

4. THIRD AGE/OLDER ADULTS

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Corporate Plan Output: Recreation Programmes and Promotion	

The purpose of this report is to provide additional information in support of our Annual Plan bid for \$50,000 for the Third Age/Older Adults Project.

BACKGROUND

\$20,000 of the above funding requested was secured last year as part of the “Pink Pages” process and is requested for 2001/2002 to continue projects and programmes which have been established following research done on the recreation and arts needs of older adults in the city.

A further \$30,000 is requested to implement a Third Age Leisure Strategy which is to be prepared as part of the outcomes of the recent Third Age Forum held in Christchurch in September, 2000.

INTRODUCTION

Christchurch has an ageing population. Between 1991-1996 the number of residents aged 65 and over grew by 9.5%. By 2031 older adults will make up 22% of the city’s population (the current percentage is 13%) (Source: Statistics New Zealand). As leisure providers we need to begin planning now to be prepared for the growing number of people at this life stage in Christchurch wishing to access leisure activities.

CURRENT PROVISION

The funding of \$20,000 obtained for the 2000/2001 financial year has been used to establish two new “Leisure Clubs” specifically targeting older adults 75 plus; to provide small amounts of financial support to community-run “older, older” adults’ programmes around the city in need of assistance or promotion; and to develop a training package and train additional gentle exercise tutors to meet the need for more “light” exercise to music classes, particularly for working older adults in their 50s and 60s after work and on the weekends.

Funding of \$20,000 is requested to continue these programmes and to develop further “Leisure Clubs” in other areas of the city with an identified need for such a programme.

THIRD AGE LEISURE STRATEGY

Following the recent Third Age Forum hosted by the Canterbury Development Corporation the “leisure” working group recommended the establishment of a Third Age Leisure Network of all agencies and organisation in the city with an interest in leisure provision for people at this life stage. This would include Christchurch City Council Leisure, the YMCA, Sport Canterbury, church agencies, individuals providing services in this area, Crown Public Health, the National Heart Foundation and the commercial sector.

It is planned to establish this network in the first half of 2001, to share the research on the Third Age with this group and from there to develop a city strategy which will specify everyone’s contribution to this area over the next 2 years, identify any service gaps and look at how/they will be filled and by which agency.

Due to the scale of this project, funding of \$30,000 is required to employ a part-time project co-ordinator (\$15-20,000) with a small promotional/seeding budget to assist new initiatives to be started.

Leisure Unit Ranking 1