Characteristics of older people in New Zealand, July to September 2019

One of the ways DHBs help older people living in the community get the right assistance at the right time, is to have a health professional complete an assessment of their health and wellbeing. This is known as an InterRAI Home Care assessment.

By publishing these InterRAI Home Care assessment figures we want to raise awareness of the needs of our older people, and encourage health professionals, community groups, and family/whānau to check in with older people and see how they are doing.

Notes:
• The data represents only those older people in New Zealand who have had an InterRAI Home Care assessment during July to September 2019.
• The infographic design was commissioned by the Central Region DHBs’ Benchmarking group.

Footnotes:
1. MAPLe value is (5) Very high priority. MAPLe is an algorithm that assigns a priority level.
2. The Activities of Daily Living (ADL) CAP is triggered at level 1 or 2.
3. Cognitive skills for daily decision making values are (3) Moderately impaired, or (4) Severely impaired.

- 22% report feeling lonely
- 25% of informal carers express feelings of distress, anger or depression
- 12% report they live with severe or excruciating pain each day
- 48% have the potential to do more things for themselves like showering, eating, walking
- 22% have cognitive difficulties with everyday decisions such as when to get up, remembering to take their medicines, what clothes to wear, or using a walking frame when leaving the house
- 46% have no Enduring Power of Attorney (EPOA)
- 96% have no documented Advance Care Plan (ACP)

9,658 InterRAI Home Care assessments were completed
- 8% of people assessed were Māori
- 43% of people assessed were aged 85 years or older
- 16% of Māori who were assessed were aged 85 years or older
- 17% are at high risk of being admitted to aged residential care