

## Our Service

Transition Navigators is a service designed to enhance the well-being of older people. We will assist you and your family to plan your living arrangements at this important life stage.

We are an independent, national service that is not affiliated to any other companies or organisations. Our commitment is to work with you to provide a caring, supportive accommodation plan that helps you maintain your independence and quality of life.



## Bill's story

Bill and Joan have lived in their home for 53 years until Joan died last year. Their children, who don't live in Christchurch, are worried that Bill is struggling to maintain his garden, do his shopping, cook his meals and look after himself. They also think he is becoming more anxious and isolated. They have a range of ideas about what he should do but don't want to bring this up with him because he is adamant that he will stay in the house and gets very angry and upset when they try to make suggestions. Bill knows he isn't coping and is worried about what this will mean.

We visited Bill in his home, discussed with him what his needs were before we developed a Life Stage Plan specifically for Bill that he was happy with. We will do the same for you.

## How we help you

We visit you in person to determine what your needs are before developing a Life Stage Plan tailored to your specific situation.



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TRANSITION  
**NAVIGATORS**  
ADVANCED LIFESTYLE PLANNERS



## Accommodating Change

As you age, your abilities change and so do your accommodation needs. It is important that you live in a supportive environment, and that where you live is a safe haven that you enjoy.

At Transition Navigators we recognise that it is not always easy to work out what accommodation choice is right for you, and what support is available to you either within your own home or within the wider community. We are here to help you and your family put the best plan into action, for your peace of mind and theirs.



## How We Can Help You

Transition Navigators evolved to help older people find the best fit for their changing accommodation needs, either following a health crisis or when planning ahead.

We work with older people who are planning to downsize from their family home, looking for support to stay in their family home or with families when a health crisis signals a change in circumstance.

Many people can be overwhelmed by the thought of making a change to their living arrangements, while often family members have differing ideas. Our role is to work with you to navigate all the available options. This may include arranging assessments, subsidies or a house move.

Our impartial service works with you to plan the most suitable option that allows you to maintain your independence while preserving family relationships, especially in stressful circumstances.

**Discover how Transition Navigators can help you**

Call 0800487 267 or  
complete the online Enquiry Form at  
[www.transitionnavigators.co.nz](http://www.transitionnavigators.co.nz)

## About Transition Navigators

Transition Navigators was founded by Robyn Johnston, an experienced teacher and counsellor with a Bachelor of Education and a Master of Health Sciences Research. Her research focus is on older people and their wellbeing. Robyn has personal experience with older people and their families, helping them make the best choice for them.

At Transition Navigators we believe it is important that you are involved in deciding where you will live safely.

We believe that every individual has the right to a good quality of life.

