

Conversation Guide

Preparing for an Ageing Population

June 2018



New Zealand Government



Office for Seniors
Te Tari Kaumātua

Administered by the Ministry of Social Development

Having a conversation

Use this guide to start conversation about preparing for an ageing population with friends and colleagues.

This document outlines what to consider when running a workshop on preparing for an ageing population.

It outlines how to plan for your workshop, what to consider, how to run the discussion, and how to send us a summary.

If you have any questions about this document, or about holding your own workshop, email us at ageing_population@msd.govt.nz

Let us know what you are planning and we will publish it on the SuperSeniors website events calendar.

Planning ahead

Before you begin, think about who you want to invite to your discussion. We recommend you plan for no more than 20 people to make it easy to manage.

Preparation

We recommend you read the *Discussion document: [Preparing for an Ageing Population](#)* before holding your discussion.

We also have several short supplements available on topics like health, transport and retirement that you can use as conversation starters. You can send these

to people attending the workshop before the discussion.

You can download or order copies from www.SuperSeniors.msd.govt.nz/ageingpopulation

Other points of view

We've asked some experts to tell us what they think the future looks like. We're publishing these on the SuperSeniors website over the coming weeks.

The following are available now:

- [Becoming an Age-friendly business](#) (Geoff Pearman)
- [Population ageing and its regional opportunities](#) (Dr Natalie Jackson)
- [Technology](#) (Peter Griffin)
- [The end of retirement](#) (Geoff Pearman)
- [Where the heart is](#) (Key Saville-Smith and Bev James)
- [Getting Around in the 2040s](#) (Helen Fitt and Angela Curl)
- [Making it good for older people](#) (Charles Waldergrave)

For more, visit:

www.SuperSeniors.msd.govt.nz/ageingpopulation

Drafting an agenda

While there is no set format for a discussion, it will help to have an agenda. The conversation should take about an hour (at most an hour and a half). A suggested agenda is:

Welcome	10 mins
Thinking about the future	20 mins
What do you want to talk about	5 mins
Main conversation	35 mins
Wrap-up	10 mins

Facilitating the discussion

To help summarise what was discussed it may help to prepare a flipchart with possible conversation topics. You can follow the topics from our website. These are summarised at the back of this guide. Or you can choose your own.

If you are using a flipchart remember to bring markers.

Here's how we suggest you manage the discussion:

Welcome and introductions (10 minutes)

- Karakia (where appropriate)
- Health and safety instructions (if you are meeting somewhere people are not familiar with)
- Explain the purpose of today's conversation/kōrero
- Give people an opportunity to introduce themselves, if there are people in the group, who don't know one another
- As the conversation continues, summarise the conversation.

Thinking about the future (20 minutes)

Before you begin, write these headings on a whiteboard or sheets of flipboard paper:

- *Better,*
- *Different, and*
- *Good as now.*

Ask everyone to take a minute or two to imagine the year 2038 if New Zealand prepares well for an ageing population. What would be better, different, or as good as now?

Ask people to share their views.

- Record what people said, under each heading
- Summarise the common ideas and vision for the future.

What do you want to talk about? (5 minutes)

- Put the topic list up on the table (for a small group) or on a wall
- Ask people to use the markers to mark the topic they would most like to talk about OR ask people for their choice in a quick comment from everyone in turn.

Main Conversation (35 minutes)

Option 1 (for larger groups)

- Choose the three most popular topics. Then ask people to join a group the group based on the topic they most want to talk about
- Ask each group to record their key points and insights for the conversation.

Option 2 (for smaller groups)

- Choose the topic that is most popular
- Give people an opportunity for everyone to give their initial response to the question
- Invite people to check the key background information in the discussion document

Check to see if any other comments people want to make

- As the conversation draws to a close, ask people to identify the common themes in the conversation.
- At the end of this conversation offer people the opportunity to write down their comments or any other questions that they were interested in.

Wrapping up (10 minutes)

- Ask if there are any other issues or topics that are missing for the strategy. What else would people want to focus on?
 - Ask people to have a quick conversation with the person they are sitting next to
 - Check if there are other issues to consider.
 - Spend a few minutes to identify two or three most significant ideas that your group
 - Listen and record the final suggestions
 - Summarise the discussion
- Thank people for participating.

Send us your summary

Let us know what the main themes, issues and suggestions were from the discussion. You can use the form we have provided at the back of this kit or create your own.

We'd like to know:

- A bit about you and why you organised the workshop
- Who attended
- When and where you held the meeting
- What the main topics and themes of the discussion were.

Email your summary to:

ageing_population@msd.govt.nz

Or send it to us at:

Strategy for an Ageing Population
Office for Seniors
PO Box 1556
Wellington 6140

Summary of key topics from the discussion document

Ideas from overseas

- What have you seen or heard about from overseas that might be useful for us to think about as we develop our Strategy?

Supporting the expectations and aspirations of older Maori

- How do you think the expectations and aspirations of older Māori people can be best supported?

Older New Zealand is changing

- How can we respond most effectively to diversity?

Being respected

- How can we make sure people continue to feel valued as they age?
- How can we ensure all older people are respected and receive the support they need?

Being connected

- What helps older people stay connected?

Digital technology

- How can we help seniors access new technologies?

Life can change unexpectedly

- What could strengthen older people's ability to adapt to life changes and unexpected shocks?

Work

- How can we better support older people to remain in work?
- What changes could employers make to help seniors stay employed or gain employment?

Preparing for the future

- What are your expectations and aspirations for life in retirement?
- What do you think would help people plan for their older years?

Being safe and feeling supported

- What would reduce older people's risk of abuse and harm?
- How can older people be supported to continue to make their own decisions and prepare for the future?

A place to call home

- What could improve the position of older renters in New Zealand?
- What can we do to enable older New Zealanders to be more secure and healthy in their homes and communities?

Summary of discussion

Thinking about the future (2038)

What could be better?

What could be different?

What is as good as now?

What were the common themes for a vision of 2038, if New Zealand prepares well for our ageing population?

What are the issues and what we should do about them?

Summarise what your group talked about and any insights that emerged

Wrap up

Was anything missing from the discussion document?

What are the top two or three issues for your group?

Details about your discussion

Name of organiser/group

Email address

Contact phone number

Where did you hold your conversation? (nearest town)

How many people attended the discussion?

What to do next

Email your summary to:

ageing_population@msd.govt.nz

Or send it to us at:

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Questions and answers

Why do we need a new strategy?

The New Zealand Positive Ageing Strategy was developed in 2001.

A lot has changed since then.

The next generation of older people will live longer, be healthier, more skilled and more educated. They are much more likely to remain in the workforce – and to want to.

Our country will be much more diverse, with an increasing proportion of older people who are of Māori, Pacific or Asian descent. We need a strategy that reflects this.

We need a new strategy to reflect the significant changes we have seen in the last two decades, and the changes to come in the next.

How is the government developing the strategy?

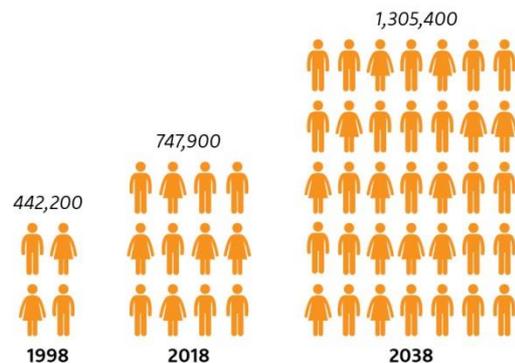
Between 29 June and 24 August 2018, the government is consulting throughout New Zealand, to understand people's expectations and priorities.

We're consulting with a range of stakeholders, in meetings, face-to-face discussions and online.

Anyone can make a submission.

After consultation closes we'll draft a proposed strategy and action plan. We'll consult on this in early 2019.

By 2038, **1.3 million** New Zealanders will be aged 65+.



Who can take part?

We want perspectives from all New Zealanders.

The consultation will seek the views of today's Seniors, the next generation of Seniors (people in their 40s and 50s now), and their family and whānau.

What do you want feedback on?

This is an open-ended consultation. While we have identified key topics with some questions we want to gather information on, there are no set response required.

The Minister for Seniors has described consultation as a 'national discussion', with an emphasis on community-based meetings. We've identified some key topics as a starting point for this discussion. We want to know what is important to you.