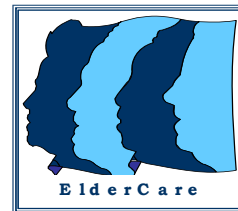


ELDERCARE



May 2009

East Health ElderCare was established in 2000 by the East Health IPA in response to a need for a more coordinated approach to the provision of health care for older people in our community.

East Health Trust PHO ElderCare supports older people to live independently in the community by providing information to individuals and general practice teams about health and community services. Specific referrals for individuals can be made by any East Health Trust GP or Practice Nurse. ElderCare provides health education to community groups about ageing positively.

In addition to the service provided to older people, ElderCare liaises with the service groups provided by the Counties Manukau DHB i.e. NASC and Home Health Care, and the community agencies such as the Stroke Foundation and Alzheimer's Counties Manukau supporting older people in the community. An example of this collaboration is the message from NASC service about their new service in the medical wards.

The ElderCare Coordinators are Anne Williamson and Patricia Lacey. Patricia, who is a registered counsellor, works Monday and Tuesday and Anne, a registered nurse, works Wednesday, Thursday and Friday.

The coordinators are available by phone or email to answer queries or support you in the care of your patients.

Medication Reviews

Available for people discharged from hospital or needing a review and / or support in the management of their medicines

Contact Linda Bryant on
lindab@easthealth.co.nz

Additional services for older people

Needs Assessment and Service Co-Ordination (NASC) now also based in the Medical Wards at Middlemore Hospital

A new initiative sees Needs Assessors based in the Medical wards at Middlemore Hospital.

Primarily they manage the residential aged care placements, but can also assist with patients (over 65yrs) returning home after an admission. As resources allow, it is envisaged the team will be able to assist with Needs Assessment in the Surgical wards.

Contact from the Needs Assessor to the Practice Nurse and GPs may occur to assist with details of the patient's background, especially for those returning back home and who need support in place to achieve this.

For more information about this new service you can contact the NASC team on 276 0040

Community NASC

The community section of NASC has a dedicated team who work in the East Health area. The geographically located assessors are working more closely with the general practices and from time to time may call to discuss clients with GPs and PNs.

A lunchtime networking meeting is scheduled for May to meet the team.

The meeting notice will be sent shortly.



INFORMATION AND COMMUNITY ORGANISATIONS TO HELP YOU SUPPORT OLDER ADULTS IN THE COMMUNITY

Howick Cardiac Club

Cardiac rehabilitation programmes for people who have experienced a cardiac event, and their families. Meets every Thursday at 10am in the Nixon Centre, Sale Street, Howick.
Contact Joyce 265 2480 or Ailsa 534 7345

Howick and Pakuranga Diabetes Support Group

Meets first Monday of the month from 10am to 12 midday at St Johns Ambulance Hall, Pakuranga Highway, Highland Park
Contact Marge 534 4335

Asian Diabetes Support Group

For more information contact
Phone: 486-8314 (Grace - Korean) (Sy - Chinese)

U3A Pakuranga

Meets Monday at 1.30pm at Te Tuhi Centre for the Arts, Reeves Road, Pakuranga
Contact Frank on 534 0143

Howick RSA Women's Section

Meets on Friday at 10am at RSA Clubrooms, Wellington Street, Howick
Contact Maureen on 534 4813

Upright and Active

Exercise programme for over 60s promoting strength and balance.

Meets Wednesday from 9am to 9.45am at All Saints Community Centre, 30 Cook Street, Howick
Contact Selwyn Seniors on 534 1706, 535 1563

Golden Age Coffee Club

Social activities for people over 60 years.
Meets Wednesday from 10am to 12midday at Picton Centre, Picton Street, Howick
Contact Les on 535 3530

Arthritis Support Group

Meets Mondays at 10am
For information and details on your local support group
Contact Linda 535 2211 or Lois 271 2262

Tai Chi in the local area

Courses are funded by ACC and free to those who meet the required criteria

- aged 65+, or 55+ for Maori and Pacific people
- live in the community, not residential aged care
- have had a fall, or be deemed to be at risk of a fall by their GP or PN, and
- be committed to a 20 week course of two sessions per week

Howick

Recreation Centre, 563 Pakuranga Highway
Tuesday and Friday 1.00pm - 2pm

Bucklands Beach

Sea Scouts Hall, 33 Morrow Avenue
Monday and Wednesday 11.00am - 12.00noon

Dannemora

Buddhist Temple, Cnr Chapel and Stancombe Roads
Wednesday and Friday 2.30pm - 3.30pm

Pakuranga

Te Tuhi Centre, 13 Reeves Road
Monday and Wednesday 2.00pm - 3.00pm

Botany

EastView Baptist Church, 559 Chapel Road
Tuesday 1.30 - 2.30pm
Thursdays 12.15 - 1.15pm

Bookings are essential

To discuss your eligibility for the ACC funded programme and receive further information

Please contact Malisa or Bernard on 09 266 7473

