

Enliven Maximising Independence

GOOD GROWING TIMES

Vegies and flowers are not the only things growing in the community garden plot next door to Enliven Carruth's Day Programme in Tauranga. Friendship, skills, and neighbourly pride are also flourishing in Plot 39. Several day programme members have taken a keen interest in the allotment, harvesting vegetables for midday meals and picking flowers for the tables. They all agree that working in the garden is great for the mind, body and spirit.

"It's good to feel useful and see something for the effort put in."



USE IT OR LOSE IT

Betty had a new lease on life after she was encouraged to wear a pedometer and count her steps for six weeks. She was inspired to take part in the walking challenge by her support worker Marlene, and is now determined to stay active.

Betty recorded her steps carefully every day, and was very proud of her impressive results each week. Before taking part, Betty would often become unwell but she now enjoys exercising and, at the age of 88, still plays golf.

"If you don't use it, you lose it. If I feel no good before I start exercising, when I finish I feel absolutely on top of the world."

REACHING FOR GOALS

Jong-In Son (Angelina) from South Korea is a support worker for Enliven Counties Manukau. Every week she supports 15 older people, caring for them as she would her own parents, whom she left behind ten years ago when she immigrated to New Zealand.

She dreams of a professional business career and is inspired by the courage and determination shown by her clients as she supports them to overcome their own difficulties and live independently.

"I have realised something very valuable – having difficulty is the same thing as having a dream. I strongly believe that my dream will come true if I have a good purpose and never give up despite setbacks and discouraging moments."

WHAT PEOPLE SAY ABOUT ENLIVEN

Sourced from results based accountability survey 2015, or from comments made directly to Enliven staff:

"Enliven has been a wonderful support and regular help. It is a joy to meet friendly help arriving each week. I do appreciate the service."

"The knowledge that help is available to allow me to continue to live independently is what makes old age satisfying."

"To continue doing what they have been doing weekly has been an enormous help that we've been so grateful for. Many thanks for Enliven for their service."

Enliven Maximising Independence

Enliven maximises the independence of older people and those with disabilities or injuries. Our home support and community services enable people to live in their own homes, stay healthy and engage socially with others.

QUICK FACTS

- + Enliven services help **4,145** people to live safely and independently in their own homes.
- + **648** staff deliver Enliven services.
- + Enliven's **12** day programmes and groups help keep older people in touch with their community.
- + Enliven services were delivered to **882** injured clients.
- + **122** disabled clients were provided with home support.
- + **507, 203** hours of home support was provided to maximise the independence of the elderly and those with injuries or disabilities.
- + **90%** of clients felt that Enliven staff were friendly, listened to them and made them feel comfortable.
- + **89%** of clients believe that Enliven staff are reliable.
- + **86%** clients feel that our values underpin all that we do.

HOME SUPPORT

- + Enliven offers home support services ranging from short-term assistance to 24/7 support for more complex needs.
- + Support plans are tailored to each person's goals while helping meet their social, cultural and emotional needs.
- + Enliven partners with families and health providers to find the right solution for people's changing needs.
- + Enliven support workers have NZQA qualifications in home and community support and are supervised by health professionals in the role of service coordinators.
- + Enliven is the only ACC home-based support service lead provider that does not subcontract.
- + Enliven staff live in the local community and work with clients from diverse cultures.
- + Enliven goes beyond the minimum standards for home and community support by obtaining full and independent feedback from clients, through regular Results Based Accountability (RBA) surveys.
- + Enliven provides comprehensive support through contracts with the Ministry of Health and District Health Boards as well as ACC.
- + Enliven is a host provider for Individualised Funding which allows disabled clients to choose and manage their own support staff.
- + Funded clients are referred by ACC, the local District Health Board or Ministry of Health Needs Assessment and Service Co-ordination (NASC) agency.
- + Enliven also provides services for paying clients.

COMMUNITY-BASED SUPPORT FOR OLDER PEOPLE

- + Enliven provides opportunities for social interaction, activities and outings based on older people's interests.
- + Enliven community support includes day programmes, home share groups and conversation cafés.
- + Innovative tailored programmes to meet community needs.



- + Waitemata – North Shore and West Auckland
- + Central Auckland
- + Counties Manukau and East Auckland
- + Waikato, including Hamilton City
- + Coromandel
- + Lakes
- + Bay of Plenty

Auckland/Counties Manukau/North Shore

- + Auckland Day Programme
- + Dee's Social Groups (dementia-specific social groups on the North Shore)
- + Counties Manukau Day Programme

Waikato

- + Two Hamilton Day Programmes
- + Enliven Blokes' Club (for men with younger onset dementia)
- + Enliven Women's Circle (for women with younger onset dementia)
- + Enliven Rural Day Services (Coromandel and Hauraki)

Bay of Plenty

- + Pohutukawa Day Programme (Whakatane)
- + Carruth Day Programme (Tauranga)
- + Tauranga pool programme
- + Conversation Cafés (Tauranga and Mt Maunganui)

Lakes

- + Two Enlivening Groups (Rotorua day clubs)
- + Conversation Café (Taupo)

www.northern.enliven.org.nz

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