

# Under the Tōtara

Listening well,  
growing  
together  
for Age  
Friendly Kāpiti



**Roots:** Grounded in Community Voice

**Trunk:** Shared Responsibility and Leadership

**Branches:** Actions where our Approach comes to life

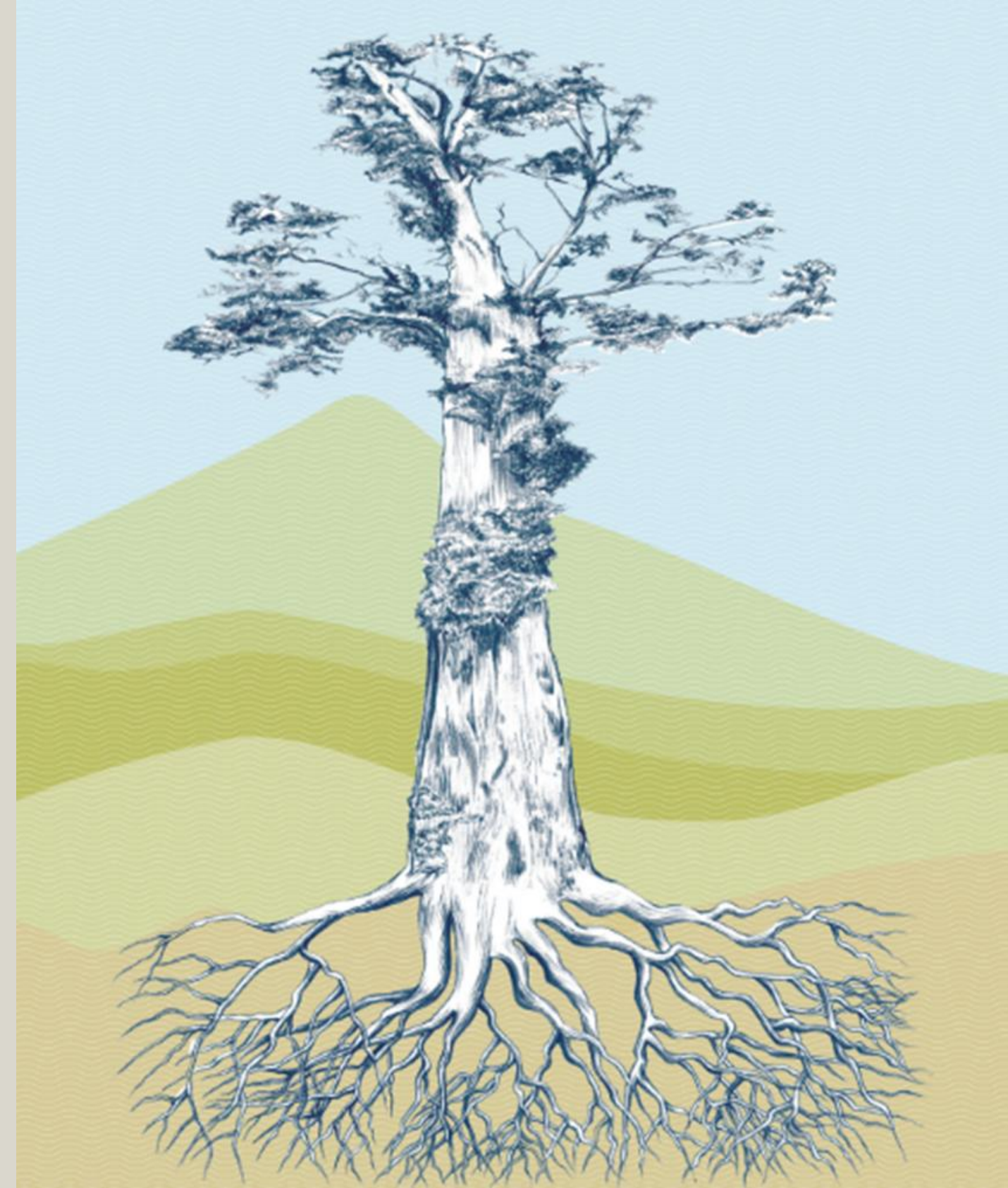
**Seeds:** Systems Change and Sprouting New Ideas

**Gnarly Points:** Navigating Twists and Prickly Bits

**Forest:** Collective Flourishing



# The Tōtara - A framework for growth







# Roots: Grounded in Community Voice

“We separate the aged and youth too much, we need to work together on inspiring projects”

"For me it's leading an active lifestyle where I can tramp, hunt, fish and dive plus fulfil the obligations in terms of being Maori."

"I like the whakatauki, 'He taonga te wareware.' One explanation is it recognises as we get older we get forgetful nevertheless we're still taonga."





# Trunk:

## Shared Responsibility and Leadership

Clear Connection to Strategic Goals:  
It aligns with Council's vision for  
wellbeing, accessibility, and inclusion  
across all services and infrastructure.





**Their voices guided us in creating an Age Friendly**



# Branches of Action:

## Where Our Approach Comes to Life



### **Council alongside Community Projects**

Blending resources and expertise for greater impact.

### **Really friendly ... Age Friendly activities**

Building buy-in and action with Council staff



It's a dynamic process of learning by doing

We're working internally across Council to celebrate age-friendly workstreams, support teams to get inspired and grow Age Friendly Champions.

# Seeds: Systems Change



...and sprouting new ideas





Keeping Age Friendly visible as a long-term systems change, not a short-term initiative

# Gnarly Points







# Forest: Collective Flourishing

A Whole-of-Council & Community Approach

Ongoing Support & Collaboration

Monitoring progress & showcasing impact

Older Persons Advisory Group as guardian



# Ngā mihi

Whakarongo ki ngā kupu o ngā kaumātua,  
kākahutia i runga i a koe, mau e hoatu ki te ao

Listen to the wisdom of your elders, cloak yourself  
with this knowledge, to share with the world

Wi Te Kakakura Parata

