

National Updates



Sláintecare.



Healthy Age Friendly
Homes Programme



Healthy Age Friendly Homes

Healthy Age Friendly Homes on Inis Meáin.



Francis Kane, Healthy Age Friendly Homes Coordinator for Galway City and County recently spent two days on Inis Meáin, one of the Aran Islands off the coast of county Galway, visiting older people. This followed on from the Healthy Ireland-led Healthy Islands information event held on a number of the Galway islands earlier this year. Following this event, referrals to the programme came from Inis Meáin’s Public Health Nurse, Paula Lennon as well as self-referrals and family referrals.

Inis Meáin has a year-round population of about 200, making it the smallest of the Aran Islands in terms of population and the least visited in terms of tourists. The islanders are a very close-knit community and very self-sufficient which is necessary given that during the winter months there can be occasions where ferry and plane landings may not be possible for days at a time. The Public Health Nurse is a busy, demanding role given there is no full-time doctor on the island, only a visiting service. Across both days Francis visited many of the older islanders to carry out needs assessments and provide information and advice on housing grants, energy efficiency grants, benefits and entitlements, technology, social supports, transport, and health supports.

There can be a lack of visiting services to the island, so all the participants of the Healthy Age Friendly Homes Programme seen by Francis were delighted to benefit from the information and support provided. One of the participants visited was Teresa, who at 95 years of age is the oldest woman on Inis Meáin. Teresa is in fine health and always wears the traditional island costume with knitted shawl. Teresa was also very proud to show her amazing dresser with a lifetime of memories in the pieces on display. Francis was also fortunate to visit one of the participants in Teach Synge, where playwright John Millington Synge spent many summers seeking inspiration on Inis Meáin.



Public Health Nurse Paula Lennon was delighted to have had the opportunity to refer older people on the island to the Healthy Age Friendly Homes Programme and believes it is a fantastic service to tap into to, particularly as it can be difficult to get services on to the island to meet older people. Even as Francis was on the island further referrals and requests for visits were coming in as word got around about the Healthy Age Friendly Homes Programme.

Many thanks to Paula for facilitating Francis on his visits across the island, and thanks to all the islanders on Inis Meáin for their welcome and hospitality.

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 9248817 / 046 9248825**

Participate in the Maynooth University Study: Old and Alone: Analysing Ireland's growing 'elder orphan' population.

Researchers at Maynooth University's Department of Geography are seeking to explore older adults' experiences of aging alone in Ireland and seeks to understand the importance of health and wellness in older age. In particular, we are interested in talking to people who can be defined as 'elder orphans', living alone and with no immediate family care support around them.

We are interested in the views of anyone aged 55 years or older, who fit the definition of elder orphans. We wish to find out more about people's experiences of their care and support needs, how these are (or are not) met and their general perspectives of their local environments, taking into account any issues and challenges they may encounter.

The acknowledged views will be used to document a range of difficulties, but also positive things that people may be experiencing and the role place and where you live, impacts on health and wellbeing as

you age. The aim of the interviews is to identify knowledge that will feed into a doctoral study, but also help inform future thinking on policy in this area.

We will be holding one to one interviews, either in person or online, in the coming weeks, and hope that some members of Age Friendly Ireland might be interested in taking part.

If so, please contact the researcher directly to find out more details and to make arrangements to meet and talk

sadhbh.gorman.2021@mumail.ie



Do Not Attempt Cardiopulmonary Resuscitation (DNACPR) Practice and Policy



We are conducting research on Do Not Attempt Cardiopulmonary Resuscitation (DNACPR) policy and practice on behalf of the HSE. While we use the term DNACPR in this research, you may be more familiar with the terms Do Not Resuscitate (DNR) or Do Not Attempt Resuscitation (DNAR).

The research consists of several parts, one of which is to capture the views of the public on current DNACPR policy and practice. We invite you to participate in this research by completing an online questionnaire. The questionnaire will take 10-15 minutes to complete.

Participation in the questionnaire is voluntary and anonymous. You have the right not to answer any of the questions and can withdraw at any point before you submit the completed questionnaire. There are no risks associated with the research. Digital files will be stored on a computer which is password protected. The information gathered will subsequently be included in a report for the HSE. The anonymised information may also be published as part of academic publications and/or presentations. You will not be identifiable from anything in the publications or presentations.

If you have any queries or would like more information about the project before you agree to participate, please contact:

* Dr John Lombard, Associate Professor in Law University of Limerick John.Lombard@ul.ie

* Ms Elaine McCaughley, Senior Project Manager, HSE National Office for Human Rights and Equality Policy. Elaine.McCaughley@hse.ie

Please click this link to complete the questionnaire:
https://unioflimerick.eu.qualtrics.com/jfe/form/SV_eyQjmxJu4fYSED4

This research study has received ethics approval from the Arts, Humanities and Social Sciences Research Ethics Committee (ref:2022-04-23-AHSS).

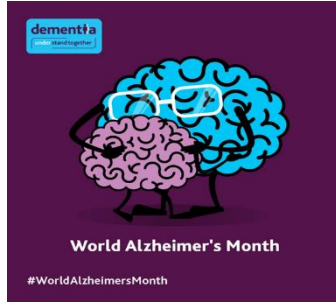
If you have any concerns about this study or your participation and wish to contact an independent authority, you may contact:

Chairperson Arts, Humanities and Social Sciences Research Ethics Committee
University of Limerick, AHSS Faculty Office

Tel: +353 61 202286 / Email: FAHSSethics@ul.ie



World Alzheimer's Month



This World Alzheimer's Month (WAM), the Dementia: Understand Together campaign is encouraging people and organisations to take simple actions to help raise awareness of dementia and the things we can do to improve and maintain our brain health. The theme for WAM this year is “Never too early, never too late” with a focus on risk factors and risk reduction.

With the number of people living with dementia set to more than double by 2045, it has never been more important to recognise the risk factors associated with dementia and take proactive steps towards risk reduction. Through promoting brain health we hope to emphasise how by keeping our brain healthy we can delay and potentially prevent the onset of dementia, and encourage greater wellbeing for those with a diagnosis.

www.understandtogether.ie/get-involved

HSE Talking Health & Wellbeing Podcast: Season 2



Season 2 of the HSE Talking Health and Wellbeing Podcast began this week with a new episode on Positive Mental Health. Upcoming weekly episodes will include Alcohol and Pregnancy, Cancer Prevention, Dementia, Healthy Eating, Obesity, Financial Wellbeing and an episode with HSE CEO Bernard Gloster.

This successful podcast series highlights the breadth of work undertaken across health and wellbeing, talking to patients, staff and community partners about their experiences and perspectives.

All 20 episodes to date are still available for you to listen to on podcast channels such as [Google](#), [Spotify](#), or on the [HSE Health and Wellbeing YouTube channel](#)

Positive Ageing Week is coming up in October from 1st to 7th October.



Local groups who are planning activities can register their events on this website <https://positiveageingweek.com/>

Positive Ageing Week 2023 celebrates ageing and the contribution and agency of older people. Positive Ageing Week 2023 will carry on the theme of Challenging Ageism – Reframing How We Think, Feel and Act towards ageing and older persons. Anyone and everyone can participate in PAW.

We encourage community-based events, organised by groups or individuals as well as national events, in partnership with Age Action or not, to reflect the diversity of experience and situation of older people.

Find out more about Positive Ageing Week and ageism [here](#)



Planning an Activity?

[Register Here](#)

Need Inspiration?

[Get Activity Ideas?](#)

Want to Join an Activity?

[Find An Activity](#)

Need Resources?

[Get Resources](#)



Highlighting Irish Children's Books

As we all know grandparents play a significant role in children's lives when it comes to books along with libraries. Please see below information about a new campaign to champion Irish Kids Books. All libraries are Age Friendly with an Age Friendly space. Libraries Ireland has a searchable catalogue on www.librariesireland.ie and also their Borrowbox app allows people to download and read e-books and journals for free

Authors and illustrators join forces to champion Irish kids' books

- Discover Irish Children's Books launch campaign in response to underrepresentation in best seller lists –

Internationally celebrated authors and illustrators Eoin Colfer, Marita Conlon-McKenna, Chris Haughton, Shane Hegarty and Laureate na nÓg Patricia Forde are among a collective of Irish writers, illustrators, teachers, librarians and booksellers who have come together to launch [Discover Irish Children's Books](#), a new initiative to champion children's books written by those living and working in Ireland.

Discover Irish Children's Books estimates there are upwards of 350 published children's writers and illustrators from or living in Ireland. Yet for 15 weeks between May and early August 2023, no Irish books charted in the weekly children's top ten sellers list. In the same period, 96 Irish writers charted in the equivalent list for adult's fiction.

To highlight the range of Irish titles available to young readers, the campaign will launch a new top ten bestsellers list dedicated to Irish children's books. The list will be informed by the top ten bestsellers in a different independent bookshop across Ireland each week throughout September and October. The list will be available each week on www.discoveririshkidsbooks.ie.

Children's author and **Laureate na nÓg, Patricia Ford** said: "Ireland now has a wonderful canon of literature for children in both English and Irish. We owe it to our young people to promote that work and to make sure that they are aware of books that are written and illustrated here. We all need to see ourselves and our culture in the books that we read, and our writers and illustrators need our support to continue making that work."

Information available on: www.discoveririshkidsbooks.ie.





Construction under way on Phoenix Park bus stops



Construction of temporary bus stops along Dublin's Chesterfield Avenue in the Phoenix Park begins today and will last for around four weeks.

There will be a total of seven stops within the Phoenix Park, with stops at Dublin Zoo, Phoenix Roundabout, Phoenix Park Visitor Centre and at the People's Gardens, Parkgate Street Entrance.

[A key recommendation from the Phoenix Park Transport and Mobility Options Study in July 2021](#) was to provide a public bus linking the Phoenix Park to other modal hubs to facilitate active travel.

Working closely with the National Transport Authority, Dublin City Council and Fingal County Council, the OPW has explored options for realising this recommendation.

Full article [HERE](#)

The new bus stops and a new bus route in the Phoenix Park will greatly improve accessibility of the park to older people, especially those with a free travel pass.

Additional Garda Hours for Dublin City



The Minister for Justice, Helen McEntee TD, announced recently that there will be an additional €10 million funding for An Garda Síochána which will be used to bolster high visibility policing in Dublin city, helping to make the city centre a safer place. This funding will provide up to 48,500 extra Garda hours per month across all Dublin Garda Divisions and will result in increased deployment of the public order unit and other specialist units in Dublin City Centre.

Older people will benefit from increased safety through an enhanced visible Garda presence at strategic locations in Dublin city centre including high visibility patrols on the transport network and near transport services. An enhanced Operation Citizen will include a focus on tackling street level drug dealing, anti-social behaviour and the seizure of alcohol in the city centre.



The Minister also commented on the increasing numbers attending the Garda Training College in Templemore. 135 trainees entered the training college in February and another 154 in May. Another class of 174, the largest class since Covid, entered the college at the end of July.

The Department of Justice is currently funding eight Youth Diversion Projects covering the Dublin City Centre area (specifically Dublin 1, 7 and 8) and is committed to expanding these youth projects across the country.

Funding for Youth Diversion Projects is provided by the Department of Justice and co-financed by the European Social Fund's ESF+ Programme.

Full article [HERE](#)

Nursing Homes Ireland Care Awards

The upcoming NHI Care Awards, is association with Home Care Medical.

Please see link below to the official website where nominations for the awards can be seamlessly submitted. Additionally, if anyone is considering attending the event, you can secure your spot through our Eventbrite page, linked below.

Nominations: [Care Awards 2023 - Nursing Homes Ireland \(nhi.ie\)](https://www.nhi.ie)

Event Registration: <https://www.eventbrite.ie/e/nhi-care-awards-2023-tickets-679959907387?aff=oddtcreator>



Recognising & Celebrating Excellence in Care



NHI Care Awards Ceremony

Tuesday 7th November 2023, The Round Room @ The Mansion House

MC: Mary Kennedy (Broadcaster & Writer)

Join us in celebrating excellence and dedication in the nursing home sector at the esteemed NHI Care Awards held in partnership with Homecare Medical. This special occasion pays tribute to the exceptional care extended to older individuals and those requiring continuous support across communities in Ireland.

Your participation in this celebration is an opportunity to shine a spotlight on the remarkable contributions of caregivers and other professionals, underscoring the significance of unparalleled care. Join us as we applaud those who consistently exceed expectations in their dedication to delivering quality care.

Immerse yourself in the narratives of excellence and devotion showcased at the NHI Care Awards. Let's collectively revel in these exceptional accomplishments and uphold the highest standards of care within the nursing home sector.

This year, we have chosen to forego specific categories to provide more space for your achievements to flourish. Instead, we proudly present seven awards that encompass a wide spectrum of excellence and dedication within our nursing home community. Additionally, a distinguished 8th award



ExWell Health Fair September 9th, 2023

Dear Friends of ExWell

I am delighted to let you know that we are preparing for a big ExWell Medical event in TUD's new Sports Centre on Saturday September 9th which is a celebration / promotion of physical activity participation by people with chronic illness and cancer. We hope to have 500 attendees (ExWell participants and non-participants with CI / cancer). The schedule will include official opening (Dublin Lord Mayor), exercise participation sessions, short talks x 6 (details



below), a participant voice / testimonials section, information from service providers / advocacy groups and entertainment (ExWell choir).

It's a first in Europe, the first event in the new sports centre, and we will have ExWell participants from around the country, but mainly Tallaght.

The Lord Mayor of Dublin, Daithi de Roiste, will open the event at 10 am.

The suggested talk topics are

1. Brain Health
2. Living with Chronic illness
3. Covid Update
4. Recovering from Stroke
5. Sleep
6. Nutrition for Healthy Aging

We would love to ask people with chronic illness and cancer who are not yet involved in ExWell to consider coming to the event.

If you are interested, please contact us by sending an email to email to healthfair@exwell.ie or call us at 01-8339561. There is a nominal fee of €5 to attend.

Local Updates



Bunclody Library Events

Bunclody Library Knitting Group – Every Thursday from 7th Sept 10.30am to 12.00pm

Our Knitting Group resumes on Thursday 7th September at 10.30am. New members welcome. Please note change of day! **No booking required!**

Carmen Sanchez Zero Waste Reduction Demonstration – Thursday 7th Sept at 7.00pm

Please join Carmen Sanchez from WWETB for a Waste Reduction demonstration. Booking required.

To book please telephone 053 9375466 or book online at wexfordcoco.libcal.com

Wexford Alliance Dementia Cafe St Louis Day Care Centre



Wexford Alliance Dementia Café

Hosted by St. Louis Day Care Centre, Ramsgrange,
Co. Wexford Y34H283

Date and Time: Thursday 14th September 2023 2pm –4pm
(Café held 2nd Thursday of every month)

**Guest Speaker: Brian Doyle, Community Resource Officer,
Chime**

**Presentation Title: "About Chime & Living with
Hearing Loss"**



The Café provides a warm and welcoming space for people with dementia, their family and friends, social and health care professionals to meet, exchange ideas and learning

For further information on how to attend please email:
stlouisdycarecentre@gmail.com or telephone 051-389509



Irish
Dementia
Cafe
Network
MEMBER

ASI Memory Walk 2023



Alzheimer's Memory Walk takes place on **Sunday, 24th September**. Our Wexford walk is at **11.00 am** in **Courtown Woods**. (main car park entrance).

It's a *family-friendly* event suitable for all ages and walking abilities to unite friends, families and communities to raise awareness and funds for dementia supports.



THE Alzheimer
SOCIETY OF IRELAND



Memory Walk

Let's Walk Together
Sunday 24th September

Time: 11.00 A.M.

Location: Courtown Woods

Register for your t-shirt and
pack on www.memorywalk.ie

REGISTER
NOW!



DONATE
NOW!



Second walk also taking place in **Tintern Abbey at 2pm**. Meeting point is the car park.

We want *3,000 walkers* from all across Ireland to join us and help raise funds for vital services that support so many people living with dementia and those who care for them. These services include Homecare, Daycare, Daycare at Home, Family Carer Training, Social Clubs, Cafés, and a National Helpline.

An estimated *64,000* people live with dementia in *Ireland*, which according to leading dementia experts will more than double in the next 25 years to over 150,000 by 2045.

Register now for the 2023 Alzheimer's Memory Walk through the form below. Registrations cost €5 for kids and €18 for adults and include a participation pack with a Memory Walk t-shirt.

<https://alzheimer.ie/memory-walk/>

We look forward to the support of our Wexford walkers on the day.



comhairle chontae na mí
meath county council



Attitudes Towards Psychotherapy Research Study

Older adults (aged 60+) needed for research study on attitudes towards online psychotherapy



This research will examine older adults' attitudes towards attending face-to-face and online psychotherapy using questionnaires

The study can be completed online or in-person and will take approximately 30 minutes to complete

If you are interested in taking part, please get in touch:

Name: Síofra McCrum

Email: siofra.mccrum@dkit.ie

Older adults (aged 60+) needed for research study exploring attitudes towards psychotherapy. This research will examine older adults' attitudes towards face-to-face and online psychotherapy using a survey. The survey can be completed online or in-person and will take approximately 30 minutes to complete.

If you are interested in taking part, click the following link to complete the survey: https://dkitsohs.qualtrics.com/jfe/form/SV_38KJng639MiHSJ0
If you have any further questions, please get in touch with Síofra at: siofra.mccrum@dkit.ie.



NORTH CORK
DEMENTIA
ALLIANCE

Building Confidence & Connections

Dementia Information Evening

We invite you to join us to
access information, support
and advice in relation to
Dementia.



7-9pm

September 13th 2023

Culturlann, Newmarket, Co.Cork

P51D854

Guest Speakers :

- Charlie Drake-Living with Dementia
- Jenny Hanna- Family Carer
- Dr Emma Jennings-Consultant Geriatrician Mallow GH
- Amy Murphy, Dementia Advisor, Alzheimer Society of Ireland
- Information stands.



THE ALZHEIMER
SOCIETY of IRELAND



CÚRAM SLÁINTE POBAIL
CORCAIGH CIARRAÍ
CORK KERRY
COMMUNITY HEALTHCARE

**Registration
Phone or Email**

086 4668484

brainhealthcork@gmail.com

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 on all things Age Friendly happening around the country 😊

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

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

Instagram: [agefriendlyireland](https://www.instagram.com/agefriendlyireland)

International Updates



IFA Global Café | In Conversation with Dr. Ryan MacFarlane



Dr. Ryan MacFarlane
Director
Crowell & Moring International

ifa Global Café
in conversation with experts

“LIFE-COURSE APPROACH TO IMMUNIZATION TO COMBAT HEALTH INEQUITIES.”

1 September 2023 07:00 AM EDT

a contribution to the
Decade of healthy ageing

The International Federation on Ageing held a Global Cafe event this morning called: In conversation with Dr. Ryan MacFarlane on "Life-course approach to immunization to combat health inequities".

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



comhairle chontae na mí
meath county council

