required. Use existing Ready for Living website and linking into Hokonui Huanui’s database website. | Ready for Living/ Hokonui Huanui | Ready for Growth, Gore Visitor Information Centre, |  |  |  |  |  |  |  | Creation of website and traffic through site once established |  |
| Employ a coordinator, their role to be focused on creating social connectedness opportunities. Creating new and strengthening existing relationships and maximising existing facilities usage. | Ready for Living | CNT, Community Lotteries.  PH Vickery Trust |  |  |  |  |  |  |  | 1 year pilot programme, evidence to be gathered throughout the year and then apply for local funding going forward |  |
| Apply for funding with Working Together More Fund. | Ready for Living | CNT, WTMF |  |  |  |  |  |  |  | Unsuccessful. Application made in July, outcome September |  |
| Apply for funding through Community Lotteries | Ready for Living | CNT, Community Lotteries |  |  |  |  |  |  |  | Unsuccessful due to dual application with website and WTMF. |  |
| Apply for funding through PH Vickery Trust | Ready for Living | PH Vickery Trust |  |  |  |  |  |  |  |  |  |
| Create new volunteer opportunities as required, i.e.: Health Advocacy, community leaders programme | Ready for Living through coordinator | CNT |  |  |  |  |  |  |  |  |  |
| Deliver an education programme aimed at employees, employers and public over a 4 day period.  Apply for funding through Community Connects (MSD)  Employ Geoff Pearman to deliver the programme based around the opportunities the ageing population has, and will have, on the community | Ready for Living  Ready for Living  Ready for Living, Office for Seniors |  |  |  |  |  |  |  |  |  |  |
| 3.6 and 5.5 | Provide dementia-friendly training to businesses | Through Alzheimers Southland systematically make our way around businesses to train to be dementia friendly. Possible funder RSA | Ready for Living, Go Retail | Alzheimers Southland  RSA |  |  |  |  |  |  |  |  | GDC |
| 3.5, 4.2 | Create an age inclusive accreditation business register | Work with Go Retail to develop an age-friendly business register. Accreditation scheme unique to Gore District or use Geoff Pearmans? | Ready for Living | GoRetail, GDC |  |  |  |  |  |  |  |  |  |
| 1.5, 2.5 & 5.3 | Develop the ability for connectedness through social outings | In co-ordination with service clubs and public fully understand the needs and opportunities to engage with socially isolated people | Ready for Living Co-ordinator | MLT, RSA, T&C, Grey Power, Senior Citizens, Rotary, Lions |  |  |  |  |  |  |  | 1 year pilot programme, evidence to be gathered throughout the year and then apply for local funding going forward |  |
| 1.6, 2.6 & 5.4 | Improve awareness of services, businesses, facilities, clubs, activities and events across the community | Public consultation with all groups and service clubs to encourage collaboration for the benefit of their members and community in general  Survey members of Focus, Senior Citizens and Grey Power (refer Mobility & Accessibility) | Ready for Living Co-ordinator | MLT, RSA, T&C, Grey Power, Senior Citizens, Rotary, Lions |  |  |  |  |  |  |  | 1 year pilot programme, evidence to be gathered throughout the year and then apply for local funding going forward |  |

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| **HOUSING**  **WARM, SAFE AND AFFORDABLE HOUSING OPTIONS FOR EVERYONE**  **OBJECTIVES:**  **1: IDENTIFYING AND ADDRESSING THE REAL NEEDS OF HOUSING OPPORTUNITIES FOR ALL**  **2: HAVING ‘SMART’ HOUSES. USING TECHNOLOGY TO ENSURE SAFETY IN HOMES FOR EVERYONE** | | | | | | | | | | | | | |
| Objective | Actions and their supporting Strategies | Delivery approach | Delivery mechanism | | Proposed Timeframe | | | | | | | Key performance indicators/ measure of success | Future ownership |
|  |  |  | Lead | Key partners | End 2019 | Mid 2020 | End 2020 | Mid 2021 | End 2021 | End 2025 | End 2036 |  |  |
| 1.1 | Develop a social housing strategy | Working Community Housing Aotearoa complete a current assessment of all housing options available  Investigation into opportunities to work with Abbeyfield, Women’s Refuge and/or Habitat for Humanity to apply for Ministry of Housing and Urban Development funding (HUD). | Ready for Living | Community Housing Aotearoa, GDC |  |  |  |  |  |  |  |  |  |
| 1.2 | Facilitate open communication with planners at GDC to provide the right infrastructure for social housing possibilities | Ongoing communication needed. All discussions any infrastructure that the Ready for Living project have needs to have a direct link into GDC planners. | Ready for Living | GDC |  |  |  |  |  |  |  |  |  |
| 1.3,2.1 | Advertise alternative housing options | NZSIP offered use of a studio unit for 12 months to be placed at the Southern Field Days in February 2022 to advertise alternative housing options  To be decked out with all the available technology. Confirmed September 2019: Securely and GPSOS to be followed up for Field Days 2022  When showcasing at Field Days have GDC Planning staff to be on hand to explain the rules around where the houses can be located e.g. on back on section, how many on a section. | Ready for Living, Gore Visitors Centre. | NZSIP, Securely, GPSOS. GDC |  |  |  |  |  |  |  | Success based on sales |  |
| 2.2 | Investigate the WINZ Winter Energy Payment | The Winter Energy Payment is a standardised payment throughout New Zealand. This should be geographically targeted towards colder climates. Investigate the current payments, how many using and what an increase would mean to those in need to create a warmer drier home. | Ready for Living | WINZ, GDC |  |  |  |  |  |  |  |  |  |

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| **HEALTH & SOCIAL PARTICIPATION**  **EQUITABLE & ACCESSIBLE HEALTH CARE FOR ALL**  **OBJECTIVES:**  **1: Create a ‘community hub’ that houses wellbeing health services for prevention purposes and social connectedness opportunities**  **2: A clear plan for the wellbeing and safety of our patients with cognitive or physical impairments that supports them remaining healthier in the community for longer**  **3: Free health care for those in need (eg nurse-led clinic)** | | | | | | | | | | | | | |
| Objective | Actions and their supporting Strategies | Delivery approach | Delivery mechanism | | Proposed Timeframe | | | | | | | Key performance indicators/ measure of success | Future ownership |
|  |  |  | Lead | Key partners | End 2019 | Mid 2020 | End 2020 | Mid 2021 | End 2021 | End 2025 | End 2036 |  |  |
|  | Maximise the accessibility and utilisation of existing facilities | As identified under Employment and Volunteerism objectives and goals. There is a clear and obvious link between being socially active and having good health. We need to ensure that no-one becomes socially isolated. | Ready for Living coordinator |  |  |  |  |  |  |  |  | 1 year pilot programme, evidence to be gathered throughout the year and then apply for local funding going forward |  |
| 1.1, 2.1 | Funding investigation into a ‘community Hub’ | Feasibility Study needs to be done on the social impact that a community hub could have on the district. Identified MLT Complex as a potential for future development linking sports & leisure groups together while being intergenerational and caring for those with cognitive & physical impairments.  A current study is being conducted ‘Spaces & Places Strategy’ that concentrates on all sporting codes within Southland, their current needs and projected needs. Link these two studies together and we will have a clear picture as to what is needed to future proof our community.  The rates of people affected by cognitive decline are projected to almost triple by 2050. We need to be prepared so that effected people and their caregivers have quality of life for as long as possible. | Ready for Living | GDC, MLT, Community Lotteries, CTS  Sport Southland |  |  |  |  |  |  |  |  |  |
| 2.2 | Healthy Ageing Expo | Working with Margaret O’Connor & Marg McCornick run an expo at RSA Function Room 15 November. Objective to educate and evaluate current health needs for elderly | Ready for Living, SDHB, Albany House | RSA & all attendees |  |  |  |  |  |  |  | Completed with 23 exhibitors, 5 different speakers and approx. 100 attendees | Email sent to exhibitors asking for feedback 21/11/2019 |
|  | Research into waitlist times for cataract patients | Work with Ministry of Health/SDHB to reduce waitlist times to improve quality of life for those effected with cataracts. Avoidable health implications if dealt with in a timely manner | Ready for Living | GDC, MOH |  |  |  |  |  |  |  |  |  |
| 3.1 | Investigation into another free Nurse-led clinic | Current Te Kakano model operating from Runanga oversubscribed without advertising it. If the need was there look at getting this service extended in the Gore District. | Ready for Living | Hokonui Runanga, SDHB |  |  |  |  |  |  |  |  |  |
|  | Facilitate meeting with Aged Care and the Collective of Learning (COL) | Promote an organised programme integrating elderly with children for the mutual benefit of all involved. | Ready for Living | COL, Aged Care |  |  |  |  |  |  |  |  |  |

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| **MOBILITY & ACCESSIBILITY**  **ENSURE ALL SERVICES ARE PHYSICALLY ACCESSIBLE REGARDLESS OF AGE OR PHYSICAL ABILITY**  **OBJECTIVES:**  **1: ENSURE ALL SERVICES AND SOCIAL PARTICIPATION OPPORTUNITIES ARE EASILY ACCESSIBLE**  **2: REGARDLESS OF AGE, DRIVING ABILITY OR PHYSICAL ABILITY, ENSURE THAT NO-ONE MISSES OUT DUE TO CIRCUMSTANCE**  **3: PHYSICAL ACCESSIBILITY TO BUILDINGS, SERVICES & RETAILER BE FOCUSSES ON THE IMPORTANCE OF OLDER PEOPLE** | | | | | | | | | | | | | |
| Objective | Actions and their supporting Strategies | Delivery approach | Delivery mechanism | | Proposed Timeframe | | | | | | | Key performance indicators/ measure of success | Future ownership |
|  |  |  | Lead | Key partners | End 2019 | Mid 2020 | End 2020 | Mid 2021 | End 2021 | End 2025 | End 2036 |  |  |
| 1.1, 2.1 | Research public transport options | Investigate and explore partner opportunities for an on demand service. Work with Canterbury Community Vehicle Trusts programme, this is geographically similar to the Gore District (includes Waitaki, Fairlie, Cheviot). | Ready for Living | Canterbury Community Vehicle Trusts, GDC |  |  |  |  |  |  |  |  |  |
| 1.2, 2.2, 3.1 | Survey our aged community | Working with Grey Power, Senior Citizens and Focus survey members around key questions for mobility and accessibility/falls prevention etc. | Ready for Living | Grey Power, Senior Citizens, Focus |  |  |  |  |  |  |  | Attended Senior Citizens lunch 01 November, gave surveys out |  |
| 1.3,3.2 | Free parking for seniors | Investigation into the option of free parking for over 75’s (similar to Dunedin City Council’s programme). | Ready for Living | GDC, DCC |  |  |  |  |  |  |  |  |  |
| 1.4, 2.3, 3.3 | Create a business hub | Investigation into a centralised business hub for mobility impaired people that cannot access businesses not located on ground floors. | Ready for Living | GDC, Information Centre |  |  |  |  |  |  |  |  |  |
|  | Apply for WHO Age-friendly accreditation | Brochure to be created and application to be completed for WHO Accreditation | Ready for Living | GDC |  |  |  |  |  |  |  | Acceptance | GDC |