

# Selwyn InTouch

The latest news from The Selwyn Foundation

## What's New



2017 is shaping up to be an exciting and eventful year, which will see us further expand our services and extend our charitable support for older people who are vulnerable or in need across our communities.

Our charitable mission focusses on three priority areas that affect the wellbeing of senior citizens

today – loneliness and social isolation, the lack of affordable housing and the effects of financial hardship.

Through our Selwyn Centres, people living alone have the opportunity to make new friends and catch up for a cup of tea and a chat every week with others from their local neighbourhood, and we've extended the availability of our hardship support grants to guests who attend these Centres. We're also looking forward to the launch of our Housing for Older People partnership with Auckland Council on 1 July, when the new company will begin managing the portfolio of 1,412 social housing units across 62 villages throughout Auckland.

In addition to our retirement village operations, we are researching new ways to diversify and boost the funding we have available for our charitable activity.

With the rise of New Zealand's ageing population, the work of The Selwyn Foundation is more important than ever and we will continue to help vulnerable older people, wherever they are, to the fullest extent that our resources allow.

Sincerely

**Garry Smith, Chief Executive Officer**

## Innovation award for Selwyn's therapeutic robotic seals

The Foundation won the New Zealand Aged Care Association/QPS Benchmarking 'Innovative Delivery' Award in October for our use of PARO therapeutic robotic seals in our care homes and the proven psychological, physical and social benefits for residents.

PARO is an advanced interactive robot modelled on a baby Canadian Harp seal, which responds to touch and other stimuli in its environment by making soft noises, moving its head and tail, and opening its eyes. Designed in Japan, it's the world's most popular commercial robot for elderly people and is approved in the USA as a health device.

The Foundation became the first provider in New Zealand to use PARO, following successful trials with Selwyn residents conducted by Auckland University in 2013. We now have 13 robotic seals which we use on a one-to-one basis and in group settings with our residents, as well as with our dementia day centre clients.



This is the second time the Foundation has received the 'Innovative Delivery' Award, having also won in 2010 for the introduction of our 'At Home at Selwyn' model of care, (when we also took the supreme award for 'Overall Excellence in Aged Care').

## First Selwyn Centre to open in Hamilton

**A new Selwyn Centre has opened at St Luke's Anglican Church in Melville, Hamilton. This is the first Selwyn Centre to open in Hamilton and was facilitated by the Bishops Action Foundation, part of the Waikato Anglican Diocese, which has previously received funding from Selwyn to help set up Selwyn Centres in Cambridge, Morrinsville and Te Awamutu.**

More than 800 older adults of varying levels of independence and mobility attend one of 39 Selwyn Centres each week in Auckland, Northland, the Waikato and Christchurch. Supported by Selwyn in association with local Anglican parishes, the Centres provide a positive setting where those with limited opportunity for social interaction can meet up each week with others of the same age from their local community, helping them



to remain active, healthy and independent in their own neighbourhoods.

Amongst aged care and retirement village operators, the Foundation is unique in resourcing such a wide-ranging outreach initiative, which brings much needed comfort, help and hope to ever greater numbers of frail elderly in our communities.

## Housing for older Aucklanders to better meet their needs

The Housing for Older People partnership company with Auckland Council was formed in December 2016 and an application for Community Housing Provider registration lodged with the Ministry of Business, Innovation and Employment. The new partnership will deliver tenancy management and associated services to older people living in the council's 1,412 rental units that are mainly located across south, north and west Auckland.

This is a wonderful opportunity that takes us to the core of our charitable foundation and will unlock greater potential for Selwyn to help and support a much larger proportion of our older population.

We are now in a transitional period and look forward to the partnership starting operations from July 2017.

## 'Senior Chef' classes help older adults improve their cooking skills



Selwyn partnered with the NZ Nutrition Foundation towards the end of last year to offer free eight-week 'Senior Chef' courses designed to encourage older people to improve their cooking skills. The courses took place at our Selwyn Oaks' Homestead in Papakura and at Pukekohe's St Andrew's Anglican Church. Course participants have since reported an increase in their cooking skills, confidence in cooking and increased motivation to prepare and cook food. Common themes included having fun, developing new skills and knowledge, greater confidence and enjoyment of socialising.

Our partnership with the NZ Nutrition Foundation indicates that community-based cooking programmes do contribute to keeping older people healthy and living in their own homes for as long as possible. We're now exploring how we might bring similar courses to a wider audience of seniors on an ongoing basis.

# Promoting enlightenment in the care of elders

The Selwyn Institute for Ageing and Spirituality has been established by The Selwyn Foundation to advance the understanding of ageing and spirituality and improve outcomes for older people through knowledge exchange, research and education. It hosts a number of professional development events, such as Selwyn's annual Gerontology Nursing Conference, and also supports a wide range of research in areas relating to ageing and spirituality, partnering closely with universities across New Zealand.

This year, the Institute will be facilitating over 200 placements at Selwyn sites for student nurses, paramedic students and other health science-related students from educational institutions in Auckland, Northland and the Waikato. In doing so, we are able to contribute to the training of a new generation of nurses/health practitioners dedicated to the future care of New Zealand's elders.

## New Selwyn website launched

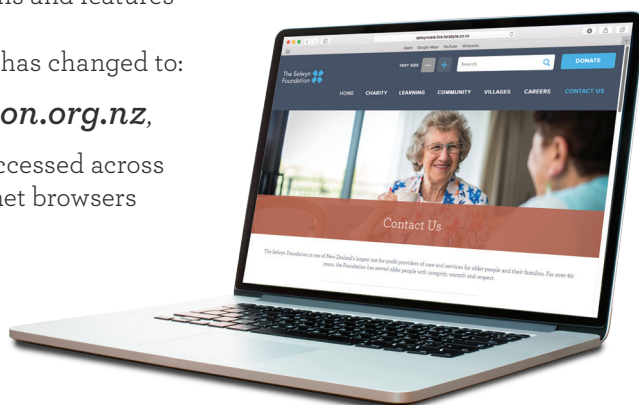
**Our interactive new website was launched in February, and showcases the breadth of our charitable activities, community services, retirement villages and the innovative work of The Selwyn Institute for Ageing and Spirituality.**

With an exciting new look, the site has refreshed content highlighting our four key areas of operation – Charity, Learning, Community and Villages – as well as new sections and features and easy navigation.

Our website address has changed to:

***[selwynfoundation.org.nz](http://selwynfoundation.org.nz)***,

and the site can be accessed across all the popular internet browsers and mobile devices.



## Inviga to deliver technology-enabled healthcare in the home

**Following the success of our telehealthcare pilot in 2015, the Foundation has entered into a joint venture with leading Australian health technology and community service provider, Feros Care, to service the New Zealand health sector's community-based care requirements.**

The new business, Inviga (from 'Invigorate'), was launched in July and is focussed on technology-enabled healthcare solutions delivered to customers within the home.

Inviga has since run two pilot programmes at Selwyn Village and Selwyn Heights – on social inclusion and virtual consultation, and falls prevention. The outcomes of these trials will help us further investigate how we might develop services that assist older adults maintain their wellbeing for longer, whilst living independently at home.



## New retirement living apartments honour long service to Selwyn's mission

The Foundation has opened the 57-unit Betty Pyatt independent living apartment building at Selwyn Village and the 32-unit Caughey Apartments at Selwyn Heights.

The Betty Pyatt Apartments are named after our former matron of Christ's Hospital (this was the first hospital built at Selwyn Village during the period of growth and expansion which the village enjoyed in the 1960s and which provided care for generations of older Aucklanders for 50 years).

The Caughey Apartments are named in honour of former Selwyn Board Member, Mr Richard Caughey, whose work spanned a period of 30 years (1969 – 1999) and who received Life Membership of the Foundation in 2014.

# Innovative new aged care homes to feature unique model of care

Construction of our new residential care and community amenities developments at both Selwyn St Andrew's and Selwyn Oaks is progressing towards their expected completion dates in August and September (respectively), and we're due to start building a 90-bed care home at Selwyn Village to be completed by August 2018.

In designing the layout of our new buildings and planning the services to be offered, we've looked to international best practice, with the aim of reinventing how residential aged care is provided in New Zealand. By having small communities or 'households' of twelve residents within the larger community of the care home, the new developments will provide an environment where people who live there have a real sense of belonging and are truly at home.

Each household will function like a home; residents will have their own room with ensuite, which will open onto the large lounge and dining/kitchen area, with care staff there to support life in the household. The design is age-friendly in all respects, easy to navigate and with accessibility features, so residents will be as supported and as independent as possible and have

opportunities to play an active role in their household – with family and friends welcome to be part of the life of their loved ones.

The household design will also support Selwyn's new 'care partnership' approach, which will provide care planning focussed on all aspects of a person's wellbeing. Our residents direct us on what's important for them, with our care team then formulating a personal and tailored care plan based on the person's unique needs and what they want out of life. The care team has a guiding role and will support the individual to make the best decisions about their own wellbeing and lifestyle within the care home.

Our new care residences are tremendously exciting for the Foundation and represent a brand new concept in care delivery – called The Selwyn Way – which is unlike any other in New Zealand. Offering an array of innovative design features and an advanced model of care, they'll enable us to provide personalised care and services that enhance older people's wellbeing and will be worthy of our senior citizens for many years to come.



*Artist's impression of the new Moxon Centre at Selwyn St Andrew's village in Cambridge*