



# Policy Brief | November 2023

## Age Friendly Pacific Island Communities

Is Tāmaki Makaurau an age friendly place for Older Pacific people to age well?

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**Background** *An exploratory study of whether Tāmaki Makaurau is an age-friendly and healthy place for Pacific people to age. Timely, given the fast-growing Pacific ageing population with the number of Pacific people in New Zealand aged 65 years and over expected to more than double from 21 300 in 2018 to 46 700 by 2034. With such significant growth comes the need for future health policy, planning and programmes that are Pacific-led and solution focused. This study will add to the body of knowledge on the ageing Pacific population’s health and wellness whilst living in New Zealand and inform policy and provision of health care that is inclusive of Pacific elders’ needs.*

**Key Milestones**  
 Year 1: Community asset mapping & interviews completed | Study 1 completed | Start manuscript preparation for publication in year 2.  
 Year 2: Disseminate year 1 findings | Study 2 co-design with Pacific communities completed and survey distributed to Pacific elders | Survey data analysis completed | Manuscript prepared for publication in year 3.  
 Year 3: Report of overall findings prepared and presented to key stakeholders | Publications developed with research supervisors in local and international peer-reviewed journals | Group *talanoa* data collection and analysis completed | Walk-along *talanoa* and analysis with Pacific Elders completed | Findings used to prepare manuscript for publication.

**Recruitment** Auckland | Sāmoan, Tongan and Cook Island | No specified age for participants.

**Methodology** Participatory and Pacific methodologies utilising Pacific language, metaphors, and frames of reference (ways of knowing, being and doing). The overarching research process will employ the *Fonofale*, a holistic Pacific health model, and utilise *Talanoa* to gather information with Pacific health service providers, Pacific elders, communities, and churches.

**Research Impact** Findings will directly inform Age-friendly Aotearoa New Zealand programmes of a diverse Pacific and migrant population expectation of what constitutes age friendly cities and communities for them to live active, healthier lives and age well in Tāmaki Makaurau, New Zealand. It will ensure planning documents that support age-friendly environments that facilitate engagement and participation by older New Zealanders and value their contributions to society, and the economy will include planning for the active participation, as well as the health and wellbeing of older Pacific people.

**Timeline** 36 months