

# Integrating Health and Social Services in Rural Communities



Te Waipounamu Dementia Mate Wareware HomeShare  
Collaboration for Budget 2022 Pilot

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# Respite – Provide Carer a Break

DMW-HS visit to Loch Mara to replenish – included whanau too



- Limited options for PwDMW
- Many rural locations – nothing available
- Limited respite options for YOD in some centres
- Few respite options for Kaupapa Māori DMW respite

# Dementia Mate Wareware HomeShare Across Te Waipounamu - 11 Organisations

4 Community Organisations

PSUSI, PSO, PSSC, Access Home Health

5 Alzheimers/Dementia Organisations

Alz Otago, South Canty, Nelson/Tasman,  
Marlborough AND Dementia Canterbury

2 Marae Based Organisations

Arowhenua Temuka, Ngāti Rārua Blenheim

11 Organisations across 19 locations

● Operational 17 = 15 Rural  
1 YOD  
1 Kaupapa Māori

● Extra to balance slow start x 2

2 Rural - Nelson/Tasman  
+ Extra Young Onset  
Dementia

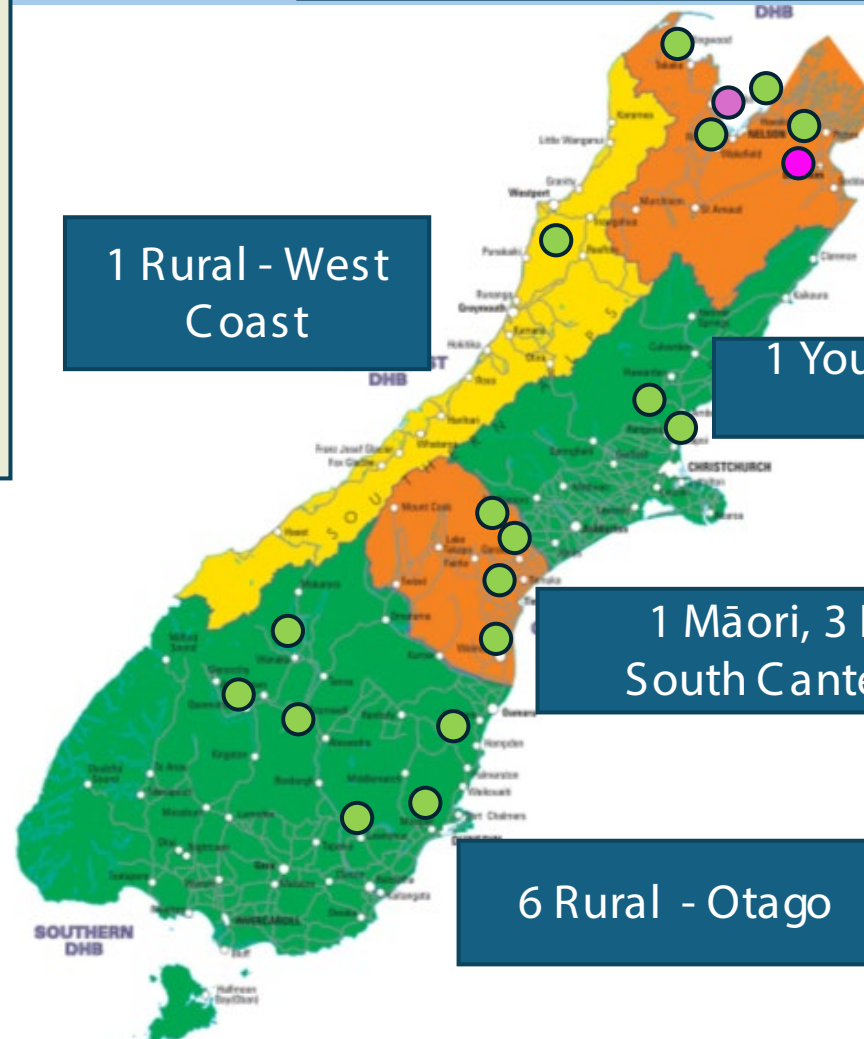
2 Rural - Marlborough +  
One Extra Kaupapa  
Māori

1 Rural - West  
Coast

1 Young Onset, 1 Rural  
Christchurch

1 Māori, 3 Rural  
South Canterbury

6 Rural - Otago





# Stay Connected

In addition to local hui:

- Committed Leaders from each organisation – 6 weekly hui
- Coordinators and Alz Dems teams – 4 weekly hui
- Hosts & volunteers x 2 hui per year
- Additional education e.g. CST, Delirium, Top ups



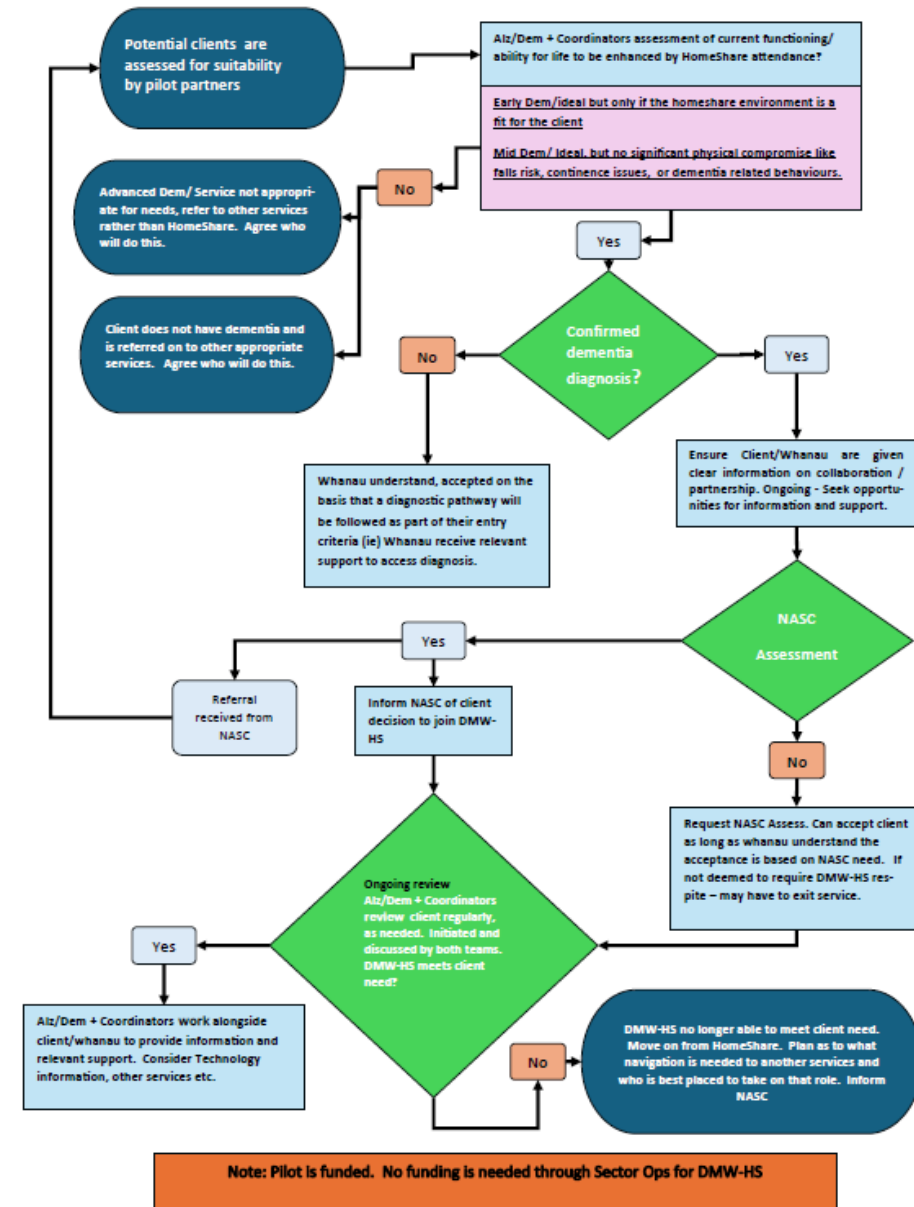
CST Training Alexandra with Kathy Peri



Leaders at a Workshop Hui March 2025 – some met for the first time

# Integration

- Requires a network of community providers for success
- Get the word out through the community (networks)
- Provide support and advice to whanau
- Work together – learn other things...help each other out



# Some Specific Policies /Documents

- Pilot Values - working together in a meaningful manner
- Flyer - for Whanau/ PWD - this is the DMW-HS service
- Homeshare Dementia Education and Training Plan Alzheimers/Dementia team 7 x 2 hour modules
- HomeShare Care Plan – what are your interests?
- Homeshare Environment and Outing Safety Review
- Confidentiality and Consent (for each location)

Values Definition	Values are standards of behaviour that we hold in high regard. Our values describe the manner that we treat ourselves and others. They provide the general guideline for our conduct.			
Arohatanga (Respect)	Raranga (Caring)	Manaaki (Compassion)	Whakawhanau ngatanga (Relationship building)	Kaitiakitanga (Guardianship)



# We planned to:

- Provide stimulating and fun respite
- Provide cognitive stimulation
- Support physical activity
- Encourage socialisation
- Foster friendships and have enjoyment





# DMW-HomeShare

- Small group of 4 – 6
- Host and volunteer (have DMW Education)
- Supported by coordinator
- Meet in home like environments
- 10am to 3pm including travel
- Get to know each other
- Plan fun things together
- Outing once a month
- Once experienced, the model is nimble – can operate in most communities.

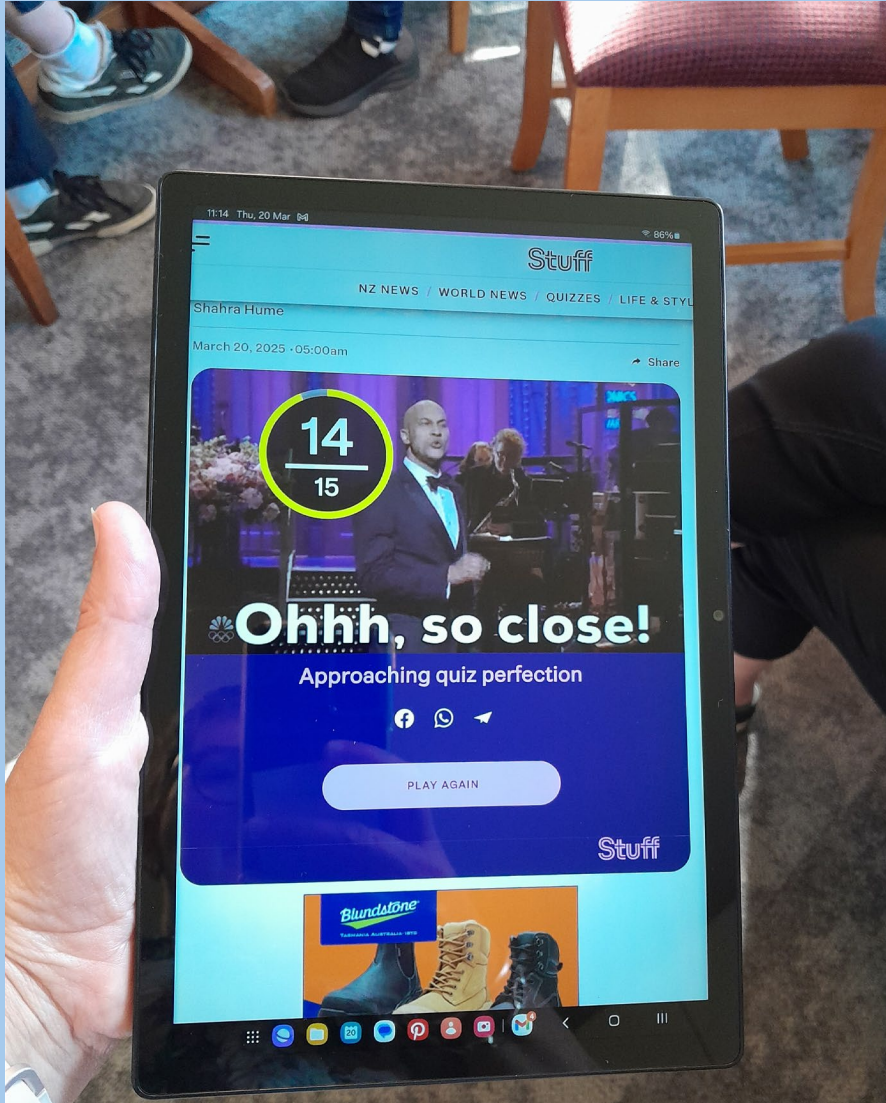


Havelock Community Centre. Access to kitchen, Toilet, comfortable chairs & secure garden





# Activities include



## Visits to:

- movies, museum, cafes, picnics, parks, beach and waterfront, lakes, strawberry farm etc.
- visiting local urupā – cemeteries to visit graves - whānau/ friends.

## Activities:

- crafts, baking, meal preparation (lunch or morning tea)
- competitions (corn toss championships), bingo, daily stuff quiz and more.

# Challenges to Date



Outing to local pub for lunch

- Lots - but we found solutions together
- Starting up in small rural locations is hard
- No other services
- NASC did not know those with DMW who needed a respite service in rural area or YOD or Māori
- Most Manuhiri/guests - no diagnosis - process to support

# Solution focused

- Define what is needed and work together to achieve
- No private home for venue – find a suitable community venue
- Unable to attract a host – use networks and/or low key flyer
- Need unique education – korero with Alz/Dems teams
- No Warehouse – go for a visit



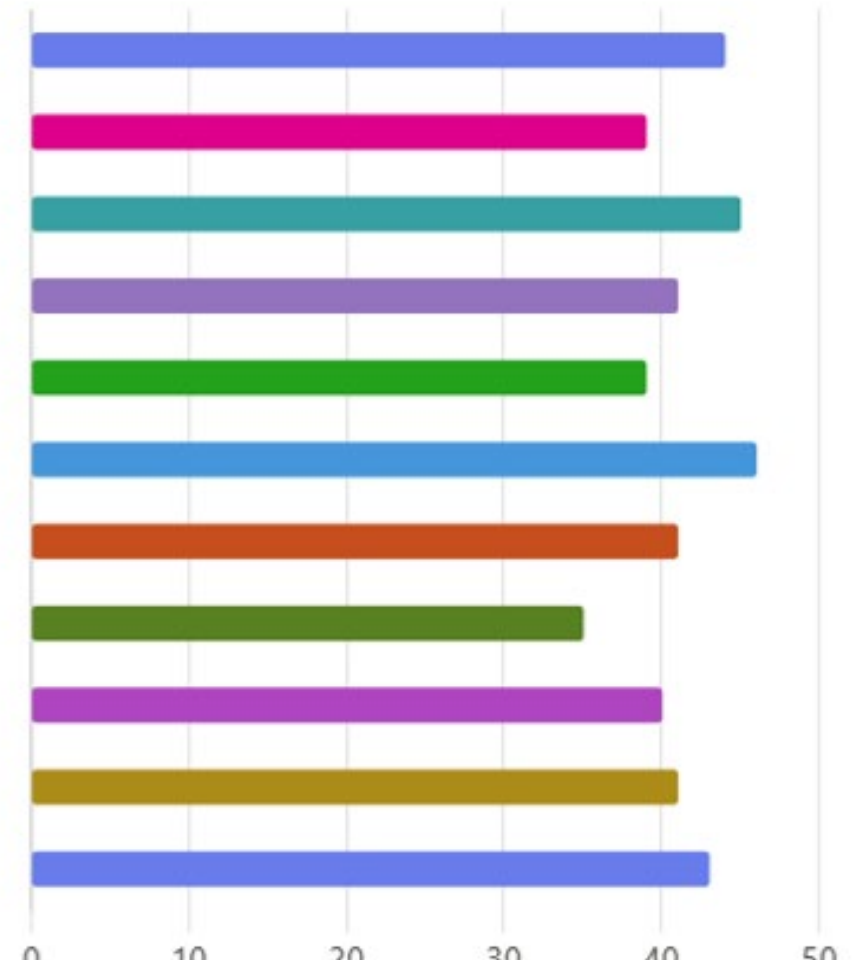
Watching sport on Warehouse TV



# Feedback Survey – Participant & Whanau

4. What do you feel is important about your Dementia Mate Wareware HomeShare?

● Small group	44
● Homely atmosphere	39
● Fun activities	45
● I go on outings	41
● It keeps my brain active	39
● The staff care	46
● I meet others	41
● I make friends	35
● The food is enjoyable	40
● I like going to HomeShare	41
● I feel accepted	43



# Survey – Suggestions for Improvement

More often, possibly twice weekly.

I wouldn't mind going more than once a week.

I am hoping this will continue.

More of it thank you.

Twice a week! Ha.

If it was on everyday.

More of it please.

Attend more days a week.

Don't ever cancel us.

More days would improve things for us.



# Developed Host 'Activity Kits'

Kit includes 2 games floor mats, Games & craft, For A Good Old Age book & He Pukapuka Rauemi

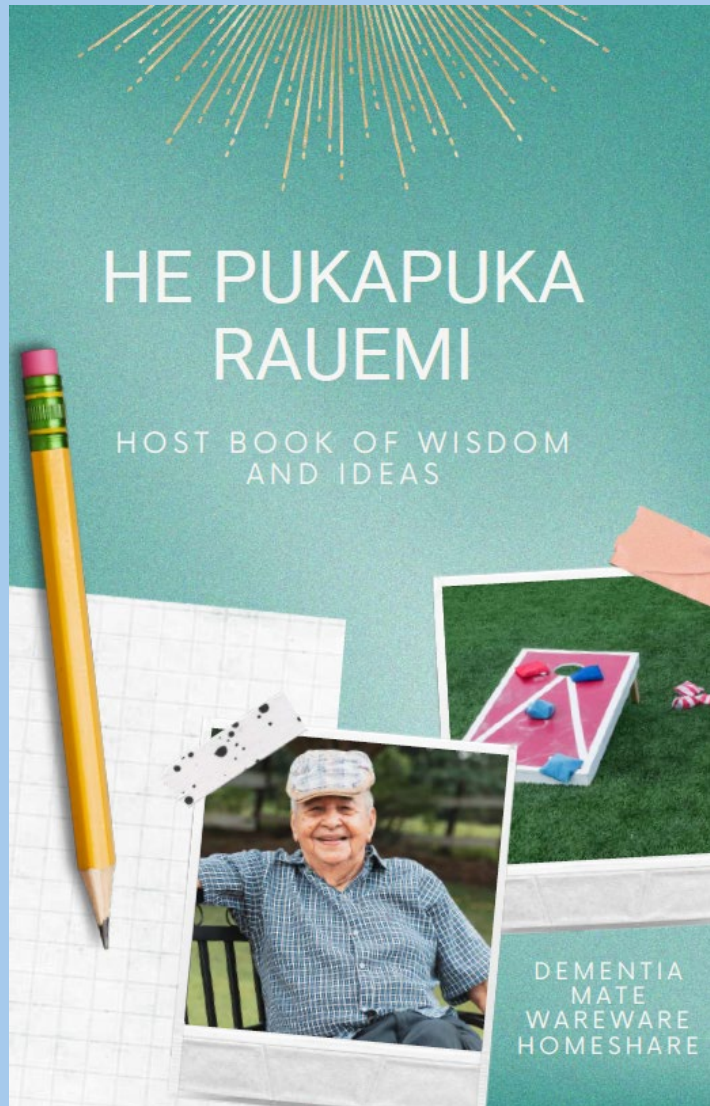


Kits packed up - ready for distribution to 19 sites





# Developed He Pukapuka Rauemi



## Contents

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| <b>1</b><br>PAGE 5  | <b>Introduction</b><br>Person Centred Foundation<br>Values  |
| <b>2</b><br>PAGE 10 | <b>Person Centred Activities</b><br>Keys<br>Examples  |
| <b>3</b><br>PAGE 13 | <b>Sage Advice</b><br>Advice from Hosts Health<br>Benefits of Quiet Time<br>Tips for Aiding Communication with<br>DMW-HS Manuhiri/Guest<br>Tips for Communication with<br>Whanau/Families<br>Guide for Writing Diary or Journal<br>Grab n Go Bag Contents (for Outings) |
| <b>4</b><br>PAGE 19 | <b>Meals and menu</b><br>Ideas for dietary requirements<br>Meal suggestions   |

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| <b>5</b><br>PAGE 25 | <b>Planning a day</b><br>Things to include in the Plan<br>Things do not always go to Plan<br>Sample session Plans (for ideas) |
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| <b>6</b><br>PAGE 32 | <b>Online resources</b><br>Exercise, fun activities, tai chi<br>Wifi switching |
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| <b>7</b><br>PAGE 35 | <b>Activities</b><br>Ideas for Indoor or Outdoor activities<br>5 Minute Activities<br>Host Ideas |
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| <b>8</b><br>PAGE 50 | <b>Delirium</b><br>Tips to help prevent delirium |
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| <b>9</b> | <b>Add Your Own Information</b> |
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# We have learned

## Participating in small groups

- Is therapeutic
- Participants have fun
- Express their personalities
- Highlights persons strengths
- Fosters bonding
- Supports grieving
- Noticeable decrease in loneliness
- Gain confidence together



# Other Lessons



Picnic Kai – local provider

- The service is simple but not easy
- The model is vulnerable but valuable
- Cannot be run using fee for service (needs bulk funding)
- The overheads are low
- Problems are more easily solved together
- Every community is different
- Respite CAN be therapeutic
- Collaboration is Key!



# Turnover – January to June 2025

- 16 -17 DMW-HS
- 22 manuhiri/guests left the service
- 22 new manuhiri/guests joined
- 95% left to go into long term care
- One moved cities
- More than mild to moderate DMW – depending on the needs



# Benefits

- If providers invest in collaborating – everyone wins!
- The model is repeatable.
- Need leaders who understand the aim of the service and hosts who are 'Angels'.
- Communities like to be involved.
- A person can remain at home for longer.



# Thank you!

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