

National Updates



Rialtas na hÉireann
Government of Ireland



Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive

Our highlight communications updates for you from this week are:

- COVID-19 is still spreading in our communities. Vaccines are proven to be your best protection against serious illness from COVID-19, alongside the day to day protective measures we all need to keep in mind - clean hands, masks, leaving space.
- If you are a **close contact of a person that tests positive for COVID-19**, please find updated guidance [here](#).
- **COVID-19 vaccine boosters:** If you're **aged 60 or over, or a frontline healthcare worker**, you will be offered a COVID-19 vaccine booster dose about 6 months after your last vaccine. If you have had COVID-19, and you're due to get a booster vaccine dose, you'll need to wait until around 6 months after your positive test result. Read more about [COVID-19 vaccine booster doses here](#).
- **Free flu vaccine for all at-risk groups:** The HSE encourages all at-risk groups to make an appointment with their GP or Pharmacist for their free flu vaccine. People at risk include all children aged 2 to 17, those aged 65 or over, people with certain long term conditions, and pregnant women. Visit www.hse.ie/flu

Public Health Measures

You can [find the public health measures here](#).

COVID-19 Testing - Online Booking System

Full details of [how to get tested are available here](#).

Common symptoms include high temp, dry cough and tiredness. If you have symptoms of COVID-19, it's very important to self-isolate and get tested as soon as possible. [#StaySafe](#) | [#ForUsAll](#)

COVID-19 Contact Tracing - Online System

If you test positive for COVID-19 you will get a text message. This will include a link to a website where you can upload contact details for your close contacts. If you do not use the website, a contact tracer will phone you to collect the details. You can [find out more about close contacts here](#).

Close Contacts

If you are a close contact of someone with COVID-19 - but are fully vaccinated and have no symptoms - we will register you for antigen COVID-

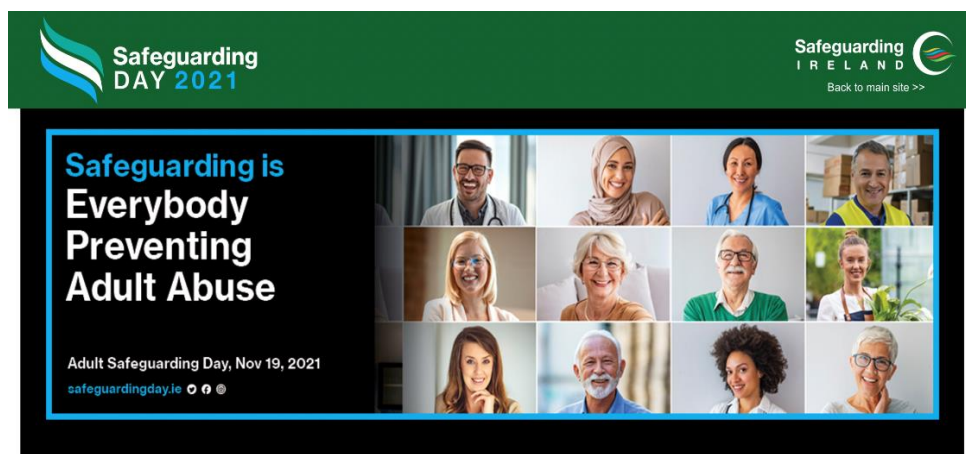
19 tests. Close contacts who have symptoms or who aren't vaccinated need a PCR test. [Read more here.](#)

COVID-19 Vaccination Programme

You can find the latest information on vaccines administered [here](#).

[You can read the full weekly update by clicking here.](#)

Adult Safeguarding Day, November 19, 2021



Information on Adult Safeguarding Day, Friday November 19.

Ireland's first Adult Safeguarding Day public awareness event takes place on Friday November 19, 2021.

The event is being coordinated by Safeguarding Ireland – in partnership with organisations across the health, social, financial and justice sectors. The aim is to raise a greater awareness and understanding of safeguarding with respect to 1) rights 2) services and 3) empowerment.



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What is Safeguarding?

- Safeguarding is putting measures in place to uphold our rights, to support our health and wellbeing, to reduce our risk of harm – and to empower us to protect ourselves.
- Safeguarding involves ourselves, our families, services and professionals all working together to prevent adult abuse, neglect or coercive control.
- Safeguarding means empowerment – that if we face challenges with our capacity, ability or independence our voices are heard, and choices included.
- Safeguarding also plans ahead for if we need help from others, that there is clarity on our wishes – and that these will be respected.

Hardcopy campaign resources are included in campaign packs which people who are on the postal database should receive a week beforehand by Friday, November 12. Additional posters, leaflets and badges are also being sent to some organisations.

The materials will also be available online from November 12, at a dedicated section of the Safeguarding Ireland website at www.safeguardingday.ie.

Organisations can use the campaign as an opportunity for public awareness events. These can be anytime around the campaign period and may involve:

- A public display, or meeting using the campaign materials
- A lunchtime, or evening seminar, about safeguarding issues relevant to your work
- Include the campaign information in your newsletter
- Make the leaflets available in a public place / put the posters on display / wear the badge!

For more information: www.safeguardingireland.org



Decision Support Service Codes of Practice Consultation

About 200,000 adults across Ireland may require support exercising their right to make decisions regarding their personal welfare, property and affairs.

For example, they may have an intellectual disability, a mental illness, an acquired brain injury, or dementia. In addition, all of us should think of planning ahead in case we lose our decision-making capacity in the future. Next year, the State will launch an essential public service to support adults with decision-making capacity issues. The new service - called the Decision Support Service - is now reviewing draft codes of practice and we would like to hear from you.

We especially want to hear from people with disabilities and their families and carers; people working in health and social care, law and financial services; and from the public. We intend to carefully assess all feedback received and take it into account when developing the final codes of practice for publication.

Consultations are now open for a code of practice on general guidance on supporting decision-making and assessing capacity.

These consultations will close at 5pm on Friday, January 7th, 2022

For everyone

Visit [here](#) to read the draft [Code of practice on supporting decision-making and assessing capacity](#) and click on the [survey link](#) for your feedback





Let's Talk Climate Action Workshop

Join us for a **Climate Action Workshop** on **Monday 22nd** and **Tuesday 23rd** **November at 11am.**

Liz Downes from Cork County Older People's Councils describes her experience of the workshop:

"I thoroughly enjoyed the two sessions and to me personally it is a battle we have to fight not tomorrow, next month, but right now. We need to change our attitude towards climate change. Older people have a big role to play, they can pass on to their grandchildren the importance of taking action, to promote prosperity and a brighter future for generations to come. We need action, not talking right now."

Let's Talk Climate Action is a 3-hour online workshop delivered over two sessions (1.5 hours per session). Led by Gavin Harte, the workshop offers an introduction to Climate Action and Sustainable Development and assists participants to build climate action capacity within their local Age Friendly groups.

The Workshop is open to any older person and anyone interested in the Age Friendly agenda. It is a free workshop funded by the Climate Action Regional Offices.

15th and 16th November
11:00 - 12:30 AM

Age Friendly IRELAND South East Region

zoom

Age Friendly IRELAND

CARO

Let's Talk **CLIMATE** action workshop

The registration link for both sessions is:

<https://us06web.zoom.us/meeting/register/tZEkcOyrpz4qHd0YP1vXFYofsCrJ4JrRqWv2>

Once registered the participant will receive an email with a link to join the session. The same link is used for both sessions.

Please note the workshops are delivered over 2 days **PART 1 and PART 2**. Participants should attend both days.



comhairle chontae na mí
meath county council





Maynooth University
National University of Ireland Maynooth

Ageing in Place Research Study | Maynooth University

Áine Trayer, a final year undergraduate student at Maynooth University would like to invite people aged 65 years or older to participate in an online interview about their experiences of ageing in the community.

The aim of this study is to gather the perspectives of older adults on how they experience ageing in place. It is important to understand the impact of growing old in one's home can have on health by discussing community interactions, forms of residency, family dynamics, and functional challenges. Participants will be asked to take part in an interview with the researcher, Áine, via a Microsoft Teams meeting. Interviews will take approximately one hour.

For further details on the research and how to get involved, please email Aine at: AINE.TRAYER.2019@MUMAIL.IE



Join us live on Facebook

**Monday 22nd
Wednesday 24th
Friday 26th**

at 11am for

**Age & Opportunity
Movement Minutes**



#AgeandOpportunity

The classes are available on [Facebook](#) and [YouTube](#) and the timetable shows where each class is available.



AgileAgeingAlliance



S H A P E S



Envisioning, Innovating and Investing for Active and Healthy Ageing: Who Decides?

Ageing societies face a range of challenges in the design and provision of health and social care. AAA is looking for stakeholders to participate in a SHAPES virtual group discussion about the role of innovation and technology in health and care systems

Participation in decision making processes is a central issue in rapidly evolving care environments, with change often mediated by technology. If you are interested in joining this discussion and in turn informing development of the new ISO standard for Smart Multigenerational Neighbourhoods, click below for further details

[Learn more](#)



Údarás Náisiúnta Iompair
National Transport Authority

National Transport Authority - Connecting Ireland information.

Background

Throughout late 2020 and 2021 the NTA held a series of workshops with Local Authorities and National Agencies. These workshops provided the opportunity to better understand gaps in the public transport network at a local level and helped to shape our proposals.

During 2021 they have been working hard to develop a draft set of proposals for sharing with you during the public consultation, encouraging members of the public to respond to our [online survey](#).

Consultations with the Public

Because of the restrictions on getting together to limit the spread of COVID-19, they are going to consult with people on-line. In addition, you will find all our Connecting Ireland documentation, interactive maps, and other items in our Virtual Consultation Room on the Connecting Ireland section of the NTA website. <https://www.nationaltransport.ie/connecting-ireland/proposals/>

SCAN ME



Each county will have its own section. Look for your county on the map and click on it. You will be able to see the tangible ways in which your public transport services will be enhanced as Connecting Ireland is implemented.

You can also respond to surveys and leave comments and suggestions to help to improve the nature and timing of their programme.

<https://eu.surveymonkey.com/r/BT9CDVS>

Closing Date is Friday 10th December 2021

Transport Strategy for the Greater Dublin Area

The National Transport Authority (NTA) has prepared an updated **Transport Strategy for the Greater Dublin Area** based on feedback earlier this year. This strategy sets out the framework for investment in transport infrastructure and services over the next two decades to 2042.

The next stage of our process is to ask the public to get involved once again and have their say on the plans. The Strategy sets out the transport schemes and measures needed to tackle climate change; to reduce the impact of congestion; to deliver a safe and attractive cycling environment; and to develop sustainable communities across the city and region.

The draft transport strategy is available here.

<https://www.nationaltransport.ie/gda/draft-transport-strategy-for-the-greater-dublin-area-2022-2042/>

The NTA are holding online public information events during the consultation stage, at these information events you will have the opportunity to hear from the NTA team about the Draft Transport Strategy for the Greater Dublin Area 2022-2042. Further information events may be added subject to demand, updates will be on our website. Please register in advance for one of the information events by clicking on the registration link below. After registering, you will receive a confirmation email containing information about joining the webinar.

<https://www.nationaltransport.ie/gda/online-information-events/>

To make a submission on the consultation portal click on the link below or on the webpage. The closing date for the consultation is Friday 17th of December 2021

<https://www.nationaltransport.ie/gda/public-consultation/>



Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive

Who Cares? A new information booklet and directory of supports for carers of people with cognitive impairment/dementia in Laois/Offaly

This resource aims to help carers of people with cognitive impairment/dementia on their caring journey and signpost them to relevant supports and services

When a loved one starts to experience the symptoms of a cognitive impairment or dementia it can be very overwhelming for family members and carers. Part of the stress can be not knowing what to do? Where do you go to when you need a particular support, or information in relation to the illness or what's available?

Knowledge is power. **Who Cares?** is a new information booklet that aims to support and empower carers of people with cognitive impairment/dementia on their caring journey and help them access relevant supports and services that they may require at various times along the route. It also provides them with information in relation to carer entitlements tax credits and possible agency arrangements that can be put in place in relation to the management of another's affairs.

For instance:

- How do the members of Primary Care Team(s) and our Psychiatry of Later Life Team support people with dementia and their carers?
- On the days a carer is feeling particularly stressed who is available for emotional support? We have included information taken from the Personal and Community Information Directory that was compiled by the Midland Resource Office for Suicide Prevention.
- Depending on the information/advice a carer is seeking where is the best place to find answers?
- Options available for dealing with the work or financial implications of being a carer
- What are the social and leisure opportunities that could be available locally?
- How to address some of the safety and security issues as well as the most up to date fraud prevention advice from an Garda Síochána.

"At a time of crisis, it is very confusing trying to figure out the most appropriate place to seek support at that point in time," explains Aine Davin, Social Work Team Leader at Psychiatry of Later Life. "We hope this booklet will answer some of your questions, alleviate some of the stress involved and sign post you where to go for further information".

"Carers come into contact with HSE Primary Care, Mental Health, sometimes Older Person's Services along with other organisations, other Government Departments such as Social Welfare, Local Authorities as well as different community supports, all doing their job but may not have

information in relation to each other. As a result, it often feels like being on a tour of organisations and services. This resource pack will hopefully serve as a one stop shop that people can dip in and out of and also share with the person with the illness and other family members.”

“We would like to thank the National Dementia Office, HSE’s Nursing and Midwifery Planning and Development Unit (NMPDU), HSE Mental Health Services; and a sincere thanks to both Laois and Offaly County Councils, and Laois and Offaly Age Friendly Alliances for funding this document. This information booklet will be available through both the Alzheimer’s Society, (087) 3210642, Family Carers Ireland (057) 932 2920 as well as in local libraries and on both Laois and Offaly County Council websites for those who were unable to secure copies.”

Aine Davin concluded: “Although this booklet is aimed at carers who are looking after someone with dementia, it also contains general information for carers that would be helpful for any carer no matter who they are looking after. If you know anyone who is a carer, we would appreciate if you would direct them to this this resource if they are not already aware of it. To paraphrase Maya Angelou we hope this resource will be the rainbow in someone’s cloud someday.

Access the booklet here: <https://www.hse.ie/eng/services/list/1/lho/laois-offaly/mental-health-services/who-cares-carers-resource-pack.pdf>



Age Friendly Business Training with Enniscorthy Chamber of Commerce

Continuing our Age Friendly work in Enniscorthy, on 4th November 2021 Enniscorthy Chamber of Commerce hosted in person Age Friendly Business Training delivered by Orlaith Carmody. 20 people from a diverse range of very enthusiastic local businesses attended the training session and have committed to implement a number of practical actions to make their businesses more age friendly. We are looking forward to hearing from the businesses in terms of implementing these actions and presenting them with their Charters and recognising their work in due course.





Tri-Shaw programme

Last week Lord Mayor Alison Gilliland launched the Tri-Shaw programme for those with mobility impairment as part of DCC Inclusion and Integration week 8th-12th November. Dublin City Council, Dublin City Council Sports & Wellbeing Partnership, Healthy Ireland, Age Friendly and Cycling without Age were all involved in this project.



See below Beatrice Casserly Age Friendly Ireland Regional Manager & DCC Age Friendly Programme Manager, and Eimear McCormack Dublin City Age Friendly Healthy Homes Officer at the Age Friendly Event in Wood Quay Venue, as part of DCC Inclusion & Integration week.



Your Voice



We've heard about so much good work going on all around the country, please let us know what's happening in your area so we can share those innovative ideas with everyone. Please email us your news to Rachel at rleavy@meathcoco.ie Information is one thing we can share right now!

International Updates



IFA Global Cafe | In Conversation with Dr Andrea Holzner on "Rural Aging Sustainability"



The International Federation on Ageing held a Global Cafe event this morning called - In Conversation with Dr Andrea Holzner Practicing Gerontologist Global Speaker on Rural Aging on "Rural Aging Sustainability" A recording of this event will be available on the Federation's website <https://ifa.ngo/ifa-global-cafe/> and <https://drbarometer.com/community/resource-library>

Important Tips

Always have your **Eircode** close by in case of emergency. You can find your Eircode [here](#)

Perhaps keep a **daily diary** to record the people you are in contact with every day, so if you develop symptoms it will be easier to trace them

Coronavirus COVID-19

If you have fever and/or cough you should stay at home regardless of your travel or contact history.

How to Prevent

- Wash** your hands with soap and water for 20 seconds.
- Cover** your mouth and nose with a tissue or elbow when coughing or sneezing.
- Avoid** close contact with people who are sick.
- Clean** your surfaces, objects, and toys.
- Stop** touching your face.
- Distance** yourself from others who are sick.

All people are advised to:

- Reduce social interactions
- Keep a distance of 2m between you and other people
- Do not shake hands or make close contact where possible

Symptoms

- Fever (High Temperature)
- A Cough
- Shortness of Breath
- Breathing Difficulties

For daily updates visit www.gov.ie/health/covid-19

Useful Contacts

Age Friendly Ireland Shared Service Office Telephone: 046 9097413
Or Email: rleavy@meathcoco.ie

HSE Advice Line: Callsave 1850 24 1850
Call from 8am – 8pm Monday to Friday and 10am to 5pm Saturday and Sunday