

# Who we are

## Ko wai mātou

Age Concern is the charity in your neighbourhood supporting older people, their friends and whānau.

Our values - Dignity, Wellbeing, Equity, and Respect for older people are our guiding lights and underpin everything we do.

We are the place to go if you need to know anything about getting older - we have a network of 30 local Age Concerns operating in 40 locations across Aotearoa for you to contact.

We know life can get complicated - we'll help you sort things through. People love our down to earth, practical approach, and that we do what we say we will and follow through.

If we can't help you, we'll find someone in our extensive networks who can.

Age Concern brings people together across generations, places and cultures, nationally and locally.

By listening to our communities, we build programmes, services and social connections that have relevance and can be personalised to individual needs.



# What we do

## He aha ā tātou mahi

### **SUPPORTIVE SERVICES**

Older people gain access to expert information, advice, and referral.

### **ELDER ABUSE AND NEGLECT PREVENTION**

People experiencing abuse are provided with information and professional support (available in most areas).

### **ADVOCACY AND PUBLIC AWARENESS**

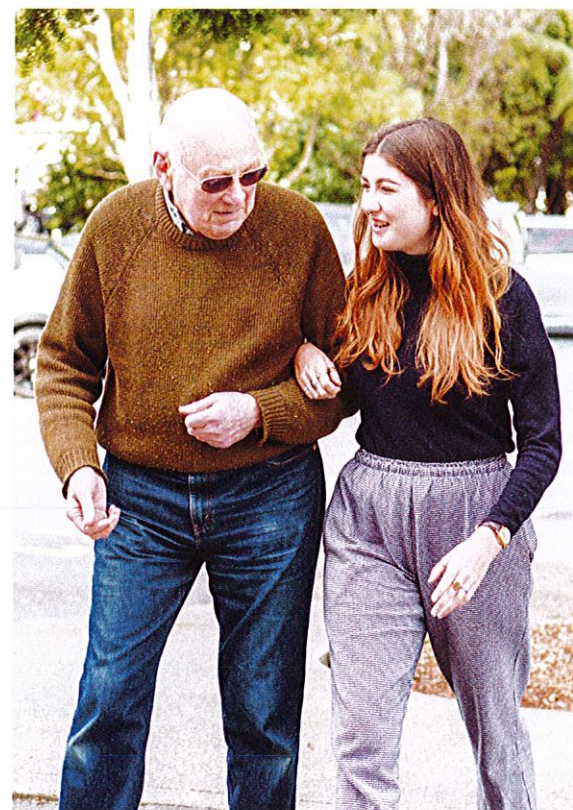
Older people's views and concerns are raised within the community and with decision makers.

### **EDUCATION**

Healthy Ageing topics like Nutrition, Driver Education, Exercise and Digital Skills are promoted through talks, seminars, classes and educational material.

### **COMMUNITY CONNECTIONS AND VISITING**

Older people who want more company or those who are feeling socially isolated can be reconnected with their communities through social activities or can be matched with a volunteer visitor (available in most areas).





If you or anyone you know needs our help, please contact your local Age Concern 0800 65 2 105 or visit [www.ageconcern.org.nz](http://www.ageconcern.org.nz)

Our website is full of great information and resources. It will help you learn:

- more about Age Concern
- information on our services
- how you can change disrespectful attitudes towards older people
- how you can support the work of Age Concern.

## Do you want to volunteer for us?

We would love to hear from you so please contact us today.

Everyone is welcome and valued.



**AGE  
CONCERN  
NEW ZEALAND**

He Manaakitanga  
Kaumātua Aotearoa

PO Box 10-688, Wellington 6143

**P** +64 4 801 9338 or 0800 65 2 105

**F** +64 4 838 3309

**M** 027 229 9040

**E** [national.office@ageconcern.org.nz](mailto:national.office@ageconcern.org.nz)

[www.ageconcern.org.nz](http://www.ageconcern.org.nz)

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## About Us Mō mātou



Phone 0800 65 2 105