



WELLELDER

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A community trust providing specialist counselling for older people from Wellington through to Kāpiti

Transitions

Transitions happen for people at all stages of life. It has been said that people go through more transitions in the last twenty years of life, than at any other stage. This can be very unsettling, and create major changes for older people trying to live independently and well.

Transitions are an important issue in our counselling relationships – people can experience a number at the same time, with many linkages and compounding impact. Consider things that can happen as we age:

Paid work and 'retirement'

People increasingly work longer, part time, and in their own businesses.

Sometimes decisions about retirement are made for us, as in a redundancy situation. Often difficult decisions need to be made about how much work to take on, or how to find interesting and engaging ways to spend time when we are not in paid work.



Health and wellbeing

Reduced energy and physical capacities come with ageing – and poor health for many. Not being able to do things you took for granted for all your life are frustrations on many levels for many people.

WellElder provides low cost counselling for older people

In 2017 we held 989 individual counselling sessions and ran 36 group sessions for 290 clients.

- *We rely on a DHB contract to provide the service.*
- *We ask clients to contribute towards the cost of counselling as they can, from \$10.*
- *Donations and additional funding are necessary to cover the full cost.*

Relationships between generations

Family ties between older people and their adult children, grandchildren, and increasingly great-grandchildren, are an everyday concern for many older people. We can easily be entangled in past ways of relating to each other and not recognise changing needs as everyone ages. This isn't always a smooth process and can cause differing expectations, tension, and hurtful communications.

Life style and living arrangements

All policies about ageing are clearly oriented to older people living independently in their own homes. The majority of older people live on their own. This can be difficult and expensive, and with increasingly mobile and independent families, there are fewer other family or community based options. Decisions about retirement villages or rest home care are difficult to make and are often more expensive.

Money

We all need to make decisions about how to support ourselves financially as we age. Poverty is a grinding reality for many – and worries about adequate housing, medical attention and meeting our needs and wants is a constant concern for many older people.

Loss and Grief

There are many losses as we age. Grief from loss of partners and friends comes more frequently, and it doesn't necessarily get any easier with practice.

We also lose many of the things we took for granted when we were fitter, more energetic, healthier.

This is always hard – it requires understanding, new ways of seeing ourselves, and knowing what to accept and what to fight for. The serenity prayer becomes more profound every day:

*God grant me the serenity to accept the things I cannot change,
courage to change the things I can, and wisdom to know the difference.*



Become part of the WellElder community in Wellington....

Signup for information and invitations to events to support WellElder

Name: _____ Email: _____

Donate to us by post to 94 Riddiford Street Newtown, or by direct debit to bank account 06-0574-0223422-00 (ANZ Kilbirnie)

We are a registered charity (CC31682) – Your donations are tax deductible