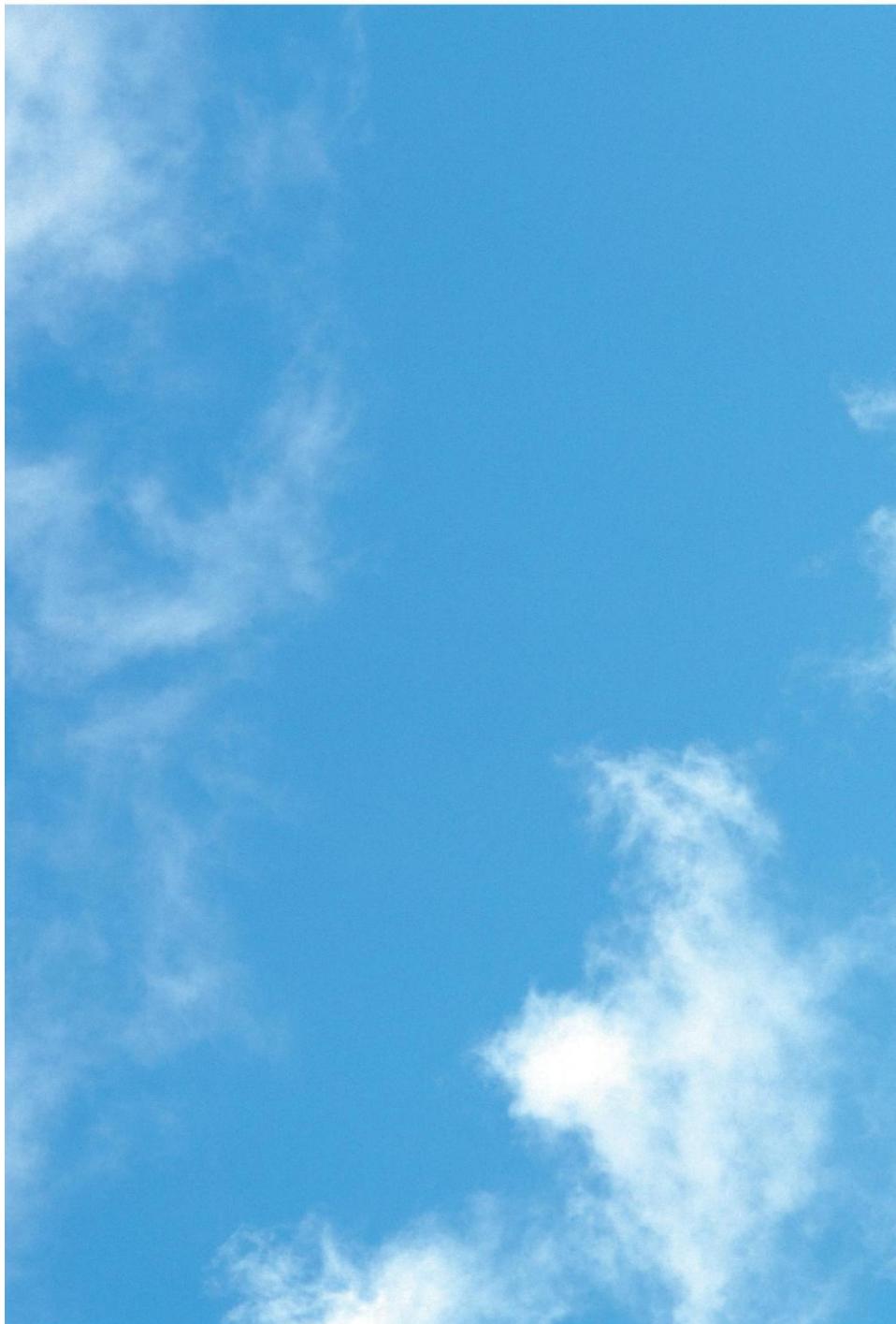


Resilient Ageing in Place

富有弹性的就地老龄化

Chinese Report & Recommendations

中文报告及建议



什么是理想的养老之地? 老年华裔新西兰人的想法是什么?

背景：研究过程

富有弹性的就地老龄化项目寻问了来自不同群体的老年新西兰人，“什么是理想的养老之地？”我们之所以这样问是因为近期有许多有关老年新西兰人生活条件方面的争论。新西兰人口正在“老化”，所以随着我们渐渐老化，我们应该在哪里和怎么生活？当被问到这些问题时，多数的老年人都说，他们希望留在自己的社区，而不是进入惯有的养老机构。这种理想的社区安居方式被政府和政策制定者称为“就地养老”。因此，如果居住在社区是理想的，那么是什么能使社区更适宜老年新西兰人居住呢？

在我们的其中一个研究点奥克兰的 Ukutoia/Glen Innes¹，我们征询了一些年纪较大的华人移民关于这些问题的想法。这份报告提供了主要的调查结果的摘要。资料来自于：1) 我们在Ukutoia/Glen Innes 同老年华人移民的专题小组的讨论。2) 我们与主持协助这项活动的社区领导人的后续采访。这项研究的受访者是通过社区雨伞小组 Ka Mau Te Wero 招募的。讨论小组的翻译工作由朱查尔斯和郝文丽担任。访谈使用了英语和华语。

为什么我们使用“富有弹性”这个术语？

我们之所以使用“富有弹性”这个术语，是因为我们想要肯定老年人的优势。正如一句名言云：“年老不见得不胆小”²，老龄化的确会带来很多困难，特别是当健康成为忧虑的时候。然而，年龄较大的人也是“强者中的强者”³。

经过一生的学习，他们知道如何应对顺境逆境，在我们的社区中，老年人是最“富有弹性”的成员。研究显示，虽然老年人经常经历比年轻人更大的困难，

¹ 附注 1: Ukutoia 是 Glen Innes 地区传统的毛利名字。意为将 Waka (毛利族的独木舟) 拉到泥土上来。Glen Innes 是一个靠近海洋的地区，带有粘质土。我们在整个的报告中都使用 Ukutoia 这个名字。

² 附注 2: 出自亨利·路易斯·麦肯

³ 附注 3: 哈马瑞特等, 2002, 第 365 页

他们也有更大范围的顺应力。例如他们有更多积累的知识和专长；在人生规划，生活管理和情绪管理上有更好的技能；更强的自我价值和自我接纳意识；他们更加灵活和接受改变；他们有更广泛的应对技能（施陶丁格等，年）。因此，我们认为，我们需要社区与社区生活的政策能够尊重，保护和加强这种顺应力。

什么样的社区能够适合老年华人移民居住？

人们谈到社区生活的四个重要方面：

我的家	我的邻里
我的社区	我的生活

我的家

几乎每个人都对他们的住房感到满意。大多数人居住在新西兰房屋署的房子里，并且他们认为是高品质的住房。有一位人士提到他们的后院过大，觉得越来越难以维护：

“我想，新西兰房屋署，从新西兰房屋署获得的房屋面积大。有时我恨我的后院，它太大了，因为我必须割草（笑）。这对我来说是辛苦的工作。我们认为这后院对我们来说是太大了。我们只需要它的一半，这就够了。”

大多数人表示，他们希望留在自己家里生活，他们担心住进养老院，因为他们将失去拥有新西兰房屋署住房的权力。生活在养老院将是他们不得已的“最后一站”：

“因为我们是新西兰房屋署的租户，如果我们去养老院，我们将交回与新西兰房屋署的住房合同，所以我们就不能回去了。最后一站（笑），因为我们没有私人的房子。...我们不同于本地老人。因为他们有私人住宅，他们可以回来看看。养老院是我们的最后一站。”

只要有可能，每个人都想独立生活的越久越好：

“那我有两个打算，目前自己能做饭，能买菜，就地养老好了，自由；以后不可以动了，不可以做饭了（笑），要靠食堂吃了，要有人服侍，

那就养老院好。人总要到这一天的，不可能今天会做饭，明天“啪”就死掉了（大家笑），要能这样，那就太好了。”

对于大多数人来说，退休村被认为是过于昂贵的，足够的家务帮助（女佣的方式）在新西兰也被认为过于昂贵。一位与会者建议，老年华人或许可以大家分摊雇佣家务人员的费用，以使他们有可能留在自己的家：

“不过我还有一个办法，（笑）说不定大家能够组织起来，雇一位钟点工，比如说，原来一般的要 10 块一个小时，我现在用的是 10 块一个小时。...以后呢可以跟别人分担，5 块一个小时，她上门来帮你煮饭，煮菜，这样也好解决。这样，想要吃什么就吃什么，享受比住养老院更多的自由。”

另一位与会者要求新西兰房屋署（HNZ）开发一些可让老年租户住在一起的地区，这样他们就可以互相来往和照顾对方。

“就好像我们 Glen Innes，现在不是很分散的嘛，我们住的房子都是政府的-大部分都是政府的，少数是自己买的。所以...能不能把这些人相对地集中在某一个地方，这样呢...大家能来一起来参加活动，即使是有病，大家也可以互相关照。如果政府医疗部门愿意来帮助出诊的话也比较方便。现在我们东一家西一家，很难照顾，即使他们愿意也没有办法照顾。”

我的邻里

很多讨论围绕在一个好邻里最重要的要具有哪些方面。一位与会者说，邻里周围的环境是最重要的方面，因为与家人和邻居的良好关系你可以设法培养，但是，邻里方面，像安全和噪音你却很难控制：

“家庭是稳定的，它不会出问题，像我的家庭。那么邻居呢，只要我们善待邻居，他们也会善待我们。唯独环境会是个问题。关于环境，一是安全，二是安静。这些都是很重要的因素。说到安全，我老伴曾经受到过袭击，她掂个包，放到肩上买东西，结果一个年轻人过来就掐她的包，拉着不放，她就往后一拽，结果摔倒在地上，差一点骨折，腰椎疼了好几天。就怕这个事发生。再一个安静，我们晚上睡觉时，常有些邻居，尤其是到周末，大声喧哗，聚会，闹得我们睡不着觉。”

另一名男士说，他也曾是犯罪的受害者，而且他觉得这些罪行是他所在的邻里有种族歧视的结果：

“我认为安全是最重要的，我住家的安全，因为有时我被孩童突然袭击抢劫，还有哪些有种族歧视想法的人。拿棍棒打破我的窗户玻璃，一大早或很晚来敲门，还把垃圾丢在或扔进我的后院。”

大家一致认为好邻居是非常重要的，一位与会者说，他认为邻居的素质比房子的质量更重要，因为在新西兰建房有保证标准，但却无法担保你会得到什么样的邻居：

“我看房子显得不那么重要，因为纽西兰房子有保证标准，能够给我们住，基本上应该是过得去，不会把很简易的拿来给我们住，但是人与人之间的关系呢就是难求。”

一位与会者特别提到，他与他的邻居有非常好的关系，为此他非常感激：

“和我住房在同一单元的好邻居是一位年长的女士。我们是好邻居，也是朋友，每个星期三我会帮她把垃圾桶放出去。她把锁匙存在我这里因为有时她会忘记带锁匙。附近的另外一户，在我家对面，啊，我去澳洲的时候，他们帮我照看我的房子。”

我的社区

总体而言，大多数人认为 Ukutoia 是一个很好的社区，因为它具有老年人所需要的社区设施，而且只需步行就可到达和使用这些设施：

“购物，医疗服务以及周围的环境都适合老年人。…我们都认为人老了以后，这里对我们来讲还是很适合的，为什么呢？一个，我们老了难免生病，有病我们要看病，这里还是比较方便，比较容易，走路不用 5 分钟就可以找到医生。购买生活所需也很方便。…所以，尽管我儿子问过多次，想让我们搬到他们附近去，我都没去。（笑）”

尽管觉得在 Glen Innes 地区容易找到医生，但对更广泛的卫生保健系统也有许多的关注，包括迟迟不能进入医院接受治疗。还有讨论到体弱年长者对医生提供家庭出诊的需要，因为他们很难去看医生：

“这个设想是很好的。二三十年前，你可以叫医生来家出诊，我们国内叫‘出诊’。医生到你家里来看病。”

在具有良好的社区设施的同时，另外一个原因使 Ukutoia 被推崇为一个居住的好地方，那就是这里有很多机会与其他老年华人交往：

“环境当中呢，我选择住在 Glen Innes 是因为周围有很多认识的老年朋友。我们是从万里之外来自中国呀，一万公里，是吗？大家以前从不相识，来到这里以后，大家成了朋友。...做为朋友，我们大家平常可以经常来到一起，一起活动，或者组织一些游戏，比如，打乒乓球啦，打麻将啊，唱歌啊，跳舞啊，或者健身等等。这些活动对像我们这样的老人是必不可少的，如果没有这些条件，你一个人在家里养老，那是很难受的。”

虽然大多数人觉得老年人中有良好的社交机会，但是他们也认为，如果有一个地方可以让他们举办活动会更好。他们还要求为老年人举办更多定期的论坛，使他们聚在一起，讨论面临的困难和问题：

“我还有一个想法，就是最好能有一个相对集中的一些时间，比如一月一次啊，两次啊，能召集大家在一块儿，开一些座谈会哪，交流啊，搞些这样的活动，这样呢，如果有什么困难，有什么问题，可以提出来，可以好解决。”

语言仍然被看作是老年人向当地社区组织和政府机构陈述他们需要时的一个持续的障碍。一位与会者要求，公民咨询局可特别增加会讲中文的辅助工作人员。另一位与会者说，他们觉得，不同的政府机构之间缺乏协调，也使老年人所关心的问题难以传达到。他们认为，政府机构和社区组织需要携手合作，为在 Ukutoia/Glen Innes 的老年人提供一个定期论坛，让他们讨论他们的问题和关注：

“我知道工收局有一个专管老人的地方，但是它就审批你的钱，不管你别的什么。房屋署 呢也有部门管老人的，但光管你这个住房的情况有什么问题。实际上啊，它都管了一点，但不是全管。如果对这些老人都关心的话，只要社区有好心人，只要有人出头关心这些老年人，平常召开点会议，搞点活动，大家就很高兴了。”

讨论话题也有涉及到由谁来负责协调这些会议。一位与会者说，与其要地方政府或政府来负责协调，到不如老年人采取主动，组织这些会议：

“这个我说一下，我在这里，我最清楚。这个要靠中国人自己组织，不是靠他们的，这个和国内不一样。国内是哪一个党委书记出面组织，处长啊，这里不是的，要靠你自己来。”

我的生活

总体而言，身处老年，能够保持良好的健康被看做是生命中最重要的一件事。然而他们也提到，老年同伴能够一起携手合作，并互相帮助也是良好的老年生活中非常重要的一部分。

“我感到这个，人在这里变老的时候啊，最重要的...就是老了能够互相帮助，有什么事情吧，当我需要别人帮助的时候，那么有人来帮助我；如果我还有能力，人家需要帮助的时候，我也能够帮助一点别人，我说这就很重要了。”

能够接受没有绝对“理想”的养老方式，也没有绝对“理想”的养老之地，这对于晚年生活的幸福也是很重要的。

“这个世界上没有什么是最理想的。...没有最理想的地方。...你可以得到这个但却失去那个。”

“一句话，没有天堂。”

“对。”

“天堂走了以后有。”（大家笑）

每个受访者都是领取政府养老金或其他福利金的，他们都说，财务支持是在新西兰养老的一个非常好的方面：

“中国的老人看了，...他们都想搬过来了！”

最后，一位与会者用一句中国的名言总结了当天所有的讨论。他说：“老有所养，老有所乐，老有所学，老有所为”。

“咱们中国人喜欢说，第一，老有所养。现在新西兰给你福利了，这是养，能够解决医疗就更好了；第二呢，叫老有所乐，有点娱乐活动场所，在资金上比较好办，有活动的地方；第三呢，老有所学，有些像英语不行，学点英语；电脑不行，学点电脑，或者学点别的什么东西呀。

最后一个，老有所为，我们这些人还多少有点特长，要是能组织起来，干些对社会有益的事情，会更高兴。”

需要做出什么改变？

老年华人提出了哪些具体建议：

- 新西兰房屋署建立专门为老年人的住房区，使他们能够更容易的互相来往和互相帮助。
- 新西兰房屋署为老年人提供较小而容易打理的花园的住房。
- 老年华人携手合作，提出一个方案，分享家务帮手，使他们能在自己家中居住更长的时间。
- 在 Glen Innes 举办定期的老年人论坛，由政府和社区机构，比如新西兰工收局，新西兰房屋署和警察局派员出席。老年人可以提出问题并讨论任何他们可能面临的困难。
- 公民咨询局应有一些可以讲中文的义工。

前面的路

富有弹性的就地老龄化项目是由奥克兰大学的 Janine Wiles 博士指导的一项关于新西兰老龄化的长期研究项目的一部分。这一研究的结果将被用来提呈给地方社区团体，市议会和政策制定者，使其了解在我们两个调查点的老年华人所关注的和需要优先考虑的事项。

特别感谢

感谢 Tess Liew 帮助我们招募参加者；感谢 Liz Kiata 帮助组织和运行专题小组。还要特别感谢朱查尔斯先生负责组织和推动专题小组会议。最后，还要感谢郝文丽提供翻译协助。

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这份报告由奥克兰大学人口卫生健康学院社会社区卫生系 **Kirsty Wild** 博士和 **Janine Wiles** 博士撰写。

Background: The Research Process

The Resilient Ageing in Place project asked diverse groups of older New Zealanders '*What is the ideal place to grow older?*' The reason we asked this question is because in recent times there has been a lot of debate about the living conditions of older New Zealanders. The New Zealand population is 'ageing', so as we grow older, *where and how* do we want to live? When asked these questions, most older people say that they would like to stay in their communities rather than go into institutional care. This ideal, *community living*, is referred to by the government and policy-makers as '*ageing in place*'. So if community living is the ideal, then what makes communities liveable for older New Zealanders?

We asked older Chinese migrants in our one of our study sites, Ukutoia/Glen Innes⁴, Auckland what they thought about these questions. This report provides a summary of the key findings from 1) the focus group that we held with older Chinese migrants in Ukutoia and 2) the follow-up interview that we conducted with the community leader who facilitated the focus group. The study participants were recruited through Ka Mau Te Wero, a community umbrella group in Ukutoia/Glen Innes. The focus group was translated by Charles Zhu and Wenli Hao. The interview was conducted in English and Chinese.

Why did we use the term 'Resilient' Ageing in Place?

We used the term 'resilient' ageing in place because we wanted to recognise the strengths of older people. As the famous quote goes "old age ain't no place for sissies"⁵, and there are certainly a lot of hard things about getting older, particularly where health is concerned. However, older people are also the "strongest of the strong."⁶ After a lifetime of learning how to deal with the good and the bad, older people are amongst the most 'resilient' members of our community. Research shows that while older people often experience more significant hardship than younger people, they also have a greater range of resilience resources. For instance they have more accumulated knowledge and expertise; better skills in life planning, life management, and emotion management; they have a greater sense of self-worth and self-acceptance; they are more flexible and open to change; and they have a wider range of coping skills⁷. So we believe that we need communities, and community living policies that *value, protect, and enhance* this resilience.

⁴ Ukutoia is the traditional Māori name for the Glen Innes area. Ukutoia means to pull the waka up on to the clay. Glen Innes is an area that is close to the ocean, with clay soils.

⁵ Quote attributed to Henry Louis Mencken

⁶ Hamarat et al, 2002, pg. 365

⁷ Staudinger et al, 1993

What makes a community liveable for older Chinese migrants?

People talked about four important aspects of community living:

My home	My neighbourhood
My community	My life

My home

Almost everyone was happy with their home. Most people were living in Housing New Zealand houses, which they believed to be of a high quality. One person felt like their backyard was too big, and is getting difficult for them to maintain:

"I think Housing NZ, the house from Housing NZ they get more area. Sometimes I hate my backyard, it too big, because I must mow it (laughs). It's hard work for me. We think it's too big for us, we need just half of it, that's enough."

Most people said that they would like to stay living in their home, and they were anxious about moving into a resthome because they would lose their entitlement to a Housing New Zealand house. A resthome would be their 'last stop':

"Because we are the tenants of Housing New Zealand, if we go to the rest home, we will pass the contract with the Housing New Zealand, so we can't go back. Last stop. (laughing) because we have no private house. ...We are not like Kiwi. Because they have private houses, they can come back have a meeting and to see. Because the rest home is our last stop."

Everyone was determined to stay independent as long as possible:

"I have two plans: At present, I'm still able to cook, do the grocery shopping, aging in place, it is nice and free. In the future, when my mobility is not so good, I cannot cook (laughing). I have to or need to rely on a canteen to eat, rely on others to take care of me, then I will go to a rest home. Everybody will have to come to or go through that stage, it's impossible that today you are sound and well, tomorrow one click and you die. (Group laughing) It would be great if it was so."

Retirement villages were considered to be too expensive for most people to afford, and sufficient domestic help (in the form of a maid) was also considered to be too costly in New Zealand. One participant suggested that perhaps groups of older Chinese could share the cost of domestic support staff, in order to make it possible for them to stay in their homes:

"But I have a way with it, (laughing) perhaps people can get it organized. Hire a part time worker. For example, usually 10 dollars per hour, the one I'm using now is 10 dollars per hour. ...Then sharing with others, 5 dollars per hour, she comes to your house to help you to cook meals. By doing this at home, you can eat whatever you like; enjoy more freedom than at the rest home."

Another participant requested that Housing New Zealand (HNZ) create areas where older tenants can live together, so they can socialise and look after each other:

"[W]hat happens in Glen Innes now, people are much dispersed, we live in the government houses - well, most of us do; only a few have got their own. So ... is it possible that these people could be relatively concentrated in a certain place, so ... we can have activities together. Even if somebody is sick, we can take care of each other. It's also easier for public health care providers if they are willing to pay home visits. Now we are dispersed everywhere, it's very difficult to look after us even if they want to."

My neighbourhood

There was much discussion about what are the most important aspects of a good neighbourhood. One participant said that the physical environment of your neighbourhood is the most important aspect thing, because while you can make sure that your relationships with your family and your neighbours are good, aspects of the neighbourhood like safety and noise are difficult for you to control:

"Family is stable, won't be a problem, like my family. Regarding our neighbours, if we treat our neighbours friendly, they will treat us friendly. Only the environment could be a problem. For the environment, one is security, second is quietness. These are important factors. Talking about the safety, my wife had been attacked before, she had her handbag on her shoulder during shopping, a young man came and tried to snatch her bag away, my wife tried hard pulling it back, and as a result she lost her balance and had a fall, almost broke the bone, got a lumber vertebrae ache for quite a few days. This is the thing that we are afraid of happening. Another thing is about the quietness, when we're sleeping at night, often there are some neighbours, especially in the weekend, making loud noises, partying, so loud that we could not sleep."

Another man said that he had also been the victim of crime, and that he felt the crime was the result of racism in his neighbourhood:

"I think that safety is the most important, the safety of my home because I was raided sometimes by kids and by people with idea of racism. Put a rod and breaking my window glass, and knocking on the door early morning and late at night, and put, throw rubbish in my back yard."

Everyone agreed that good neighbours are really important, and one participant said that he thought the quality of your neighbours is more important than the quality of

your house, because in New Zealand there are guaranteed standards for house construction, but no guarantees about what types of neighbours you will get:

"I think the house is not as important in comparison, because there are guaranteed standards for New Zealand houses, if it's able to be distributed to us, basically it should be passable, they won't give us a very simple one to live in. But a good relationship between people is hard to seek."

One participant in particular said that he has a very good relationship with his neighbours, for which he is very grateful:

"My good neighbour in the units together with my house is an older lady, we are good neighbours, we are friends, and I help her to put the rubbish bin every Wednesday. She put the key in my house as sometimes she forgets to bring the key. The other house near me, opposite from my house, ah, I travel to Australia and they help me to care for my house."

My community

Overall, most people felt that Glen Innes is a great community to live in because it is has the sorts of community facilities that older people need, and you can access these facilities by walking:

"[S]hopping, medical services and the surrounding environment are all suitable for old-age. ...We all think that as we are old, this place is suitable for us. Why? Firstly, when you are old, it's hard to avoid illness; when you are ill, you have to be seen by doctors. This is a very convenient and easy spot, walking less than five minutes you can find doctors. Shopping for your daily needs is very easy as well. ... So even though my son asked many times, he wants us to move to closer area to them, we didn't go (*laughing*)."

Despite feeling that there is good access to doctors in Glen Innes, there were a number of concerns expressed about the broader health care system, including delays accessing treatment at the hospital, and the lack of a local doctor who can speak Chinese. There was also a discussion about the need for doctors to make home visits to more frail older Chinese living in the community who find it difficult to get to the doctor:

"This idea is very good. Twenty, thirty years ago, you can call doctors for home visits. 'Home visit' – that's what we called it in China. Doctor comes to your home."

As well as good community facilities, Ukutoia is also valued as a great place to live because there are plenty of opportunities to mix with other older Chinese people:

"Regarding the environment, I've chosen to live in Glen Innes, it's because there are many senior friends we know in this area. We came from thousands of miles away from China. Ten thousands kilometer, right? We never met each other before, now we become friends. ...[W]e as friends can come

together often, doing activities together, meeting each other, or organise games, for example playing table tennis, Mahjong, singing, dancing or doing fitness exercise etc. These activities are essential for old people like us. Without these conditions, staying home alone by yourself would be very hard."

While most people felt that there were good opportunities for older Chinese to socialise, they also thought that it would be good to have a place for them to hold their activities. They also requested more regular forums for older Chinese to get together and discuss issues and problems that they are facing:

"I have another idea, it is better to have regular meeting times or instance once or twice a month, call these elderly together, have meetings for discussions and communications, and organize some activities like this, to allow older people to express their difficulties, and bring up questions, for solutions."

Language is seen as an ongoing barrier to communicating the needs of older Chinese to local community organisations and government agencies. One participant requested that the Citizens Advice Bureau in particular have additional staff who can speak Chinese. Another participant said that they feel that a lack of coordination between different government organisations also makes it hard for older people to get their concerns across. They argued that there is a need for government agencies and community organisations to work together to provide a regular forum for older people in Ukutoia/Glen Innes to discuss their issues and concerns:

"I know that WINZ has a department to look after old people, but they only approve your application for money, nothing else, Housing New Zealand also has a department for old people as well, but it is limited on the matter of housing. In fact, they all have a touch of something, but not the whole. If we are concerned about the elderly, as long as there is some kindness people would like to take the initiative, look after the older people, organize meetings and activities, everybody will be happier."

There was some discussion about who should take responsibility for coordinating these meeting. One participant said that rather than being up to the Council or the government, older Chinese people should take the initiative and organise these meetings:

"Let me say something about this, I'm here, I know it clearly. This need to be organized by Chinese people themselves, not rely on them, this is different with China. In China, maybe a party secretary would come forward and organise it, or a director of a department. But not here, you have to do it yourself."

My life

Overall, the ability to maintain good health was seen as one of the most important aspects of life in old age. However, the ability for older people to work together and to 'help each' other was also mentioned as a very important part of having a good life when you're older:

"I think that when people are getting older, the most important thing is to be able to help each other. If something happened, when I need help from others, there is somebody available. If I'm still capable, I could help others when they need it. To be able to do these things is very important."

The ability to accept that there is no 'ideal' way to grow older, or no 'ideal place' to grow older in was also seen as important for happiness in later life:

P1: Nothing is most ideal in this world. ..There is no most ideal place. ... You can get this one and you will lose another way.

P2: Summed it up in a simple sentence: There is not paradise

P1: That's right

P6: There is paradise after you die. (*Everyone laughs*)

Everyone was receiving either government superannuation or another WINZ benefit, and said that this financial support is a great aspect of growing older in New Zealand:

"If elderly in China saw this ... they all would like to move here!"

Finally, one participant summed up all the discussion on the day by referring to the Chinese saying, 'Old but having support, old but have fun, old but keep learning, old but have a sense of worthiness.'

"Chinese like to say, first of all, old but having support. Now the New Zealand government provides benefits for you, this is the support; and if those concerns in regard with the health care system could be resolved, it would be even better. Secondly, old but have fun. Have a place for entertainment, funding is relatively easy to handle, and a place for activities would be great. Thirdly, old but keep learning. E.g. if my English is not good, learn some English; if we are not good at the computer, learn something about it, or learn something else. The last one, old but have a sense of worthiness. We have some expertise, if we were organized and able to do some useful things for the society, we would be even more cheerful."

Participants' recommendations

These are some of the specific recommendations made by older Chinese people who participated in the research.

- Housing New Zealand create areas of housing specifically for older people, so that they can socialise and help each other out more easily.
- HNZ housing for older people has smaller easy-care sections.
- Older Chinese people work together to set up a scheme to share domestic support staff so that they can stay in their homes longer.
- There are regular older people's forums in Glen Innes attended by government and community agencies such as Work and Income New Zealand, Housing New Zealand and the Police where older Chinese people can ask questions and discuss any difficulties that they might be having.
- The Citizens Advice Bureau has some volunteers who can speak Chinese.

The way forward

The Resilient Ageing in Place project is part of a longer-term programme of research on ageing in New Zealand conducted by Dr Janine Wiles at the University of Auckland. The results of this research will be used to inform local community groups, councils, and policy-makers about the concerns and priorities of older Chinese in our two study sites.

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