

## Total Mobility Scheme

Age Concern Counties Manukau Inc are approved agents for Auckland Transport's Total Mobility Scheme, designed to increase the mobility of people with a disability / or impairment that prevents their safe use of public transport.

As an Auckland Transport approved agency, our accredited assessors will be happy to carry out a Total Mobility assessment.

Contact Age Concern Counties Manukau Inc. to organise an appointment at one of our community offices when we are next in your area. To qualify you must:

- Be a member of an approved agency i.e. Age Concern Counties Manukau Inc
- Have a disability or impairment (physical, sensory, intellectual or psychological) which prevents you from safely using public transport

### Cost of assessment is:

- Age concern single membership \$40 (2 year)
- Age Concern double membership \$60(2 year)
- Assessment fee \$20 (one off)
- Photo \$5 (one off unless replacement required)
- Auckland Transport fee \$8 (bi-annually fee)



Age Concern Counties Manukau Inc  
Cambria Park Homestead, 250 Puhinui Road,  
Papatoetoe  
PO Box 53155, Auckland Airport, Auckland 2150  
Office Hours: 9am - 4pm Mon-Thu / 9am 1pm Fri  
Tel: 2794331 x 800 Fax: 2794334  
email: admin@accm.org.nz  
Web www.accm.org.nz  
Charities Commission Registration Number CC28094

facebook



We run community offices in a suburb near you once a month – contact us to make a booking.

Please contact us for venues and times and to book an appointment. 2794331 ext 800

## Counsellor Service for Older Adults

Confidential Counselling available for issues such as grief, loss, relationships, anxiety and future planning. (This is available in Otara/Papatoetoe, Manurewa, Howick and Papakura) Older people can access our independent supportive counsellor when facing challenges. Contact the office to make a booking.



## Age Concern Counties Manukau Incorporated



**Who is Age Concern?  
What services does Age Concern Offer?  
How can we access these services?**

**Our Vision is Older People Thriving in an Inclusive Society for all ages.**

**Our Mission is Providing services, information, education, advocacy and support by working together for the rights and wellbeing of older people.**

## Services & Activities Include



Age Concern Counties Manukau Inc is a registered charity. We are a not for profit, non-government organisation providing an increasing range of services to constantly meet the needs of the growing number of older people in Counties Manukau (North from Mangere, South to Mercer & coast to coast)

- Comprehensive information and resources
- Elder Abuse and Neglect Prevention Service (EANP)
- Accredited Visiting Service (AVS)
- Health Promotion Programmes
- Agents for Total Mobility (TM) transport scheme
- Community Offices (help with form filling, Total Mobility assessments, bookings for programmes, advice and information)
- Wheelchairs for hire
- Life Tubes for sale
- Events to celebrate the International Day of the Older Person (IDOP)
- Monthly van trips for members of Age Concern Counties Manukau Inc.
- Quarterly Member Magazine (The Scoop)
- Handyman Fieldworker Service
- Counsellor



## Elder Abuse and Neglect Prevention Service (EANP)

### If you have concerns about:

- The way you are being treated
- The way people talk to you
- How your money is spent
- How your property is being used
- The quality of your care
- Being excluded from decisions about you



### If someone is stopping you from:

- Going to activities and places of your choice
- Taking part in cultural or spiritual activities that are important to you
- Spending time with your family and friends

**HELP IS AVAILABLE - Contact Age Concern Counties Manukau Inc – our qualified social workers offer a free and confidential service**

### Our service also supports carers and family of older people contact us if you :

- Are tired and confused
- Are feeling unsupported
- Need advice about respite care
- Need training and awareness about the abuse older people may suffer

Age Concern Counties Manukau Inc provides an awareness programme aimed at preventing Elder Abuse and Neglect which we deliver to carers, organisations and the general public.



### The United Nations has declared your rights to:

- Dignity
- Care
- Self-fulfilment
- Independence
- Participation

Age Concern Counties Manukau Inc upholds your rights. We work with older people and their carers

We have an Educator on staff who can design training to meet the needs of your organisation

### How older people are abused:

- Financial/material abuse – improper use of an older person's money or property
- Psychological abuse – verbal intimidation, humiliation & harassment
- Physical abuse
- Sexual abuse
- Institutional abuse
- Neglect - failure to provide necessary food, shelter, clothing or medical care.

**We work with older people and their carers so that they can receive the information, support and advocacy they need to be happy, healthy and safe.**



## Health Promotion Programmes – Workshops, Seminars and Courses



### Workshops (2 hours)

Interactive workshops with plenty of time for discussion and sharing (10-40 group size)

- **Cell Phones for Seniors**  
1 on 1 tutoring to learn what you want to know about your mobile phone (at your pace)



- **Summer or Winter Health**  
Keeping well as the seasons change, especially during the extremes of summer and winter
- **Safe and Sound**  
Keeping safe in & around your home - lots of tips, information & strategies to learn



### Seminars (2 - 2.5 hours)

Guest speakers share their knowledge and expertise with plenty of opportunity and time for questions. Subjects covered include but are not limited to: navigating the health system, enduring power of attorneys or preparing for bereavement.

### Extended Seminar(9:30am-2:30pm)

Mature Driver Refresher

### Courses (4 weeks - run 10am - 12:30pm)

- **Positive Steps (Falls prevention)** – practical info and a gentle exercise programme to keep you safe on your feet while at home or out and about
- **Seniors Eating Well** – nutritional shopping and cooking tips when cooking for 1 or 2 people

### Bookings are essential.

All seminars, workshops and courses are free to older people, Koroua and Kuia, members and non-members of Age Concern. However a koha towards expenses is always appreciated.

Ph: 2794331 ext 800 for more info.

We are happy to deliver programmes to your existing groups – contact us and we'll come to you!

### Triple A

This is a fee based programme designed for retirement planning and especially great for employers to invest in their employees aged 45 years+. A 4 module programme helping you to plan to achieve what's on your bucket list. Who now, What now, Where now, Happy now. For more information on this programme contact the office.



## Community Development

We also facilitate a quarterly Positive Ageing network meeting made up of organisations concerned with the needs and wellbeing of older people in our region. [www.positiveageingnetwork.org.nz](http://www.positiveageingnetwork.org.nz)

If you would like to become an organisational member of ACCM or would like more information about joining this network please contact us.

We attend network meetings regularly throughout the region and encourage older people to tell us what their local needs are.

### Age-Friendly

We advocate for An Age-Friendly City which is an inclusive and accessible urban environment that promotes active ageing and involving older people is an essential element of an age-friendly city.



Shop 3 154 Kolmar Road, Papatoetoe

Downsizing or decluttering donate your items to The Vintage Store or call in to bag a bargain

Ph 2501935

## Will to Help

To support the work we do you can become a member, make a one-off or regular donation/s, a bequest or become a volunteer. Refer to insert for more details.

Perhaps an Age Concern Volunteer Visitor has made a huge difference to the life of someone you love or our social workers have helped someone you know to change a difficult situation. Gifts in your will (of any size small or large) help Age Concern Counties Manukau Inc bridge the shortfall between contract funding and cost of delivering our services they enable people to leave a lasting legacy in the community. You can't get more positive than that!!

**If you would like to find out more about making a gift in your will to Age Concern Counties Manukau please contact our CEO on 2794331 ext 810 or your lawyer.**

## Accredited Visiting Service (AVS)



The world can suddenly shrink for older people who become isolated. The loss of a spouse, or life-long friend; disability and loss of independence, making it harder to get out. Age Concern provides an Accredited Visiting Service (AVS) matching older people with volunteers who provide ongoing companionship and social contact at home.

### As a Volunteer Visitor You Can Make a Real Difference!

#### Are You:

- Over 18?
- Warm friendly and do you enjoy a chat?
- Keen to spend time with an older person?
- Able to give about one hour per week on an regular ongoing basis?
- Respectful of confidentiality and of other cultures and ways of doing things?
- Ready to be part of a team and experience ongoing support and training?

You could be an Age Concern Counties Manukau Inc Volunteer Visitor – contact us for more info now.

The aim of Age Concern Counties Manukau Inc's Accredited Visiting Service (AVS) is to improve social interaction and connectedness and reduce loneliness of older people, Koroua and Kuia in Counties Manukau.

### Some of our visitors say:

“My lady says she looks forward to seeing me every Sunday – I’m her Sunday person. She has helpers come in during the week and a friend rings her on Saturdays. My visit is something she looks forward to every Sunday”.

“She’s sometimes a bit down when I arrive but when I leave she is laughing”.

### Visiting Service

#### Are You:

- Over 65?
- Feeling less connected and would like more company?
- Would you enjoy building a friendship on an ongoing basis one hour a week?
- Would you like to share your experiences, ideas, opinions and enjoy a chat?



Contact Age Concern Counties Manukau for more info on any of these services. Phone 279 4331 ext 800 or email [admin@accm.org.nz](mailto:admin@accm.org.nz)

## Handyman Fieldworker Service



### Who?

- Are you over 65?
- Do you live in the Counties Manukau area?
- Do you miss the help of friends and family who have moved away or are not easily available to assist you?
- Would you like some help with a small odd job that would take less than an hour?
- Would you like advice about services available?

### Where & When?

Counties Manukau – contact us to arrange an appointment when we are in your area.