**Ripples**

The timing of the 2010 and 2012 surveys conducted by the New Zealand Longitudinal Study of Ageing provides a clear “before and after” dimension to the exploration of the impacts of the Canterbury earthquakes, on the study population of older people. Our data shows some effects (e.g. controlling for baseline differences) on measures of living standards, as well as on physical and mental health, according to location, and degrees of recorded direct and indirect exposure to the Canterbury earthquakes. In particular, the aspects of control and self-realisation within the quality of life measure show different trends based on location and exposure to earthquake effects. Other psychosocial measures of loneliness and depression also continue to track regional differences. These differences are not unidirectional or consistently negative, to the extent that some exposure suggests positive outcomes on some measures. The meaning and value of these findings in terms of policy will be further enhanced by our future ability to trace such effects over the longer term, in light of the scale and duration of the Canterbury recovery process, and of other emerging phases of this country’s exposure to a potentially hazardous seismic environment.

**The New Zealand Longitudinal Study of Ageing (NZLSA)**

The New Zealand Longitudinal Study of Ageing (NZLSA) was established in 2007 and combines two research teams who have worked on two highly regarded research projects investigating the health and ageing of New Zealanders: The Health, Work, & Retirement Longitudinal Study (HWR) established in 2006, and the New Zealand Longitudinal Study of Ageing (NZLSA) based at Massey University and Enhancing Wellbeing in an Ageing Society (EWAS) at University of Otago, Christchurch. NZLSA contains measures of: Economic participation (e.g. meaning of work, employment, retirement); Social participation (e.g. family support, social and civic participation); Intergenerational transfers (e.g. family care, income, wealth and knowledge); Resilience and health (e.g. control, coping, physical, emotional, cognitive).

**The Health and Ageing Research Team (HART)**

HART was established in 2004 in the School of Psychology, Massey University. Among the projects HART has led, is a longitudinal study of older New Zealanders begun in 2006 which has encompassed numerous research partners (Research Centre for Mental Health and Development, Family Centre Social Policies Research Unit, University of Otago, Christchurch), four discrete data collection waves, and over 8,000 participants. HART data from the 2012 data collection included a number of Christchurch earthquake specific questions allowing changes in participant status due to the Christchurch earthquakes to be assessed.

**Lower sense of Control and Self-Realisation**

![Diagram showing lower sense of control and self-realisation](image)

**Less Lonely**

![Diagram showing less loneliness](image)

**Less and more Depressed**

![Diagram showing less and more depression](image)

**Other Effects: What the participants said**

Canterbury earthquakes brought home how it can happen here, in Wellington. I worry about the family and each quake now I feel it could be the big one whereas before I was a bit blasé about them.

Family and friends live in Christchurch - great grand daughter Fem 22, granddaughter alone in house in Chch - centre of her home damaged. Family members affected by the events in Christchurch - grandsons relocated to another school in the event. I have many relatives living in Chch including one only son, therefore we have been very concerned about the safety and well being of family. I was part of a team of Building Inspectors sent to Chch after major earthquakes. Many of my friends were affected. I lived in Canterbury 9 years ago and left many friends there. My family and grandchildren have moved to Paparoa - their home was one of the RED ZONE area. Acted as a volunteer (victim support) with a South Auckland group sent to Chch to help in February 2011.

I grew up in Christchurch — many family and friends live there. Very teller CVA during 15 mabe quake and uncle died three weeks after 22 February quake. Family and friends have damaged homes. Most relevant buildings in my childhood were damaged - family homes, churches and Leisure Park, as well as my own first home.

Local area in North Island, we raised $27,000 for earthquake relief. Have now moved into a bedsit at my elder daughter’s. My house has [burnt down] and has been rebuilt.

I supported my youngest daughter, her husband and 2 young boys. I paid for school uniforms and books etc. & also helped with work. Daughter is in her home, the man is no longer. I was present 22 February 2011 and in building damaged, suffered severe trauma and required leave for 3 – 4 weeks to recover on return to Auckland - now recovered.

Insurance costs have increased considerably, meaning less money to live on with partner.

We have decided not to retire there because of quakes. Have now moved into a flat both on the 2nd floor - the pull down the building. No longer there. My name [redacted] is in the Red Zone.

Insurance costs have increased considerably, meaning less money to live on with partner.

We have decided not to retire there because of quakes. Have now moved into a flat both on the 2nd floor - the pull down the building. No longer there.

Male redundant as a result of direct business closure/earthquake.

Moved out of my home of 52 years so I could pay my bills (house, okay just for the money). Moved for work but not as much work now and think I am almost unemployed... it’s a big worry.

Ref.: Harakehe steadily provided us with food over the years. 2nd in the line up. I have a lot of respect for the locals. He has been caring for my mother (82) who has gone into care in Nov 2011. I went down and visited and chatted outside of her home in Chch, & tears with Red Cross with no more recovery plans.

Further information is available at [http://hart.massey.ac.nz](http://hart.massey.ac.nz)