**A black and white logo

Description automatically generated with low confidenceExploring** Financial Sustainability through Health

Healthy, wealthy and wise

**Explore the relationship between health and wealth.**

About this resource

This resource supports learners to explore the relationship between health and wealth.

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Description automatically generatedView the Level 4 and 5 achievement objectives related to this learning experience [here.](https://sortedinschools.org.nz/api/v1.0/download?files=3696)

# A person working on a computer Description automatically generated with medium confidence

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# SOLO taxonomy

The learning experiences in this resource are aligned to SOLO Taxonomy to ensure cohesiveness, constructive alignment and cognitive stretch for all learners. This gives you choices throughout the learning process.

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| **Need it/Know it** | A picture containing text  Description automatically generated **Think It/Link it** | A picture containing icon  Description automatically generated **Extend it/Defend it** |
| Make connections to what you aready know. This is the starting point for new learning. | Link your ideas and make connections to build new knowledge and understandings. Learn about the perspective and insights of others. | Extend your learning by applying it to new contexts. Find evidence, validate sources, summarise your thinking and present your findings to clarify. |

# Sorted themes

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Retirement

Investing



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KiwiSaver

A black and white logo

Description automatically generated with low confidence Learning experiences

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| **Need it/Know it** | **Think it/Link it** | **Extend it/Defend it** |
| **Identify** factors that contribute to the wellbeing of retired people. Use the [Ways to wellbeing for over 55s](https://www.healthnavigator.org.nz/healthy-living/w/ways-to-wellbeing-over-55s/) to help. **Discuss** the recipe of what you need to live well and **describe** the importance of each.  **Describe** the relationship between housing and wellbeing for elderly people. Read this [renting in retirement](https://www.stuff.co.nz/business/money/105890590/renting-in-retirement-tough-on-mental-health) article for information to get you started.  **Describe** how health and wealth are related.  **List** organisations that support the wellbeing of retired people in your community and **describe** what they do.  Here is some information on [Useful Services for Older People](https://www.health.govt.nz/your-health/services-and-support/health-care-services/services-older-people/useful-websites-services-older-people), [Support Services for Older People](https://www.health.govt.nz/your-health/services-and-support/health-care-services/services-older-people/support-services-older-people), and [Eldernet resources](https://www.eldernet.co.nz/Home) to help you.  **Identify** which of these organisations support elderly people with financial advice. | **Explain** factors that result in elderly people needing support. How do these link to the hauora model and financial wellbeing? Use this information from [The Human Rights Commission](https://www.hrc.co.nz/news/new-zealand-12th-best-country-older-person-wellbeing/) as a guide.  **Explain** how community organisations support retired people in your community.  **View** this article and video on [Alzheimer's](https://best-alzheimers-products.com/hogewey-dementia-village.html), this CNN [video](https://www.youtube.com/watch?v=LwiOBlyWpko), and a [Hogeweyk article](https://twistedsifter.com/2015/02/amazing-village-in-netherlands-just-for-people-with-dementia/) about a Dutch community facility for older people. **Explain** how this community functions. **Analyse** the strategies used to promote the wellbeing of the residents, including their financial wellbeing.  **Interview** a [grandparent or retired person](https://sortedinschools.org.nz/resources/financial-sustainability/questions-for-interview-with-a-grandparent-or-retiree/). Preparea set of questions about their views on what it means to be healthy, wealthy and wise. Ask how satisfied they are with their level of wellbeing, including their financial wellbeing. You may like to include some of the questions suggested in this [article](https://www.huffingtonpost.com/karl-a-pillemer-phd/listening-to-elders_b_4200329.html). View the Grandparent videos on the [sortedinschools.org.nz/activities](https://sortedinschools.org.nz/students/activities/?category=video&tag=&start=0&limit=6) to hear some inspiring stories. Record your interview. | **Select** one of the [character role cards](https://assets.sortedinschools.org.nz/public/Package-2/f6633d4811/Character-Role-Cards-FINAL.docx). Using the information provided, **predict** the person’s level of financial wellbeing in retirement/whakatā, and **justify** your reasons. Select a way of presenting your thinking.  **Create** a plan for your chosen character for the next 20 years that will have a positive impact to on their future wellbeing.  **Debate** whether children have a financial obligation to support their parents once their parents retire.  Read and **analyse** this article on [economic hardship effects among older people.](https://mro.massey.ac.nz/bitstream/handle/10179/9489/NZJP-Vol392-2010-6-Stephens.pdf?sequence=1&isAllowed=y) (You could just read intro paragraph and final paragraph for an easier read.)  **Develop** an action you could take to promote healthy, wealthy, and wise communities in your own community. See this Healthy Communities  [infographic](https://news.aetna.com/2017/10/cultivating-healthy-communities/) for ideas.  **Create** a guide to being healthy, wealthy and wise in old age based on information you have gathered from your interview of an elderly person and other resources, for example:   * [**Age Concern NZ**](https://www.ageconcern.org.nz/) * [**Sorted.org.nz**](https://sorted.org.nz/)   **Tip: Pick different learning experiences from each column to build a framework of lessons that differentiates your classroom** |

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Description automatically generated with low confidence Learning experiences *continued*

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| **Need it/Know it** | A picture containing text  Description automatically generated **Think it/Link it** | A picture containing icon  Description automatically generated **Extend it/Defend it** |
|  | **Explain** the impact unexpected financial events can have on elderly people. Refer to your metre ruler outcomes from the section above. [Thinklinker #1: the Metre ruler activity](https://sortedinschools.org.nz/resources/financial-sustainability/thinklinkers-for-financial-sustainability/).  **Explain** how community organisations support retired people in your community.  **Explain** how older people’s financial wellbeing influences their ability to participate in activities.  Using the [Future Brief 2045](https://docs.google.com/document/d/1CSFotMlcaD-KAY5ePRFHe4yNP6T-lVfCmw1KfB9HBDQ/edit), choose one of the housing options suggested and **discuss** the impact on hauora this might have for the residents. Use the [Hauora template](https://docs.google.com/document/d/1z6qH12oPEC_SPptPiOINNCdvvrOF7Wb_1lNSRRBB6F8/edit) as a guide.  **Discuss** how starting to save and invest now could impact your future financial wellbeing. See Sorted [KiwiSaver Savings Calculator](https://sorted.org.nz/tools/kiwisaver-calculator/). | **Predict** challenges that your generation will face if superannuation (NZ Super) is no longer available by the time you are 65. For information, see the [Human Rights Commission measures of wellbeing in older people](https://www.hrc.co.nz/news/new-zealand-12th-best-country-older-person-wellbeing/) or this more in-depth article on [economic hardship](http://www.psychology.org.nz/wp-content/uploads/NZJP-Vol392-2010-6-Stephens.pdf).  **Predict** what you will need to plan ahead for the lifestyle you want in retirement/whakatā. Use the [Sorted Retirement Planner](https://sorted.org.nz/tools/retirement-planner) to inform your ideas.  **Design** a way to support elderly people in your community, for example:   * Network * Voluntary initiative * Participation incentive * Multi-generational activity/club   **Promote** your design in a creative way.  **Create** a game or activity that supports the financial wellbeing of older people in your community. For ideas, see:   * [Wellbeing bingo](https://www.mentalhealth.org.nz/assets/5-ways-toolkit/FWW-wellbeing-bingo-team-game.pdf) * [Mental Health Foundation goal-setting template](https://www.mentalhealth.org.nz/assets/5-ways-toolkit/FWW-goal-setting-templates.pdf)   **Create** promotional material for your chosen [Future Brief 2045](https://docs.google.com/document/d/1CSFotMlcaD-KAY5ePRFHe4yNP6T-lVfCmw1KfB9HBDQ/edit#heading=h.gjdgxs) housing option based on your analysis of the benefits and impacts. For ideas, see [Toa Architects Māori modular housing](https://toa.net.nz/work/mmh/). |