Ngā Hui a te Komiti Whanake Hapori me ōna
Kaupapa Āhuru / Community Development and Safety Committee
OPEN MINUTE ITEM ATTACHMENTS

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Ageing Outdoors
Sir Bob Harvey
Attachment A

Item 8
Shinrin-yoku
The Japanese Way of Forest Bathing for Health and Relaxation
Professor Yoshiyuki Miyazaki
Attachment A
“Not knowing the name of the tree, I stood in the flood of its sweet scent.”

— MATSUO BASHÔ
How robots and social technologies may help older adults

Professor Elizabeth Broadbent, Department of Psychological Medicine

MEDICAL AND HEALTH SCIENCES

Attachment B
• More than 5000 sold worldwide
• Reduces loneliness, blood pressure, stress hormones
• Increases social interactions, increases positive affect
• Reduces depression, agitation
• FDA approved medical device
• Medicare funded
Time saving: Nurse 4.4 minutes  Doctor 2.8 minutes

Attachment B
Item 8

MEDICAL AND HEALTH SCIENCES

[Bar chart showing intervention and control categories]

Attachment B
Days of hospitalisation for respiratory related reasons

Days

ITT

80  60  40  20  0

Control

Intervention
"I named the robot after my great grandson because I miss him now that he is overseas. It made it like he is here with me”

"Bob (name of the robot) was like one of us. I would pat it on the head and he would respond. I often found myself having conversations with him”

“I will have no friend at home anymore! I liked having it in the house because it talked randomly and I would always touch it as I walked by.”
Current work

JAMDA

journal homepage: www.jamda.com

Brief Report

Homecare Robots to Improve Health and Well-Being in Mild Cognitive Impairment and Early Stage Dementia: Results From a Scoping Study

Margot Darragh PhD a, Ho Seok Ahn PhD b, Bruce MacDonald PhD b, Amy Liang MHealthPsyc a, Kathryn Peri PhD c, Ngaire Kerse PhD d, Elizabeth Broadbent PhD a, *
Voice technology: Alexa - What’s my health plan today?

• 20 million sold (75% market)
• 581 health skills
• Will move from information to support for chronic illness
• WebMD
• Doctor AI diagnostic tool
• Mayo clinic first aid
• Fitbit and fitness app integration
Information for Community Development and Safety Committee meeting 21 March 2019

Update on Age-friendly activities

- In June last year, New Zealand formally joined the WHO Global Network of age-friendly cities and communities, and Hamilton became the first New Zealand city to join the Network, and the 600th city world-wide.

- Since then over 100 more cities from around the world have joined the global network, including New Plymouth. Other New Zealand cities and towns are preparing to do so, including Auckland, Nelson and Palmerston North.

- In our role as a member of the WHO Global Network, the Office has a role to inspire, support and connect communities to work towards becoming age friendly. There are several ways we do this.

- Firstly, we support the Minister for Seniors, the Hon Tracey Martin in her role to advocate for seniors across the various portfolios of her Cabinet colleagues. Some examples of where this is currently occurring include:

  o working alongside the disability sector to make New Zealand accessible
  o contributing a seniors and age-friendly perspective to other agencies work programmes, such as health and housing
  o raising awareness about elder abuse
  o advocacy with the business sector to recognise and address ageism in employment.

Funding programme to support communities

- We have a funding programme – Community Connects. The fund sits within the Office for Seniors budget and is intended to support
communities wanting to become age-friendly by providing seeding or project funding.

- Because NZ is still quite early in its age-friendly development the current focus is around encouraging councils and communities to undertake needs assessments, develop age-friendly strategies and action plans, or to carry out projects aligned to a plan. Examples of recent projects include:
  - councils being funded to develop age-friendly plans, or to undertake targeted assessments to contribute to the overall plan
  - community agencies working with older people to co-design and develop a community-led ageing network
  - expanding a pilot volunteer buddy programme to support people with dementia and their families
  - resources being developed for school children to improve their understanding, awareness and connection with older people in the community.

- Two funding rounds for the Community Connects programme took place last year. The first round of applications for this calendar year will be received and assessed over the next 2 months, with a further round likely to be in September this year.

**Developing more online resources**

- We are developing an online toolkit to support councils and communities wanting to investigate and develop age-friendly initiatives - due to go live around the end of March. This will provide practical guidance, links to resources and examples of local initiatives.

- We’ve done a review of all the different ‘place-based’ initiatives, such as safe cities, eco cities etc and have come to the view that most of them align well to the age-friendly approach and that each has something to offer the other. This will be published online shortly.

- Our review shows there is alignment between the Smart Cities approach and four of the age-friendly domains, including:
  - transport
  - outdoor spaces and building
  - community information
  - respect and social inclusion.
- Both approaches also share many of the same programme elements such as establishing a steering group, undertaking a baseline assessment, developing a plan, implementation and evaluation.

- These similarities suggest that the Smart Cities approach can sit comfortably within an age-friendly approach.

Engaging with councils
- We have recently written an article for the April edition of the Local Government magazine profiling the age-friendly approach taken in the two New Zealand cities that have joined the WHO network – Hamilton and New Plymouth.

- We will be running a workshop at the Local Government Association Community Boards Conference in April to promote the age-friendly approach and provide attendees with an opportunity to work through some of the concepts from their perspective.

Strategic alignment
- A draft new strategy for our ageing population, ‘Better Later Life’, will be launched in Auckland on 12 April and public submissions will be open until 3 June. Following analysis of the submissions, a final strategy will be developed later this year.

- Age-friendly work will also continue to be a priority in the Healthy Ageing Strategy developed by the Ministry of Health.
Age-friendly Auckland Project

Community Development and Safety Committee

Auckland Council Age-friendly Project  March 2019
Purpose

- Develop a region-wide cross-sector age-friendly action plan
- Demonstrate our collective commitment to Auckland being friendly and inclusive
- We will collaborate with older Aucklanders and stakeholders to build the plan
- Improve outcomes for older Aucklanders especially those most in need
Community Engagement

- Auckland wide - April to September 2019
- Nine community engagements
- Separate targeted hui are proposed for:
  - Kaumatua
  - Pacific people
  - Ethnic people
  - LGBTI
  - People with disabilities
Pan-Panel Forum

- Panels are informed of the project and ways to contribute
- Early support and buy-in
- Access to community contacts
- Promote conversations with their own communities
- Opportunity to hear from a diverse range of people
- Identify potential ideas and actions
Next Steps

- Immediate steps are organising the stakeholder and community engagement
- Develop the age-friendly action plan from the information gathered
- Apply for membership to the WHO Global Network of Age-friendly Cities and Communities
Questions

Attachment A