

National Updates

Portuguese Delegation to Age Friendly Ireland

On Wednesday 29th March, Age Friendly Ireland welcomed a Portuguese delegation. Dr. Emer Coveney AFI National Programme Manager, Anne Rizzo AFI Regional Manager and Louise Edmonds AFI Regional Manager welcomed Alexandra Rodrigues Head of Department of Regional Development of CCDRC along with her colleagues Carla Ciombra and Raquel Martins and 8 other visiting members to discuss Age Friendly Ireland initiatives and programmes.



The Cathaoirleach Nick Killian welcomed our visitors to Meath County Council and the morning was spent exchanging learnings and promoting the benefits of living in age friendly cities and communities.



Dementia Inclusive Community

- The Dementia Inclusive Community badge and national awareness campaign was launched on Tuesday 28th March. In Ireland, there are over **64,000 people living with dementia** and this number is set to increase which means more and more of us will be affected by dementia in our lifetime. With 63% of people with dementia living within their community, **dementia is not just a health but a social issue** that needs a community response.



Dr. Emer Coveney AFI National Programme Manager, Louise Edmonds AFI Regional Manager and Siobhán Nic Gaoithin AFI Programme Manager for Dun Laoghaire Rathdown were all present at the Dementia Inclusive Community symbol launch in Smoke Alley Theatre.



Dementia: Understand Together launch new dementia inclusive community symbol

We're proud to be part of the Dementia: Understand Together campaign and be supporting the launch of the new dementia inclusive community symbol.

The symbol has been developed with people with dementia at its heart. By displaying the symbol in our communities, it's hoped that organisations and services will help to raise awareness for dementia and also show support for more than 64,000 people living with the condition in Ireland.

The campaign, which is led by the HSE, working with the Alzheimer Society of Ireland (ASI), Age Friendly Ireland, the Dementia Services Information and Development Centre, Age & Opportunity and Healthy Ireland, aims to create an Ireland that embraces and includes people living with dementia, and displays solidarity with them and their families.

We will be joining 40 partners and over 500 community champions nationally to take action to help support people with dementia. We want to send a strong message that people with dementia are valued and respected members of our communities.

Social isolation is often more likely for a person with dementia and staying socially active and engaged can help in many ways. As well as slowing the progression of dementia, it can positively affect mood and a person's overall health and well-being.



I love getting out and about.
Marguerite, Tipperary

Wherever you see this symbol, there is support for people living with dementia.

dementia
understand together
inclusive community

HSE Get involved at understandtogether.ie

Through raising awareness of dementia in our communities and supporting people to understand how they can make a difference, we can give people the confidence to retain some of their independence and routine; be that attending appointments, using their bank or traveling by public transport. It also opens up opportunities for people to keep up activities and hobbies.

By understanding together, we can all make a difference and help people in our communities to stay connected and included. If you'd like to join the campaign, you can find out more, review training and order promotional materials at www.understandtogether.ie/get-involved



Speakers at 'The Lives of Older People in Ireland' briefing session in the Department of Public Expenditure on Thursday 30th March.

This session utilised different perspectives to examine the lives of older people living in Ireland in a public policy context. Dr Fiachra Kennedy of the Well-being Public Policy Unit outlined the Well-being Framework to describe the how the lives of older people have changed over the course of the last decades and how they compare across different groups in society.



Neil Kavanagh from the Older Person's Strategy Unit in the Department of Health explained how public policy supports healthy and autonomous ageing in Ireland. Dr Emer Coveney of Age Friendly Ireland provided insights into engagement with older people and key initiatives and programmes that contribute to well-being in older age.

The session was chaired by Dr Adrienne McCann (Age Friendly Ireland/Maynooth University)

AFI Lecture on Creating Communities that Support Us As We Age in Maynooth University

Dr. Adrienne McCann AFI Research Manager and Alice Corbett AFI Regional Programme Manager was speaking with their final year social policy students on ageing, interesting debate on what the future holds for our ageing pop. Fantastic students, the future is bright!



Civil Service Excellence and Innovation Awards 2022

The Healthy Age Friendly Homes (HAFH) was shortlisted in the Citizen Impact and Customer Service category of the Civil Service Excellence and Innovation Awards 2023. It was a privillage to be nominated in this category.

The awards were held in The beautiful St. Patricks Hall in Dublin Castle and attended by (see pictured below left to right) Eimear McCormack, Local Coordinator for Dublin City Council ; Mark Harrington, National Manager HAFH Programme ; Andrew Hannigan, AP Slaintecare ; Catherine McGuigan, Chief Officer Age Frendly Ireland ; Patrick O'Sullivan, PO Department of Housing, Local Government and Heritage

See pictures below.



Healthy Age Friendly Homes Team

Our Healthy Age Friendly Homes Team met up last week to discuss the progress of the programme. Pictured below are our 9 Coordinators, Programme Manager Mark Harrington, Administration Team, AFI National Programme Manager Emer Coveney and our Chief Executive of Meath County Council Jackie Maguire.



Sláintecare.



Healthy Age Friendly Homes Programme



Healthy Age Friendly Homes



Danielle Monahan the Fingal Local Healthy Age Friendly Homes Coordinator, this week speaks about The Community Connector/Social Prescriber which is a specialist service for older people similar to the service provided by the Social Prescribing Link Worker. It is a new initiative with 9 community connectors expected to be in posts nationally in the coming months. All community Connectors are aligned with a hospital but work exclusively in the community as part of a bigger multidisciplinary team.

The Community Connector /Social prescribers main aim is to focus on the wellbeing of the person and identify what's important in the person life and she / he facilitates a conversation around what changes they might like to make, in order to live a more fulfilled, purposeful life.

Once the referral has been received the Community connector /social prescriber will arrange to meet with the person and he /she will conduct a wellbeing assessment which will help the person reflect on their lives and really start to think about what first steps need to be taken, or goals they might like to consider committing to, in order to bring about some positive lasting changes.

Based on this information, the community connector /social prescriber will coproduce a plan with the person based on what their priorities are and connect them accordingly to local activities and supports and services in their area. These types of supports a person may avail of may vary (depending on what the person has prioritized) but can range from home upgrades advice upskilling re technology, community groups walking /exercise groups, gardening knitting dance reading groups befriending services /counselling services and bereavement supports.

Our aim as community connectors is to build a rapport and trust with the person over a period of 12weeks (if required) and gradually assist the person to build in confidence and self-esteem so that they will gradually feel more connected with their community and ultimately enjoy better health. It's essential that the community connectors link with other community HSE and national agencies so that a comprehensive wrap around service is provided.

Referral pathway to the integrated care team

The community connectors role differs from the way some social prescribers work in that it is a specialist service that work with a specific cohort of older persons (Over 65yrs) who have been referred into the integrated team for the older person service from the FIT team in Beaumont Hospital or from their GP. This is the only referral pathway for patients to be referred into the Community Connector. Referrals in general are a particular vulnerable group who may find themselves having presented at accident and emergency. A member of the Integrated Care team will then see them at home, as soon as the referral is processed, and arrange a visit thus avoiding a hospital admission. A detailed assessment is carried out and its then decided what specialist care is needed. It is envisaged that the community connector will support the person once their medical needs have been sorted and will have the flexibility to work with the person for up to 12 weeks so as to ensure meaningful engagement.

Integrated care team for older persons

The integrated care team for older persons is a specialist multidisciplinary service primarily targeting and managing the complex care needs of the older person with multiple co-morbidities across a continuum of care. The overall aims of the service is to provide a specialist geriatric opinion using a multidisciplinary approach to support older people with complex care needs. The role of the community connector compliments the work of the integrated care team by focussing on the persons wellbeing so that once their medical needs are sorted through the intervention of the Community connector they will feel more connected to their community and be able to enjoy the simple things of life that give them joy, meaning and most importantly a sense of purpose and belonging.

Druane@empower.ie Deirdre Ruane 0872849350

Principal Duties and Responsibilities:

- Build collaborative relationships with the ICPOP team and ensure they understand the purpose and function of the service.
- Work on a one-to-one basis with individuals to improve health and wellbeing. Work with individuals on a one-to-one basis, complete needs assessment and co-produce a plan to improve health and wellbeing through social prescribing in partnership with the individual and the Integrated Care Team for Older Persons.
- Provide non-judgemental support, respecting diversity and lifestyle choices working from a strength-based approach.
- Book appointments with individuals, meet them personally, follow-up cases and manage case load remaining as a point of contact and support throughout the individual's social prescription.
- Support and encourage individuals to access appropriate services in their community. Where appropriate, physically introduce people to community groups, activities and statutory services, ensuring they are comfortable. Follow up to ensure they are happy, able to engage, feel included and

receiving good support. Where appropriate, attend the activity with the older person to maximise the potential for enrolment and continued attendance.

- Work in partnership with health professionals and the Community and voluntary sector.
- Attend relevant meetings, becoming part of the wider network team, giving information and feedback on Community Connector Social Prescribing service.
- Develop supportive relationships with local community organisations, community groups and statutory services, to make timely, appropriate and supported referrals for the person being introduced.
- Work closely with the HSE health promotion and improvement officer to support the ongoing development of the programme taking an active part in reviewing and developing the service and contribute to business planning.

If you would like more information on the Healthy Age Friendly Programme you can visit <https://agefriendlyireland.ie/category/healthy-age-friendly-homes-programme/introduction/> or phone our national office at **046 909 7417**



HSE Talking Health and Wellbeing Podcast, Episode 5 - Living Well

The fifth episode of the HSE Talking Health and Wellbeing Podcast focussing on Men's Health is now available on [Spotify](#), [Apple Podcasts](#), [Google Podcasts](#) and on the [HSE Health and Wellbeing YouTube](#) channel.

This episode is now available on Spotify, Apple Podcasts, Google Podcasts and on the HSE Health and Wellbeing YouTube channel.

In this episode, hosted by Eamon Keogh, we talk about the Living Well Programme, a free group self-management programme to help people manage their long-term health condition. Tommy, shares his experience of participating in the programme, talking honestly and openly about his long term health condition, from the day he received the news: "You're flying around all your life working not a bother on you, all of a sudden you can't do anything", dealing with that initial shock, to finding out about the Living Well Programme and how the different

HSE PODCAST

Living Well Programme

Episode #5 - Talking Health & Wellbeing

'I really am so positive now, I don't look back.'

- Tommy

hi Healthy Ireland

tools covered gave him the confidence to move forward with his life and to remain positive, as he gets back to living his life to the full.

We also hear from Liz Cox, a Living Well Leader, who facilitates the programme and is also a former participant. Liz talks about the topics that are covered in the six-week programme. Giving her unique perspective as both a former participant and current facilitator about the benefits of the programme. She also talks about how the programme benefits a variety of people of different ages and the change she sees in participants as they progress through the programme: “It is such a well-designed programme, people become very comfortable with each other very quickly. I have seen even after the first session people becoming comfortable with each other and willing to share their experiences”. Mary Gowing, a Self-Management Support Coordinator for Long-term Health Conditions discusses the history of the Living Well programme, its origins and explains more about what a long-term health condition is. Mary also tells us more about what is next for Living Well.

For more information about Living Well go to www.hse.ie/livingwell

ZEVI: EVCI Accessibility Guidance



Zero Emission Vehicles Ireland (ZEVI), a dedicated Office within the Department of Transport, charged with supporting consumers, the public sector, and businesses to continue to make the switch to zero emission vehicles.

ZEVI is in the process of developing an accessibility and universal design guidance document for Electric vehicle Charging Infrastructure (EVCI). This document will look at accessibility requirements across the charge point design, the site and the information provision of EV charging in Ireland.

As part of the stakeholder engagement process for the development of this guidance document, we have developed a survey that we would hope you could complete and distribute among members of Age Friendly Ireland. This will allow us to capture the insights of different user groups with regards to their current experience with EVCI. The results will inform the accessibility and universal design guidance document and help improve the user experience when charging in the future.

The survey will only take around 5 minutes to complete, and all answers are anonymous. We invite you to submit your responses before the 7th of April.

Please find the link to the survey here:

<https://forms.microsoft.com/e/yq5W41gFFd>

Please also find a guide on how to use a screen reader on Microsoft Forms here:

<https://support.microsoft.com/en-gb/office/use-a-screen-reader-to-respond-to-form-or-quiz-questions-in-microsoft-forms-adae6d1c-33c8-465b-8066-eb14991a98cb#Pick=Windows>

Thank you in advance, we really appreciate your engagement.

CYCLING
WITHOUT
AGE



Cycling Without Age – Open Day

Cycling Without Age – Open Day Public Meeting, Sunday, 23rd April 2023

Venue: The Studio, the Lexicon, Dun Laoghaire, Co. Dublin A96 H283

Time: 2.30 pm

Catering: Ink Café, in the Lexicon @inkcafe.dl, will be open from 11am to 4pm for refreshments at own expense.

Access: Good public transport options via DART and 46A bus. Car and bike parking underground the Lexicon. Lots of bike parking outside.

MEET THE FOUNDERS

- Welcome by Clara Clark, Ireland founder of CWA.
- Meet Ole Kassow, the CWA Danish founder.
- Speak with Ciara from Copenhagen Cycles.
- Meet some of our volunteer pilots.
- Hear passenger stories.
- Celebrate CWA Ireland's 6th Anniversary.
- Ask all the CWA questions you wish.
- Visit the Bike Hub, www.thebikehub.ie (A96 T447) to see how it works (open 1 pm to 5 pm).

You are invited to join us for this open day to hear all about Cycling Without Age, meet its Danish founder Ole Kassow, get feedback from volunteer pilots and passengers, and ask us questions about how to get started on your own CWA journey. We will demonstrate a trishaw. The Bike Hub, located nearby, will be open for visits.



Clár Éire Ildánach
Creative Ireland
Programme



Creativity in Older Age Scheme 2023



We are delighted to announce that the Creativity in Older Age Scheme 2023 is now open.

A full briefing document is available [here](#).

The Creative Ireland Programme developed and implemented the Creativity in Older Age scheme in 2020 to support specific creative initiatives to support



comhairle chontae na mí
meath county council



positive ageing and wellbeing programmes for older people, taking account of public health guidance in the community and for healthcare facilities. This initiative has run yearly since its inception and has been renewed for 2023. Isolation continues to affect older citizens particularly in rural areas and this scheme seeks to address this issue by bringing creative engagement to citizens rather than having them seek it out.

Scheme Objectives In 2023, the Creativity in Older Age scheme will continue to

- support positive ageing,
- engage with issues surrounding social isolation, and/or
- develop and establish new forms of creative engagement for older people in the community and for residential healthcare facilities.

Applications must be completed online and submitted via <https://submit.link/1DF> by close of business **Wednesday 12th April 2023**.

Should you have any queries please email us at creativeireland@tcagsm.gov.ie or you can also contact us through submit.com.

Exwell Weekly Zoom

Dear ExWell Participants and Friends,
Please join ExWell today, **Friday, March 31st at 5 pm** for their weekly Zoom meeting. They will be discussing central calf pain again.

Please see below message from ExWell regarding the meeting.

“Given the recent disruption to our evening zooms please refrain from sharing the link to the meeting online or on social media. This is aimed to prevent unwelcome access to the meeting. We apologise sincerely for the recent disruption and hope to prevent future occurrences from this week. When joining the meeting you may be asked for the passcode (**571663**) to enter. When entering the meeting you will be muted and you must raise your hand to ask to be unmuted. The ExWell team will allow Questions from the group on the completion of the educational topic. This is a control measure we have added to help manage the meeting. “

The schedule is as follows:

5.00 pm: Welcome
5.05 pm: Calf Pain
5.25 pm: ExWell Updates
5.35 pm Q&A / Discussion.

*Dr Noel McCaffrey
Danny Fagan
All*

The link for the meeting is

<https://us06web.zoom.us/j/81417062121?pwd=M1JVbFRYTkVVMNlUU1tQmtBUXRsUT09>



Local Updates



New Ross, Co Wexford, Municipal District OPC Recruitment Meeting

The second of our OPC District meetings was held in the New Ross Municipal District on March 28th and in attendance supporting our recruitment effort was Cllr. John Fleming, Leas- Cathaoirleach Wexford County Council, Mr. Alan Fitzhenry, New Ross Municipal District Manager, representatives from the Garda Crime Prevention Unit and Community Policing. Our OPC Chair, Kevin Molloy opened the meeting with contributions from our Age Friendly Ambassador, Mr. Tony Dempsey, John Roche OPC executive, MaryB O'Leary, Local Link Manager and Miriam Hillis, Age Friendly Programme Manager. The remaining 3 meetings will be held after Easter in Wexford (April 18th), Rosslare (April 20th) and Gorey (April 25th)



Bunclody Library Events

Classics Film Club – Friday 31st March 11.00am – 12.30pm

Join us every month for a classic film for adults. Staff will select the perfect movie to take you back in time to some of the film greats. This movie is for adults only.

Bunclody Library Adult Book Club – Thursday 6th April at 7.30pm

This month 'Night Boat to Tangier' by Kevin Barry will be discussed. Copies are available at the desk in the library, why not call in and pick up a copy. New members always welcome to the book club. No booking required.

Sensory Friendly Quiet Hour

Every Saturday from 4-5pm, Sensory Friendly Quiet Hour is observed in the library.

We encourage you to come along and relax in the calm environment of the library. All welcome!

Digital Radon Monitors

Do you want to test your home for radon? Digital radon monitors are available to borrow from the library for a period of 4 weeks, all you need is your library card! Contact the library at 053 9375466 or email bunclodylib@wexfordcoco.ie if interested.



AGE FRIENDLY WALKABILITY AUDIT – MOATE, CO. WESTMEATH

Westmeath Age Friendly in conjunction with Westmeath County Council held a Walkability Audit in Moate Town, Co. Westmeath on Wednesday 22nd March.



The aim of the audit is to help inform works of; Westmeath Age Friendly Programme, the Moate Town Centre First Strategy and annual plans leading from this. We were delighted to have representatives from a range of different organisations take part on the day, including members of our Older People's Council, Age Friendly Ireland, Westmeath PPN, NCBI, Moate Town Team, An Garda Síochána, Athlone Access Awareness, Moate Business College, Moate Mother and toddler group, Westmeath County Council Regeneration Team,



Westmeath County Council Transport Section and, Longford and Offaly County Council Representatives. In total we had 30 participants take part resulting in lots of very valuable feedback.

The morning began with a presentation from our Age Friendly Programme Manager, Annette Barr Jordan, explaining the Walkability Audit, the agenda for the morning and details on the routes to be taken. The group was then split up into 5 different Teams in order to allow us to cover the full length of the town and we reconvened after the audit to complete the Walkability Audit Toolkit forms and discuss any issues and get further feedback.

The day was a great success, and we were even lucky enough to have the sun come out and the rain hold off while we carried out the audit. Once the feedback is compiled, we will create a report detailing results, feedback and photos which we can then share with any interested parties to improve the town. The results will also feed into the Moate Town First Plan which is currently in consultation phase.

Library Life Podcast Ep 3 - Local Studies at Your Library

Library Life Podcast Ep 3 - Local Studies at Your Library

Episode Link: <https://spotifyanchor-web.app.link/e/5Ej79iEkxyb>

Episode description: Angela and Tracy review recently published Waterford Women of the Revolution 1914-1923 by Christina Knight-O'Connor & Eddie Cantwell and discuss Local Studies resources available in Waterford Libraries.

Email us at ardkeenlibrary@waterfordcouncil.ie

Links:

Waterford Libraries Webpage - <https://waterfordlibraries.ie/>

Facebook - <https://www.facebook.com/WaterfordCouncilLibraries/>

Instagram - <https://www.instagram.com/waterfordlibraries/>

Twitter - <https://twitter.com/waterfordlibs>

LinkedIn - <https://ie.linkedin.com/company/waterfordlibraries>

Local Studies information - <https://waterfordlibraries.ie/local-studies/>

Books Mentioned:

- Waterford Women of the Revolution 1914-1923 by Christina Knight-O'Connor & Eddie Cantwell
- Irish Myths and Legends by Lady Augusta Gregory
- Irish Legends for the Very Young by Niamh Sharkey
- Discover Waterford by Eamonn McEaney
- Random Waterford History by Colm Long
- The Towns & Villages of the Waterford Greenway by Various Authors

April Podcast will cover the Bealtaine Festival which takes place in May 2023.



Donegal Older People's Council AGM

Donegal Older People's Council held its AGM as part of One Donegal – Social Inclusion Week this week in Letterkenny.

The AGM also incorporated a wellness event which showcased services that are available to older people from Alliance members and other stakeholders.



Over 130 people were in attendance, many registered as members of the OPC and a number also expressed interest to become members of the Executive Committee.

The day was opened by the Cathaoirleach of Donegal County Council, Cllr Liam Blaney, then the joint chair of Donegal OPC, Frank Campbell gave an overview of the achievements of the OPC since that last AGM in 2019, the attendance was also addressed by the Chair of Donegal Age Friendly Alliance, John G McLaughlin, followed by Age Friendly Ireland Regional Manager Mairead Cranley and Donegal Age Friendly Programme Manager Charles Sweeney.

The Wellness Event included a detailed presentation by Clodagh McGuinness from the Irish Hospice Foundation on the importance of Advance Care Planning, Bill Vaughan from Mental Health Ireland gave a motivating talk on the importance of getting out and about and making the most of life, regardless of age and the session was concluded by a presentation from Helen O Driscoll, HSE on the Living Well Programme.



The Executive Committee of Donegal OPC delivered an excellent seminar that people found both beneficial and enjoyable and they hope to hold a similar event in the Autumn.



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 before 1pm Thursday for inclusion in our weekly newsletter.

Don't forget we are on **social media** so why not follow us for all the up to date information and live updates on all things Age Friendly happening around the country 😊

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

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

International Updates



IFA Global Café | In Conversation with: In conversation with Thiago Hérick de Sá on “Supporting Cities and Communities in Being Age-Friendly Environments.”

The International Federation on Ageing held a Global Cafe event this morning called: In conversation with Thiago Hérick de Sá on “Supporting Cities and Communities in Being Age-Friendly Environments.”



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