



John Wong, QSM – Chairperson, Chinese Positive Ageing Charitable Trust

M.Ed. (Couns) (Hons)

John Wong comes from a business, management and legal background, and have developed excellent relationships with the Auckland Asian and wider communities as well as the media. This was recognised in 2010 year's New Year Honours when he was awarded the Queen's Service Medal for services to the ethnic community.

He is the Asian Family Services Director at Problem Gambling Foundation of New Zealand where he has extensive involvement with many different community groups. He is the Chairperson of The Chinese Positive Ageing Charitable Trust, ANZASW Chinese Interest Group. John is also the Asian Advisory Board of Auckland City District Police (2004 - now), Older People Advisory Group of the Accident Compensation Corporation (2011- now) and Founding Council Member of The Asian Network Incorporation (2002-now). Recently he has been appointed in the National Minimising Gambling Harm Advisory Group.

John also has been the Governance Board of Aotearoa New Zealand Association of Social Workers (2008 – 2011), Founding Chairperson of The Auckland Regional Migrant Services Charitable Trust (2003-2005), Chairman of the Chinese New Settlers Services Trust (2002-2010), Governance Board of Health Promotion Forum (2008-2013), Advisory Group of Problem Gambling Outcomes Framework (Ministry of Health) (2011- 2013), Counties Manukau District Health Board Community Panel (2007-2011).

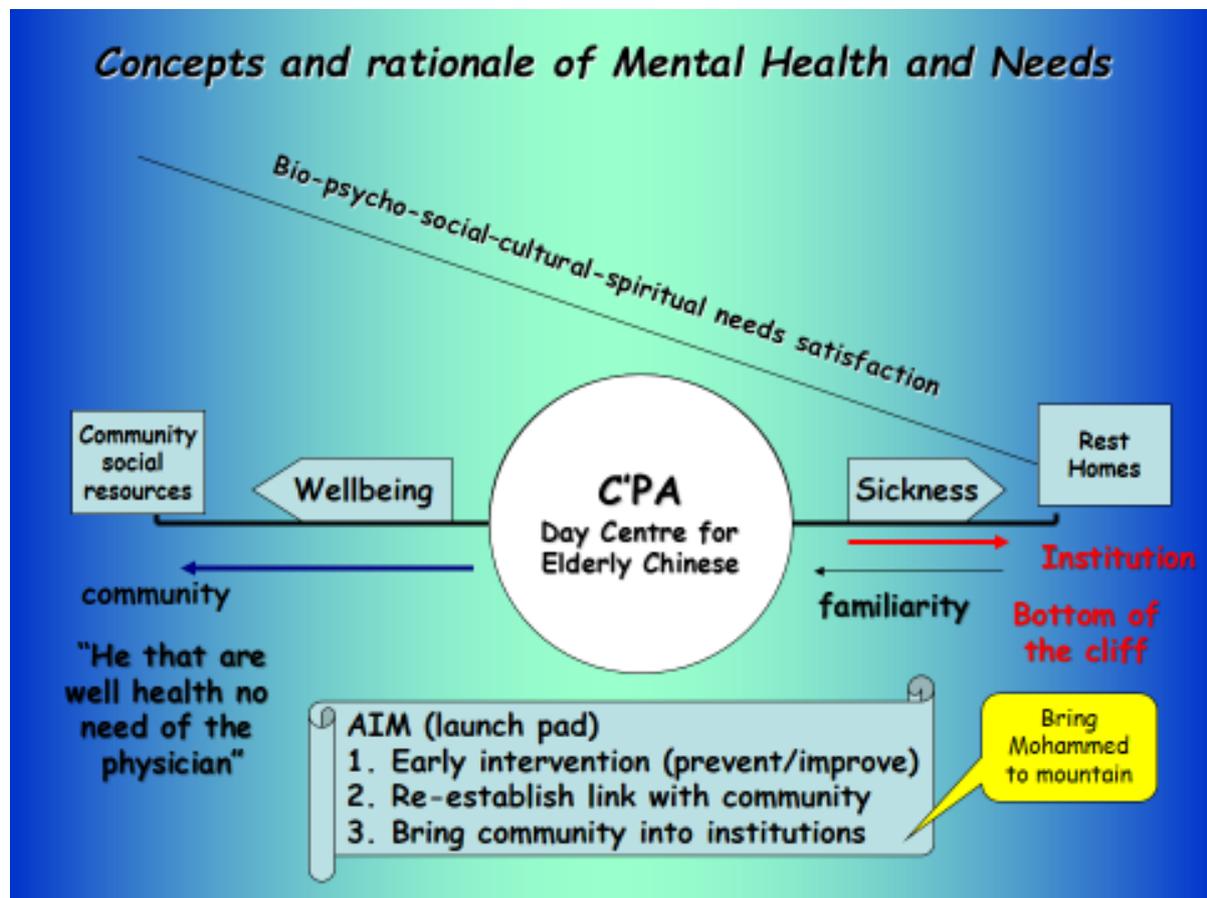
John has been invited by different universities as guest lecturer.

Back ground

The Chinese Positive Ageing Charitable Trust (CPA) was formed by a group of volunteers developing some services for the Chinese Older people. It is a non-profit organization and established by a group of professionals for the physical and psychological wellbeing of the Chinese elderly in New Zealand. Our aim is to promote the quality of life for the senior Chinese in New Zealand. Through psychological, physical and social activities. CPA's program aims to enhance the holistic health of Chinese elderly by maintaining regular social contacts in the community. Currently CPA has over 300 members around Auckland and organize activities through three Day Centres in Central Auckland, North Shore and Manukau.

Chinese older people in New Zealand are of different types. Some of them were born in New Zealand, and some were born overseas and have been in New Zealand for many years, so they have friends around and get use to the New Zealand system. However, some of them have been in New Zealand recently or for only a couple of years and do not have many friends and are not familiar with

their new home (New Zealand). So their needs are different, particular in mattersto culture, language, transportation, legal, health, education etc.



Question One

John, what are some of the things people developing retirement villages think about when wanting to ensure that their village is a place older people from New Zealand's Chinese community would like to live in them?

Retirement Villages

We always discuss with members to find out what would be the type of retirement village they would like to live in and we got some feedback from them. They would like the retirement village as a one-stop-shop service that should have some Chinese neighbourhood, so that they could make friends with and that could also build up their social network as well as have some activities together. There should be an activity centre, that becomes a gathering centre and they could enjoy daily activities, such as Tai Chi, Mah-Jong, Singing, Dancing, Chatting, Reading, handcrafting, painting etc. They also want a health clinic with health professionals to look after them and have regular health check. The retirement village office should have some Chinese speaking staff so that they can communicate with and run the activity centre. For some people do not want to cook or cannot cook there should be a canteen that could provide Chinese meals for them. The best location would be close to their family and/or with convenient public transportation so that they and their family could visit each other easily.

Question Two

John, the Chinese community are known for the way they respect their older people. What supports do you think the Chinese community need from health professionals to enable older people stay safe and happy at home as their health needs increase?

Needs from health professionals

Regarding health needs for Chinese older people staying at home safely and happily. For some people who can still look after themselves like the situation of the CPA's members. They need the community day centre services for Chinese such as CPA offers. The aim is to keep them safe and happy in the community and defer them from using services from the hospital, retirement home. (Please see the diagram of "Concepts and Rational of Mental Health and Needs".)

For some people who could not look after themselves and move around freely, they need cultural and linguistically appropriately home care services. Such as train the family members to care for the elderly, particular personal assistant to protect both the family and the elderly. That also include breaks for care giver for holidays. Outreach volunteer visits and or professionals including telephone calls and checking the elderlies' situation and provide support. Transportation to attend social activities and Chinese Meals-on-Wheels as well as Medi-Alert.

Question Three

John, a residential care facility can be quite a different environment from a person's lifestyle. What ways can service providers help new Chinese residents to feel comfortable in their new surroundings?

Residential care facility

A residential care facility can be quite a different environment from a person's lifestyle. Chinese meal is very important. It is because if they like the food then they will eat, otherwise they may not have enough energy and nutrition to support their weakening body. Health professionals that could speak their language and communicate with the elderlies is very important, as they can explain to the elderlies their situation and provide comfort and advice. Providing regular communication with them when their family is not there. Also need to know their family and understand both the elderly and family's needs. If they have family issues, try to work with them and to resolve the issues. Cultural relevant activities is also crucial and it is not just watching television. Introduce and let them get to know more about the surroundings, such as visit to community centre, outing to the nearby parks. Health talks that they like, so that they would have better knowledge to keep themselves healthy. Flexible negotiation to involve their discussion and find out what is the gap and try to close the gap. Introduce them to know each other including staff. Staff need more culturally appropriateness training to work with the elderlies.