

National Updates

Happy International Women's Day

For the day that is in it, we would like to wish women all over the country a Happy International Women's Day. We have an amazing team behind us here in Age Friendly Ireland, both men and women plus we have grown at a pace over the past couple of years. Here are some of the wonderful women who are working with Age Friendly Ireland to make Ireland a better place to grow old in.



Message from our Chief Executive on the Healthy Age Friendly Homes Programme

The Healthy Age Friendly Homes Programme aims to support older people to live in their own home with dignity and independence, for as long as possible. The programme's ambition is to enable everyone to live longer healthier lives by keeping care close to home and expanding a range of health and social care services in the community. It is about providing a range of alternatives for older people who may otherwise transition into long term residential care prematurely.



Following a successful two-year pilot in 9 Local Authority areas an effective bid for funding in the Budget 2023, the Healthy Age Friendly Homes programme was allocated funding for national rollout. The programme has scaled up nationally, to ensure all older people in Ireland will have the opportunity to age in place and have access to the supports provided by the programme.

Using a population-based approach, each local authority in the country (31) hosts a local coordinator, with some areas receiving more based on their population's needs. Regional managers are aligned to the Regional Health Areas, to ensure alignment with health and social care services. Partnerships with key stakeholders are being scaled to ensure service provision across the country. The programme aims to support up to **10,500 older persons in their homes on an annual basis**.

An effective recruitment campaign has seen the National scale of the programme with the appointment of a National Manager, a team of 15 admin staff, 6 Regional Managers and 44 Local Coordinators.

I would like to take this opportunity to welcome our Coordinators throughout the 31 counties to the Programme and wish them every success in the National Rollout going forward. I also wish to thank our Human Resources & IT Department for their dedicated work in assisting in the scale up of the programme.

A more detailed communique will issue to all staff in the coming weeks.

Kieran Kehoe

Chief Executive.

Fifth Private Rightsizing Scheme announced by Limerick City and County Council



Two-bedroom terraced houses available from end of March 2024 at Brú na Gruadán (Phase 1), Castletroy, Co Limerick. Are you a homeowner over the age of 55 and are finding that your house is too large for your needs? Limerick City and County Council may be able to help.

The local authority has a new scheme where homeowners older than 55 who find their dwellings too large for them, may request the council to purchase their home in return for a life-long tenancy in a managed Older Persons Scheme.

Click [Here](#) for more information

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 peoples' 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 their 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 interview, 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

Wayfinding in Healthcare Settings Seminar Day

The Dementia Services Information and Development Centre would like to draw your attention to an upcoming event that they think you might be interested in. On Friday 19th April, the Dementia Services Information & Development Centre, in conjunction with the HSE's Understand Together campaign, are holding a full day seminar entitled "Wayfinding in healthcare settings". The seminar day will be held in the Tangent space in the Trinity Business School between 09:00 – 16:00 and will feature national and international experts including architects, designers and professionals working in health settings.



APRIL 19

Wayfinding in healthcare settings seminar day

Location:

Trinity College Dublin
09:00 - 16:00

Reserve through Eventbrite:

<https://www.eventbrite.ie/e/wayfinding-in-healthcare-settings-tickets-813852583987>



www.dementia.ie
www.understandtogether.ie

You can register to attend here: <https://www.eventbrite.ie/e/wayfinding-in-healthcare-settings-tickets-813852583987> .

Spaces are limited so book early to avoid disappointment.



National Brain Awareness Week takes place from March 11th to 17th 2024.

This year's Brain Awareness Week theme, 'The Changing Brain' is really exciting, as it reminds us of our brain's ability to change and adapt. This means that it is never too late, or too early to start looking after our brain, and that there are things we can do to build reserve in our brain, protect it from 'wear and tear' and to potentially decrease our risk of developing dementia.

- **Community Champion Welcome Workshop**

The Dementia: Understand Together campaign aims to inspire individuals, organisations and community groups to take actions to make our communities dementia inclusive. Over 40 national partners and 1000 local community champions are supporting the campaign.

If you are interested in getting involved and learn more about the things you can do in your organisation or community, the campaign is holding an online Community Champion Welcome Workshop. In the workshop you will meet other champions and explore the practical actions we can take to support people with dementia in their communities.

When: **Wednesday 13th March from 12 to 1.45pm, online**

Don't miss out. You can register by emailing understandtogether@hse.ie

- **RCSI MyHealth online event April 17th**

This episode will focus on the topic of dementia and maintaining a healthy brain for life. As part of this discussion, the panel will discuss the misapprehensions about what a diagnosis means, the emotional impact of a diagnosis, raise awareness and share practical tools for maintaining brain health, as well as discuss developments in disease modifying treatments in this area. Register via the link [Dementia and maintaining a healthy brain for life](#)

- **Resources**

For people with dementia, being involved in activities, social contact and enjoying the environment are vital for physical and mental health and wellbeing. The attached Memories garden flyer might provide helpful tips for outdoors spaces, be it in your own garden, or in your community parks and spaces. The flyer can be ordered free of charge from healthpromotion.ie

- **Newsletter**

Please see attached the Spring 2024 Edition of the National Dementia Service Newsletter. Please feel free to share this among your organisation. Click [HERE](#)

- **Listen**

You can listen to Mike Hanrahan, musician & producer as he speaks on Creative Brain Week events & the importance of Dementia Inclusion. Music, Poetry and the Arts are so important.

Listen at: <https://www.rte.ie/radio/radio1/clips/22363366/>

Extended closing date (2 April,2024) for Public Consultation on Adult Safeguarding in the Health and Social Care Sector



An Roinn Sláinte
Department of Health

Adult Safeguarding is about putting measures in place to reduce the risk of harm to adults who may be at risk of abuse. It is about promoting and protecting people's human rights. It is also about empowering people to make decisions about their health and welfare, including their protection against abuse.

The safety and protection of all our citizens from harm is a key objective and responsibility of Government and society. There are already significant measures in place in the health and social care sector, and in Irish society more generally, to protect at-risk adults from abuse and harm. There are also many supports in place to help them make informed decisions about their own lives, their wellbeing and their protection.

The Department of Health has extended the closing date for our public consultation on policy proposals on adult safeguarding in the health and social care sector. The new closing date is Tuesday, 2 April 2024.

For more information on the consultation please visit the online portal page: <http://www.gov.ie/AdultSafeguardingConsultation>



Could it be Sepsis – Know the Signs and Symptoms

S	Slurred speech, new confusion, too sick to communicate, drowsiness.
E	Extreme shivering, muscle aches, fever.
P	Has not passed urine in the last 12 hours and does not feel like passing urine.
S	Shortness of breath, lips tinged with blue, feels like your heart is racing, dizzy when you sit or stand.
I	I feel like I'm going to die.
S	Skin mottled and discoloured, new rash that is still visible when pressed on with a clear glass (glass test).

Sepsis is a life-threatening condition caused by an infection that affects the organs.

Over 13,000 patients receive treatment for sepsis in Irish hospitals each year. 1 in 5 patients will die. Sepsis kills more people each year than heart attacks, stroke or almost any cancer.

Anyone with an infection, either bacterial or viral, can be at risk of sepsis, even if you are taking antibiotics.

It can affect the whole body, regardless of where the infection started.

Those most at risk:

- are aged 75 or over
- have certain medical conditions such as cancer, COPD, diabetes, chronic kidney or liver disease
- have a weak immune system
- are 6 weeks after birth, miscarriage or abortion
- are very young children.

Sepsis can hide behind any infection. Watch out for the signs and don't be afraid to ask, 'Could it be sepsis?'

Visit www.hse.ie/sepsis for more information and don't be afraid to ask, 'Could it be sepsis?'



5 issues around cash and ATMs which new legislation will address

Recent proposals for access to cash legislation aim to ensure the continuation of reasonable access to cash for all Irish citizens who wish to, or have a need to, use cash. While as many as 94% of us say we use it, cash is seen as particularly important for the inclusion of vulnerable consumers.

The General Scheme of the Access to Cash Bill 2024 arises from a recommendation of the 2022 Retail Banking Review to put reasonable access to cash on a legislative footing. According to the Review, reasonable access to cash is "the ability to withdraw and deposit notes and coin at locations within a reasonable distance and at a reasonable cost".

How many ATMs are in your area?

The legislation aims to ensure access to ATMs by prescribing both the percentage of the population living within no more than 10 kilometres of an ATM and the minimum number of ATMs per 100,000 people. It will also prescribe the percentage of the population living within no more than 10 kilometres of a cash service point, a location where cash can be both deposited and withdrawn.

An important provision will tackle any local deficiencies in provision where the specific characteristics of a local area make it more difficult for people to access an ATM or cash service point. For example, this might include issues relating to local infrastructure or topography or a sudden increase in population.

Read the full article [HERE](#)

Local Updates



Creative Brain Week Welcomes World Health Organisation Arts & Health Lead, Chris Bailey



In 2023 Christopher Bailey joined Creative Aging International and the Global Brain Health Institute for Creative Brain Week at Trinity College Dublin. Whilst in Dublin he spoke eloquently about the power of arts for health, especially for brain health. He met and heard some of Ireland's experts in this area along with artists, researchers, practitioners and poets. They inspired him to commit to returning to Ireland and this year on March 5th he travelled to Limerick to meet people and groups doing extraordinary things in local communities. Chris

visited Newcastle West where he met the participants and facilitators of the Travellers Health Programme. He also visited the community mural at Desmond Complex. This mural was a true co-creation project between artist and community. As part of his visit to Limerick he continued on in the evening to visit St. Conlon's Community Nursing Unit in Nenagh. Here he got to see the multi-year partnership project 'Musicians on Call' in action. Grainne Hope and her fellow musicians from

Music and Health Limerick delivered one of their wonderful interactive music sessions. Musicians on Call is funded by Creative Ireland, Limerick City and County Council, Clare County Council and Tipperary County Council. Age Friendly Limerick gives its support to this project.

Musicians on Call is where professionally trained musicians from Music & Health Ireland, work in healthcare settings, to connect music-making opportunities to residents and healthcare staff in Nursing Homes and Community Hospitals. Music & Health Ireland's approach is driven by equity of experience for all and a shared social experience. Key legacy aspects of the project include the development of a qualified regional team of professional musicians and development training for HSE staff. Musicians on Call has been delivered across Clare, Limerick and Tipperary over the last number of years.



Creative Brain Week is a Global Brain Health Institute innovation of Trinity College Dublin. “Creativity is everyone’s asset, a critical skill for the coming century, which can be nurtured and enhanced.”

Christopher Bailey states *“The basic message of his work is to amplify the WHO definition of health which states that health is not merely the absence of disease and infirmity, but the attainment of the highest level of physical, mental and social wellbeing”*.

Age Friendly Business Programme

Members of Louth OPC and Age Friendly Louth Ambassador Gavin Duffy attended an age friendly morning at Drogheda Credit Union on 1st March 2024.

The event was to recognise Drogheda Credit Union as the latest business in Co Louth to attend the Age Friendly Business training programme and get Age Friendly accreditation.





Members of the public were invited to spin and win prizes, vouchers and goodie bags.



The aim of the event was also to raise awareness around the Age Friendly Business Programme and to encourage other businesses in Co Louth to sign up to the Age Friendly Business Training Programme taking place on 24th April in Drogheda and Dundalk.

If you have any queries, please contact Susan at econdev@louthcoco.ie

Age Friendly Business Recognition Programme

Make your Business Age Friendly and watch it grow!

Louth County Council wishes to assist businesses in County Louth to achieve your Age Friendly Business Charter in a few easy steps.

Your business should be Age Friendly because:

- It is simple to achieve
- It is low cost or cost neutral
- It opens up new business for you
- It is the right thing to do!

What is involved?

In four simple steps you can become an Age Friendly Business:

1. **Plan:** Identify a member of staff to act as a champion for age-friendliness and older customers
2. **Act:** The champion participates in our Age Friendly Business Workshop and starts to develop ideas for your business
3. **Consult:** Ask your older customers what they like & what could be improved?
4. **Implement:** Develop and implement 3 actions, receive your Charter and get recognised as an Age Friendly Business!

Our **Age Friendly Business Workshops** facilitated by **Orlaith Carmody, Business Consultant to Age Friendly Ireland** will take place as follows:

- ❖ **Wednesday, 24th April 2024 (10am – 12.30pm) at a DROGHEDA TOWN CENTRE location (venue to be confirmed)**
- ❖ **Wednesday, 24th April 2024 (2pm – 4.30pm) at a DUNDALK TOWN CENTRE location (venue to be confirmed)**

Please **register to attend** the Age Friendly Business Workshops **on/before Friday, 15th March 2024** by entering your contact information and preferred location by following this [link](#).

Please watch this short video for more information on how it could benefit your business:

<https://youtu.be/yzzHJDOJtu8?si=weptxM0hOaGfKH4I>

If you have any queries, please contact Susan at econdev@louthcoco.ie

Slane and District Men's Shed Open Morning 2024

The Chairman and Committee of the Slane and District Men's Shed (SDMS) invite you to our 2024 Open Morning at 10.30 am – 12.00 pm on Friday 15 March 2024.



10.30 am Welcome by Kevin Macken, Chairman, SDMS

10.45 Launch of SDMS/LMETB Education Programme 2024 by Cllr Wayne Harding, Chair of LMETB

11.00 Launch of the Mobile Field Kitchen made by SDMS members for Meath River Rescue by Cllr Wayne Harding

11.15 Tea/Coffee and Tour of SDMS Facilities

12.00 Close.

RSVP slanemensshedpro@gmail.com

Slane and District Men's Shed
Unit 6 Slane Industrial Estate
C15DEH7



Sean Nós le MacDara Ó Conaola



**Léiriú Amhrán
Traidisiúnta
na hÉireann**



**Traditional
sean-nós**

MacDara Ó Conaola

Leabharlann
Chathair na
Gaillimhe,
Déardaoin 14
Márta ag 6pm



Galway City
Library,
Thursday 14
March at 6pm



Saor in aisce/FREE!

Cliceáil ar an nasc seo le do tholl:
Please Visit:

<https://bit.ly/GCL-SeanNos>
or scan **QR Code**
nó scanadh an **cod QR**

chun do thicéid saor in aisce a chur
in áirithe / for your free ticket



Join us at Galway City Library on Thursday 14 March at 6pm when sean-nós singer MacDara Ó Conaola will be with us for a performance of traditional Irish song. MacDara Ó Conaola is a native of Inisheer in the Aran Islands Gaeltacht, Co. Galway. Like many islanders, he wears multiple hats, primarily as a traditional singer and producer, and advocate for the Irish language. MacDara has released one album to date, "The Love Token", featuring the cream of guest Irish musicians.

This event is part of Seachtain na Gaeilge, and is run in collaboration with Gaillimh Le Gaeilge. To book your free ticket go to <https://bit.ly/GCL-SeanNos>

Bígy linn i Leabharlann Chathair na Gaillimhe Déardaoin 14 Márta ag 6pm nuair a bheidh an t-amhránaí sean-nóis MacDara Ó Conaola linn le haghaidh léiriú amhrán traidisiúnta na hÉireann.

Is as Inis Oírr in Oileáin Árann, Co. na Gaillimhe, é MacDara Ó Conaola. Ar nós go leor oileánaigh, bíonn níos mó ná rud amháin idir lámha aige, go príomha mar amhránaí agus léirtheoir ceoil, agus mar ghníomhaí teangan.

Tá an ócáid seo mar chuid de Sheachtain na Gaeilge, agus réachtáiltear é i gcomhar le Gaillimh Le Gaeilge. Chun d'áit a chur in áirithe: <https://bit.ly/GCL-SeanNos>



March Laois Age Friendly Newsletter

Live Well Expo Edition

Thursday,
April 4th
1pm to 6pm



Healthy
Laois



Age Friendly
LAOIS

Portlaoise College,
R32N795



Showcasing supports, services and activities
available to all ages in Laois



Register by calling / messaging

Tom on 086 0363426 / 05786 64150 / tcurran@laoiscoco.ie
Emma on 086 0665215 / 05786 64042 / eoconnor@laoiscoco.ie



Check out Laois's March edition of their Age Friendly Newsletter. This edition focuses on the Live Well expo which takes place next month, Laois Active Retirement Group Visits Google and even some tasty recipe.

Check it out [HERE](#)



comhairle chontae na mí
meath county council



Cumann Lucht Bainistíochta Contae agus Cathrach
County and City Management Association

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)

International Updates



IFA Global Café | In Conversation with Dr. Jane Carmody

The International Federation on Ageing held a Global Cafe event this morning called: In conversation with Dr. Jane Carmody on "Inclusion of patients and caregivers in policy development".

ifa Global Café
in conversation with experts

**"INCLUSION OF PATIENTS AND CAREGIVERS
IN POLICY DEVELOPMENT"**

Dr. Jane Carmody
Senior Program Officer
The John A. Hartford Foundation

8 MARCH 2024 07:00 AM (EST)

a contribution to the
**Decade
of healthy
ageing**

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 9032170**

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