

towards 2060



think of the possibilities



A record of a Design the Future workshop held on 16 July, 2010.

Disability Community



Design the Future

Compiled by Valerie Proud on behalf of the Disability Community, as a record of a Design the Future workshop held in Manukau on 16 July, 2010.

To access the flipcharts and photos of this and other Design the Future Workshops go to www.towards2060.org.nz/outputs/

Background information used in the design of these workshops can also be found on the Towards 2060 website.

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Introduction to Towards 2060

Towards 2060 is a project for the communities of Manukau, facilitated by Manukau City Council, on behalf of its Tomorrow's Manukau partnership.

Towards 2060 aims to inform, stimulate and provoke discussion within a community about the long term future, through facilitated workshops called Design the Future.

The conversation considers: the finite nature of global and local natural resources; changes in demographics and technologies; opportunities for social and economic development; and how local communities can incorporate these issues into their planning.

Ideally the conversations are part of on-going discussion about significant drivers of change, and their potential effects. It is anticipated that these conversations will trigger individual and collective actions to develop living patterns which are sustainable in the longer term.

Towards 2060 was originally intended to be part of a legislated review of community outcomes. With changes to Auckland governance and the Local Government Act (2002), this original purpose of the project has taken a lower profile. However, given these changes, now is a good time for communities to consider their own future so that they can better articulate their collective view to the Auckland Council and Local Boards. We can only put that information forward; there can be no certainty it will be used.

In the meantime, the output of the workshops will be available for the policy development of Manukau City Council, Community Boards, and Tomorrow's Manukau partners, to enable them to support community aspirations.

It is commonly stated that we can't predict the future. While that is true, we can look at future trends, which will impact from global to local scales. For example, we know that oil is a finite resource. Even the most optimistic reports consider that oil demand will outstrip supply within a couple of decades, and the majority of reports signal a much shorter timeframe. That change alone will have a dramatic impact on our society and economy. The real unknown is how we as individuals, communities and nations will respond. That's the core purpose of the Towards 2060 conversations - to consider the future, while recognising that our population, resource base, and climate are

changing. We can be proactive in addressing those challenges, building more flexibility and resilience into our lifestyles, and becoming less dependent on many commodities and services we now take for granted. Opportunities will emerge through that process, often with a localised flavour, to enhance our community and economy.

These conversations are happening in many parts of the world between people and their governments, using a framework known as *The Natural Step* (TNS). See Appendix A for background information on this framework, and the tools used. The communities of Manukau, including the Disability Community, are now a part of that global network.

The Disability Community

This report captures key elements of discussions at a particular Towards 2060 Design the Future workshop held on 16 July 2010. This was offered to 'the Disability Community', which in this report means both those experiencing a disability and anyone working in the disability sector, whether disabled or not.

Many people cannot reach their potential or participate fully in the community because of barriers they face doing things that most New Zealanders take for granted. Barriers can range from the purely physical, such as access to facilities, to a wide range of other effects, whether due to physical, sensory, neurological, psychiatric or intellectual impairment. For many people the most difficult barriers arise though the attitudes of others, due to poor awareness of disability issues.

At the 2006 census, an estimated 660,300 New Zealanders reported a disability, representing 17 percent of the total population. In the same year, Manukau City was the 3rd largest city in New Zealand, with a population of over 328,968, and an estimated 62,000 or more disabled people. This included some 22,000 Māori and 10,500 Pacific Peoples residents, among whom there is a higher incidence of disability. At 19 per cent, the incidence of disability in Manukau was therefore higher than in the rest of New Zealand. A contributing factor is the location in Manukau of facilities for the disabled such as the Homai Vision Centre and the Auckland Spinal Unit at Bairds Road. (Source: Statistics NZ, 2006 Census).

This report does not attempt to explain such differences, nor to resolve issues of terminology or data collection. There is a great deal of literature already focussed around such matters, concerning those who experience a disability. Instead, it was thought beneficial to repeat the public Design the Future workshops which were held earlier in 2010, with slight adaptations, because although some whanau hauā (disabled people) did attend the public workshops, one designed to meet their specific needs would allow even more people with disabilities to participate.

Modifications made to the generic Design the Future workshops included:

- More effective promotion through disability networks
- Condensing the workshop into a one day format
- Engagement of interpreters, and use of a hearing loop, for the deaf and hearing impaired
- Modification of presentations for the visually impaired
- Provision of materials in accessible formats
- More support team to assist those with mobility issues
- Simplification of some of the content.

Aside from these modifications, the workshop was like those offered to the general public, designed to inform and encourage dialogue at a long-term and strategic level, as a preliminary part of planning for the future. Simple, practical tools were provided to show how sustainable development can inform the decision-making of individuals and organisations in the Disability Community, and help build resilience against future shocks.

Advocacy for those with Disabilities

The workshop output can be used by individuals and organisations in preparing for the long-term future, and in advocating on behalf of those experiencing disabilities. It is hoped that these Towards 2060 conversations and The Natural Step (TNS) tools will assist in helping the Disability Community consider their long-term future. Those working in the Disability Community will also be better able to advocate for the disabled, to ensure their needs are met in a sustainable way.

The Disability Community Workshop

After mihi and karakia, Deputy Mayor Gary Troup opened the workshop, acknowledging the value that disabled people add to our rich and inclusive city. He reaffirmed the city's commitment to empowering the Disability Community, and encouraged participants to make their voices heard in the new Auckland Council and Local Boards, after 1 November 2010.

Current Concerns of Participants

When asked to reflect on their current issues or challenges, many participants noted personal concerns regarding their own, or family and friends' wellbeing. The remaining issues they identified can be clustered into two types:

1. Issues particularly impacting the Disability Community:

- **Involvement in Policy development** - representation 'with teeth'. Number of disabled may increase; we must ensure their involvement, so their needs are heard and independence increased.
- **Partnership, Protection and Participation** - the Treaty of Waitangi principles - opportunity to work together in partnership.
- **Access / accessibility in general** - to buildings, services, resources, and information (e.g. transport and telecommunications).
- **Transport** - needs to be adequate, accessible, sustainable and affordable. Shift services to more local centres to minimise transport.
- **Technology** - can be used to support, or can further isolate people. Machines, adaptive equipment, and medications - all solutions must be sustainable for disabled people.
- **Affordability** is the key. Many technologies are very expensive, yet benefits being reduced. Most disabled people live in relative poverty.
- **Isolation** - Lack of contact increases isolation; as does the lack of subtitles on TV coverage. Communication / language are keys to disabled people being more independent.
- **Realistic expectations** - As pressures increase, minority groups miss out and become even more vulnerable - we must beware of putting a dollar value on human lives. A balance must be found that does not further marginalise the Disability Community.

2. National and Global Concerns:

In addition, the group identified concerns at a more global scale:

- **Safety issues** - War, bombings, and rising violence and murder
- **Environment changes** - disasters such as the Mexican Gulf oil spill; plants and trees not growing, and people dying, due to lack of water
- **Resources**- need to buy local New Zealand products, and increase recycling of materials. Others felt community concerns about environmental risks were being ignored, citing gold-mining in the Coromandel, damage to water supplies, and people's desire to protect resources for future generations.

Participants questioned modern preoccupation with money and technology. While acknowledging that tools like computers can aid us if used wisely, they can also set unrealistic expectations, causing us to exhaust ourselves trying to keep up with an ever-increasing pace. More fundamental skills such as basic communication are sometimes forgotten. As one participant said "It's not healthy, and it's not realistic. If we won't talk to each other, how can we hope to work together?"

Others talked about the economy of goodwill, rather than of dollars, as a fundamental value that we must not lose. Māori participants spoke of manaakitanga (hospitality, kindness), defining "how we interact and how we share resources - it's who we are and how we think".

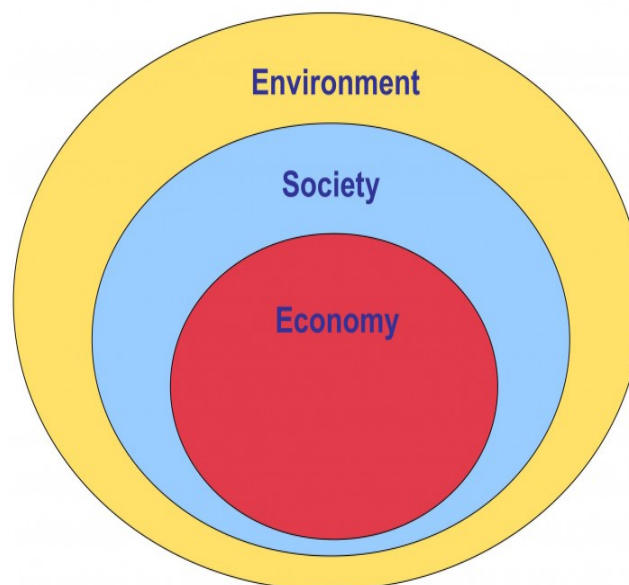


Figure 1 : A Holistic View of Sustainability

Most of the challenges are interwoven, with social and economic wellbeing dependent on preserving our environment. Sustainability must be viewed holistically. While our focus is often on people and the economy, in a strong sustainability model, all three dimensions are essential.

One participant cautioned about the use of the word 'we', saying: "It's not 'we' who build the gold mines, or drill for oil, governments do. It's not our fault." This led to discussion of the role of government, and a desire to focus on "things that ordinary people can change". Another commented "We can have our say, and *we* should".



Figure 2 : Workshop Participants learning about our Ecological Footprint

Next, the group were shown a short video on global population growth, one of the key challenges for future development. It can be accessed at this site: <http://www.towards2060.org.nz/world-population-growth/>. It graphically shows the high rate of population growth in the last 100 years to its current level of 6.5 billion (and still climbing). Comments about this, included:

"That's scary"

"I found that really fascinating"

"Modern medicine has a lot to answer for"

"Technology has sped everything up"

"It's not just population, but the multiplying effect of how we live".

Next, the group viewed another video trailer showing environmental pressures, available at <http://www.thegreatsqueeze.com./Trailer.html>.

Further information was supplied about climate changes, and 'peak oil', the point at which supplies of fossil fuels begin to decline.

Sustainability Implications for Disability Community

Working in groups, everyone was asked to reflect on the information about the sustainability challenges, and consider "What does it mean for the Disability Community?"

The groups identified the following key issues and risks for disabled people, and then prioritised the most important.



Figure 3 : Groups considering implications of sustainability challenges

Key Risks and Issues:

Population Growth & Demographic Changes

- People have moved away from their traditional homes and communities - e.g. greater movement, and dependency on cars.
- We not only have an ongoing problem with scarcity of resources, we have members of society living longer due to improved medical skills; this also increases the number with age-related disability.
- Increase in the superannuation age-group, but people supporting this system will potentially decrease, leading to an imbalance.

Age plus disability = vulnerability. The already vulnerable Disability Community is even more at risk of sustainability pressures.

Resource Depletion & Rising Costs

- Global sustainability challenges will increase costs. We've been ignoring the warnings for too long. We must all live within environmental limits; we risk a rationing of resources.
- There could be fewer supplies of medical products (many are resource intensive, using minerals / metals, or based on petroleum products such as plastics); this would have a disproportionate effect on the Disability Community.
- Increased costs and decreasing supply of materials would have a huge impact on those with disabilities e.g. appliances, transport.
- Technology increases lifespan, but therefore can increase the proportion of those with age-related disabilities; it also means we are increasingly dependent on technical supports. If these become even more expensive, will the disabled still be able to access these?

Public Transport

- Declining resources raises questions like "Will we be forced to use public transport? Will there be fuel rationing?"
- Transport needs to be adequate, affordable, accessible and sustainable. We need to consider costs and benefits, including the social costs if mobility of the Disability Community is reduced.
- Individuals will be more dependent on others; risks of isolation may increase E.g. those in wheelchairs are a small population with limited ability to access transport, or to advocate for themselves.

Technology

- We need to find low cost solutions, and use resources more wisely - share, rather than everyone owning every item. Solutions must be energy efficient, sustainable, and recyclable e.g. aids and equipment using solar energy.
- Batteries (e.g. hearing aids, mobility devices) that are rechargeable and recyclable, to prevent toxic waste, and to re-use rare metals.

- Return to less technical solutions as well - encourage production of own vegetables, free range chickens and pigs etc and increase use of 'Mother Nature' - windmills, solar, biofuels.

Economic Vulnerability

- Disabled people already face high costs for basic items e.g. special fire alarms and doorbells for the hearing impaired; this situation would be even worse, if the global economic situation worsens.
- Economic decline would have a disproportionate impact on those with disabilities - loss of benefits, loss of jobs; potentially, they could even acquire health problems from poor nutrition.
- Many in the Disability Community are unable to participate in the workforce; most live in relative poverty, yet tend to use fewer resources. Māori and elderly with disabilities are doubly vulnerable. Funding shortfalls could mean the 'gaps' get wider.
- Cut-backs in funding also impact service providers in the Disability Community.

Legislation, Policy and Treaty Issues

- New Zealand is bicultural, with multiple ethnicities, and especially so in Manukau. Incidence of disability is higher in Māori (and Pacific Islands) populations. A truly inclusive society requires government organisations and the wider community to work in **partnership** with the Disability Community, to ensure whanau hauā (disabled people) are **protected**, and able to **participate** fully in society, whether in employment, education, housing or health.
- Legislative change and strong lobby groups are particularly important for the Disability Community. Currently, New Zealand legislation lacks teeth to protect the disabled. Some other countries have more powerful legislative tools, and use more advanced support mechanisms (e.g. swipe cards).
- Policy needs to be driven from the bottom up - "we do not want to be governed from the top". This is the key to facilitating independence, without increasing isolation.

- In worst circumstances, the Disability Community could be at risk of a return to re-institutionalisation for practical and economic reasons, threatening independence and impacting on choice and living opportunities. If policy-makers calculate costs of care and place a dollar 'value' on life, there are real risks of viewing the elderly and people with disabilities as 'expendable'. This would be unacceptable.

Next, the group viewed a short animated video about sustainability, and about the Natural Step, a framework for understanding sustainability - see <http://www.youtube.com/naturalsteponline#p/u/0/FFCNCQleCuk>.

The group learned about the 'Four Care Instructions for our Planet', a set of conditions that must be met to ensure sustainability. These are described in the Appendix, and can be viewed at the following link:

<http://www.towards2060.org.nz/the-sustainability-system-conditions/>

Needs for a Sustainable Future

The group then used nine 'fundamental human needs' from the research of Max Neef, to identify necessary components of a sustainable future for the Disabled Community. Here is what they said about each need:

Subsistence

Food

"Enough food for the world population to live a healthy life". Educate about sustainable living, including how to grow and use foods. Ensure we're less dependent on fossil fuels for transport, to reduce food miles.

Restore ecosystems, waterways and harbours so watercress and flounder can be gathered again. Manage water and waste more effectively. Land-based disposal of human, animal and vegetable waste. Make more sustainable use of land to grow crops, and enable more local production of food, without destroying ecosystems (preserve bush, forest, wetlands). Restore access to wild foods.

Clothing

Develop clothing and textiles from more natural fibres - sustainable products like bamboo, hemp, linen and flax. Use whole animal, including skin and bones.

Housing

Everybody lives in shelter appropriate to their climate, built of more sustainable materials, and in viable communities - a good human environment.

Protection

[Not specifically addressed; however, protection of the Disability Community was a fundamental theme of the entire workshop.]

Leisure

We need to ensure disabled people are involved in planning the design of good activities and centres, by consulting and listening to them, i.e. right from when land is first designated for leisure facilities.

Maintain small and large public open spaces, with a small recreational block planned within every large block. Maintain open access to beaches (e.g. Mission Bay).

Design for accessibility for the disabled, through ramps and flat sites, and provide for multiple uses for active leisure. E.g. in Aquatic Centres, Gyms, Libraries.

Given the proportion of population with disabilities, provision is usually inadequate. Seating and parking are needed in sufficient quantity. Ensure mainstream activities allow for disabled. E.g. Chinese Lantern Festival, much of Albert Park is too steep.

Access should be subsidized or free for the disabled. Encourage recreational design for and **by** people with disabilities, e.g. movie theatres, concerts, adventure sports.

Participation

Our social fabric has changed since the industrial revolution, as people moved away from villages to seek work, leaving the old and poor behind. This has continued into today. In future, we need a balance in personal and communal responsibility - giving back, as well as taking. Families and Church are valuable assets to assist. By actively working together to achieve common and individual goals, we can preserve nature, reduce junk and overuse of chemicals, reduce barriers and fulfil all our needs. In order to achieve sustainability, we need to improve disabled participation, with the following steps:

I. Create a platform/ forum to participate.

Policy development ensures a platform for all to have a voice.

II. Create empowered and informed communities.

Better education and information must be available in different languages, in order for people to make informed decisions. Shift expectations and paradigms e.g. away from 'disability/ exclusion & isolation', to 'abilities/ inclusion'.

III. Ensure inclusive, active involvement in the community.

Value and support disabled people and aged citizens so they can participate. Provide meaningful events, as opportunities to develop further, and value all contributions. As humans we need to be needed.

Affection

People with disabilities need to be loved and supported in times of crisis. Like anyone, they need intimacy, acknowledgement as members of society, and respect from colleagues. For most people with disabilities, this equates to needing access, whether to places for private time with loved ones; to nature; or to services.

Local communities can show concern and respect for the Disability Community, by being more inclusive. Volunteers can help through their support, and businesses can support by making time available for employees to serve in the community. We can all contribute to sustainability when we show affection, by giving gifts with no or low

environmental impact e.g. made of wood rather than synthetic - think before you buy. Hugs and kisses come for free!

Understanding

Have a shared vision of higher good, 'we' not 'I'. Involve everyone, seek their ideas. This will benefit everyone. It's as much about what you can do for your community as what your community can do for you. We should be thinking more in terms of our 'global village'. 'We', not 'us and them'. News media would emphasise positive news, to build shared understanding.

We all have equal rights to share and care for the planet, and any resources. We need to understand ecological cycles, and what helps or hurts the environment. Money should not be a commodity in its own right, just a means of exchange. We need to rely more on human rather than material or technical resources. By understanding and helping each other, we will have less need of special equipment.

Creativity

Those who discussed creativity used a Māori Health model of Te Wheke (the octopus) to describe a holistic, interwoven view of a healthy, creative person. The elements of the model are:

Te Whānau - the family (the head of the octopus)

Waiora - total wellbeing for the individual and family (the eyes)

And its eight tentacles:

Wairuatanga - spirituality

Hinengaro - the mind

Taha Tinana - physical wellbeing

Whanaungatanga - extended family

Mauri - life force in people and objects

Mana ake - unique identity of individuals and family

Hā a koro ma, a kui ma - breath of life from forbears

Whatumanawa - the open and healthy expression of emotion

For fuller details of the Health model, refer to:

<http://www.maorihealth.govt.nz/moh.nsf/pagesma/447>.

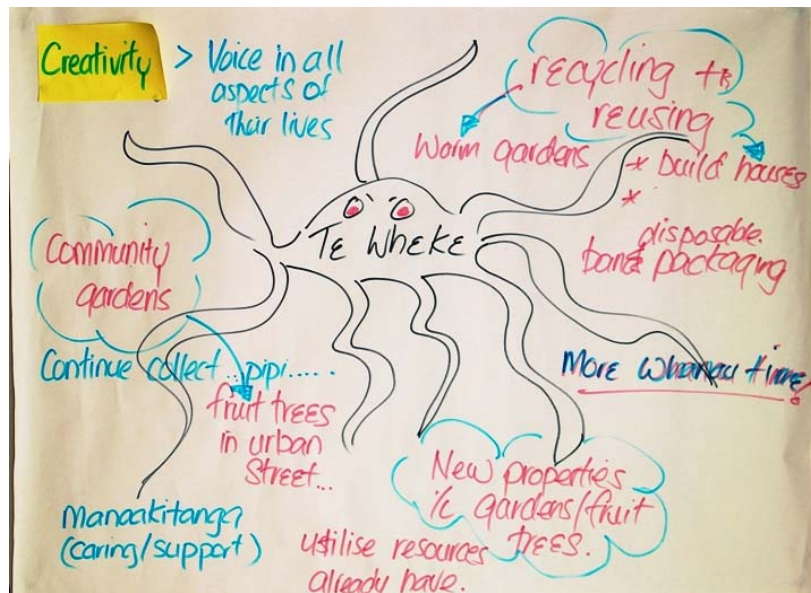


Figure 4- Te Wheke, a model for holistic health, applied to Creativity

In a creative and well-balanced community, all these dimensions must be healthy, reflected in the Disability Community having a voice in all aspects of their lives. More manaakitanga (caring, support) and whanau time would allow people to better utilise resources they have already.



Figure 5 : One group deep in thought about the needs of the disabled

There would be sustainable houses with community gardens, fruit trees in urban streets, and healthy pipi/ kai moana [seafood] to be collected. People would find creative ways to recycle and re-use resources, use biodegradable packaging and so on.



Figure 6 : Deaf participants in deep conversation about Identity

Identity

How disabled people identify themselves in their community would be reflected in supportive and caring attitudes; they would be involved in the community, treated with respect and understanding, and confident in who they are. This could require education and teamwork.

In an ideal future, employers would open the doors for disability and attitude change. People would see the person, not the disability (no labels). And 100% of New Zealanders would understand and use Māori and New Zealand Sign Language, meaning no more barriers.

Freedom

Freedoms we want:

- To have an 'ordinary' life - belonging; in and of the community.
- Of movement - from place to place, country to country.
- From discrimination and barriers. Free access - differences are respected, and we're free to participate and have a say.
- To choose who you live with.
- To access the other 8 human needs [Neef's model].
- To be happy, healthy and loved.
- To be able to engage in meaningful employment for a sustainable wage.

What we need to do [to gain these freedoms]:

- Get disabled people involved, right across the board.
- Ensure legislation and Treaties make people do what they say.
- Educate, to improve access - people with disabilities taking the lead. Ensuring a seamless system, not compartmentalised, with teachers trained, and a curriculum that supports them.
- Individuals and communities make sustainable choices, such as sustainable transport (accessible, regular e.g. electric trains) and power (e.g. hydro, wind & solar for lights, vehicle fleets).



Figure 7 : Reflecting on human needs for sustainability

After discussion of all nine needs, the whole group discussed what can happen if people's ability to meet their own needs is taken away. Some commented about rising levels of frustration leading to destruction of our social fabric, and anarchy. One cited the example of Argentina when inflation was at 900%, and people couldn't feed themselves, and resorted to looting, fighting and rioting.

Unfortunately there was insufficient time to fully discuss the power of working towards a positive vision, as opposed to ineffectiveness of trying to avoid an unpleasant, undesirable one.



Figure 8 : Intense discussions occurred throughout the day

Priorities for an Ideal Future

Each group identified different priorities, reflecting to some extent their different backgrounds, and the risks and issues they had focussed on.

Rather than agreeing on one final set of priorities, the whole group raised issues which could bear further discussion among the Disability Community.

Their comments fell into three groups; reflections on the need for a new way of thinking; reflections about what a sustainable community would be like in an ideal future; and some powerful questions, as yet unanswered.

We need a new way of thinking

- We need to shift our paradigms - away from a 'dependency' model, to an 'inclusive / participation' model, in order to improve psychological and physical well being.
- We need to find ways to encourage greater integration of the disabled population among the able-bodied community, and return to a way of life where helping and supporting is the norm.
- We don't often get to think about the long term, high level issues, and we need to. Access to information and resources is vital.
- New concepts of productivity may be needed.

We need a Caring, Inclusive and Responsive Community

- We will need to be more community minded and socially responsible because of declining resources, to ensure we share what is available equitably. We all need to work together as a community, to create a more compassionate and caring society.
- This requires more collaboration/ sharing/ partnership, and more inclusive solutions, including better education to change attitudes and perceptions in the wider community.
- Mobile support services are needed to sustain disabled people to remain in the community. Sustainable transport and more sustainable ways of life are vital for this.
- A bottom-up empowered community would be driven by credible representatives from the Disability Community itself.



Figure 9 : A workgroup ponders their preferred future

Some Powerful Questions

- Do the sustainability challenges provide us with real opportunity to work together? How are we going to manage this situation? Can we be pro-active rather than reactive?
- How can our people move from old ways of living to another level, where they are influencing the sustainable use of resources at a local level?
- How can we ensure our people are better informed about all this?

These questions could form the basis of further deep conversations the Disability Community may choose to explore at a later stage.



Figure 10 : Groups consider future headlines and milestones

Milestones towards a Vision of the Future in 2060

Participants were asked to invent future newspaper 'headlines' as a way to identify steps along the path towards their preferred vision. The following is a mixed sample of items they came up with, in chronological order:

- 2010** "Disabled woman wins in local body elections"
> Creates attitudinal change
- 2011** "Disabled woman in Parliament"
"At last, Māori TV 24 hour coverage"
- 2012** "She wins Health portfolio!"
"Māori community benefit from Wind Power"
- 2015** "Increasing disabled participation in elections" / "Sign of things to come? - Six disabled people seek selection. "
"Wheeling the country to success!"
> Joe Bloggs wins the elections - a triumph for disability
"Hydro turbines eco-friendly"
"\$7.29 per litre - huge decline in private cars, resurgence in cycling, with government subsidies on side-car models"
"Advances in GPS guidance make blindness a thing of the past"
- 2018** "First Māori disabled Prime Minister"
"Mud homes weather council ruling!"
- 2020** "Adobe homes No 1 Seller" - *Real Estate Times*
"Airship food container service launched in Pacific Rim" - decreases costs and eco footprint
"Central government has bought into 'Affectionate Communities' First fully accessible and sustainable community hub based in Manukau -
- 2021** "Pedal Power Rules!"
...motorway finally closed to private cars. From today, cyclists have exclusive use of two lanes; bus lane continues, on solar & windpower!
- 2060** "True partnership finally achieved"
"Wheelchair architect receives 2060 Design Award"
"80% of NZ school students achieve NZCEA Level 5 in NZ Sign Language"
"kiwis live 10 years longer, due to 'Affectionate Communities' project"

What could be some first steps?

Here are some practical first steps they mentioned:

- Reduce land-fill by recycling and re-using items; grow gardens, use compost and worm farms; lobby to have dumps opened for recycling; take your own bag & leave packaging behind when shopping; take your own cup to Cafés; ask for wooden versions of OT equipment and other items, not plastic; buy locally (eg farmers' markets); turn off appliances rather than leaving on standby
- Get New Zealand Sign Language recognised as an official language, and ensure more signing and subtitles on TV.
- Educate employers to have more open door policies
- Look for alternative ways to travel, like car pooling and public transport
- Support groups like Dress for Success, who recycle clothing for women seeking employment
- Ask Council to support eco-friendly buildings & incentives for water tanks; use better house size and designs - design for community living, apply systems thinking re bathrooms, biodigesters, grey water etc. Use human waste as fertiliser or to generate methane gas for heating. Require new-builds to have 10% of the space for future conversion, as in the UK. E.g. to install a lift later on for disabled/elderly.
- Utilise all networks; ensure disabled people stand for elections, we need more than one representative; get involved; seek information; include yourself in reference groups and consultation hui to do with 2060
- Acknowledge the challenges are real. Share knowledge re what's already happening with family /friends; transfer learning. Use social networking. Think about the issues, spread the word.



Figure 11 : Every sector represented had much to discuss

Closing Comments

Participants acknowledged that this workshop was a beginning only; further discussions may be needed to progress towards a more sustainable future, and could require some difficult decisions. It was agreed the Disability Community needs to determine its own priorities.

While no one in this group committed themselves to specific projects or actions, it seems likely that many will be interested in further action, whether as a community, through organisations or as individual family members.

The workshop closed with participants being asked to sum up their experience of the day in one or two words. Here is a sample of the comments made:

*Thought-provoking; interesting; informative; challenging;
empowering; networking; collaborative; inspiring; encouraging;
hopeful...*

Such comments suggest that participants went away with a lot to think about. The challenge will be in moving from considered thought, to effective action; it will be interesting to discover what results from these beginnings.

Implications for Families, Community and Organisations

During this workshop, actions were identified that any family or individual may take to help prepare for the future. These included growing gardens, using worm farms and compost, and reusing and recycling resources.

There are many more ways the able-bodied community and those with partial impairments can build their own resilience against future shocks (for example by developing community gardens, or installing solar systems and rainwater tanks and the like).

How realistic it is for the Disabled Community to undertake such activities will depend on an individual's type and level of disability, and their interest in doing so; and sadly there may always be some among the Disability Community for whom this is an impossibility. These are matters for individuals to consider, within their own capabilities.

Cost and levels of mobility are likely deterrents. Indeed, the comparative poverty of disabled people was a recurrent theme throughout the day. Issues of affordability and access clearly play a significant part in the Disability Community's ability to build resilience for the future.

Of course, another recurrent theme was the support that the community can offer to those with disabilities. For example, while some individuals on their own might find tending a garden too daunting, with support they may find that they could grow plants in containers, or contribute in some other way to communal efforts.

Perhaps of more importance are decisions we must all make, for example about consumer purchases, rubbish disposal, and our use of resources. For most of us, it is a start simply to improve our awareness of sustainability matters, and in this, the Disability Community face similar prospects.

It is more challenging perhaps, to consider matters like the declining supply of fossil fuels, and the likely impact on transport. Challenges around mobility, and rising costs, are factors to which the Disability Community are already vulnerable.

The communities and organisations which support those with disabilities are also likely to be vulnerable to increasing pressures from the same challenges, but the potential benefits of supporting all disabled people to participate as fully as possible, are immeasurable.

Facilitators' Perspective

Among this group, there was a wide range of initial awareness of likely future global challenges, and only a minority had a robust understanding of sustainability. Nevertheless, the responses of this group to the information presented, were positive and focussed. All seemed strongly impacted by the World Population Growth video in particular.

Their responses ranged from a strategic and aspirational level, like "let's appreciate Earth's bounty, and eliminate excess and greed", to a more immediately practical and achievable level, such as "I'm going to tell everyone in my workplace about this".

The Disability Community's vision for the future is clear, positive and plausible: a sustainable community will be one which fairly and equitably allows all people to participate and contribute fully, in all aspects of their lives, within ecological limits.

Changes to Auckland's governance will provide excellent opportunities for the Disability Community to continue this process. It will be exciting to see if the interest that participants showed at this workshop can lead to effective action in the community, towards their vision, in the years to come.

Now, the challenge is to further clarify what steps are required to achieve this, and to begin. The journey towards a sustainable future will require committed and determined action, and this conversation was only a part of that journey.

While the Disability Community may need to undertake further conversations to clarify their priorities for action, the journey has begun.

Low cost, low impact, sustainable solutions are often those which require strong community cohesion, and social responsibility, and these too were strong themes arising in the workshop.

It is worth repeating one of the questions raised during the workshop, and place it into the context of future conversations among the Disabled Community, Auckland's new leaders, and the wider community alike:

"Do the sustainability challenges provide us with a real opportunity to work together?"

Appendix A: The Natural Step

Towards 2060 chose *The Natural Step* (TNS) as a framework for considering and achieving a shared understanding of what sustainable development means. While elements of TNS are common to other strategic planning frameworks, TNS deals specifically with sustainable development. It is used extensively by communities and businesses in many countries. Founded in Sweden 20 years ago, it has stood the test of time and formed an international network of accredited practitioners, a small group of whom are based in New Zealand, and are part of Towards 2060.

The TNS framework is based on thinking about the “whole system” or “big picture” before focusing down on a strategy or plan of action. It progresses through a series of five levels to help prioritise actions and ways of assessing their success. A system can be anything from an individual’s lifestyle to a nation’s long-term strategy.

Games like *Zoom* help us visualise a system and the importance of understanding inter-relationships of components within the system. The emphasis is on ensuring the broader context of a problem is fully understood so that in solving one problem, there isn’t an unintended negative impact elsewhere in the system. Considering the whole also helps us put some of the tools for sustainability into perspective. In seeking a solution to a problem, we avoid using tools that are less than optimal for the whole system.

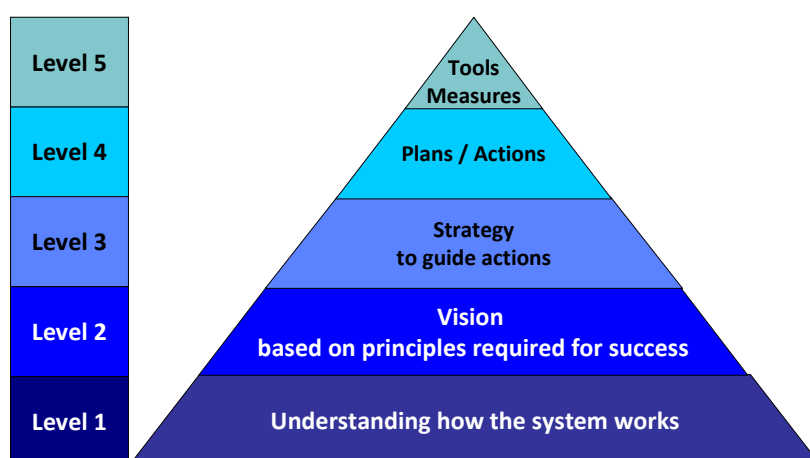


Figure 12 : Five level framework, developing from big picture to measuring success

TNS has also developed *system conditions*, “objectives”, which, if followed, will ensure that the direction of development is sustainable. System conditions particularly fit in level 2 above but can then be applied to guide strategies and actions. The conditions define what is required to achieve a “sustainable world”. They provide a checklist for development and can be used in any planning context to help analyse and prioritise choices. With current technologies and options available to us, the way forward may not fully satisfy all the conditions but still be the best choice at the present time.

Conditions for Sustainability

WHAT WE TAKE

Continually reduce and eliminate our dependence on mined metals, minerals and fossil fuels - *extract less, reuse, recycle, use renewable resources*

WHAT WE MAKE

Continually reduce and eliminate our use of manufactured non-degradable chemicals and substances - *use natural alternatives and recyclable materials*

WHAT WE DESTROY

Continually reduce and eliminate our dependence on activities that cause physical encroachment upon the natural environment - *draw resources from sustainably managed eco-systems, restore nature, protect biodiversity*

HOW WE SHARE

Ensure that people everywhere are treated fairly and with respect to enable them to meet their needs efficiently – *look after people, share resources fairly*

Figure 13: Sustainability conditions to assist in planning processes

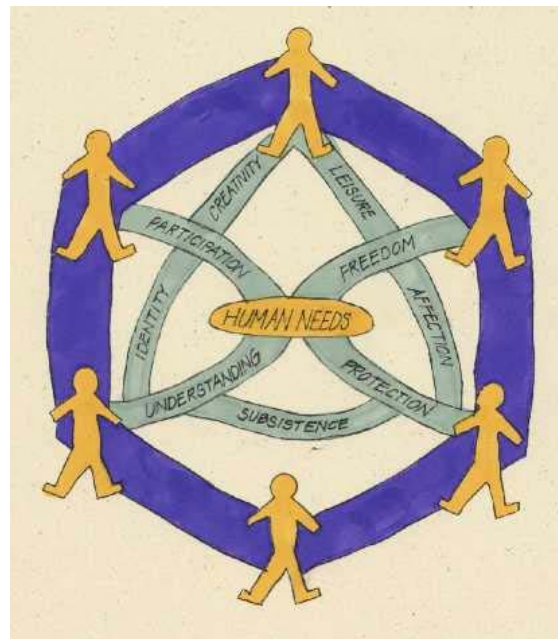


Figure 14 : Fundamental human needs as identified by the research of Max Neef

The conversation around the system conditions can be expanded by considering what contributes to the fourth system condition “How we Share”, and understanding basic needs. Based on research by Chilean economist Max Neef, nine inter-connected satisfiers of human needs have been identified. The emphasis becomes how to satisfy those needs in a community, while working towards the first three objectives.

TNS also uses a *tree* as a metaphor. The four conditions, like the roots of a tree, underpin a wide range of services - the ‘branches and leaves’ - within any system, be it an organisation, community or country. They provide a commonality of purpose, ensuring the many parts of the system have a collective definition of success.

The Sustainability Funnel

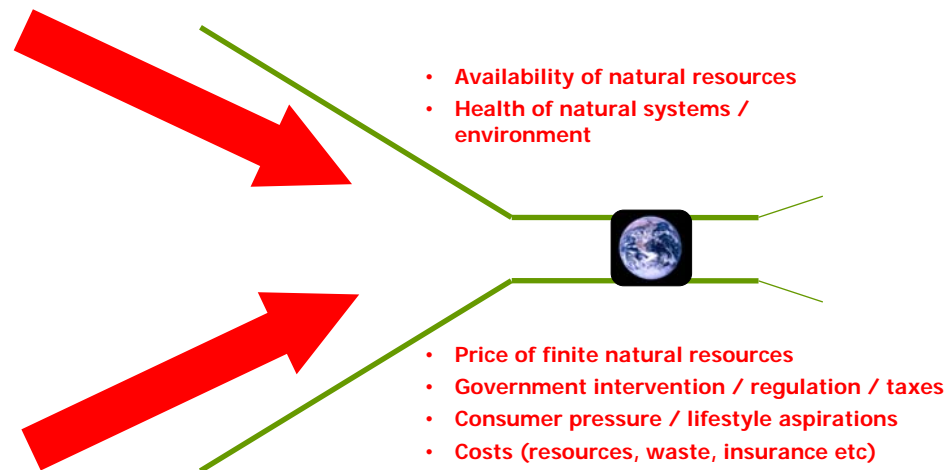


Figure 15 : The funnel which can be applied to a wide range of current contexts

TNS uses another metaphor which helps to focus on key issues for a system, the *funnel*. This describes how pressures are increasing as resources are decreasing. It can be applied to a wide range of situations. The end-game is to stop the sides of the funnel colliding; pass through the apex of the funnel and start to open it out the other side. Discussion occurs around the question: what actions are required to make that happen?

The ABCD Model

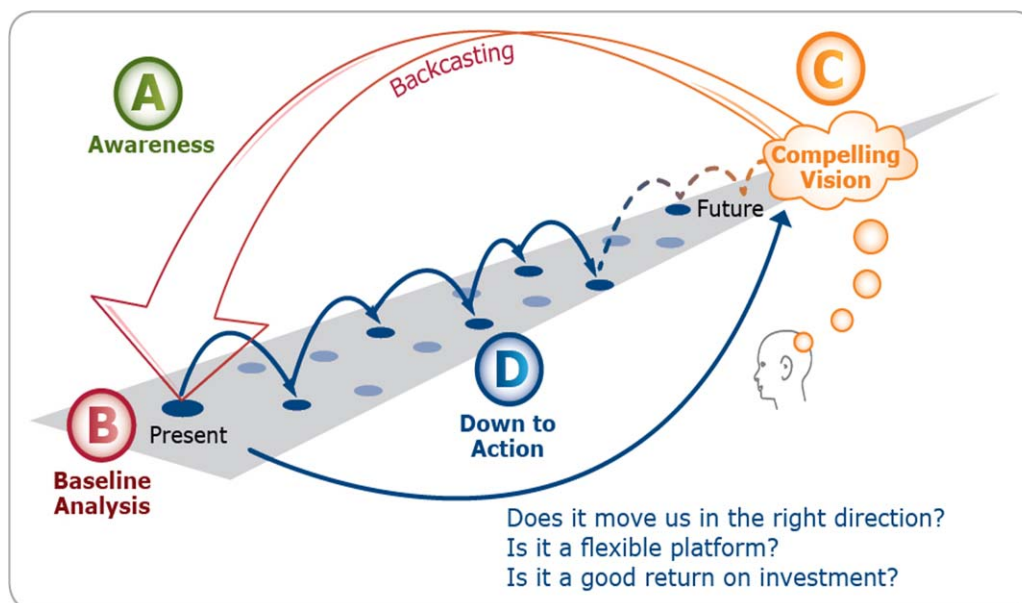


Figure 16 : A planning framework

Yet another TNS tool is used to start to develop priorities for action with the community. It's known as the *ABCD model*, where A is awareness of the system under discussion and the future challenges or forces that will impact on it; B is the baseline, where the system is now, is it working well, is it resilient in the face of future changes?; C is the vision of the future. In *Towards 2060* we use the year 2060 as a point in time to focus on but it could be any other date sufficiently far in the future to take participants out of the current state and think about what is down that future road.

The preferred future that is envisioned must also be plausible, based on what we believe will be the challenges and opportunities of the future and it must be possible, that is, achievable. It's a practical exercise which needs to consider financial benefits and constraints and ensure there can be flexibility in achieving the vision.

Following the creation of that vision there is a process known as *backcasting* which returns from the vision to the present day and considers what incremental steps and actions (D) are required to create the vision.

The ABCD framework is a simple process but each step is necessary to get the best outcome.

Appendix B: Workshop Participants:

Beth Robb

Debra Bothamley

David Hughes

Dion Twiss

Ewen Wilson

Gayleen Mackereth

Georgina Nathan

Glen Nicholson

Hemant Thakkar

Isaac Sayal

Jackie Scanlon

Janet Phare

Judith Serfontein

Lauren van Coller

Lolo Filiai

Margaret Hall

Nada Singer

Nicola Owen

Niharika Puri

Pam Antill

Patrick Thompson

Patu Witehira

Pip Bishop

Sharleen Tongalea

Sharon Howard

Sue Lessing

Sue Mckinnon

Therese Luxton

Whiti Ronaki

Interpreters:



Tania Simon



Donna Bailey

Facilitators:



Simon Harvey and James Samuel