

# ***Ageing Well Action Plan***

2023 – 2026



**ARA POUTAMA AOTEAROA**  
DEPARTMENT OF CORRECTIONS

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**“Kotahi anō te kaupapa – ko te oranga o te iwi”  
“There is only one purpose to our work - the wellness and wellbeing of people”**

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**Ngā mihi nui ki a ko**

# Foreword

I am delighted to provide the foreword for Department of Corrections' (Ara Poutama Aotearoa) first Ageing Well Action Plan (The Action Plan).

Ara Poutama Aotearoa has a responsibility to support the wellness and wellbeing of all older people in prison acknowledging the varying needs of the diverse prison population. We will address the existing inequities for ageing Māori in our prisons.

This plan acknowledges the need to ensure that older people managed by Ara Poutama Aotearoa have a culturally safe environment. It establishes priority areas of action for achieving aspirations and reducing barriers that may impede older people and their whānau, from achieving better outcomes.

It is built on the needs, aspirations, voices, and feedback from older people in our prisons. We need to ensure that older people have access to services, lead meaningful lives and seek to maximise health and wellbeing.

This plan builds on what we've achieved to date, while being guided by our organisational strategy *Hōkai Rangi: Ara Poutama Aotearoa Strategy 2019-2024*. It puts our whakataukī at the centre of everything we do – Kotahi anō te kaupapa: ko te oranga o te iwi. There is only one purpose to our work: the wellness and wellbeing of people.

Aligned to the Ministry of Health (Manatū Hauora) Healthy Ageing Strategy priority actions, this plan has been developed around the areas of:

- Leadership – Kia whakaoti pai ai te rautaki nei, - Maintaining accountability for the implementation of the Ageing Well Plan.
- Ageing well – Te pai o ngātau o te kaumātuaanga, focusing on physical and mental resilience.
- Acute and restorative care – Ngātuāhautanga manaaki, whakaora i te hunga māuiui, enabling prevention, early detection and maintaining control of chronic conditions.
- Living well with long term conditions – E noho ora ana i roto i ngā māuituitanga o te tinana, driving the need for person centre and equitable care.

- Supporting people with high and complex needs – He tautoko i te hunga pakeke he uaua, he maha hoki o rātau taumahatanga ensure effective transitions into community placements.
- Respectful end of life – Te mate rangatira i ngā tau whakamutanga o te hunga pakeke will further strengthen palliative care and dignify end-of-life practice

This includes providing continuity of care and enabling older people to access the support they need, when they need it. We will also work more effectively across the wider health and social sectors, collaborating and sharing knowledge with whānau, hapū, iwi, other government agencies, as well as the wider community.

The Ageing Well Action Plan reflects the voices of older people. It is the beginning of our response to address the inequities experienced by older people in prison.



**Dr. Juanita Ryan**

Deputy Chief Executive – Health

# The need for an Action Plan

**The Ageing Well Action Plan has been founded on the knowledge that we have an increasing ageing prison population, and a legislated responsibility to appropriately manage the varying needs of the diverse prison population.**

This plan captures our response to the Office of the Inspectorates' thematic report: *Older Prisoners - The lived experience of older people in New Zealand prisons*,<sup>1</sup> and the voices of older people in prison heard through a survey conducted in 2022.

In the survey it became clear that prisons, designed for able-bodied prisoners, did not adequately serve the needs of those with age-related health and wellbeing issues. There are common themes for ageing prisoners that are also reflected in the *Ara Poutama Aotearoa Disability Action Plan: 2023- 2027*.

There has been department-wide interest in ensuring prisons are able to cater to the needs of an ageing population, and supporting staff to be more age aware. Nationally, there is recognition of New Zealand's ageing population. This Action Plan will align with the older peoples plans from Te Whatu Ora – Health New Zealand and Ministry of Social Development – Te Manatū Whakahiato Ora.

## The Office of the Inspectorate Thematic Report

The recommendation from the report indicated that Ara Poutama Aotearoa should develop, appropriately resource, and implement a comprehensive older prisoners wellbeing strategy to respond to the age-related needs of older prisoners.

## National Strategy

The *Ministry of Health's Healthy Ageing Strategy*<sup>2</sup> sets the strategic direction for 2016 - 2026, for the delivery of services to people into and throughout their later years. This action plan uses the key strategic themes from this strategy as our focus areas.

## Older Māori

Māori experience inequity across all aspects of health conditions across Aotearoa. There is a focus to address this across all of health services. The Ageing Well Action Plan focuses on how we work to address the gap for older Māori.

Māori experience aged-related conditions at a much lower age. Research indicates all people in prison experience poorer health (physical, mental, and social) at an earlier age to the general population.

This is largely due to social and lifestyle characteristics and their medical conditions that can be exacerbated by being incarcerated.<sup>3</sup>

## Ageing Population

The population of older people in Aotearoa is growing and is set to continue growing in the coming decades. This includes people aged 65 and over, a population which is projected to almost double to 1.37 million by 2043 (23.1% of the total population).

Although the 65 years and older population in prison is low in comparison to other age groups, the trajectory of people in our prisons shows that over the next 20-30 years the 65 years and older age group will increase significantly.

This increase is due to longer prison sentences and increased numbers of people serving sentences for historic crimes.

As of 1 July 2022, the total prison population was 7645; 7316 men (98%) and 439 (2%) women.

- Of the total male population, 53% identified as NZ European/Pākehā and 31% as Māori.
- Of the total female population, 27% identified as NZ European/Pākehā and 36% as Māori.
- 7.2% (551 people) of the total prison population were aged 60 or over.<sup>4</sup>

1 The Office of the Inspectorate Thematic Report, *Older prisoners: The lived experience of older people in New Zealand prisons*. 2020.

2 Ministry of Health *Healthy Ageing Strategy*, 2016.

3 Par-Brownlie et al, *Ageing in New Zealand: Ka haere ki te ao pakeketanga*. Gerontologist, 2020 Jul; 60(5): 812-820.

4 Department of Corrections. *COBRA July 2022*. Reported 7 February 2023.

## Accelerated Ageing

People who are incarcerated often have a history of poor nutrition, substance misuse and poor access to medical care for multiple chronic health conditions, which accelerates the ageing process by a factor of 10 to 15 years.<sup>5</sup> Due to this, an early deterioration in age-related mobility, function and cognitive decline is observed in the older prison population. In some countries, correctional departments<sup>6</sup> have reduced their chronological ageing measure.

However, our preferred approach at this time is that age-related disease processes and the impact on the individual, should determine ongoing health need, rather than relying on a person reaching a specific age. Data shows that Māori life expectancy is seven years less than non-Māori. The early detection of health conditions experienced by Māori (that impacts their life expectancy) can be supported from a strength-based approach.<sup>7</sup>

## Prison Environments

Current prison environments, regimes and support services are typically designed for able-bodied younger people and are not designed to accommodate ageing and frail people.

There are well, active, and working, older people in our prisons. Maintaining the health and wellbeing of this group to prevent deterioration of health accelerated by incarceration, is central to this Action Plan.

For the smaller number of older people that we manage, modified accommodation with additional care is required. The High Dependency Unit (HDU) at Rimutaka Prison is a specific unit that accommodates and cares for frail older men with age related health needs. Some sites include units in prison that support older prisoners.

Examples include the Rata Unit at Rolleston Prison which has been modified to accommodate men over 60 years of age, and the Rata Annex Unit at Waikeria Prison which has been altered for accessibility and manages people with high and complex needs.

## What our statistics tell us about ageing and health needs in prison

The data below is gathered from the Health Needs Assessment (2021).<sup>8</sup> It provides an insight into the top 10 diagnoses for Māori and non-Māori men and women aged over 50 years of age in prison at this time.

### Ten most frequent diagnosis for people living in prison

#### Diagnoses of Māori Women who are 50 years old and over

- |                                |  |
|--------------------------------|--|
| 1. Asthma                      | 6. Hypertension                                  |
| 2. Dermatitis / eczema         | 7. Allergic rhinitis                             |
| 3. Acute myocardial infarction | 8. Osteoarthritis                                |
| 4. Sciatica                    | 9. Migraine                                      |
| 5. Pre-diabetes                | 10. Chronic Obstructive Pulmonary Disease (COPD) |

#### Diagnoses of Women who are 50 years old and over

- |                      |                          |
|----------------------|--------------------------|
| 1. Asthma            | 6. Dermatitis and eczema |
| 2. Anxiety           | 7. Osteoarthritis        |
| 3. Hepatitis C       | 8. Depression            |
| 4. Hypertension      | 9. Hyperlipidaemia       |
| 5. Allergic rhinitis | 10. Low back pain        |

5 World Health Organisation. *Prisons and Health*, 2014.

6 Australian Institute of Health and Welfare. *Health and Ageing of Australia's prisoners 2018*. 2020.

7 Edwards et al. *Māori positive ageing*. New Zealand Medical Journal, Vol 131 No 1484. 2018.

8 Department of Corrections. *Health Needs Assessment 2021*. 2021

### Diagnoses of Māori Men who are 50 years old and over

- |                    |                   |
|--------------------|-------------------|
| 1. Type 2 Diabetes | 6. Osteoarthritis |
| 2. Asthma          | 7. COPD           |
| 3. Hypertension    | 8. Pre-diabetes   |
| 4. Hyperlipidaemia | 9. Hepatitis C    |
| 5. Gout            | 10. Reflux        |

### Diagnoses of all Men who are 50 years old and over

- |                    |                   |
|--------------------|-------------------|
| 1. Type 2 Diabetes | 6. Gout           |
| 2. Asthma          | 7. Reflux         |
| 3. Hypertension    | 8. Osteoarthritis |
| 4. Hyperlipidaemia | 9. Pre-diabetes   |
| 5. Hepatitis C     | 10. Anxiety       |

For the most part, the above lists align with World Health Organisation (WHO),<sup>9</sup> which states the following common chronic health conditions are associated with older age/ageing in prisoners:

- chronic obstructive pulmonary disease,
- diabetes,
- depression,
- back pain,
- hypertensive disease, and
- osteoarthritis.

## Transition to the community

Assisting an older person to transition into community living can be challenging due to the nature of their offending and conditions imposed by the Parole Board (such as the area someone can live, and restrictions for example access to the internet). Further challenges include accessing home support; transactional changes such as, driver license renewal; superannuation applications; SuperGold cards; linking people to support groups; assistance with preparing wills, welfare guardianship, enduring power of attorney (EPOA), and information on how to navigate health services.

## Older People and Mental Health

Ninety-three percent of Māori in prison in 2015<sup>10</sup> have had a mental health disorder during their lifetime. The implications of this are many older people in prison will likely have a history of mental health needs and are at risk of further vulnerability due to stressors that are more common late in life, such as, reduced mobility, pain, frailty, loneliness, isolation and other aged-related conditions and functional decline.

Despite this, there is a gap in research and knowledge regarding the mental health needs of older adults in the criminal justice system. In the Ara Poutama Aotearoa response to *Every Life Matters – He Tapu te Oranga o ia Tangata: Suicide Prevention Strategy 2019-2029*, the *Suicide Prevention and Action Plan 2019-2024 for Aotearoa New Zealand*,<sup>11</sup> states that numbers of people effected by suicide in prison, aged over 60 years is very low. Promoting wellbeing is a focus area that weaves across the two strategies.

The World Health Organisation's (WHO's) *Prisons and Health report*<sup>12</sup> identifies that mental health has an impact on physical health and vice versa, for example, older people with physical health conditions such as heart disease have higher rates of depression than those that are healthy. Mental health conditions may be under-recognised in this cohort due to an emphasis on physical needs. This highlights the need for robust and holistic health screening and assessment for older people in our prisons.

9 World Health Organisation. *Prisons and Health*. 2014.

10 Department of Corrections. *Hokai Rangī 2019 - 2024*. 2019.

11 Ministry of Health. *Every Life Matters - He Tapu te Oranga o ia Tangata: Suicide Prevention Strategy 2019 - 2029 and Suicide Prevention Action Plan 2019 - 2023 for Aotearoa New Zealand*. 2019.

12 World Health Organisation. *Prisons and Health*. 2014.

# Te Tiriti o Waitangi

***Ara Poutama Aotearoa has a responsibility to our significant Māori population to address the inequity that Māori experience. This involves actively protecting the health and wellbeing of Māori in our care.***

The Ageing Well Action Plan is guided by several key strategic documents and Tribunal findings. The 2017 Waitangi Tribunal report *Tū Mai te Rangi*<sup>13</sup> described relevant Te Tiriti o Waitangi obligations for Ara Poutama Aotearoa. These include ensuring the right of Māori to exercise their tino rangatiratanga, and ensuring Māori are actively involved in designing, developing, and implementing strategies that affect Māori. Where there is inequity, the Tribunal states that the Crown is obligated to invest extra resources and effort to restore equity for Māori.

The findings of the Waitangi Tribunal, *Hauora report on Stage One of the Health Services and Outcomes Kaupapa Inquiry* (2019)<sup>14</sup> complement and overlap the recommendations Ara Poutama Aotearoa received in 2017. The Tribunal recommended that the health and disability system be guided by Māori self-determination and mana motuhake in designing, delivering, and monitoring health and disability services. The Tribunal concluded that equity, active protection, options, and partnership were also essential for the delivery of health services

Ara Poutama Aotearoa is committed to supporting the relationship between Māori and the Crown. Reflecting this, Ara Poutama Aotearoa will work with Māori at key levels of our business. We will ensure mātauranga Māori is not misused or appropriated.



13 WAI 2540, Waitangi Tribunal Report 2017, *Te Mai te Rangi. Report on the Crown and Disproportionate Reoffending Rates*. Wellington.

14 WAI 2575, Waitangi Tribunal Report 2021, *Hauora, Report on Stage One of the Health Service and Outcome Kaupapa Inquiry*, Chapter 10, Wellington.



# Hōkai Rangi Ara Poutama Aotearoa Strategy 2019-2024

Hōkai Rangi and Te Ara Poutama are metaphors for growth, potential and transformation, which is reflected in our transformation journey as described in *Hōkai Rangi*<sup>15</sup>. It was developed with the recognition that a new approach is needed to support those in our care and management and is guided by the whakataukī “*Kotahi anō te kaupapa; ko te oranga o te iwi*” (*there is only one purpose to our work; the wellness and wellbeing of people*).

Hōkai Rangi is intended to support an oranga-centred approach to managing people in the corrections system, including through the provision of humanising, and healing environments, emphasising holistic health throughout the organisation, and partnership with Māori at all levels. This means we are innovating and finding alternative ways of doing things in partnership to achieve better rehabilitation outcomes for Māori and all people we care for.

The broader strategic direction set in Hōkai Rangi for Ara Poutama Aotearoa guides the Ageing Well Action Plan. This direction speaks to the need for Māori involvement at key levels of our business, including the design, delivery and monitoring of our actions and initiatives. Enabling, supporting, and protecting the expression of rangatiratanga and mana motuhake by Māori while ensuring mātauranga Māori is respected, valued, and is actively protected. This plan reflects this and articulates our responsibility as kaitiaki to manaaki those in its care.



# Voices of Older People

***This Action Plan considers the voices of the staff and people in our prisons who have shared their stories. These stories have helped shape and prioritise the actions required to ensure that older people will be valued and empowered, within the constraints of living in prison, to lead healthy lives and age well in prison.***

In 2022, a survey was conducted and focus groups held to enable voices of older people in our care to be heard. Older people shared their lived experience of life in New Zealand prisons. This is what we heard.

## **People have told us what is working**

- Support aids and equipment are available
- Able to make decisions about their own health care
- Mental health needs are generally being met
- Feel respected and treated with dignity

## **People have told us what's not working**

- Cells are not built to support frail people
- It can be hard to see a health professional within 2 – 3 days
- Limited opportunities to keep active
- Worried about being released
- Mattresses are thin

### **John's story reflecting the complexities of delivering health care to older people in prison**

John\* is a man in his 80s, who has been in prison for several years. In 2020, he suddenly began to deteriorate physically and cognitively, displaying memory loss and changes in behaviour.

As he rapidly became unable to care for himself, custodial officers provided full care for John, which included changing him when he was incontinent, feeding, supportive transfers, and managing multiple falls.

Over time John's mobility deteriorated, John was no longer able to use the shower facilities and needed to be assisted in his cell to have a wash. Due to the increase in falls, John's mattress was put on the floor where he slept to help prevent injury.

The Medical Officer referred John for a specialist geriatrician assessment. Whilst in hospital, John's condition continued to deteriorate and with no treatment available, John was returned back to the prison where the health team continued to provide palliative and comfort cares as per his discharge plan. The nurse's daily wellbeing checks ensured John was comfortable, and his health needs were being met.

Meanwhile, a compassionate release application was being prepared and a release address sought. While searching for appropriate release addresses, it became evident that placing an ex-prisoner into community aged care housing was challenging, with limited beds available and long waiting lists. After several weeks and contacting 22 aged-care locations, a facility agreed to accommodate John.

Sadly, before the application for compassionate release could be completed John deteriorated further and died in hospital.

\* Name has been changed.

The experience echoes the voices of prisoners in the Office of the Inspectorate thematic report: *Older Prisoners: The lived experience of older people in New Zealand Prisons*.<sup>16</sup> Issues of inadequate environmental adaptations for deteriorating health, provision and engagement in purposeful activity and transitions from prison to the community for older prisoner were expressed in the report.

<sup>16</sup> Office of the Inspectorate. *Older prisoners: The lived experience of older people in New Zealand prisons*. 2020.

# Our Action Plan

**Our action plan will work to address the unmet needs of older people in our care. It aligns with Hōkai Rangi and provides immediate and short-term actions to improve the lived experience of older people who are in prison.**

The Ageing Well Action Plan will commence in 2023. The actions will be reviewed in 2026. This is not an exhaustive list of all work underway or to be carried out. These actions will be updated and reviewed periodically to ensure we are on track to achieve our goals. Further planning with our partners, at a more detailed level will take place at local sites as needed and, as we learn and review, these actions may change.

The Deputy Chief Executive (DCE) Health will be the Executive Owner for the Ageing Well Plan. The actions will be delivered by the identified business groups within the plan, with planning and oversight for their delivery will be overseen by the Health Services Programme Manager.

The Manatū Hauora *Healthy Ageing Strategy* (2016)<sup>17</sup> provides the framework for our action plan, along with the priority areas developed for 2019–2022.<sup>18</sup> The vision for the New Zealand Healthy Ageing Strategy is for older people to live well, age well and have a respectful end of life, in age-friendly communities. It sets the strategic direction for 2016 - 2026 and the delivery of services to people into and throughout their later years and aligns with the World Health Organization's Global strategy and action plan on ageing and health (2016).<sup>19</sup> Additionally, national leadership has been identified as an area of focus.

## The intended outcomes of the Manatū Hauora Healthy Ageing Strategy include:

- Leadership – *Kia whakaoti pai ai te rautaki nei*, - Maintaining accountability for the implementation of the Ageing Well Plan
- Ageing well – *Te pai o ngātau o te kaumātuatanga*, focusing on physical and mental resilience
- Acute and restorative care – *Ngātūāhautanga manaaki, whakaora i te hunga māuiui*, enabling prevention, early detection and maintaining control of chronic conditions
- Living well with long term conditions – *E noho ora ana i roto i ngā māuituitanga o te tinana*, drives the need for person centre and equitable care
- Supporting people with high and complex needs – *He tautoko i te hunga pakeke he uaua, he maha hoki o rātau taumahatanga*, ensure effective transitions into community placements
- Respectful end of life – *Te mate rangatira i ngā tau whakamutanga o te hunga pakeke* will further strengthen palliative care and dignify end-of-life practice

## The following documents have guided our action plan:

- Manatū Hauora *Whakamaua: Māori Health Action Plan 2020 – 2025*.<sup>20</sup>
- Te Tiriti o Waitangi.
- Manatū Hauora *Ageing Well Strategy* (2016).<sup>21</sup>
- *Improving Dementia Mate Wareware Services in Aotearoa New Zealand Action Plan*.<sup>22</sup>
- *Ola Manuia: Pacific Health and Wellbeing Action Plan 2020-2025*.<sup>23</sup>
- *Ngā Paerewa Health and Disability Services Standard NZS 8134:2021*.<sup>24</sup>
- *Health and Disability Services (Safety) Act 2001*.<sup>25</sup>
- *Corrections Act 2004* (section 75).<sup>26</sup>
- *The Pae Ora (Healthy Futures) Act 2022*.<sup>27</sup>

<sup>17</sup> Ministry of Health. *Healthy Ageing Strategy*. 2016.

<sup>18</sup> Ministry of Health. *Healthy Ageing Strategy Update Priority Actions*. 2019-2022

<sup>19</sup> World Health Organisation. *The Global strategy and action plan on ageing and health 2016-2020: towards a world in which everyone can live a long and healthy life*. 2016.

<sup>20</sup> Ministry of Health. *Whakamaua: Māori Health Action Plan 2020-2025*. 2020.

<sup>21</sup> Ministry of Health. *Healthy Ageing Strategy*. 2016.

<sup>22</sup> Alzheimers New Zealand. *Dementia Mate Wareware Action Plan*. 2020.

<sup>23</sup> Ministry of Health. *Ola Manuia: Pacific Health and Wellbeing Action Plan 2020-2025*. 2020.

<sup>24</sup> Ministry of Health. *Ngā Paerewa Health and Disability Services Standard*. 2022.

<sup>25</sup> Parliament Counsel Office. *Health and Disability Services (Safety) Act*. 2001.

<sup>26</sup> Parliament Counsel Office. *Corrections Act*. 2004.

<sup>27</sup> Parliament Counsel Office. *Pae Ora (Healthy Futures) Act*. 2022.

## Relationships with other Ara Poutama Aotearoa Action Plans

People living with disability and/or who age with their disability are supported through the activities described in the *Ara Poutama Aotearoa Disability Action Plan 2023-2027*. The Inspectorate's thematic report noted that the needs of older women in our care are largely unknown. It is key that at the next review of *Wāhine – E rere ana ki te pae hou - Women rising above a new horizon Women's Strategy 2021–2025*<sup>28</sup> the health and wellbeing needs of older women are considered.

The Ageing Well Plan will also be considered in the action plan of *Te Aorerekura – National Strategy To Eliminate Family Violence And Sexual Violence*.<sup>29</sup> Older people may continue to be impacted by effects of family violence and sexual violence. Ara Poutama Aotearoa has acknowledged the need to implement the intent of Te Aorerekura across the network.

Older people over 65 years continue to require access to alcohol and drug rehabilitation programmes, with alcohol the main substance of concern.<sup>30</sup> The vision and approach of *Our Alcohol and Other Drug Strategy 2021 – 2026*<sup>31</sup> will consider older people as part of their action plan reviews.

In response to *Every Life Matters – He Tapu te Oranga o ia Tangata: Suicide Prevention Strategy 2019-2029 and Suicide Prevention Action Plan 2019-2024*,<sup>32</sup> Ara Poutama Aotearoa released the *Suicide Prevention and Postvention Action Plan 2022-2025*.<sup>33</sup> This report states that the number of people affected by suicide in prison, aged over 60 years, is very low. Promoting wellbeing is a focus area that weaves across the two strategies.

**To achieve equitable outcomes for Māori, each strategy focus area will be guided by the principles of Te Tiriti o Waitangi/The Treaty of Waitangi and aligned with Te Matatiki o te Oranga.**

### Strategic Focus area: National Leadership - *Kia whakaoti pai ai te rautaki nei*

Maintain accountability for the implementation of the Ageing Well Plan across Ara Poutama Aotearoa.

#### What this will look like

- Deputy Chief Executive (DCE) Health is the Executive Owner of the plan.
- Ageing Well Advisory Group (AWAG) internal working group provide expert advice and guidance.
- Alongside the Health Services Programme Manager, the cross-organisation operational Ageing Well Implementation team (AWIT) will drive the implementation of the actions in the plan.

### Strategic Focus area: Ageing Well - *Te pai o ngātau o te kaumātuatanga*

Supports physical and mental resilience to reverse or slow declines in capacity.

#### What this will look like

- Initiatives aimed at effectively promoting strength and balance.
- Promote regular purposeful activity within the High Dependency Unit, Rimutaka.
- The prison network purposefully provides accommodation suitable for the needs of older people with age related needs.

28 Department of Corrections. *Wahine: E rere ana ki te pae hou Womens Strategy*. 2021.

29 Te Puna Aonui. *Te Aorerekura National Strategy to Eliminate Family Violence and Sexual Violence*. 2022

30 Te Pou. *ADOM report - Problematic substance use in older people*. 2022.

31 Department of Corrections. *Our Alcohol and Other Drug Strategy*. 2021.

32 Ministry of Health. *Every Life Matters – He Tapu te Oranga o ia Tangata: Suicide Prevention Strategy 2019–2029 and Suicide Prevention Action Plan 2019–2024 for Aotearoa New Zealand*. 2019.

33 Department of Corrections. *Suicide Prevention and Postvention Action Plan 2022–2025*. 2022.

### **Strategic Focus area: Acute and restorative care - *Ngātuāhautanga manaaki, whakaora i te hunga māuiui***

Reduce inappropriate acute admissions and improve assessment processes, preventing unnecessary acute hospitalisations and emergency department attendances / prevention, early detection, and control of chronic conditions.

#### **What this will look like**

- Access to education and learning for health and non-health staff to raise awareness of deteriorating health and wellbeing of older people.
- People will have access to expert and appropriate advice related to health issues in a timely manner.

### **Strategic Focus area: Living well with long term conditions - *E noho ora ana i roto i ngā māuituitanga o te tinana***

Retaining the highest level of mental and physical function possible/manage advanced chronic conditions.

#### **What this will look like**

- Implement a long-term conditions framework that is needs-based, person-centred and equitable.
- People working in prison can provide support for older people with complex and diverse health, social and legal needs (e.g. Protection of Personal and Property Rights Act 2022, Enduring Power of Attorney).
- Ara Poutama Aotearoa will be recognised as working towards becoming dementia friendly<sup>34</sup> in some parts of the prison network.

### **Strategic Focus area: Supporting people with high and complex needs - *He tautoko i te hunga pakeke he uaua, he maha hoki o rātau taumahatanga***

Able to live as independently and actively as possible/ support capacity-enhancing behaviours.

#### **What this will look like**

- Needs Assessment and Service Coordination (NASC) organisations will be able to access older people in need of assessment.
- Needs Assessment Service Co-ordination Association (NASCA) will support us in providing resources for case management and health teams and we provide NASC organisations with information to support working together.
- People in our care living with dementia are assessed in a timely manner.

### **Strategic Focus area: Respectful end-of-life care - *Te mate Rangatira i ngā tau whakamutanga o te hunga pakeke***

Quality and effectiveness of palliative care/ensuring a dignified later life.

#### **What this will look like**

- Focus on end-of-life cultural practices and beliefs.
- Include whānau with advanced care planning.
- As appropriate, Compassionate Release and Welfare guardianship applications supported.

# Ageing Well Action Plan Tracker

## IMMEDIATE ACTIONS 2

Strategic focus area	Goal
<p><b>National Leadership</b> <i>Kia whakaoti pai ai te rautaki nei</i></p>	<p><i>Establish an advisory group that oversees the wellbeing of older people across Ara Poutama Aotearoa to achieve the goals outlined in the current Ageing Well Action Plan.</i></p> <p><i>Ageing Well Plan actions are completed on time and effectively.</i></p>
<p><b>Ageing Well</b> <i>Te pai o ngātau o te kaumātuatanga</i></p>	<p><i>Maintain physical health of older people through activities that reduce the risk of falls in older people.</i></p> <p><i>Develop and support roles that facilitate and navigate access and continuity of care for older people, Tāngata whaikaha Māori/disabled people and their whānau.</i></p>
<p><b>Supporting people with high and complex needs</b> <i>He tautoko i te hunga pakeke he uaua, he maha hoki o rātau taumahatanga</i></p>	<p><i>All older people are offered timely and through health assessment to maintain their health and wellbeing.</i></p>
<p><b>Respectful end-of-life</b> <i>Te mate rangatira i ngā tau whakamutanga o te hunga pakeke</i></p>	<p><i>Older people in our care and at the end-of-life will receive care that optimises quality of life until death.</i></p>

The following tables outline the immediate and short-term actions associated with the Ageing Well Plan . They are divided between the headings aligned to the Health Ageing strategy (2016) with an additional heading of National Leadership.

## 023 (CALENDAR YEAR)

Item description	Actions
<p>The Deputy Chief Executive Health is the Executive Owner for the Plan. The Health Services Programme Manager will have operational oversight.</p> <p>The advisory group is established with a broad membership, terms of reference agreed, and has robust reporting processes.</p>	<ol style="list-style-type: none"> <li>1. Establish an Ageing Well Advisory Group that will ensure internal and external Māori leadership representation.</li> </ol>
<p>The Ageing Well Action Plan will be implemented by the different business groups across Ara Poutama Aotearoa, and ensures the Ageing Well Action Plan considers all aspects of operations.</p>	<ol style="list-style-type: none"> <li>2. Establish the Ageing Well Implementation Team an internal working group that includes representatives across Ara Poutama Aotearoa.</li> </ol> <p>Ensure there is appropriate inclusion and representation of Māori who work in this sector or have shown an interest to work in this area are part of this working group.</p>
<p>Harm associated with fall can be minimised with a falls prevention programmes and bone density screening.</p> <p>To support their needs, we will have practitioners working alongside older people, Tāngata whaikaha Māori/disabled people and their whānau.</p>	<ol style="list-style-type: none"> <li>3. Implement ACC 'Live Stronger for Longer' falls prevention programme.</li> <li>4. Trial a model using a qualified social worker or similar role such as a whanau ora worker for both older people and tāngata whaikaha Māori/disabled people in prison.<sup>35</sup></li> </ol>
<p>Assessments are completed using InterRAI software that is used across NZ.</p>	<ol style="list-style-type: none"> <li>5. Strengthen and further develop a national process for referring to the Needs Assessment Service Coordination responsive to the cultural needs of the older person.</li> </ol>
<p>The focused policies and procedures to support older people will include Te Ara Whakapiri toolkit, principles, and guidance for the last days of life and after-death care.</p> <p>The focused policies and procedures to support older people will incorporate a detailed end-of-life care plan, ensuring that an older person's last days of life are patient-centred and holistic. This includes support for the whānau/family across all aspects of Te Ara Whakapiri.</p>	<ol style="list-style-type: none"> <li>6. Review and update end-of-life policy and procedure for older people.</li> </ol>

Strategic focus area	Goal
<p><b>Ageing Well</b> Te pai o ngātau o te kaumātuatanga</p>	<p><i>Older people will receive targeted programmes and wellness initiatives that are evidence-based and purposeful activity.</i></p> <p><i>Responding to older peoples support needs.</i></p>
<p><b>Acute and restorative care</b> Ngaātuāhautanga manaaki, whakora i te hanga mauiu</p>	<p><i>Staff working with older people can recognise and respond to observed deteriorating health in older prisoners. Early intervention may reduce the need for acute care and promote restorative interventions.</i></p>
<p><b>Living well with long term conditions</b> E noho ora ana i roto i ngā māuituitanga o te tinana</p>	<p><i>People living in prison experience high quality, patient focused care that is integrated across health systems. People living in prison living with Long Term Conditions are participants their care.</i></p>



## - 2026 (CALENDAR YEARS)

Item description	Actions
<p>Wellbeing/oranga is uplifted and enhanced with regular purposeful activity that is meaningful to the individual person.</p> <p>Te Ao Māori approaches will inform how oranga is uplifted and enhanced for older Māori in our care that is meaningful and mana enhancing.</p>	<ol style="list-style-type: none"> <li>7. Develop a volunteer network that focuses specifically on older people in each region, particularly older Māori and those who have a sound understanding of Te Tiriti o Waitangi, mātauranga Māori and whānau.</li> <li>8. Through a recreation and diversional therapy role, build and strengthen relationships with existing Māori providers, whānau, hapū and iwi to implement programmes that provides older Māori access to Te Ao Māori, whakapapa, mātauranga Māori.</li> </ol>
<p>All design and operational activities templates should include requirements for have an older people's perspective considered at the start of any project.</p>	<ol style="list-style-type: none"> <li>9. Develop a quality improvement plan to ensure accessible facilities, systems, and processes with older people.</li> </ol>
<p>Identify learning opportunities for custodial staff who actively work in older people's units.</p> <p>This includes working with all older people in a culturally responsive way.</p>	<ol style="list-style-type: none"> <li>10. Explore learning opportunities that address the psychological, biological, and physical changes that occur with ageing in prison.</li> </ol>
<p>Review and update the way older people's health is reviewed by providing evidence of Te Ao Māori approaches and interventions e.g., rongoā Māori that is reflective of an individual's health needs and wellbeing.</p>	<ol style="list-style-type: none"> <li>11. Development of Long-term Conditions framework that addresses equity for Māori, other vulnerable groups and considers the cultural needs of all older adults, including mental health and addiction.</li> </ol>

Strategic focus area

Goal

**Supporting people with high and complex needs**

*He tautoko i te hunga pakeke he uaua, he maha hoki o rātau taumahatanga*

*All older people are offered timely and through health assessment to maintain their health and wellbeing.*

*Older people will live in safe accommodation, in a safe environment that meets their needs and disabilities.*

*Older people with dementia will receive care, support and resources that will enable them to live well in a safe environment.*

*Ara Poutama Aotearoa will become a 'Dementia-friendly' organisation.*

**- 2026 (CALENDAR YEARS)**

Strategic focus area description	Actions
<p>Assessments are completed using InterRAI software that is used across NZ.</p>	<ul style="list-style-type: none"> <li>12. Further explore access to InterRAI software and NASC dashboards.</li> <li>13. Engagement and participation in NASCA forums.</li> <li>14. Ensure Māori leadership representation across these forums.</li> </ul>
<p>Include strengthening relationships/working collaboratively with wider government agencies and Iwi and Māori community agencies to investigate and establish longer term sustainable accommodation options.</p> <p>The Disability Action Plan inclusively supports environment changes to support older people living in prison.</p>	<ul style="list-style-type: none"> <li>15. Continue to explore and develop housing sector relationships to enable appropriate transitions into community housing options and supporting legal documenting. (E.g., Enduring Power of Attorney).</li> </ul>
<p>Ara Poutama Aotearoa will work with Dementia New Zealand and associated national organisations to achieve accreditation for the 'Dementia-Friendly Recognition Programme'.</p>	<ul style="list-style-type: none"> <li>16. Implement working towards dementia friendly recognition programme.</li> <li>17. Establish use of culturally sensitive cognitive decline tools and mini-ACE as clinically indicated.</li> <li>18. Develop a Te Ao Māori approach to engage whānau, hapu and iwi in this development.</li> </ul>



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