



# The Safar (Journey) to NZ : Settlement & Ageing in Indian Communities Living in Auckland

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# Background

- First Indian migrants arrived in NZ in late 1800s
- In 1920 – 2,000 Indians
- 2006 census – 104,577 people identify as Indians
- 5.295 aged 65 or older

# Elderly Migration & Settlement

- Bring professional & agricultural skills
- Cultural, language & spiritual knowledge
- Wisdom & lived experiences



# Case study of Shanti Niwas



# Vision

To enhance the quality of life for older people of Indian and South Asian origin through culturally appropriate community support services.

# Mission

To provide culturally appropriate aged care services along with social, emotional, educational, physical and spiritual support for the well being of older people of Indian and South Asian origin.

# Settlement Challenges

- Cultural Shock
- Language Barrier
- Loneliness and Isolation
- Health issues: Physical and Mental
- Transport difficulties
- Elder Abuse and Neglect
- Housing
- Financial Issues
- Lack of knowledge of community links , health and welfare system

# Positive Ageing Initiatives

- Day programmes – three days a week
- One day designated for programmes for elders with disability
- Transport – to and from from the centre
- Provision of morning tea and Indian vegetarian meal

# Activities at Day Programmes

- Prayers
- Exercise
- Birthday Celebration
- Talks and workshops by professionals on various topics e.g. healthy eating & benefits of physical activities
- Cultural discussions and celebrations
- Creative activities
- Games
- Picnics
- Festival celebrations
- Fundraising





# Workshops

## TRAINING AND PROFESSIONAL TALKS

**ELDER ABUSE & NEGLECT  
WORKSHOP BY MINISTRY  
OF SOCIAL  
DEVELOPMENT**



**TALK BY NZ POLICE**

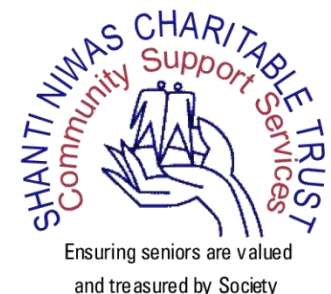
**SWASTH JEEVAN – HEALTHY  
LIFESTYLE TRAINING**



**HEALTH INFORMATION  
SESSION**

# Provision of other social services

- Advocacy, Interpreting and Translation services
- Assessing and responding to referrals received from health services and community at large
- Micro-Counselling on age related issues
- To assist clients access home based support services eg, home help, personnel care, carer support etc
- Intergenerational Activities
- Elder Abuse and Neglect Services



# Launch of KHUSHI- Elder Abuse & Neglect Prevention Services



# Elder Abuse

“Across Auckland, five family violence related physical assaults involving Asian victims aged 65 yrs or older were recorded by NZ Police in 2010. (Indian: one assault, Chinese and other Asian; four assaults) This represents a rate of 30 such assaults per 100,000 Asian people aged 65 yrs or older in Auckland region”

(Mehta S, Health needs assessment of Asian people living in the Auckland region. Auckland: Northern DHB Support Agency, 2012)

# Project Khushi

**GOAL:** To recognize, prevent and respond to abuse and neglect of older people of South Asian Communities and ensure their wellbeing

- Confidential individual case work.
- Trained staff discuss issues with the seniors and their families
- Family Group Conferences
- Inter agency referrals
- Provide support to the carers and the families of the older people
- Advisory Group is formed to provide advice & guidance
- Create awareness through media, workshops and presentations.





# Wellbeing

- Initiatives/programmes facilitated by Shanti Niwas for Indian/South Asian elderly contribute to ;
  - Reducing social isolation & stress
  - Family violence awareness – elderly abuse in NZ context
  - Better informed on availability of services, information, resources for aged and their rights
  - Participation in social, cultural, physical and recreation activities
  - Health & Wellbeing



# Conclusions

- Support with childcare & other household duties
- Volunteering in ethnic specific & wider communities
- Contribution to raising future generation through sharing and maintenance of skills, language, culture, traditions, spirituality & lived experiences

