

3. PETERSGATE COUNSELLING CENTRE PROJECT FOR THE ELDERLY IN RICCARTON

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PURPOSE OF REPORT

1. The purpose of this report is to present to the Community Services Committee a request from Petersgate Charitable Trust for funding assistance (\$35,000) towards the running of a 12 month pilot counselling service for the elderly in Riccarton. There is currently \$36,882 in the 05/06 Community Initiatives Fund.

EXECUTIVE SUMMARY

2. Petersgate Counselling Centre has been operating at Yaldhurst Road, Upper Riccarton for nine years. The group was set up to provide an affordable professional counselling service to the community. Although supported by mainline Christian Churches, this organisation maintains a professional secular stance and counsellors come from an ecumenical background. It was founded in 1997 and has grown from an idea into a highly successful and respected counselling service.
3. Petersgate has long recognised the need for counselling services for older persons. Many of this client group lack transport, or are not ambulant. Statistics New Zealand 1999 shows that between 1996 and 2051 the percentage of the population aged 65 and over is expected to grow from 12% to 25%.
4. Petersgate Counselling Centre wants to provide a low cost counselling service for older persons (ie those aged over 65 years) in the Riccarton area. This service would cater for people who are faced with issues such as declining health and immobility, changing relationships, grief, dying, depression, loneliness and stress.
5. Petersgate Counselling Centre anticipates a response to this new pilot project of approximately one hundred new clients and six hundred interviews. Since the establishment of Petersgate in 1997, there has been a client growth rate of 15% per year.

FINANCIAL AND LEGAL CONSIDERATIONS

6. There are no legal considerations. The total cost of the 12 month pilot service for the elderly in Riccarton is \$64,200. Petersgate is asking the Community Board for a grant of \$35,000 towards providing this service. If they do not receive this grant they will not be able to go ahead with this pilot service.
7. Over the last three years Petersgate Counselling Centre has received the following grants from the Council:

Year	Amount	Scheme	Purpose
2003	\$4,000.00	CD Scheme	Volunteer Counsellor costs
2004	\$5,067.00	CD Scheme	Volunteer Counsellor costs
2005	\$2,006.00	CD Scheme	Administration salary costs

8. The Petersgate Trust Annual Report 2005 has been sighted. This also included the audit report as of 31 March 2005.

BACKGROUND ON PETERSGATE COUNSELLING PROGRAMME FOR THE ELDERLY

9. Petersgate Counselling Centre has long recognised the need for counselling services for older persons. The geographic area they want to provide for (Riccarton) has an ageing population. Approximately 17% are under 65 years old and this percentage is expected to grow significantly in the next twenty years.
10. At present people in this age group represent only a very small percentage of Petersgate Counselling Centre's client population (approximately 2%). However staff are aware that there is a significant need among this age group for counselling services. Grief, loneliness, depression, loss of identity, family, health and money problems are common issues for the elderly.
11. According to Barbara Hayman (a counsellor at Petersgate, who has worked with the elderly) in comparison with other age groups, counselling for older people has been largely neglected by contemporary society. She believes that it is sometimes assumed by professional helpers of older people and by younger family members that older people do not have the internal strength and resources that counselling relies on, and therefore are unable to make changes. The reality is, according to Barbara, "that many older people will respond to effective counselling, grow in wisdom and spirituality and develop the ability to transcend the problems associated with loss and change in their later years".
12. Petersgate Trust acknowledges that finance presents a major issue, with many older people qualifying for the income based Community Services Card. The Disability allowance is available for counselling but many in this age group may already have used up their entitlement for other things. Petersgate Counselling Centre staff believes that each client should pay something for their counselling, as this ensures that they will commit to and engage in the process. However fees need to be affordable. Therefore elderly clients who use the new service will be charged on the basis of a sliding scale according to what they can afford.
13. Loss of mobility has been identified as a significant factor by Petersgate, and this could require some clients to be visited in their own homes or residential care establishments. This will represent a key concept of Petersgate's new service. It is expected that the clientele will come from GP referrals, hospitals and Older Persons Health Services, community agencies, churches and self referrals. It is also expected that Resthome referrals will most often come through the client's family.
14. Currently the Campbell Centre, Presbyterian Support is the only counselling agency in Christchurch providing a specialised low cost service for older people, and they have been doing this for 16 years, both through one to one counselling and group work. Petersgate staff and Presbyterian Support staff have discussed the provision of a service for the elderly in Riccarton. As indicated by the **attached** letter, they are very supportive and encouraging of the Petersgate initiative to emulate their service in Riccarton, as Presbyterian Support's clientele comes largely from the central city area and east of the city, and rarely from the west and north-west of the City.
15. Petersgate staff believes they have the resources to work effectively with the elderly and have developed a business plan for Year One. (See **attached**). The business plan covers the following:
 - (a) An outline of the initial ten-week Networking Resourcing and Advertising period
 - (b) Staff Commitment (Year I)
 - (c) The evaluation of the pilot
 - (d) Expected Outcomes
 - (e) The Total Cost of the Project
 - (f) Funding Contribution for the Project from Petersgate.

16. The **expenditure** for the project is as follows:

Set up Costs for 10 weeks	\$ 8,000
Counselling for older persons	\$43,200
Travel	\$ 4,000
Administration. Rent, Power, Phone	<u>\$ 9,000</u>
TOTAL	\$64,200

17. Petersgate Trust is seeking funding from the Community Board for the following:

Set up Costs for 10 weeks	\$ 8,000
Counselling for older persons	\$14,000
Travel	\$ 4,000
Administration, Rent, Power, Phone	\$ 9,000
TOTAL	\$35,000

18. Petersgate Trust will contribute to the new service through volunteer hours (\$19,200). Recoverable fees from the clients will also contribute, and this amount has been estimated at approximately \$10,000.
19. The Trust believe that if this pilot is successful the new service will become financially self sufficient. This will happen as a result of increased awareness of the service by the elderly and other agencies
20. Petersgate Trust sees the Riccarton/Wigram Community Board as a partner in this project and at this point in time the primary sponsor of the service. The financial viability of the project will depend on whether the Community Services Committee agrees to a seeding grant of \$35,000. Partial funding of this amount by the Community Services Committee will lead to Petersgate Trust having to reduce the number of counsellors committed to this project.

OPTIONS

21. That the Riccarton/Wigram Community Board agrees to fund Petersgate the amount of \$35,000 towards a one year pilot counselling service for the elderly in Riccarton.
22. The Riccarton/Wigram Community Board declines funding the Petersgate Trust.

PREFERRED OPTION

23. The preferred option is that the Riccarton/Wigram Community Board agrees to fund the Petersgate Trust the amount of \$35,000 towards a counselling service for the elderly. If this money is made available Petersgate Trust will be able to provide a new counselling service to the elderly in Riccarton, that has already been proved successful by Presbyterian Support in the Eastern suburbs of Christchurch. There is a high percentage of elderly currently residing in Riccarton and it is important that their needs are addressed in an appropriate and respectful manner.
24. This service will contribute to the Council's Long Term Community Plan in the following way:
- (a) **A Learning City** - A counselling service to the elderly will empower and encourage this age group to value and respect themselves and their roles in their families and in society. This service will also enable elderly people to help themselves and to live a full life in their latter years.
 - (b) **Inclusive Communities** - A counselling service for the elderly will contribute to the vision of a future in which older people will be seen, valued and are safe from exploitation and abuse.
 - (c) **Healthy and Active People** - A counselling service that addresses the issues faced by many in this age group, such as depression and anxiety, will enable clients to live a healthier lifestyle and become more active in their community.

STAFF RECOMMENDATIONS

It is recommended that the Community Board agrees to fund the Petersgate Trust the amount of \$35,000 for the running of a 12 month pilot project which will deliver counselling services to the elderly in Riccarton. There is currently \$36,882 in the Board's 2005/06 Community Initiatives Fund.

CHAIRPERSON'S RECOMMENDATION

That the Board consider the report with a view to adopting the staff recommendation.