

Latest news from Abbeyfield Katikati
July 2019



Hello Abbeyfield Katikati Supporters!

We're delighted to bring you the first newsletter from our newly formed committee!

The meeting of the Abbeyfield Katikati Steering Committee was held on Monday 27 May during which three officers were appointed:

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| Chair | Carole Parker |
| Secretary | Janet Charlton |
| Treasurer | Peter Charlton |

Our thanks to Ineke Riley (previous chair) who has passed the baton to Carole. Her tireless efforts and hard work have brought us a long way! In addition the following tasks have been allocated:

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| Fund Raising | Carole Parker Isabel Ford Richard Still |
| Publicity | Ineke Riley Natasja de Graaf Jan Lattie |

Members of our committee are:

| | | | |
|----------------------|--------------------------|-------------------------|-----------------------|
| <i>Carole Parker</i> | <i>Ineke Riley</i> | <i>Elizabeth Rae</i> | <i>Peter Charlton</i> |
| <i>Isabel Ford</i> | <i>Theo van Rijen</i> | <i>Bill Rae,</i> | <i>Janet Charlton</i> |
| <i>Richard Still</i> | <i>Pauline van Rijen</i> | <i>Natasja de Graaf</i> | <i>Jan Lattie</i> |

Our Produce Stall was hugely successful recently when over \$700 was raised at the Omokoroa Gala. Of course our Produce Stall is also present at the **Friday Night Katikati Plant and Produce Market - every Friday** afternoon from **3:30pm to 6pm** at the **Katikati A & P Showgrounds** on Waterford Road. This provides us with the funds for the work we need to do at this time.

Our thanks to Pauline van Rijen for her untiring efforts running the produce stall. Also thanks to Elizabeth and Bill Ray for produce. Please note – Pauline needs a bit more help! She would love it if you could come along and help her on the stall. It’s fun and also it’s an opportunity to tell our Abbeyfield Katikati story.



Contributions of produce are also greatly appreciated.



Our Produce Stall all Set Up and Ready to go

Our fundraising efforts comprise both “big ticket” assistance by way of major assistance from trusts and/or institutions and “small ticket” assistance such as our Produce Stall and other fundraising activities - ideas and volunteers all welcome!

“Big Ticket” Update

There are 14 Abbeyfield Houses around New Zealand but none in the Bay of Plenty. Our local Abbeyfield group have identified that there is a strong demand for an Abbeyfield House in our community.

Katikati has been identified as a good place to build the first Abbeyfield House in the Bay of Plenty and the local Abbeyfield group are exploring ways to fundraise the \$2.5M - \$3M required.



This is a considerable sum however, the money does not vanish - it stays in our community and secures a valuable asset. Once a well-built Abbeyfield House is opened it becomes self-funding and requires only minimal ongoing fundraising to keep operating for many years.

Other communities have obtained funds from local charitable trusts and generous benefactors and we believe that there are similarly generous individuals and organisations in our community who will want to contribute.

We are currently working through the process of approaching local charitable trusts for support and we would love to receive pledges of support from organisations and individuals.

Once we have obtained enough support, we can start the detailed design and building phase and will then ask for the pledges of support to be turned into donations.

If you support the Abbeyfield concept then now is the time to pledge your support for an Abbeyfield House in the Bay of Plenty. For more information on the Abbeyfield concept and our Abbeyfield Katikati project please see www.abbeyfield.co.nz

Of course, we'd love to hear from you too so please don't hesitate to email us at abbeyfieldkatikati@gmail.com or come and talk to us:

Carole Parker 027 457 9686

Isabel Ford 027 351 3444

Richard Still 07 549 2577

Interview – with Valerie

Recently we met a very special lady here in Tauranga. Valerie is in her mid 80's and has worked long and hard throughout her life. She lives independently in her own home and is very keen to move into an Abbeyfield House, preferably in the Tauranga area.

Ineke and Jan went to see Valerie and she told us why. She recently visited the new Abbeyfield House in Christchurch and loved the house itself with its large bedrooms, each with an ensuite. She was also impressed with the friendliness of the residents and helpers.



From that point onwards Valerie knew that the Abbeyfield model was perfect for her. She knows she's not ready to go into care - as Valerie herself puts it - "I don't need looking after, I just need looking out for!"

Valerie is starting to find the maintenance and bills associated with home ownership are becoming a bit stressful. Also she's not so confident now about driving around Tauranga so is finding it more difficult to get out and about. Valerie enjoys company and freely admits to finding life a bit lonely now.

In an Abbeyfield House Valerie could have all the company she needs just by leaving her room and going to the communal lounge, plus the bonus of having two home cooked meals prepared each day.

Another reason Valerie likes the Abbeyfield model is that, although she owns her home, if she moved to a retirement village she wouldn't be able to afford the monthly levy and she's not too keen on the Terms and Conditions of ownership in these villages either!

The Abbeyfield Model

For those of you who don't know how an Abbeyfield House works:

- There are only ever 12 to 14 residents in an Abbeyfield House.
- There is a full-time, salaried house manager who manages the facility, shops and prepares two meals per day (lunch and dinner) for the residents.
- All the maintenance, both inside and outside, is done by volunteers. For example, you might find a local Lions or Rotary Chapter becoming involved.

- There are communal dining / lounge areas for when residents feel like some company, along with comfortable, good-sized, individual rooms where residents can quietly enjoy their own company.



The Abbeyfield Model Makes Economic Sense

Once built, Abbeyfield Houses are self-sufficient, non-profit and affordable havens for our elderly. Consequently, demand for places is on the increase and the need for more Abbeyfield Houses is urgent – throughout New Zealand.

Abbeyfield Houses make economic sense. In every facility there are 12 to 14 residents each of whom owned or rented their own home and lived alone prior to moving into their Abbeyfield home.

This means that 12 to 14 residences become available as housing stock. Our country is desperately short of affordable homes – the more ‘Abbeyfields’ we can build the more homes become available for others.

There was a time when both Central and Local Government played a financial role in the establishment of new Abbeyfield Houses. Sadly, in the last few years this has stopped.

Currently, the only way a new Abbeyfield can be developed is through private funding. For example, our newest Abbeyfield House, in Christchurch, was funded by a Canterbury Trust. The trust paid for and owns the land and building and Abbeyfield Christchurch rents the house from the trust.

There are many different ways a major funder/investor can support the establishment of a new Abbeyfield House.

Without a major donor / investor the task of raising the necessary money (\$2.5m to \$3m) is both daunting and exhausting and it takes enormous commitment to rise to such a challenge. Here in Bay of Plenty we have a dedicated and hardworking steering committee who have taken on the challenge to build an Abbeyfield House in Katikati.

If there's any way you can help, financially or with fundraising, do please contact us. We need your help!



Below, we've included some interesting findings from research undertaken at Otago University – it's very telling....

Published Research of Interest from Otago University

Loneliness and isolation are pushing healthy elderly into aged care facilities

Wednesday, 15 May 2019

Loneliness, social isolation and burnt-out carers are pushing physically and mentally well elderly into aged care facilities, a University of Otago, Christchurch, study has found.

The research, led by geriatrician and University of Otago, Christchurch researcher Dr Hamish Jamieson, found negative social factors were often more compelling reasons for elderly to enter care than health issues such as incontinence and falls.

The findings come from surveys of more than 54,000 elderly New Zealanders over a five-year period.



DR Hamish Jamieson

During that period 11,000 of the 54,000 people surveyed entered care. The average age of those surveyed was 81.

The study, published recently in *The Journal of American Medical Directors Association* (JAMDA), found that:

- People who said they were lonely (11,000 of 54,000 people) were almost 20 per cent more likely than others to go into a rest home, even when physically well
- Those living alone (27,000 people) were 43% more likely to enter care
- Those with stressed carers (16,000) were 28% more likely than others to enter care
- Those lacking in positive social interactions (5,000) were 22% more likely to enter care. This includes elderly experiencing conflict with friends or family.

Dr Jamieson says the Ageing Well study, funded by the National Science Challenge, quantifies the significant impact social factors have on people entering rest care facilities. “While we know this is a problem it is really important to measure the size of the impact and also how big this is compared to other more medical factors,” he says.

“This study shows the importance of social factors in driving elderly into residential care, including people whose health is good for their age. Previous research found urinary incontinence increased rest home entry by 11% and faecal incontinence by 7%. This compares with loneliness increasing the risk of going into a rest home by almost 20 per cent.”

He says carer stress is also a common cause of elderly entering rest homes, even when they are in relatively good health for their age. “Families or whanau often do everything they can to support their loved ones staying at home. However, this constant caring can become exhausting for families which leads to admission into aged care facilities.”

Dr Jamieson says New Zealand is one of many countries that have developed health and social policies to provide early intervention and allow older people to live healthily in their own home.

These strategies often focus on health but this study shows social factors are just as powerful in a person's decision, or the decision of their family or whanau, to make the move into aged residential care.

Dr Jamieson says data for the study was gathered during Ministry of Health InterRAI assessments done prior to 2015.

These comprehensive assessments are done routinely for elderly people in the community or in aged care facilities to determine what support they may need. The assessments typically take two hours and assess myriad factors such as their health and well-being.

For more information contact:

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Newsletter Summary

Abbeyfield Houses provide their residents with affordable benefits:

- Regular, nourishing meals
- Assistance and support
- Freedom from garden maintenance
- Freedom from house maintenance
- Most importantly, the feelings of being valued and respected, of being validated and included.
- Security
- Compatible Company
- Privacy
- Peace of Mind

As our Prime Minister would say, "Let's do this!" We're excited and energised by this project and we hope you are too. And, if you can help in any way please get in touch - we need all the help we can get!