

What is the Centre for Senior Wellbeing

The Centre of Senior Wellbeing is a not for profit organization that offers a one-stop shop for the elderly. We have brought together a group of dedicated allied health professionals who provide services to the elderly, also at home if required. You may not be aware of all the (some of them free) services available in Christchurch. Our centre can link you to all services that can assist you in staying well and independent.



where **YOU** matter

Centre for Senior Wellbeing

Initiated by Physical Sense, a network of practitioners with a special interest in helping Seniors to get the most out of life.

We provide services in clinics or at your home.

- **Dietitian**
- **Occupational Therapy**
- **Physiotherapy**
- **Speech and language therapy**
- **Exercise classes**
- **Referral for Foot Care**

The Centre for Senior Wellbeing is a non profit organisation based out of Physical Sense

We offer Information about other services Such as;

- **Falls prevention**
A free service to prevent falls in your home
- **Caring for carers**
A service to help you cope with being a carer
- **Green Prescription,**
A free service to help you find the right kind of activity/exercise
- **Cantabrainers Choir**
A therapeutic choir for neurological conditions
- Age concern
- Diabetes Christchurch
- Osteoporosis Society
- Arthritis NZ
- Stroke Foundation
- Home Help providers
- Alzheimer Canterbury
- **And many more services** to support you.

IN THIS NEWSLETTER

- **Who is CSW**
- **What does CSW offer**
- **Seminar 15/5/17**
a seminar that helps your ageing parents stay safe and well at home
- **Case Study**
Feeling confident about staying well & safe at home after one OT visit

Sally was referred to an Occupational Therapist (OT) as she was struggling to hear on the phone and was losing contact with her family and friends, she was wanting any help that could be useful following challenges since her car accident.

She has:

Ankylosing spondylitis (which is an illness that stiffens up the joints),

Tinnitus (ringing in the ears) and is a little hard of hearing.

Fracture in her upper back from a car accident in 2015

Sally lives in a 2 storied home on a hill in native bush with her husband.

She loves her home and gardening. Due to a combination of Ankylosing spondylitis and the recent upperback fracture Sally has a forward flexed spine, requiring her to bend her knees to look up.

The OT visited Sally in her own home and covered the following info on the first assessment:

1. Energy conserving techniques
2. Regular postural changes to self manage back discomfort
3. Problem solving Sally's kitchen set up to minimise bending and reaching
4. Problem solved better phone options and also where to buy a cordless amplified phone
5. Adjusting her office set up to optimise function when using computer
6. Having raised garden beds and garden pots on her deck,
7. Changes in social life since accident and covered the 5 ways to Mental Wellbeing to maximise mental wellness.

Sally feels very connected to her two storied home, which is surrounded by native bush, situated on a hill. The OT discussed the challenges and solutions to remain living in this home long term and provided insights into ways to manage this including the potential of living on one level, use of the community van and possible bathroom adaptations.



Summary from Sally's perspective:

Sally reports that she was delighted with the services as:

- the OT came to her house and at a time of day and day of week that suited Sally best.
- there was no waiting for the service - seen within the week of referral.
- it was so affordable - \$135 assessment and advice
- she received good advice that immediately changed her daily life (so much more than improving communication by phone)
- she now has clear understanding of both the challenges and solutions that may lie ahead of her.
- This resulted in less worry about the future
- She was impressed that the discussion involved her love for nature (still be able to enjoy her garden) and that it was not limited to immediate need and safety

She expressed that she feels more confident about staying in her much loved home. She is aware of how to access future input from the OT who now knows her well.

Monday, 15 May 2017, 7.30 Pm
Christchurch South Library
Limited places only \$10.00

Do you worry about your parents?

**Are your parents Thriving?
Or can you improve their wellbeing?**

a seminar that helps your ageing parents stay safe and well at home



Are you aware that professional help is available to

- Prevent falling in the home
- Solve swallowing difficulties,
- Build strategies to combat forgetfulness and other changes in thinking,
- Improve speech, communication and hearing on the phone
- Care for feet
- Teach nutritious cooking (especially for men that find themselves suddenly alone)
- Plan safe, regular and informed medication use
- maintaining safety and independence in the home
- Progress social and community connection

First the basics SAFETY:

Falls prevention, Nutrition, Correct medication use, Forgetfulness,
Vision, use of an alarm, general safety at home

Then HAPPY independence:

Independence, social isolation

Leads to THRIVING:

Meaningful life, thriving,
“Grandma- fit” (activity tolerance)

Limited spaces available.

Email register@seniorwellbeing.nz and go in the draw for a
FREE “Independent living assessment” (worth \$135.00)
for your parents

The providers

We are a network of practitioners with a special interest in helping Seniors to get the most out of life. We provide services in clinics or at your home.

● Physical Sense ● Port Hill Therapists ● Therapy Professionals ●

Dietitians

help you maintain and improve health, and prevent illness through good nutrition. Dietitians can help you with:

- Managing your weight (gain or lose weight)
- Maintaining balanced nutrition and hydration (food and fluid intake)
- Understanding nutritional information, such as interpreting food labels
- Managing and/or reducing chronic illness (e.g.: diabetes, heart disease, coeliacs, cancer)
- Shopping for a healthy menu

Occupational therapy

Occupational Therapists enable people to do their everyday activities. Such as; self care, leisure and productivity. Occupational Therapists help with:

- **Independence** with showering, gardening, getting out and about and be meaningfully occupied.
- **Safety** in your own home. Assessing you in your home and advising on disability equipment and simple modifications such as rails or ramps.
- **Practical strategies** for coping with memory loss, fatigue, anxiety, pain or loss of function.
- Get back to doing activities that benefit your **quality of life**.

Foot care: We refer you to registered Footcare nurses

(Experienced registered nurses supported by local podiatrists)

We help care for feet, and develop a maintenance plan for regular foot care.

Foot care helps with:

- Cutting and filing of long toenails, most important for comfortable feet
- Corns, calluses, cracked heels, rough skin, and fungal infections
- In-growing toenails, overlapping toes, foot and toe pain
- Heel pain, arch pain, bunions, and how these issues can be managed
- Foot problems with arthritis, diabetes, poor circulation, poor mobility
- Rehabilitation following surgery, trauma, neglect, illness, or poor management

Physiotherapy

Helps maintain or improve body movement and posture through muscle release, massage, exercise, positioning, and pain management.

Physiotherapists help with;

- Releasing your muscles with massage techniques especially in the case of chronic pain such as arthritis
- Walking and getting around the home and community
- Preventing falls
- Help with pain, stiffness or weakness
- Rehabilitation after stroke, injury, surgery or illness
- Breathing, relaxation and stress management
- Advice with choosing the right walker, scooter or wheelchair
- Health specific exercise groups to suit your needs
- **Exercise classes** for Stroke, Diabetes, Intermittent Claudication, Arthritis, Osteoporosis, Senior Moments

Speech/Language therapy

Speech-Language Therapists help with:

COMMUNICATION

- Understanding and being understood
- Speech disorders resulting from stroke and other neurological conditions
- Improving voice quality and articulation
- Fluency
- Communication groups e.g. **Cantabrainer choir**

SWALLOWING

- Exercises and strategies to improve swallowing
- Diet and fluid changes
- Best positioning for eating and drinking
- Education

Address:

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Payment options

In most cases payment is the responsibility of the client. In some cases funding is available from ACC (accidents) WINZ (those on WINZ support), and other sources.

Falls prevention FREE.