

Independent Living Guide for over 65 year olds

Older People Achieving Life Satisfaction

This brochure may assist you to identify possible solutions to some challenges you could face each day while maintaining your independence



Contact details

Wairarapa Hospital
Blair St
Masterton

Ph: 0800 900 001 or 06 946 9813

Email: focus@wairarapa.dhb.org.nz

NOTES

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Who is FOCUS ?

FOCUS is a service of the Wairarapa District Health Board. FOCUS is a Needs Assessment Service Co-ordination (NASC) Agency for people who have a disability.

FOCUS receives referrals for Community Nursing, Kahukura (palliative care), Short Term and Long-term Support Services.

FOCUS also provides Needs Assessment and arranges support services for people with long-term disabilities. The aim is to support a person's independence.

What is a disability ?

A disability is an impairment which can make routine tasks more difficult or impossible.

To be eligible for an assessment to access public funding a person must have a disability as defined by the Ministry of Health:

“ . . . a person with a disability is a person who has been identified as having a physical, intellectual, sensory or age-related disability (or a combination of these), and which is likely to continue for a minimum of six months and results in a reduction of independent function to the extent that ongoing support is required . . . ”

How do I get help from FOCUS ?

Anyone can refer to FOCUS. You may give consent to another person who can refer on your behalf.

You do not have to go through your doctor, although that can be helpful as your doctor knows a lot about your disability and medical history.

If you would like help regarding making a referral please contact us.

Definitions

Dietician	Experts in food and nutrition. They advise people on what to eat in order to lead a healthy lifestyle or achieve a specific health-related goal.
Podiatrists	Diagnose, treat and prevent foot and lower limb problems. Their work includes routine foot care, the care of lower limbs for people with diseases such as diabetes, the diagnosis and treatment of sports related injuries, nail and skin surgery, and biomechanical assessment.

CHALLENGES	POSSIBLE SOLUTIONS
<p>Physical Wellbeing & Daily Activity</p>	<ul style="list-style-type: none"> • Regular daily walking • Muscle strengthening and weight-bearing exercises • Exercises using a range of movement • Remain physically active • Exercise DVDs • Exercise with friends or exercise groups • Gardening • Hairdressers • Don't ignore skin tears, punctures or leg ulcers, see your Doctor if you are concerned • Wear protective clothing and gloves when gardening • Take care of your feet and wear comfortable supportive shoes

INFORMATION/ASSISTANCE

- Age Concern (formally WOOP's), Ph:377 0066
 - Sit and Be Fit
 - Older and Bolder
 - Walking Group
 - Water Aquarobics
- Craft Groups
 - Happy Circle, Ph: 377 2003
 - Crafty Latte, Tarragon Café, Carterton, Ph: 379 5439
 - Care and Craft: Featherston Ph: 308 4992, Masterton Ph: 308 4992
- Check your local community paper and newsletters
 - Wairarapa Times Age, Community News, Wairarapa News, Carterton Crier, Greytown Grapevine, Martinborough Matters, Featherston Phoenix
- Citizens Advice Bureau, Ph: 377 0078, 0800 367 222, www.cab.org.nz
- Community Centres
 - Masterton, Ph: 377 1022
 - Featherston, Ph: 308 8239
- Day activities, contact FOCUS for a list of providers
- Destination Wairarapa (i-site), for general information on activities in the Wairarapa, Ph: 370 0900, www.wairarapanz.com

- Equipment returns
 - DHB equipment through Occupational Health Ph: 946 9800
 - Long term disability or ACC – Evolved Performance Ltd Ph: 379 5153 or 021 211 0051
- A place for men to be involved in the community, work on projects and be in the company of like-minded blokes
 - Henley Men's Shed Masterton, Ph: 377 1379
 - Menzshed Carterton, Ph: 06 377 3544 or 027 722 0771
 - Greytown Menzshed, 06 3047960 or johnmboon@gmail.com
 - Martinborough Men's Shed, Ph: 021 905808 or martinboroughShed@gmail.com
 - Featherston Men's Shed, Ph: 06 3086545 or featherstonmenzshed@hotmail.com
- King Street Art Works, A creative space for those who have used mental health services, Ph: 378 9777, www.kingstreetartworks.co.nz
- Gyms and exercise groups
 - Yoga Works , Greytown and Masterton Ph: 377 1802
 - Body Mind Pilates, Ph: 370 1121
 - City Fitness, Ph: 377 7699
 - CLM Health and Fitness, Ph: 370 0060
 - Greytown Health and Fitness, Ph: 304 8656
 - Greytown Pilates, Ph: Susie 370 3344 or 027 270 8122
 - Wai Weight, Ph: 370 9339
- Masterton Senior Citizens and Beneficiaries Association, Ph: Linda 377 5598
- Mobility Wairarapa, Ph: 370 1023
- Mobile Hairdressers:
 - Hair 2 U - Renee Whitcombe, Masterton, Ph: 377 1617,
 - Hair & There Mobile Hairdressing, Carterton, Ph: 379 87 88 or 027 537 9878
- RSA, Ph: 370 0010
- Sport Wellington Wairarapa, for activities, walking clubs and sports clubs available in the Wairarapa, Ph:370 0157, www.sportwellington.org.nz
- Swimming pools
 - Genesis Recreation Centre, Ph: 370 0060
 - Carterton, Ph: 379 5067
 - Greytown (only open during summer), Ph:304 9084
- St Marks chair exercises, Ph: 379 8371
- Super.seniors.msd.govt.nz, has information on many services

- Te Hauora Runanga, total holistic wellbeing, Ph: 378 0140, www.tehauora.org.nz
- Wairarapa Addiction Services, Ph: 377 3156
- Wairarapa REAP for activities available in the Wairarapa, Ph: 377 1379 or 0800 WAIREAP, www.waireap.org.nz
- Wairarapa Population Health (formally Public Health), Ph: 946 9814
- Whaiaora, a face-to-face service about wellness, Ph: 370 0818, www.whaiaora.org.nz
- Wairarapa Country Music Club, Ph: Irene 377 4484
- Wairarapa Women's Centre, Ph: 378 2453
- YMCA, Ph: 377 5499
 - Tai Chi - several locations in the Wairarapa
 - Aqua aerobics - 3 times a week at Lansdowne Park

CHALLENGES	POSSIBLE SOLUTIONS
Mental, Emotional & Spiritual Wellbeing	<ul style="list-style-type: none"> • Make yourself lists or notes or use a calendar planner • Establish routines • Mental stimulation, keep learning • Remain active and involved with family, friends and community • Get to know your neighbour • Join your local library (ask about home delivery) • Become involved with church, club or social groups • Balance rest and activity periods • Neighbourhood support groups • Puzzles and crosswords • Internet • Creative pastimes • Family/Whanau connections

INFORMATION/ASSISTANCE

- Age Concern (formally WOOPs), Ph: 377 0066
 - Accredited Visiting Service for visits and support, Ph: 06 929 7569
 - Telling Your Stories
 - Choir (Melody Makers)
 - Sit and be fit classes
 - Line dancing
 - Monthly trips
 - Annual aging with attitude expo
 - Various workshops i.e. staying safe, arthritis, aging is living
 - Coffee Mornings,
 - Masterton, 1st Tuesday, Masterton Cossie Club
 - Carterton/Greytown 3rd Friday, Carterton Events Centre
 - Featherston – 2nd Wednesday, Community Centre
- Alzheimer's Incorporated and Related Disorders Society, Ph: 377 0066
- Day Activities contact FOCUS for a list of providers
- Grey Power, Ph: 0800 473 979
- Harmony Ladies, ladies entertainment group, Ph: 378 8192 or 377 3206
- King Street Art Works, A creative space for those who have used mental health services, Ph: 378 9777, www.kingstreetartworks.co.nz
 - Featherston, Ph: 308 9030

- Martinborough, Ph:306 9758
- Rangitane O Wairarapa, iwi based social services including counselling, Ph: 370 0600 Merle Te Tau
- Libraries
 - Masterton, Ph:370 6300
 - Carterton, Ph:379 5071
 - Greytown, Ph: 304 9061
- Network North website for information on mental health and addictions, <http://www.networknorth.org.nz>
- Savage Club, entertainment club, Ph: 377 0343
- Senior Citizen Association, Linda - Ph:377 5598
- SeniorNet, Ph: 378 2565, www.waisenior.orconhosting.net.nz
- Supporting Families, for support and education for families affected by mental illness, Ph:377 3081
- Te Hauora Runanga O Wairarapa, Ph:378 0140
- To Be Heard, for help with mild to moderate mental health concerns, Ph: 370 8055
- U3A, University of the Third Age, social and cultural groups for people in retirement or semi-retirement, Ph: Lyn Barrett 3787198
- Whaiora, a face-to-face service about wellness, Ph: 370 0818
- Yellow pages for a list of churches in the Wairarapa

CHALLENGES

POSSIBLE SOLUTIONS

Sleep Routines

- Have a warm bed
- Radio for company
- Light switch by bed
- Fresh air and exercise daily
- Telephone and torch by bed

INFORMATION/ASSISTANCE

- A qualified electrician for annual checks on electric blankets
- Automatic timer for electric blanket – ensure your blanket is switched off before going to sleep
- Hardware store
- See your doctor if you have difficulty sleeping

CHALLENGES	POSSIBLE SOLUTIONS
<p>Healthy Eating</p>	<ul style="list-style-type: none"> • Eat a variety of foods: <ul style="list-style-type: none"> ○ High in fibre ○ 5+ a day fruit and vegetables ○ 2 Servings of milk products per day ○ Foods low in salt, fat and sugar ○ Drink water each day • Healthy teeth and gums • For loss of interest in food, make food colourful and appetising • Safe fridge management <ul style="list-style-type: none"> ○ Raw meat on bottom shelf not with cooked meat, fruit or vegetables
INFORMATION/ASSISTANCE	
<ul style="list-style-type: none"> • Dentist – look in the yellow pages for a dentist in your area • Diabetes and Asthma Educators, Ph: 946 9827 • Dietician at Wairarapa Hospital see your doctor for a referral • Eating well for people with dementia – a guide for carers, contact carers NZ Ph: 0800 777 797, www.carers.net.nz • Heart Foundation, Ph:370 2935 • Meals on Wheels and Frozen Easy Meals, phone FOCUS for a list of providers • Supermarkets who take phone orders and deliver <ul style="list-style-type: none"> ○ Masterton Countdown <u>online orders only</u> (delivery charge), Ph: 370 0154 ○ Featherston Community Supermarket (free delivery), Ph 308 9104 ○ Masterton New World, (delivery charge), Ph: 370 0618 to register ○ New World Carterton, (delivery charge), Ph:379 8016 • Wairarapa Population Health (formally Public Health), Ph: 946 9814 • Whaiora, a face-to-face service about wellness, Ph: 370 0818 	

CHALLENGES	POSSIBLE SOLUTIONS
Continence Issues	<ul style="list-style-type: none"> • Seek medical advice • Drink water daily • Regular pelvic floor exercises • Enquire about available products • Be aware of your daily pattern for the need to toilet • Keep your toilet and the pathway to it free from clutter and well lit so it is easy to get to in a hurry • Proactive toileting e.g. before outing, before bed
INFORMATION/ASSISTANCE	
<ul style="list-style-type: none"> • See your doctor. The doctor may also refer you to the continence nurse at the hospital • Pharmacy or supermarket • Greater Wellington Regional Council 378 2484 for disability accessible toilets 	
CHALLENGES	POSSIBLE SOLUTIONS
Remaining Well	<ul style="list-style-type: none"> • See your doctor on a regular basis • See your doctor as necessary for a medications review • Talk to your doctor about supplements that may be appropriate for you • Consider a daily medications organiser/blister pack • Join appropriate support groups i.e. Age Concern, Alzheimer's, Cancer Society, etc • Have your medication routine written clearly on a card and keep it in a prominent place • Consider getting an annual flu vaccination • Consider internet based support groups (e.g. carers NZ) www.carers.net.nz
INFORMATION/ASSISTANCE	
<ul style="list-style-type: none"> • Age Concern (formally WOOPs) Ph: 377 0066 • Alzheimer's Incorporated and Related Disorders Society, Ph: 377 0066 • Arthritis Foundation, Ph: 370 8318, 027 256 9262, 0800 663 463, www.arthritis.org.nz • Asthma Society, ph: 377 1175 C/- Sylvia Morgan, for a referral see your doctor • Brain Injury NZ, Email bia.wairarapa@hotmail.com • CCS Disability, support and education for people with a disability and their 	

families, Ph: 378 2462, 0800 227 200, www.ccsdisabilityaction.org.nz

- Chemists
- Dementia support line, 8am-7pm, 7 days a week. Support for families dealing with dementia Ph: 0800 dementia (0800 336 368)
- Diabetes NZ, Ph: 0800 369 636, www.diabetes.org.nz, for a referral see your doctor
- Doctor or practice nurse
- Drug and Alcohol drop in centres
 - Masterton, Anne, Ph: 378 2338 or Pete, Ph: 021 167 3121
 - Carterton, Denis, Ph: 377 5355 or Martin, Ph: 372 7764
- Epilepsy NZ, Ph: (04) 586 2420, 0800 20 21 22, www.epilepsy.org.nz
- Equipment for help around the home, see your doctor for a referral
- Free community clinics, phone Primary Health Organisation for details of days and times clinics open Ph: 370 8055
 - Te Rangimarie Marae Clinic, Cole Street
- Health Navigator has many answers to health related questions
www.healthnavigator.org.nz
- Hearing Association, Ph:370 2222
- Huntington's Disease Association of NZ, Ph: 0800 432 825, (04) 569 3252,
www.huntingtons.org.nz
- Life Unlimited Hearing Therapy Services, Ph: 0800 008 011
- Mobility Wairarapa for various aids and equipment, Ph: 370 1023
- Motor Neurone Disease Association, Ph:370 1023 or 021 027 84494,
www.mnda.org.nz
- Multiple Sclerosis Society, Ph: 372 3414 Sue Johnston, 0800 675 463,
www.msnz.org.nz
- Parkinsonism Society, Ph: 0800 306 844, www.parkinsons.org.nz
- Post Polio Support, Ph: 306 9925
- Royal NZ Foundation for the Blind, Ph: 0800 243 333, www.rnzfb.org.nz
- Stroke Central Region, Ph: 021 962 365 or 0800 78 7653 C/- Diane Chapman
- Strengthening Families, support for better access to health and education,
Ph: 378 8900
- Te Hauora Runanga, total holistic wellbeing, Ph: 378 0140,
- Wairarapa Addiction Services, Ph: 377 3156
- Wairarapa Asthma Society, Ph: 377 1175
- Whaiora, a face-to-face service about wellness, Ph: 370 0818

CHALLENGES	POSSIBLE SOLUTIONS
Good Blood Circulation	<ul style="list-style-type: none"> • Keep physically active • Keep head, feet and hands warm with wool • Smoke free environment

INFORMATION/ASSISTANCE

- Age Concern (formally WOOPs), Ph: 377 0066
- Asthma Society Easy Breathers Support Group, Ph: 377 1175
- Heart Foundation, Ph: 378 8303
- Podiatrist - check the yellow pages, ask your doctor or phone FOCUS for an information sheet. Check to see if your podiatrist provides footwear. Check with your doctor to see if you are eligible for free visits.
- Quitline, to support you to give up smoking, Ph: 0800 778 778
- See the Physical Wellbeing and Daily Activity section in this booklet
- Wairarapa Population Health, (formally Public Health), Ph: 946 9814
- Whaiora, a face-to-face service about wellness, Ph: 370 0818

CHALLENGES	POSSIBLE SOLUTIONS
Mobility & Transport	<ul style="list-style-type: none"> • Mobility Vouchers • Mobility parking • Community transport • Licence renewal • Defensive driving course • Saint John's Health shuttle

INFORMATION/ASSISTANCE

- CCS Disability Action, for mobility parking, Ph: 378 2426 or 0800 227 2255
- Metlink 0800 801 700, txt bus (287), txt train (876), www.metlink.org.nz
- Mobility Wairarapa, Ph: 370 1023
- Red Cross Bus for medical appointments 0800 WAI BUS, 0800 924 287
- Mobility vouchers for using taxis are available through the following organisations, you may need to be a client, member or pay a fee. Criteria applies
 - FOCUS, Ph: 946 9813
 - CCS Disability Action, Ph: 378 2426
 - Stroke Central Region, Ph: 0800 787 653 or 021 962 365 - Diane Chapman
 - Parkinsons, Ph: 0800 306 844

- Multiple Sclerosis Society, Ph: 372 3414
- IDEA Services, Ph: 370 6450
- Age Concern (formally WOOPs), Ph: 377 0066
- Greater Wellington Regional Council 0800 496 734
- New Zealand Transport Agency, Ph: 0800 822 422, www.nzta.govt.nz
- Supermarkets who take phone orders and deliver
 - Featherston Supermarket (free delivery), Ph: 308 9104
 - New World Carterton, (delivery charge), Ph: 379 8016
 - Masterton New World, (delivery charge), Ph: 370 0618 to register
 - Masterton Countdown online orders only (delivery charge), Ph: 370 0154
- Taxis, check the phone book or Driving Miss Daisy, Ph: 377 0232
- Transport often available, if a member, through
 - Cancer Society, Ph: 378 8039 or 027 318 6698
 - Friends of St John, Ph: 0800 502 323
 - Age Concern, Ph: 377 0066
 - Te Hauora, Ph: 378 0140
 - Heart Foundation, Ph: 370 2935
- Wheel chair hoist is available on the train, ask the attendant to use this

CHALLENGES**POSSIBLE SOLUTIONS****Home Safety &
Security****Emergency
Planning**

- Annual check on gas heaters and bottles
- Annual chimney clean
- Consider installing security window latches, security lights, security screens, door chains and wide angle door viewer
- Earthquake proof your house – fix and fasten
- Emergency survival items - lighting, warmth, water (3 litres a day) non perishable food, medications (at least 7 days)
- Emergency plan, consider organising a personal support network in case of emergency
- Hot water cylinders – set your cylinders temperature at or slightly above 60 degrees Celsius, to prevent injury and save power
- Consider housing modifications for safety and in the event of an emergency
- House security alarms can increase your safety and reduce your house insurance
- Life Tubes - contain emergency information
- Personal alarm
- Plan an alternative exit for emergencies
- Prevent trips and falls
 - Clear access to the bath or shower
 - Keep traffic areas obstacle free
 - Maintain outside pathways
 - Non-slip surfaces or mats in wet areas
 - Rails, grab-handles and ramps as required
 - Remove or secure mats and rugs
 - Tape loose cords out of the way
 - Use walking aids as instructed
 - Wear well-fitting footwear
- Purchase an extinguisher and fire blanket, (keep this in the kitchen)
- Refrain from smoking in your bedroom
- Smoke alarms
- Speed dial numbers on your phone for family or friends
- Store often used items at a convenient height
- Use a multi plug power board with surge protection, don't overload power points

INFORMATION/ASSISTANCE

- ACC, Ph: 0800 101 996
- Be aware of the local emergency assembly point in your neighbourhood, check the Yellow pages, inside cover of your phone book
- Chimney Sweep – check yellow pages
- Community Police
 - Masterton, Ph: 370 0300
 - Carterton, Ph: 379 8032 or 379 752
 - Greytown, Ph: 304 9003
 - Featherston, Ph: 308 9044
 - Martinborough, Ph: 306 9401
- Contact Focus or your doctor for a referral if you would like help with housing modifications or equipment
- Emergency Planning: Local District Council or www.getthru.govt.nz
 - Masterton District Council, Ph:370 6300
 - Carterton District Council, Ph:379 4030
 - South Wairarapa District Council, Ph:306 9611
- Family or friends
- Fire department will help with emergency plans and installing the right smoke alarms in the right place
 - Masterton, Ph:370 9552
 - Carterton, Ph: 379 8300
 - Greytown, Ph: 304 9029
 - Featherston, Ph: 308 9550
 - Martinborough, Ph: 306 9601
- Gas heaters and bottles need annual safety checks and good ventilation: gas heaters can be hazardous
- Hardware store
- Installation of security can be done by yourself, family, friend or handyman
- Life Tubes through Age Concern (formally WOOPs), Ph: 377 0066
- Local Lions Clubs, www.lionsclubs.org.nz
 - Masterton, Ph: 377 1681 or 378 2067
 - Carterton, Ph: 379 7524 or 379 8167
 - Greytown, Ph: 304 9088
 - Featherston, Ph: 308 9763
 - Martinborough, Ph: 306 6128
- Neighbourhood Watch through REAP, Ph: 377 1379 or 0800 WAIREAP
- Occupational Therapy for advice on installation option of rails and ramps,

contact your doctor for a referral

- Personal alarms. Contact FOCUS for a range of providers
- Qualified Plumber/gasfitter
- Security companies. Look in the phone book. Check it is a reputable company

CHALLENGES

POSSIBLE SOLUTIONS

Help around the home

- Keep your home environment at a stable temperature, (avoid having one of your living spaces significantly warmer than another, aim for an even temperature of between 18-21 degrees)
- Fully insulate your house
- Lawn mowing and gardening services

INFORMATION/ASSISTANCE

- Community services card and an ongoing health issue may mean you are eligible for the Healthy Homes project for funding towards insulation and heat pumps through Population Health, (formally Public Health) Ph: 946 9814
- Energy Smart, Ph: 370 1019, www.energysmart.co.nz Local organisations may be able to assist with sourcing firewood
- Home Help agencies
 - Access Ph: 0800 284 663
 - Health Care NZ Ph: 06 377 3600
- Lawn mowing Services. You may be eligible for funding through WINZ, if you have a disability allowance, check with your doctor.
 - Green Acres, Ph: 377 2277
 - Hire-a-Hubby, Ph: 0800 248 229
 - Jim's Mowing, Ph: 377 7497
 - Mr Green, Ph: 0800 674 733 or 027 479 0161

CHALLENGES	POSSIBLE SOLUTIONS
Environment & Neighbourhood	<ul style="list-style-type: none"> • Get to know your neighbours • Join a Neighbourhood Watch group • Be alert and aware of happenings • Phone by your bed • Use phones with large numbered buttons
INFORMATION/ASSISTANCE	
<ul style="list-style-type: none"> • Community Constable, Ph: 370 0300 • Neighbourhood Watch through REAP, Ph: 377 1379 or 0800 WAIREAP • Your phone company 	
CHALLENGES	POSSIBLE SOLUTIONS
Legal and Financial Support	<ul style="list-style-type: none"> • Check your entitlement to <ul style="list-style-type: none"> ○ Gold Card ○ High Use Health Card ○ Community Services Card • Compare electricity prices • Consider setting up an Enduring Power of Attorney (EPA) for personal care and welfare, and/or for property in case you can trust to act on your behalf in the future if needed • Ensure you have a current will • Seek free advice for older people • Consider having an Advanced Care Plan
INFORMATION/ASSISTANCE	
<ul style="list-style-type: none"> • Ministry of Social Development for advice on setting up an Enduring Power of Attorney (EPA) http://www.msd.govt.nz/what-we-can-do/seniorcitizens/your-rights/epa/index.html • Advance Care Planning to consider wishes about future health care. See your doctor, nurse or contact www.advancecareplanning.org.nz email info@advancecareplanning.org.nz • Age Concern (formally WOOPs) for advice on setting up and EPA Ph: 377 0066 • Budget Advisory Services, <ul style="list-style-type: none"> ○ Wairarapa Free Budget Advisory Service, Ph: 377 0017 	

- Sorted: www.sorted.org.nz
- Community Police
 - Masterton, Ph:370 0300
 - Carterton, Ph: 379 8032
 - Greytown, Ph: 304 9003
 - Featherston, Ph: 308 9044
 - Martinborough, Ph: 306 9401
- Electricity companies comparisons can be done through www.consumer.org.nz or www.whatsmynumber.org.nz
- Gold Card, Ph: 0800 25 45 65
- Health and Disability Commissioner for health and disability advocacy and advice, Ph: 0800 11 22 33, www.hdc.org.nz
- High Use Health Card -see your doctor. They can put in an application if you meet the criteria
- Human Rights Commission, Ph: 0800 496 877, www.hrc.co.nz
- Ombudsman services consider complaints regarding all types of personal and domestic insurances, and savings services, Ph: 04 472 5230, www.icnz.org.nz
- Public Trust for information about life plans, wills and EPA's Ph:0800 371 471
- Seniorline Helpdesk for queries Ph: (07) 3079101
<http://www.up2date.co.nz/Useful+Info>
- Wairarapa Community Law Centre, Ph: 377 4134
- Work and Income, (WINZ), for financial assistance, subsidies or a Community Services Card, Ph: 0800 552 002, www.workandincome.govt.nz

CHALLENGES	POSSIBLE SOLUTIONS
Lighting & Energy Efficiency	<ul style="list-style-type: none"> ● External security lights ● Brighter bulbs ● Night light in the hallway ● Torches conveniently placed around the house ● Highlight step edges ● Light switch by your bed ● Turn switches off at the wall when not in use e.g. TV, heaters, washing machine, stove ● Energy saving light bulbs ● Torches and spare bulbs and batteries ● See 'Help around the home' – insulate your house

- Hot water temperature

INFORMATION/ASSISTANCE

- A qualified electrician
- Adjust hot water cylinder temperature, set your cylinders temperature at or slightly above 60 degrees Celsius to prevent injury and save power
- Hardware store
- Save power
 - Only heat rooms that are being used
 - Draught-proof doors and windows
 - Seal off open fireplaces when not in use
 - Fix dripping hot taps
 - Fill the kettle or jug from the cold tap and only heat the amount needed
 - Turn lights off when leaving a room
 - Maximise the use of natural light
 - For more information on home heating options and products, visit www.consumer.org.nz

CHALLENGES

POSSIBLE SOLUTIONS

Caring for Others

- If you are caring for someone you are important too
- Take care of yourself
- Take time out
- Treat yourself, e.g. special outings, hair massage
- See your doctor for your own health needs

INFORMATION/ASSISTANCE

- Age Concern (formally WOOPs) for advice and help Ph: 377 0066
- Alzheimer's Incorporated and Related Disorders Society, Ph: 377 0066
- Carers New Zealand, Ph: 0800 777 797, www.carers.net.nz and www.carersair.net.nz
- Day activity, respite care – contact FOCUS for names of providers
- Friends and family to allow time out
- FOCUS for carer support options
- Hairdressers, manicurist, massage, check the yellow pages
- See 'mental, emotional and spiritual wellbeing' section

CHALLENGES	POSSIBLE SOLUTIONS
<p>Abuse &/or Neglect</p>	<ul style="list-style-type: none"> • Plan ahead around your personal and financial affairs • If you are caring for someone, you are important too, take care of yourself • Enduring Power of Attorney (EPA) • Tell a health professional
INFORMATION/ASSISTANCE	
<ul style="list-style-type: none"> • ADNET Advocacy Network Services, Ph: 370 8870 • Carers New Zealand, Ph: 0800 777 797, www.carers.net.nz and www.carersair.net.nz • Community Police <ul style="list-style-type: none"> ○ Masterton, Ph: 370 0300 ○ Carterton, Ph: 379 8032 ○ Greytown, Ph: 304 9003 ○ Featherston, Ph: 308 9044 ○ Martinborough, Ph: 306 9401 • Contact your doctor • Age Concern, Elder Abuse and Neglect Prevention Co-ordinator, Ph: 929 7568 • FOCUS for information on carer support and time out • Lawyer or alternative legal entity • Personal Advocacy Trust, Ph: 378 8556 • Rape Crisis, for a 24 hour free and confidential service, Ph: 0800 614 614 • Stopping Violence Services, Ph: 377 0933 • Wairarapa Women's Refuge, for support and advocacy, Ph: 377 1717 (24 hour crisis line) 	