

National Updates

Trip to Avondale, Beyond the Trees in Co. Wicklow



Two of our very own visited the beautiful Avondale, Beyond the Trees the other day.

Whilst Kara and Cally had a wonderful time there, they were also very impressed at how Age Friendly Avondale is and insisted on sharing this with you all. They were especially impressed with the Age Friendly Parking.

Great job girls 😊



Join Our Free Age Friendly Ireland Business Recognition Training Online

Could you use a few more customers? How about 1 million more...



Did You Know . . . There are three quarters of a million older people (65+), living and shopping in Ireland and this is anticipated to grow to 1.5 million by 2051. Older people account for up to 50% of all consumer spending in the EU. They have the time to shop, they like to shop, and they are loyal customers. They will come back to you again and again if you make the consumer experience comfortable and pleasant for them.



Are you doing everything you can to capture and retain this powerful customer base?

Age Friendly Ireland Business Recognition online training are now offering a number of open training dates – not specific to a town or company – which everyone is welcome to attend. Please do tell your colleagues and fellow business owners about the opportunity, we would love to have them on board.

Age Friendly Ireland Business Recognition online training:

Tuesday 13th September from 10am to 12pm

To Register Click on the Zoom link

<https://us02web.zoom.us/j/89209276451?pwd=WHRJQml2SjJCOGIL3BSQWZ2KzY2Zz09>

Tuesday 11th October from 10am to 12pm

To Register Click on the Zoom link

<https://us02web.zoom.us/j/89472505632?pwd=eVpxbWo5ODdINkxHQkJ5LzBubmcwZz09>



Research Project: Climate Change in Rural Ireland: Older People's Perspectives



Are you aged over 55 years?

From a rural or agricultural background?

Maynooth University and Age Friendly Ireland Research Manager would like to hear your thoughts of climate change on older people in rural Ireland

If interested in taking part, please contact Adrienne at:
Adrienne.mccann@mu.ie for further information

Or

You can complete the survey here:

<https://maynoothuniversity.onlinesurveys.ac.uk/climate-change-in-rural-ireland>

National Age Friendly Ireland Programme

A Shared Service Function of Local
Government



Dr Adrienne McCann is a researcher and part-time farmer, concerned with how climate change will impact older people living in rural Ireland or from traditional agricultural areas.

This study aims to explore the older person's perspective of climate change, and how proposed changes may impact life in rural Ireland, particularly on agricultural practices and rural living.

If you wish to request a hardcopy of the survey please contact Adrienne at 087 335 4932





Dementia: Understand Together August Update

Upcoming events

• **World Alzheimer month September**

World Alzheimer's Day is on September 21st each year. On this day, the world concentrates its efforts on creating awareness of dementia and we are encouraging everyone to take simple actions to support people with dementia and their families in their communities. The theme this year is "Know Dementia, Know Alzheimer's." The international campaign will have a special focus on post-diagnostic support. To mark the month, we will share a **partner pack with social media assets** with our national partners and community champions, who can show their incredible support by sharing these widely through their channels. Some of our campaign partners are taking this opportunity to hold awareness talks and training sessions for staff members and the public. If you are planning anything within your organisation or community please let Sinead know, so we can spread the word amongst our networks and share this information on our social page (sinead.oreilly@hse.ie).

• **Engaging Dementia Conference: *Fostering a Dementia Inclusive Ireland*** takes place on November 15th & 16th in person in Croke Park and Online. The preliminary programme can be seen here

<https://engagingdementia.ie/international-dementia-conference-preliminary-programme/>

I am delighted to say that we have worked closely with Engaging Dementia to secure **15 online** tickets for community champions to attend this fantastic conference. If you would like to avail of a free ticket to attend the event, please contact sinead.oreilly@hse.ie. They will be allocated on a first come first serve basis. Please indicate which day you wish to attend in your response.

Community Champions

We are currently linking in with 7 counties to learn more about their initiatives, share best practice and see how we can support them in their community inclusive actions. These counties are Meath, Wexford, Tipperary, Mayo, Kerry, Cork and Sligo.

• If you are interested in joining other champions in these counties to network and share best practice, you can contact Sinead at Sinead.oreilly@hse.ie.

Resources

- Across communities' social clubs, dementia cafes, men's sheds, choirs are providing activities, information and supports. You can find **services in your community** through the service finder on the Dementia: Understand Together website. <https://www.understandtogether.ie/get-support/service-finder/>

One such support is the Dance Memory Social Club in Claremorris. It runs weekly from 11:30am to 1pm in the Curam Centre in Claremorris. It is facilitated by Western Alzheimer's and volunteers. Claremorris & District Lions Club support this services for up to 16 people living with dementia and

their 'plus one' weekly. It is a wonderfully organic support network for the families and friends of those living with dementia. All enquiries to Caroline Joyce on 087-3694477.

- **Dementia Café:**

This is a welcoming, once monthly meeting for anyone who is affected by dementia. People living with dementia, their families and friends, along with those who are interested in supporting a dementia inclusive community, all are welcome to attend. If you want to find out more about a dementia café in your area, please click <https://dementiacafe.ie/cafe-finder/>

- **Dementia Awareness Training:**

Together with our partner the Alzheimer Society of Ireland we are continuing to hold dementia awareness sessions. The training can be tailored to suit the needs of the community or organisation. If your organisation or community would like to avail of this training programme which can be held online or face to face you can contact learninganddevelopment@alzheimer.ie

- **Virtual Dementia Hub:**

The ASI in conjunction with Fujitsu has launched the Virtual Dementia Hub. This Virtual Dementia Hub is a Digital Inclusion project to empower people living with Dementia through technology. Here users can find music, poetry, puzzles, and activity packs to enjoy at their leisure. To find more information and to view this fantastic resource for a person living with dementia please click <https://virtualdementiahub.ie/>

Patient Centricity in Irish Healthcare: How to Make it Work?



We are delighted to invite you to attend the third webinar of the 'Future of Value-Based Healthcare in Ireland' series. This webinar focuses on how Ireland can create more patient focused healthcare initiatives in the context of value-based healthcare.

Thursday, 15th September 12.00 – 13.30, Online

This free to attend webinar is chaired by Business Post columnist and former Health Service Executive Director General, Tony O'Brien, and will explore how to ensure value-based healthcare initiatives are patient-centred. The panel of experts will examine how the Irish health service compares to other countries in the integration of patient experience into clinical care, how we improve the routine collection of Patient Reported Outcome Measures (PROMs) in our health service, and the barriers to the greater integration of patient experience into healthcare and service planning.

'FUTURE OF VALUE-BASED HEALTHCARE IN IRELAND' Webinar Series

Hosted by Tony O'Brien, Business Post Columnist & Former Director General, HSE



Prof. Frances Horgan

*Associate Professor of Physiotherapy,
RCSI University of Medicine
and Health Sciences*



David Galvin MD FRCS

*Consultant Urologist,
Mater and St Vincent's Hospital,
Assistant Professor,
University College Dublin*



Helen Rochford Brennan

Global Dementia Ambassador



Derick Mitchell, PhD

*Chief Executive,
Irish Platform for Patient Organisations,
Science and Industry (IPPOSI)*

PATIENT CENTRICITY IN IRISH HEALTHCARE: HOW TO MAKE IT WORK?

THURSDAY, 15TH SEPTEMBER 2022, 12:00PM - 1:30PM

Register at <https://bit.ly/VBHC-Series-Patient-Centricity>

CP-316047 | Date of Preparation: July 2022

For further information please contact sandra.flood@ogilvy.com

If you no longer wish to receive emails from us
please contact us via return of email to events@rcsi.ie

In association with



NOVARTIS

You can register for this free webinar [here](#).

Memory Cafes



Dementia is a cruel disease that can slowly rob someone of their memories. Dementia itself is an umbrella term covering loss of memory and other cognitive abilities severe enough to interfere with daily life. At present there is no known cure for most forms of dementia. Some 64,000 people are currently living with dementia in Ireland and that figure is expected to double by 2045. The majority of these people are living in the heart of our communities being cared for by loved ones in their own homes. Support therefore is vital for people living with dementia. The help of families, friends and carers can make a positive difference to managing the condition. It is important to remember that the carers also need to be supported in order to carry on the great work that they do.

A dementia cafe which can sometimes be called a memory cafe offers a wonderful outlet for those living with dementia and their carers. Research has shown that the cafes can help ease the loneliness and social isolation people with dementia and their caregivers can often feel. The cafes offer a safe and welcoming space where people can meet others and share experiences. Many friendships and bonds are also formed and information is provided on relevant topics. Music and fun activities are another important part of the cafe experience.

Get Involved

If you are interested in finding out more or would like to get involved in setting up a cafe in your local community then please contact me : michelle@engagingdementia.ie

Age Action Update August – Get Involved



Ageing in Place Research

Are you interested in how Ireland will meet the care needs of a growing population of older people in the future? Would you like to learn about alternative care models (specifically care co-operatives) and participate in an online discussion to explore how these models might work in Ireland? If so, please consider participating in online focus group discussions that will contribute to a CO-Age study led by UCC and supported by Age Action. Find out more about the project here

https://www.ageaction.ie/sites/default/files/co-age_focus_groups_invitation_august_2022.pdf



The Care & Repair service is urgently seeking volunteers in Dublin, Cork and in Galway City to provide DIY jobs for older people free of charge. Please contact the Volunteer team for further information on any of these volunteering opportunities on volunteering@ageaction.ie

Volunteer - Getting Started

We are looking to recruit new volunteer tutors to support older people in community settings to get online and use their smart devices in confidence. Each volunteer would need to commit to a minimum of ten hours volunteering, and we would particularly love to hear from you if you are living in the following areas:



- Cork (Douglas, Glanmire)
- Dublin (Booterstown, Blanchardstown, Clondalkin, Rathmines and Tallaght)
- Galway (city)
- Kildare (Leixlip, Celbridge, Maynooth, Naas and Newbridge)
- Laois (Portlaoise)
- Limerick (Dooradoyle)
- Longford (town)
- Louth (Drogheda, Dundalk)
- Mayo (Ballina)
- Meath (Kells)
- Offaly (Tullamore)
- Wicklow (Bray)



A Positive Ageing Week Event with Prof. Rose Anne Kenny



September 2022

26

[REGISTER NOW](#)

You are invited to an evening event with Prof Rose Anne Kenny, author of international bestseller *Age Proof: The New Science of Living a Longer and Healthier Life*.

Monday 26 September 2022. 6.45pm.

ILAS Building, NUI Galway (Free parking after 6pm).




Tickets Free. (Registration required).

Did you know that there are simple changes we can make, right now, to ensure that we live longer, happier and healthier lives?

We all age. But some of us live longer than others – and, on average, we are living twice as long as our ancestors did 200 years ago. The latest science shows that 80% of our ageing biology is within our control: we can not only live longer lives but become happier and healthier deep into our later years.

Professor Rose Anne Kenny has 35 years of experience at the forefront of ageing medicine. In January 2022 she published “Age Proof: The Science of living a Longer and Healthier Life”, which combining her own pioneering research and the latest evidence to demystify why we age and show us how we can control it.

She effortlessly distils scientific theory into practical advice that we can apply to our everyday lives, and she examines the impact that friendship, purpose, laughter, genetics, food, exercise and sex have on how our cells age. During this speaking event Professor Kenny will show you the steps you can take to stay younger for longer – and will prove that you really are just as young as

	<p>you feel.</p> <p>A Positive Ageing Week event hosted by COPE Galway and the Irish Centre for Social Gerontology, in association with Age Friendly Galway. copegalway.ie/positiveageingweek</p>								
	<p style="text-align: center;">Planning Approval for Housing in Westmeath.</p> <p>In Westmeath, Part 8 of the Planning approval was received on the 25th of July 2022, for 64 Housing Units. The houses are to be built in the following areas:</p> <table data-bbox="491 607 1358 757"> <tr> <td>Ennell Court Phase 2, Mullingar</td> <td>15 Housing Units</td> </tr> <tr> <td>Dalton Park / Robinstown Road, Mullingar</td> <td>17 Housing Units</td> </tr> <tr> <td>St. Bridget’s Green, Mullingar</td> <td>22 Housing Units</td> </tr> <tr> <td>Water Street, Castlepollard, Mullingar</td> <td>10 Housing Units</td> </tr> </table> <p>Out of these new builds, 55 of these proposed homes are suitable for older people.</p>	Ennell Court Phase 2, Mullingar	15 Housing Units	Dalton Park / Robinstown Road, Mullingar	17 Housing Units	St. Bridget’s Green, Mullingar	22 Housing Units	Water Street, Castlepollard, Mullingar	10 Housing Units
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	<p style="text-align: center;">Entrepreneurship Course for People with Disabilities</p> <p>The LEO network is supporting a TU Dublin course in Entrepreneurship for People with Disabilities. The closing date for applications for the new course 'Entrepreneurship for People with Disabilities' is Sept 4th.</p> <p>The course is targeted at people with disabilities who already have a business idea but have not yet started the business. The course will help participants to evaluate their business idea and to determine if it is viable.</p> <p>Full details about the course and how to apply can be found at https://www.tudublin.ie/explore/news/aib-and-tu-dublin-entrepreneurship-for-people-with-disabilities-programme---new-12-week-course-commencing-on-september-21st.html</p> <p>There is an extensive programme of business and IT skills courses being ran for anyone in the start-up and growing stages of running a small business.</p> <p>These courses are open to anyone based in Co.Wicklow. See full details here: https://www.localenterprise.ie/Wicklow/Training-Events/Online-Bookings/</p>								
	<p style="text-align: center;">Galway City OPC ‘Open Event’</p> <p>Galway City Council and Galway City Partnership, in association with HSE Community Healthcare West and the Galway Age Friendly Programme, will host the Galway City Older People’s Council ‘Open Event’ on Mon 5th September from 10.30am - 2.00pm in the Menlo Park Hotel. We will have key speakers, information stalls and entertainment for all to enjoy. We will</p>								

also invite attendees to complete an 'Expression of Interest' form for the new Galway City OPC.

REGISTRATION: [CLICK HERE](#) to register for the Open Event or contact Ciara on 083 0234390 / ciara@gcp.ie.

Galway City OPC AGM

The **AGM** to elect the new Galway City OPC will be held the following week on **Thursday 15th September at 11.00am** in the **Westside Resource Centre**.

GALWAY CITY

OLDER PEOPLE'S COUNCIL

OPEN EVENT

MON 5TH SEPT 2022 | 10.30AM - 2 PM
MENLO PARK HOTEL

GUEST SPEAKERS | YOGA | MUSIC
LUNCH PROVIDED

Call Ciara on 083 0234390 to register

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 us at agefriendlyireland@meathcoco.ie for inclusion in our weekly newsletter.

International Updates



IFA Global Cafe | In Conversation with Ms. Amber Colibaba on "Combatting Ageism through Education and Intergenerational Activities"



The International Federation on Ageing held a Global Cafe event this morning called - **In Conversation with Ms. Amber Colibaba on "Combatting Ageism through Education and Intergenerational Activities"**.

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>

Useful Contacts and Info

Age Friendly Ireland Shared Service Office Telephone: **046 9097413**

Or Email: agefriendlyireland@meathcoco.ie

Twitter: [@agefriendlyirl](https://twitter.com/agefriendlyirl)

Facebook: [Age Friendly Ireland](https://www.facebook.com/agefriendlyireland)

Website: www.agefriendlyireland.ie / www.agefriendlyhomes.ie

HSE Advice Line: Call save 1850 24 1850

Call from 8am – 8pm Monday to Friday and 10am to 5pm Saturday and Sunday