

swell on air

with **Plains FM 96.9**



Supporting the wellbeing and inclusion of our older residents in Selwyn

Following on from swell give it a go fortnight, swell is taking to the airwaves to bring you interesting interviews from people and organisations supporting older people living well in Selwyn. Hear about social activism, healthcare, life planning, community groups and even about rare breed animals. Pop on the jug, get comfy and tune in to fascinating programmes at Plains FM.

Wednesday 19 October Episode 1 Starts 11am	Part 1	What Age Concern Offers and Elder Abuse Simon Templeton, CEO of Age Concern Canterbury will discuss elder abuse and what services are available to help. He will also talk about the advocacy, educational programmes and information that Age Concern is able to offer older people in our community.
	Part 2	Retirement Village Residents Association and you Whether you're in a retirement village or thinking about moving into one – understanding the pros and cons of such a move is important for enjoying this next stage of your life. Nigel Matthews, Chief Executive of Retirement Village Assn. will provide practical advice.
	Part 3	Succession Law and Occupation Rights Agreements The Law Commission has recently released recommendation for a new statute to the Inheritances (claims against estates) act. Kate Warren Associate lawyer at Tavendale and Partners will discuss what that means. She will also talk about Occupation Rights Agreements, a lifetime right to occupy within a retirement village and what this means legally.
Thursday 20 October Episode 2 Starts 11am	Part 1	Ageing and Disability Disabled Persons Assembly's Prudence Walker (Chief Executive) will discuss ageing, disability and what this means for people. She will provide insight into accommodating impairments while maintaining independence.
	Part 2	The Hāpai Access Card – Making Access Easy The Hāpai Access Card is a unique solution to assist a disabled person with access issues receive the reasonable accommodations they require to access businesses and leisure activities. Susan Jackman, Hāpai Executive Manager, will explain how the card works, where it can be used and how to apply for one.
	Part 3	Polio – Now and Then Those who contracted polio in the past are continuing to live with the effects today. Jessie Snowdon, founder of On-the-Go Physio will talk about the effect that polio is still having on people in 2021 and what help is available with the new Christchurch Polio Hub.
Friday 21 October Episode 3 Starts 11am	Part 1	Advanced Care Planning Jenna Cook, Advanced Care Planning Facilitator for Te Whatu Ora Waitaha, will discuss what is needed to get started on setting up an Advanced Care Plan.
	Part 2	Wills and Enduring Powers of Attorney Wills and Enduring Powers of Attorneys are important documents that can help reduce the emotional and financial stress on your family after your death, or if you lose capacity. Join Paul Owens and Cora Granger from Parry Field Lawyers to learn what Wills and Enduring Powers of Attorney are, how to get them in place, things to considering when preparing them and what can go wrong when you don't have them in place.
	Part 3	Brain Health – Minimising the Risk of Getting Dementia Research published by the Lancet Commission in 2020 tells us that approximately 40% of dementias worldwide can be prevented or delayed. Today, Lee Andrews, Dementia Educator/clinical leader Dementia Canterbury, will talk about some of the lifestyle factors that will help to reduce our personal risk of getting dementia.
Saturday 22 October Episode 4 Starts 11am	Part 1	Online Safety and Scams Using the internet and having to complete essential tasks on-line is a necessary part of our lives. Cyber criminals, scams and computer viruses are real threats we need to be aware. Join Aram Raof-Karim, cybersecurity expert at the University of Canterbury, as he talks about how to spot when things aren't quite right and what to do to keep you and your family cyber safe.
	Part 2	Seniors: Start Your Own Business Are you over 50? Do you have an idea that could start your own business? Research shows that those over 50 who are setting up a new venture have their own set of unique advantages and challenges. Business startup coach Dr Chris Kirk and founder of Later-in-life innovators, will provide information about what you could do.
	Part 3	Live Stronger for Longer The Live Stronger for Longer project is a national initiative supporting older adults to stay living independently and injury free, in their own homes. Lily Purdon, community group strength and balance programme lead at Sports Canterbury will discuss how ageing affects our ability to do daily activities, the latest exercise guideline for over 65's, along with importance of strength and balance activities for active ageing.