

Better Later Living in the Manawatū District

Our approach to an aging population

Manawatū District Council's approach to Better Later Living flows out of Council's Community Development Strategy. The Strategy outlines how Council and our community can work together to make our district a fantastic place to grow up, grow old, and everything in between.

The Community Development Strategy uses the Te Whare Tapa Whā model of health, which was developed by Mason H Durie (Ngāti Kauwhata). This is a holistic way of viewing health and wellbeing by using four key perspectives:

- Te taha wairua (spiritual wellbeing)
- Te taha whanau (social wellbeing)
- Te taha tinana (physical wellbeing)
- Te taha hinengaro (mental wellbeing)

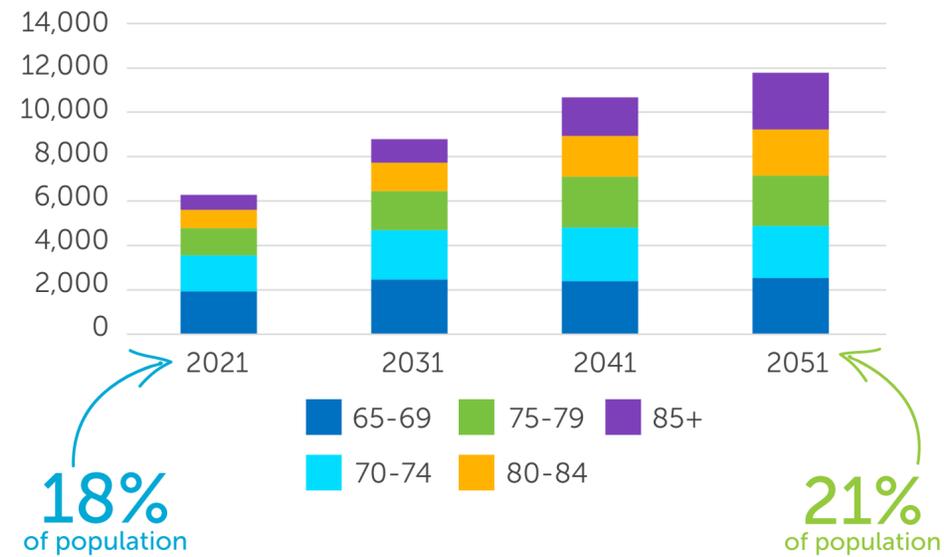
This seniors approach will support all tapa, or walls, of wellbeing for our seniors.

This approach aligns with Better Later Life He Oranga Kaumātua 2019 to 2034, the Ministry of Social Development's strategy for making the future better for New Zealanders as we age.

The key areas for action in this strategy are:



Projected Population of the Manawatū District Over 65



Planning & Design

Our work at Council involves:

- Lifestyle and recreation options such as
 - Accessible community venues, parks, walking and cycling tracks, roads and footpaths
 - District libraries
 - Makino Aquatic Centre
- Affordable housing options (MDC is currently developing a housing strategy)
- Actions and considerations for seniors included in Council's key strategic documents
- A culture that reflects diversity and inclusion - including age diversity

Funding

Council supports four community organisations who provide services for seniors in the District:

- **Manchester House Social Services**
 - Exercise programmes
 - Budget support
 - Social workers
 - Senior Leisure Centre
- **Age Concern Palmerston North and Districts**
 - Driving courses
 - Life Without a Car courses
 - Exercise programmes
 - Elder abuse response
- **Neighbourhood Support**
 - Intergenerational buddy reading
 - Music and movement
- **Manawatū Community Trust**
 - Housing for seniors and the disabled

Collaboration

There are many organisations in our district, including iwi, working hard to support our seniors. Council will help these services connect and collaborate on ideas and projects to support our residents in their senior years.

- Council will co-ordinate regular hui with these organisations to improve collaboration

Advocacy

- Council responds to regional and central government initiatives, representing the views and needs of our seniors
- Active member of Manawatū District Health and Wellbeing Group

