



possible. By providing a range of home care services we feel we are helping seniors safeguard their independence.

There are many things we can do to promote a positive ageing experience and help safeguard the independence of older people in New Zealand. For example, at industry level, Home Instead Senior Care is calling on the government to implement standards to the home care industry.

There are also many lifestyle choices we can make as individuals to help safeguard our independence. The key is to stay active - body, mind and soul. Here are some activities that can help seniors stay strong and maintain their independence:

- **A Puzzle a Day** - A puzzle a day is a great way to keep senior's minds active. Check your daily newspaper for a crossword, this is a fun and cheap way to keep your mind active.

- **Power Grip** - Slowly squeeze a tennis ball as hard as you can for 3 - 5 seconds. Relax the squeeze slowly and repeat 10 times. Make sure to use the other hand as well. This helps improve the strength to grip which can impact the everyday lives of seniors.

- **Plant a Garden** - It doesn't have to be summer to get the feel for gardening. Container pots are easy and fun any time of year, and are sure to please any senior. Remember to check the pot daily and water accordingly. This activity is fun and a great way to nourish the soul.

At Home Instead Senior Care we encourage you to take action to make 2011 a year of independent living. If you need more help at home or would like more information or advice when it comes to independent living feel free to contact your local Home Instead Senior Care office. www.homeinstead.co.nz. Make 2011 a year for Independent Living

Senior Care Choices

Seminars on Care Options for Seniors were recently held in Hamilton. The purpose of these workshops is to help provide families find the best solution when caring for an older parent.

Melissa Halls, business manager of the Hamilton Office coordinated this event, and was a speaker. Areas addressed during our seminar centred on issues about aged care such as funding, provision of care provided in rest homes and how to find the right care agency.

According to Melissa, "the right information is not always so easy to find, where to look for important information, or what is available when assisting your elderly parent find suitable care."

Examples of what to look for in a care giving agency

- Ease of communication with the office
- Empathetic staff who understand your needs
- Suitably trained caregivers



Melissa Halls - Business manager

Gaining all the information early on about what is available will help reduce the stress. This allows time to do research and make informed choices

If you are concerned that a loved one may require extra support, please contact your local Home Instead Senior Care office for more information.

New Zealand Offices

HOME OFFICE
Unit 3/27 Norton Rd, Frankton,
PO Box 4245, Hamilton 3247
Freephone: 0800 694 472
Tel: 07 959 0006
Fax: 07 839 6704
info@homeinstead.co.nz

REMUERA
177a Marua Road Eilersie,
PO Box 87237, Meadowbank,
Auckland 1742
Tel: 09 528 4476
Fax: 09 528 8462
remuera@homeinstead.co.nz

HAMILTON
Unit 3/27 Norton Rd, Frankton,
PO Box 4245, Hamilton 3247
Freephone: 0800 694 472
Tel: 07 959 0006
Fax: 07 839 6704
hamilton@homeinstead.co.nz

TAURANGA
Historic Village Complex 1
PO Box 841
Tauranga 3140
Tel: 07 571 4228
Fax: 07 571 4229
tauranga@homeinstead.co.nz

BAY OF PLENTY
Historic Village Complex 1
PO Box 841
Tauranga 3140
Tel: 07 571 4228
Fax: 07 571 4229
tauranga@homeinstead.co.nz

MANAWATU
Suite 1 Remax Building
132 Princess St, PO Box 12176
Palmerston North 4410
Tel: 06 357 8488
Fax: 06 357 8489
Freephone: 0800 336 636
manawatu@homeinstead.co.nz

KAPITI COAST
Unit 3, 110 Rimu Rd
PO Box 645
Paraparaumu 5452
Tel: 04 904 4288
Fax: 04 904 4290
kapiti@homeinstead.co.nz

HUTT VALLEY
11 Hardy St
PO Box 45015,
Waterloo
Lower Hutt 5042
Tel: 04 566 4476
Fax: 04 566 4475
huttvalley@homeinstead.co.nz

WELLINGTON
Level 1, 250 Cuba St
PO Box 6621,
Marion Square
Wellington 6141
Tel: 04 890 3798
Fax: 04 890 3915
wellington@homeinstead.co.nz

CHRISTCHURCH SOUTH
Suite 14, 1025 Ferry Rd,
Ferrymead
PO Box 18643, New Brighton
Christchurch 8641
Tel: 03 384 8484
Fax: 03 384 8485
southchch@homeinstead.co.nz

Each Home Instead Senior Care office is independently owned and operated

Senior Care Winter 2011 Connections

Dementia Care at Home

Home Instead Senior Care, New Zealand's trusted source of home care for seniors, has published a new guide to help family caregivers care for loved ones with dementia at home.

Entitled, *'Dementia Care at Home: A Guide for Family Caregivers'*, the publication explains some of the basic facts about the different forms of dementia and looks at practical ways of dealing with some of the common issues associated with dementia. It also gives insight into how the person with dementia feels and reacts to certain situations so the family caregiver can better understand their behaviour.

'Dementia Care at Home' was compiled by Joanne Flood, a Registered Psychiatric Nurse with eleven years experience in dementia care in Acute Care Settings, Liaison Psychiatry, Gerontological Nursing, Long Term Care Settings and more recently working in the community as a Dementia Nurse Specialist with Psychiatry of Old Age. Joanne has also completed a PGDip in Gerontological Nursing and MSc of Older People. She is currently undertaking a PhD in Community Dementia Care in Dublin City University.

Speaking about the new guide, Joanne Flood RGN said: "With many outreach efforts supporting people living with dementia, there is little available to help the caregiver who may feel isolated and overwhelmed by their responsibilities. This booklet is an excellent resource for family caregivers struggling to care for loved ones living with a dementia."

Also speaking about the new guide to dementia care, Neil Farnworth, Chief Executive of Home Instead Senior Care said: "It is estimated that there are more than 40,000 people in New Zealand living with some form of dementia. There are another 50,000 people whose lives are also affected: the family caregivers who work each day caring for loved ones who can no longer care for themselves. We believe this guide will serve as a valuable resource to family caregivers and help them better understand dementia and the behaviour of loved ones living with dementia".



Home Instead
SENIOR CARE
to us, it's personal.™

Dementia Care at Home:
A Guide for Family Caregivers

To order a **FREE** copy of *'Dementia Care at Home: A Guide for Family Caregivers'* please contact your local Home Instead Senior Care office. You can also download a copy of the guide from www.homeinstead.co.nz

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System of the Year - Lifestyle



Best Emerging Business



Member of Franchise Association of New Zealand

Home Instead Christchurch Lends a Hand to Quake Victim



Photo taken moments after earthquake outside Home Instead Christchurch office

At 12.50pm on 22nd February 2011, Christchurch as we know it changed forever when a 6.1 magnitude earthquake struck the city. This after shock whilst a horrific experience for all residents, it was especially so for a lot of elderly residents who were alone when the quake struck

feeling very vulnerable, without power and water and in some cases unable to get out of their homes to obtain necessary provisions.

The community of Canterbury rallied round in a variety of ways. This included the local franchise of Home Instead Senior Care, with the backing of Home Office in Hamilton, offering the services of Home Instead Caregivers to Age Concern, to assist the elderly in getting back to some sort of normality.

Peter and his wife Lynda who is co-owner, immediately following the quake made a point of contacting all caregivers and clients and although it took up to 48 hours to track everyone down, thankfully there were no injuries but unfortunately total

damage to property had occurred in many instances.

Neil Farnworth, Co Founder of Home Instead in New Zealand concludes by saying, "Peter and Lynda did a tremendous job in a situation that potentially you would only face once in a lifetime".

"You often imagine what you would do if a disaster struck but the reality is always usually different. In this particular situation not only were Peter and Lynda trying to cope with the needs of their own family during the disaster but also the needs of their caregivers and clients. However one positive outcome that did come from the earthquake was the opportunity that the Christchurch office had to put their own 'Disaster Preparedness Plan' into action and we are certain that this was also a contributing factor since the February quake as to how successfully they have coped."

Rummage Box and Dementia

People with dementia can often remember the distant past more easily than recent events. The rummage box is a means of tapping into memories from the past and helps people with dementia feel empowered and secure in familiarity. It is about reminiscence.

When a person has dementia they begin to lose their short term memory and memories. They can forget about things that have happened in the last few days, months or years. They may even have forgotten what occurred earlier in the day.

However, people with dementia can retain their long term memories and find comfort in discussing things from their

past. Particularly things they enjoyed like past interests, hobbies or even their previous employment.

The rummage box can be used as an activity, as a distraction, and therapeutically as a reminiscence tool. The rummage box can be made of a shoe box, a biscuit tin, a drawer, press or even a room.

How to Create and Use the Rummage Box

To direct the person's attention to the rummage box you must first get a photograph that they like and recognise as themselves. As he or she may have little short term memory this usually involves using a photograph of them

when they were in their 20's, 30's or 40's.

Enlarge the photo and laminate it and tape it to the front of the box. The box should be filled with memorabilia to remind them of hobbies and activities they enjoyed when they were younger

Some examples include:

- Pictures or photographs of holidays or days/nights out.
- Objects they used to enjoy such as knitting wool, old cameras and DVDs of their favourite films when they were younger.
- Old objects or tools they used to work with.

Here are some examples from family caregivers who successfully used reminiscence activities with loved ones:

"My mum loved horses but a horse was not going to be an option. I discovered that she also loved stuffed animals that appeared life like as she was able to groom them." Jane, Christchurch

"My dad loved to golf but was unable to use normal golf clubs as his coordination was affected. I bought him small plastic indoor golf clubs which he thoroughly enjoyed instead". Andrea, Cambridge 14

This page is also available as a leaflet, please contact your local Home Instead Senior Care Office for a FREE copy.



Senior Moments

An elderly man, thinking his wife was losing her hearing, went about 20 feet behind her and asked "Can you hear me sweetheart?" No reply. He moved 10 feet behind her and inquired again still receiving no reply. Moving to 5 feet there was still no response.

A few inches behind her ear, he asked "Can you hear me now honey?"

His wife replied "For the forth time: YES!"

Staying Healthy

Tips for Seniors

Thanks to decades of biomedical research, there are some clear pointers as to how to stay fit and well throughout later life. Our chances of ageing successfully are affected most by lifestyle.



Here are some tips for improving your lifestyle and ageing more healthily.

Take more exercise.

Studies have shown that inactivity is the biggest risk we face as we get older. Regular exercise not only makes us feel fitter, more alert and younger, it also helps to prevent high blood pressure, heart disease, stroke, poor circulation, depression, obesity, joint and bone problems - in fact a very long list of the ailments of later life! You should aim for at least five days a week, or 150 minutes a week.

Give up smoking.

It's the biggest single risk to your health after inactivity. Smokers have shorter lives due to lung cancer, cancer of the bladder, mouth and other organs, heart disease, bronchitis, asthma and related conditions. And it's not just lungs and hearts that are at risk - smoking will also slow down your rate of healing. That's bad news if you need an operation or injure yourself. It is by no means easy to give up smoking, but doing so gives immediate benefits, no matter how old you are or how long you have been a smoker. Call the National Smokers Quit-line 0800 778 778 for help and advice.

Eat a nutritious and balanced diet.

This is vital to good health. Our food does not just provide the energy we need for daily living, it also provides the raw materials for healthy cell turnover and fuels our natural repair system. Fruit and vegetables are nature's anti-ageing remedy, protecting us from many of the diseases we associate with later life. Being overweight will seriously reduce the chances of a healthy older age as there is a greater risk of heart disease, stroke, arthritis and diabetes. If you have a weight problem, talk to your doctor about ways to tackle it. For more information on better nutrition visit www.homeinstead.co.nz

Keep socially and mentally active.

Having a strong network of family and friends and a range of activities is vital to your health and can help to prevent some of the mental problems of older age. Research shows that our cognitive functions can be kept agile by doing regular mental gymnastics. Crosswords and puzzles are excellent mental gyms, as are discussion groups and many kinds of voluntary work.

Drink more water.

Many of us are slightly dehydrated. This interferes with digestion and other processes. Drink a variety of drinks to keep your fluid intake up - water being one of the best options. Alcohol and caffeine are diuretics so they increase the amount of water that you excrete - however you still take in more liquid than you lose from a cup of tea, coffee or a soft drink.

Get outdoors as often as possible.

Get outdoors, for exercise, because exposure to light - especially sunshine - is vital for our body clocks and vitamin D levels. Lack of vitamin D makes development of the bone disease osteoporosis more likely. Getting outdoors is important for social reasons too - it keeps us in touch with the world.

If you drink alcohol - Drink it in moderation. Several studies have confirmed that for middle-aged and older adults very moderate drinking can confer health benefits, such as lowered risk of dementia, Alzheimer's disease, osteoporosis and Type 2 diabetes. The Ministry of Health advises that up to 14 standard drinks a week for women and up to 21 standard drinks a week for men is considered low risk. It is important that they are spread out over the week.

Make your home safe.

There is no point in living a healthy lifestyle if you're surrounded by risks like loose rugs and dodgy wiring. Clear your home of things that can trip you up. Increase the level of lighting everywhere (especially on the stairs) so you can see properly. Always get gas and electric appliances installed or checked by a qualified person.

See your GP when you are not well.

Don't put up with health problems on the grounds of 'age' or assume that older age means nothing can be done. Visit your doctor if you are unwell and remember we are entitled to good healthcare at any age, including a second opinion. See your dentist and optician regularly too.

Be positive.

This gives us a rosier view of life, and boosts our immune system as well. Every day, spend 20 minutes focused on a really uplifting thought or memory - you will feel better and your immune system will get a boost. Be positive about your wants and needs too - studies show that longevity appears to be linked to a determination to stay in control.

Senior Moments

"Yesterday is history. Tomorrow is a mystery. Today is a gift that is why it is called the present".
- Alice Morse Earle

"We cannot change the cards we are dealt, just how we play the hand". - Randy Pausch

"None are so old as those who have outlived enthusiasm"
- Henry David Thoreau