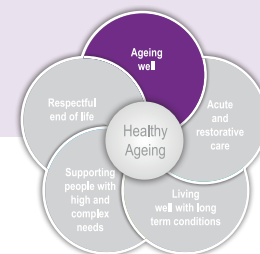


# Healthy Ageing Strategy

Priority actions for implementation 2019–22



## AGEING WELL

### Te pai o ngātau o te kaumātuaanga

#### 1. Develop and support the growth of age-friendly communities.

##### 1d Actively supporting communities to become age-friendly and to consider the needs of people with dementia.

Implementing this action during 2019-2022 involves:

- determining best practice for monitoring and evaluating age-friendly communities, and the appropriate measures that can be used at a national level to measure success of the Age-friendly New Zealand programme
- implementing the Disability Action Plan, 2019-2022.

**LEAD:** Office for Seniors

**KEY PARTNERS:** National, regional and local councils; non-governmental organisations (NGOs); older people; and other community members

##### 3g Develop a safer, more accessible transport system which encourages healthy, active travel.

**LEAD:** Ministry of Transport

#### 2. Increase physical and mental resilience.

##### 2a Provide strength and balance programmes to older people at risk of falls.

Implementing this action during 2019-2022 involves:

- providing strength and balance programmes nationally as consistent with local population needs as part of the falls prevention partnership between the Accident Compensation Corporation (ACC), the Health Quality & Safety Commission, the Ministry of Health and District Health Boards (DHBs), targeted to people identified at risk of a fall (primary prevention) and those who have had a harmful fall and are at risk of another fall (secondary prevention)
- supporting consistent outcome measurement and using the ACC Dashboard to inform service evaluation.

**LEADS:** ACC/DHBs

**KEY PARTNERS:** Health Quality & Safety Commission, Ministry of Health

##### 2b Expand provision of health literacy and health promotion including for Māori, Pacific peoples and vulnerable groups.

Implementing this action during 2019-2022 involves

- aligning with outputs from the *Better Later Life* He Oranga Kaumātua 2019-2034 strategy.

**LEAD:** DHBs

**KEY PARTNERS:** Health Promotion Agency, NGOs

### 3. Work across government on the socioeconomic determinants of health to prevent harm, illness and disability and improve people's safety and independence.

#### 3a Coordinate assistance to socially isolated and vulnerable people.

Implementing this action during 2019-2022 involves:

- accessing available research on social isolation in New Zealand and overseas
- developing options through a collaborative approach with cross-sector and consumer representation
- aligning with outputs from the *Better Later Life* He Oranga Kaumātua 2019-2034 strategy.

**LEAD:** Ministry of Social Development

**KEY PARTNERS:** DHBs, other government agencies, Primary Health Organisations (PHOs), NGOs

#### 3b Work with the Family Violence and Sexual Violence Work Programme to address elder abuse.

**LEADS:** Ministry of Social Development, Ministry of Justice

**KEY PARTNER:** Ministry of Health

#### 3d Identify and progress options to improve housing options for older people.

Implementing this action during 2019-2022 involves:

- building on Ministry of Social Development work already underway on housing choices and options
- consideration of options that overlap or align with actions from the *Better Later Life* He Oranga Kaumātua 2019-2034 strategy.

**LEAD:** Ministry of Social Development/Ministry of Housing and Urban Development

#### 3f Promote volunteering to support social connection.

Implementing this action during 2019-2022 involves:

- using existing research to inform a range of approaches for sharing across the sector
- consideration of options that overlap or align with actions from the *Better Later Life* He Oranga Kaumātua 2019-2034 strategy.

**LEAD:** Ministry of Social Development