

Dissemination of LiLACS NZ Research

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LILACS NZ



People who keep moving and are active are less likely to fall

Activity and connecting to whānau, friends, a group or participating in community activities can reduce personal anxiety and depression.

If someone is depressed they have a higher risk of falling. If people walk, garden, partake in line-dancing and so on, they are more likely to keep their muscle strength and stay out of hospital.

About half of all participants fell over the first three years of the study.



Keeping up with whānau and family keeps you smiling

Oral health is important for good nutritional intake.

Ill-fitting dentures and missing teeth were the common reasons for chewing difficulty. We found that 3/4 of participants wore dentures.

Over 12 months, those with chewing difficulty had reduced physical function. This was more apparent in Māori than non-Māori participants.



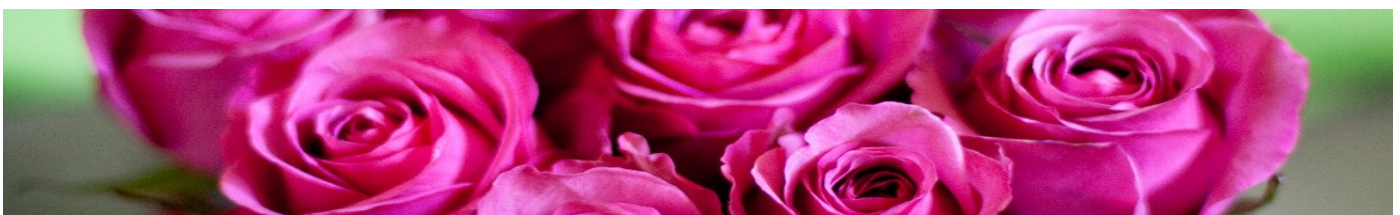
Physical impairment can lead to loss of independence

When someone has reduced physical ability, they are less able to perform basic tasks around the home.

We found that better physical ability was associated with being able to do more around the home particularly in terms of domestic tasks such as managing money and doing housework.



There was little difference between men and women in managing basic personal care.



Having the Super Gold card is related to a higher Quality of Life

Participants also received income from other sources such as inheritances, tribal land, trusts and through the support of family.

Entitlement cards such as the Community Services card, High User Health card, Total Mobility or the Super Gold cards are available to make life easier for older people.



The main source of income for about 90% of participants was the NZ Superannuation benefit.

Overall Māori felt less comfortable than non-Māori with their income.