

How to use this guide

This guide exists to support readers to gain a general overview of the context of older people in Aotearoa. It is in no way a definitive guide, rather it was created to share a good overview of the world of older New Zealanders, and the systems and structures that exist.

It's a beginner's guide to everything available (and not available) for older people in New Zealand. While readers can sit down and read from cover to cover, the intention was to summarise and direct readers on to other information – sometimes more detailed, sometimes more specific.

It provides easy-to-read information with links to more in-depth information if people want to explore more - it is designed to be dipped in and out of.

The information itself is presented into chapters around the four principles of Te Whāriki:

Whakamana | Empowerment

Rights, legislation, government departments, advocates, key strategies and approaches.

Kotahitanga | Holistic development

Holistic approaches, therapies and practices, research and resources.

Whānau Tangata | Family, whānau and community

Place in society and ageism, place in communities, aged care continuum, place in whānau.

Ngā Hononga | Relationships

Social issues, workforce, education and training.

Within these chapters we direct readers to what we know, where to find more or where we have found information. We have also made note of where we see gaps, challenges and coming issues. These gaps are summarised at the back of this report, to support clarity and highlight our hope for change. We close this guide with what we as an organisation plan to do next - and how to be involved.