Resilience and Older Adults: Challenges for Individuals and Communities

Janine Wiles
The University of Auckland
Bounce back
Adversity
Resources & assets
Process

Individual
Environment

Resilience
Steering between perspectives

**Biomedical approaches to ageing**
- Ageing as decline, frailty, disease
- Pathology oriented

**Successful ageing**
- Maintain Cognitive & Physical function
- Avoid disease or illness
- Active engagement

**Resilience**
**Ageing well**
- Strengths perspective
- Explores EXPERIENCE of vulnerability (rather than avoidance)

**Achievable for everyone, inclusive**
Resilience as older people define it

- Can live with adversity AND be well
  - Balance
  - Time
  - Different pathways
- Attitude ... AND resources
- Contributions
Inclusive Streetscapes

Perspectives of older residents and people living with disability


Shanthi Ameratunga (PI: s.ameratunga@Auckland.ac.nz)

University of Auckland, Auckland, New Zealand
SHORE Centre, Massey University, Auckland, New Zealand
MR Cagney Ltd, Auckland, New Zealand

Funded by: Health Research Council of New Zealand
“I’d like to make a lot of journeys. But I depend on other people because there’s no buses. No way out.

Some people, not like me you know. They walk up to, because they’re capable of walking up to the bridge. To catch a bus to go all over. You know, wherever the pension card takes you. And if you’re not in like, if you’re, not capable of doing that, then, it’s look outside the window. Yeah see the big world then. Hello, here I am!”
• Historical infrastructural decisions have ongoing, intergenerational, and inequitable consequences for wellbeing.
“I wanted to get off there and the driver ... went 10 more metres up the road. And I said, “the bus stop’s back there.”

As I got off the bus he said, “fussy old lady.”

I said, “I heard that.” Came, came storming home, and sent off a complaint. Got a reply back the next day which is most unusual for Auckland Transport. Saying we will talk to- interview the driver and if necessary he will be sent off for more customer service training!”

Denise
“I’m usually mad when I saw that the footpath is still not yet fixed. One week goes by going on two weeks, and still no concrete. So I stayed home that whole week, that whole two weeks until I hear the news that it’s been fixed and then finally, I get to go.”

Family matters.
Policy context:

Ministry of Transport Outcomes Framework

Inclusive Access

Healthy and safe people

A transport system that improves wellbeing and liveability

Economic Prosperity

Environmental Sustainability

Resilience and Security
Pakeketanga – End of life in advanced age

https://TeArairesearchgroup.org

• LiLACS NZ participants’ nominated carers

• 58 carers of 52 older people

• Kaupapa Māori consistent

• Collaborative story production, documentary film *Haere Atu Ra*

Merryn Gott; Tess Moeke-Maxwell; Lisa Williams; Stella Black; Gabriella Trussardi; Janine Wiles; Rangimārie Mules; Anna Rolleston, Ngaire Kerse (2015) Te Pākeketanga: Living and Dying in Advanced Age. Study protocol. *BMC Palliative Care* 14 (1), 74

So what does this mean? Strategies for increasing resilience
Pae Herenga, An investigation of Māori end of life care customs

Photo: T Moeke-Maxwell
• All our research participants
• Funders – HRC, NSC NZ
• Co-authors and co-researchers on projects