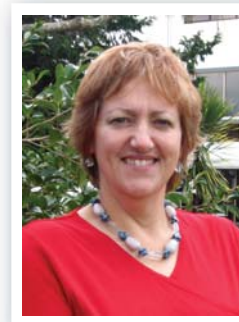


# Franklin Positive Ageing



Contact for comments/information  
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*"Positive ageing is not about how to live longer nor how to avoid growing old. It is about celebrating older age."*

## What do you know about growing old? TAKE A QUICK QUIZ

The number of older people in the community is increasing - **TRUE**

By the year 2021, 21% of the NZ population will be aged over 60.

All older people eventually become mentally confused - **FALSE**

Even among those over 80 years, only one in five will suffer any serious forgetfulness or confusion.

Most older people are able to look after themselves - **TRUE**

Around 94% of older New Zealanders live in their own accommodation and look after themselves.

Older people do not benefit from regular exercise as much as younger people - **FALSE**

Older people probably benefit more from regular activity than any other age group.

As you get older you lose the desire to express and enjoy sexual love - **FALSE**

Older people can and do enjoy loving relationships beyond their 80s.

Creativity and original thought peak in the late forties and decline thereafter - **FALSE**

Creative people often are at their most original in their 70s and 80s. Countless vigorous intellects have declined in the mistaken belief that old age brings unavoidable mental loss.

## Key factors to maintaining independence

- Approach old age with a vision of your needs and how to fill them.
- Have choices and feel in charge of your life
- Be physically and mentally active
- Be involved and continue to learn
- Have healthy lifestyle habits
- Maintain contact with family and friends
- Take measures to ensure your health

## Be proactive:

Keep up your social networks

Be a safe driver with the "safe with Age programme for mature drivers"

Organize an enduring power of attorney

Prevent falls by joining one of the falls prevention programmes in Franklin. (free of charge to many people)

Recognize and treat osteoporosis

Visit your GP regularly to monitor your health

## Osteoporosis

50% of women and 33% of men over 60 are affected .

Risk of osteoporosis increased if:

- Previous fracture
- Family history
- Height loss (more than 3cm)
- Steroid use, early menopause

**Talk to your doctor if you think you may be at risk.**

*FOSAMAX helps to prevent bone loss and increase bone density making bone less likely to fracture. Vitamin D is also an essential nutrient required for calcium adsorption and healthy bones. If you are currently taking FOSAMAX you can ask your doctor about being upgraded to Fosamax Plus.*

*Fosamax Plus contains Vitamin D providing insurance that you'll be receiving the minimum recommended daily allowance of Vitamin D.*

**Pukekohe Family Health Care** has been chosen as a pilot site by Counties Manukau District Health Board to provide a specialist medical and nursing support programme designed to improve the wellbeing of elderly patients by:

- Providing medication reviews for over 85 year olds;
- Implementing an assessment module to look at memory impairment, risk of falls, nutrition and continence;
- Organizing Enduring Power of Attorney and Advanced Care Planning.

26th  
September

# Positive Ageing Expo

10am-3.30pm. Pukekohe Indian Assn Community Hall, Ward Street.

Advertising sales 09 239 1699, sales@elocal.co.nz

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