

# What next?

LiLACS NZ will be put on hold for a year. We need time to understand all the information you have provided us, to report the findings of the research and assess where to go next.

To date, your information has been published in over 25 publications, 11 Ministry of Health reports and has helped foster at least 10 research projects.

For the next 12 months (2016-17) we will be focussing on understanding all the information that you have provided us over the past 6 years.

The website will give you access to all of the reports that have been published to date along with information about LiLACS NZ.

Please visit our website:

<https://www.fmhs.auckland.ac.nz/en/faculty/lilacs.html>

## Services in your community include:

Meals on  
Wheels

Age concern

Your local  
doctor

Support Net

# Life and Living in Advanced Age

# LiLACS NZ



# Ngā Mihi *Thank You*

*E te hunga kaumātua, ngā pātaka o ngā taonga tuku iho, tēnā koutou katoa.*

We would like to thank you for being part of LiLACS NZ over the years. We are so thankful that we got to share the journey with you.

This booklet is a gift to you, your family and whānau to thank you for contributing your time and knowledge to help LiLACS NZ understand the health and wellbeing of people in advanced age.

We hope you enjoy.

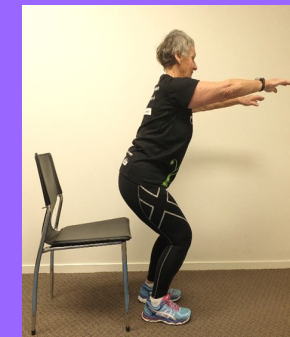
*The LiLACS NZ team*

LILACS NZ



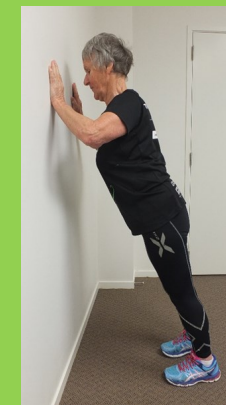
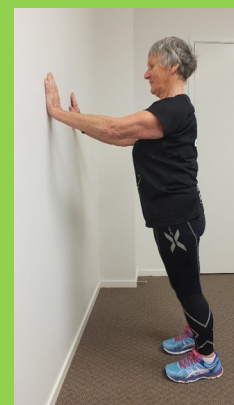
## Sit – stand

Sit with your feet about hip width apart, keeping your feet flat on the floor, stand up. Pause for 10sec then slowly lower yourself back into the chair. Repeat 5 or 6 times



## Wall Press

On a clear wall, place your hands in line with your shoulders. Lower yourself to the wall, until your nose almost touches, then push off. The further away from the wall that your feet are, the harder the exercise



## Breathing

Sit comfortable in a chair. Place one hand on your belly and one on your chest. Take 5 slow breathes in and out, making sure that the hand on your belly moves first when you breathe in, followed by the hand on your chest



# Let's get moving!!

Start into exercise slowly. If you haven't been very active lately, do a little, not a lot. Gradually increase the amount of time you spend exercising and try to exercise at a level where you huff and puff a bit.

Being active on a regular basis is important at all ages, try to do something each day. The exercises on this page are basic starting movements that will help with strength, endurance and mobility of your joints. Generally more physical activity of any sort is good for overall health and mobility.

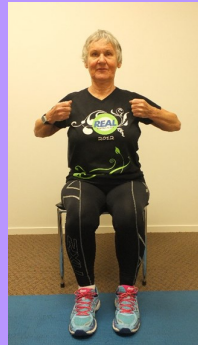
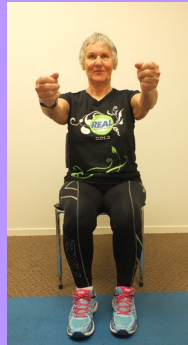
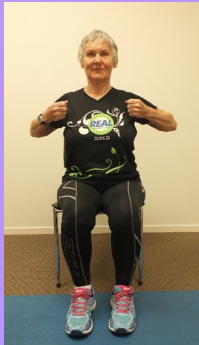
## Chair walking (warm-up)

While seated, march on the spot for 1 minute  
– rest –  
and then march for another minute



## Push and pull (warm-up)

Sit with a straight back, raise your arms above your head, then relax. Push your arms out in front of you, then relax. Do this 5 or 6 times



## Quick Facts

People of advanced age are the fastest growing population group in New Zealand

The Bay of Plenty has the fourth highest proportion of people aged 65 years and over

**Overall 1,636 people in advanced age were eligible for the study: 766 Māori and 870 non-Māori**

In 2010, a total of 937 participants over the age of 80 years old were recruited for the study

421 of these were Māori and 516 were non-Māori

52% of LiLACS NZ Māori participants were able to have an everyday conversation in te reo Māori

**300-310 participants stayed in the study for the whole six years of the research**



## Food. Kai.

In the second year of the project we asked you about the food you ate. Understanding common foods that are eaten tells us about nutritional wellness.

We have found that the average energy intake from carbohydrate, protein and fat were close to the acceptable range. This means most of you were eating healthy and balanced diets.

Here are some of your most loved recipes from the study.

### Vegetable Fritters

#### Ingredients

1 cup vegetables (parsnip, carrot, kumara, suede, parsley, onion)  
7 eggs  
1 Tbsp flour  
1/3 tsp baking powder  
1/2 Tbsp parsley fresh  
1 Tbsp chopped onion

#### Method

Mix all ingredients together  
Fry & serve

## You said...

"I have accomplished what I set out to do. I'm living a satisfactory life and I don't wish for anything more"

"I am 87 years old and my wife is 84. We have been married 62 years. We are good companions. My wife is a bit more active physically than I am but we do all things together and that is all very important"

"Life in general has had its ups and downs, joy and sadness, but I'm hanging in there... kia kaha, kia kaha e"

"To have a rum and L&P every day"

## We found...

Most of you reported good relationships with your GPs, with 74% of you reporting that your GP's concern for your health was very good or excellent

Fewer of you who lived alone (78%) reported having someone to give them emotional support, than those of you who lived with your spouse (84%) or with others (84%)

Half (51%) of Māori reported understanding tikanga very or extremely well

Most of you generally did not drink alcohol or only drank alcohol moderately

## We asked you...

In the third year of the study we asked you what the highlights of this stage of life were for you.

## You said...

"Keeping my garden tidy and growing my vegetables"

"Watching my family grow up and become beautiful people. Making a contribution to the wider community"

"The older I get the more experience of life I have and I love that. The highlight of my life is when I have all my mokopuna around me"

## We found...

67% of you were independent in all advanced daily activities such as walking around outside, doing housework or going shopping

21% of you said that community projects were what your volunteering efforts mostly contributed to

The most common form of contribution to your grandchildren was to give emotional support and love (94%)

## We asked you...

"What would you like to pass on to younger generations about ageing well?"

## You said...

### Be Happy!

Parents keep quietly in touch with children, children keep quietly in touch with parents.

Developing a philosophical attitude to life that allows you to "go with the flow", and have a "laid back approach" to most situations, goes a very long way in avoiding stress, which can be a real killer. These attitudes can be learned, practiced, and become instinctual, over time, leading to a much more enjoyable life.

Look after your health; don't abuse what's given to you; have a good education; look after one another... Be a family, not individuals

I believe I benefited from being reared on home grown fruit and vegetables made possible by rural living, and being made to eat stuff that was "good for me".



# More kai.

## Muesli

### Ingredients

5 cups rolled oats  
1 cup oat bran  
1 cup bran flakes  
1 cup desiccated coconut  
1 tsp salt  
1 cup pumpkin seeds  
1 cup sunflower seeds  
2 tsp cinnamon  
2 tbsp honey  
½ cup bran oil  
½ cup raw sugar  
½ cup each sultanas,  
dried bananas,  
apricots, raisins

### Method

Chop fruit  
Mix all ingredients together  
Toast in oven at 150°C (until golden)  
Allow to cool, then place in an airtight  
container

## Brisket Puha Boil-Up with Dough Boys

### Ingredients

250 gm brisket beef  
3 cups puha  
2 L water  
1 tsp iodised salt

### Dough Boy Ingredients

2 cups flour  
⅛ cup water to mix

### Method

Mix to a firm dough  
Roll into 2cm rounds and add to stock  
pot with boil-up  
Bring all to boil then  
simmer until meat is tender

## Feijoa Crumble

### Ingredients

3 cups feijoas, cooked

### Topping

½ cup brown sugar  
120 gm butter  
1 cup plain flour  
½ cup rolled oats

### Method

Place feijoas in bottom of pie dish  
Rub butter into dry ingredients to make  
topping  
Pour topping over feijoas  
Bake at 180°C for 20-25 minutes or until  
golden brown