

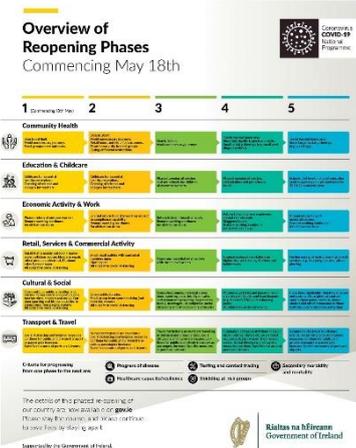
National Updates



Rialtas na hÉireann
Government of Ireland



National Framework
for living with COVID-19



Overview of Reopening Phases
Commencing May 18th

1 Community Health 2 Education & Childcare 3 Economic Activity & Work 4 Retail, Services & Commercial Activity 5 Cultural & Social 6 Transport & Travel

Criteria for progressing from one phase to the next are: Progress of disease, Testing and contact tracing, Capacity for safety and control.

The details of the phased re-opening of our country will be available on [GOV.ie](#). Please visit [GOV.ie](#) regularly and follow updates to stay abreast of what is going on.

Supervised by the Government of Ireland. Rialtas na hÉireann Government of Ireland.

Level 3 Covid Restrictions for Entire Country

The Cabinet recommended that the entire country is moved to Level 3 from midnight on Tuesday 6th October. Under **Level 3**, the Government says the priority is to keep schools and childcare facilities open and minimise disruption in the work force. This means that a number of services will be moved online, while some businesses will be closed (such as museums and other indoor cultural venues). Additional restrictions will apply to restaurants and pubs. People will be asked to stay in their region and to keep the number of people they meet to a minimum.

Specific guidance will be provided for **people aged over 70 and the medically vulnerable**. They are advised to exercise judgement regarding the extent to which they engage with others and in activities outside their home. It is recommended that they stay at home as much as possible, limit engagement to a very small network for short periods of time, while remaining physically distanced. When taking exercise outdoors, it is important to maintain 2 metres distance from others and wash hands on returning home. It is recommended to shop during designated hours only, while wearing a face covering, and to avoid public transport. Visiting long-term residential care facilities, such as nursing and care homes, is suspended, aside from critical and compassionate circumstances.



Seasonal Influenza Vaccination Programme 2020/2021

The best way to prevent flu is by getting vaccinated throughout the autumn months before influenza is circulating. You can get the flu vaccine for free if you are 65 years of age and over or belong to certain vulnerable groups. Contact your GP, Pharmacy or Occupational Health Department to book an appointment this autumn. Flu vaccine deliveries started on 17th September, and deliveries will be made to GPs and Pharmacists every two weeks until January 2021.



**THE
INNOVATION
IN POLITICS
INSTITUTE**

Age Friendly Housing Technical Advisors Shortlisted for the EU Innovation in Politics Awards

All local authorities in Ireland assigned an Age Friendly Housing Technical Advisor earlier this year as a direct action arising from the 'Housing Options for our Ageing Population' policy statement. This is the first time that a dedicated technical role has been assigned in Irish local authorities to support the specific housing needs of older people. The innovative nature of this development has been recognised by the EU Innovation in Politics Institute whose judges have shortlisted the Age Friendly Housing Advisors for their 2020 European Awards. The Age Friendly Housing Technical Advisors are tasked with developing housing options to meet the needs of the ageing population. This service supports older people to adapt their homes or rightsize to suitable accommodation. The advisors are key contact points for age friendly housing technical queries specifically around designing for life and universal design principles.

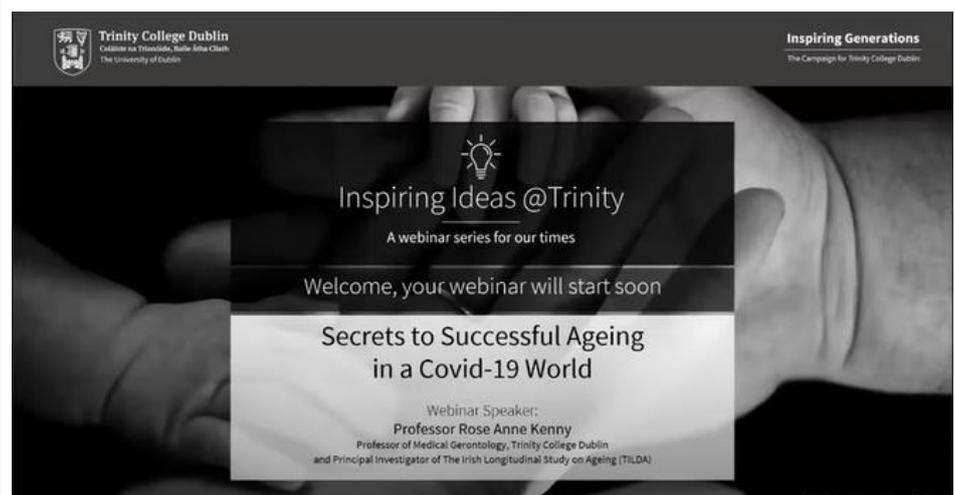
tilda

Staidéar Fadaimseartha na hÉireann um Dhul in Aois

The Irish Longitudinal Study on Ageing

TILDA Webinar on Successful Ageing in a Covid World

The Irish Longitudinal Study on Ageing (TILDA) at Trinity College Dublin held a special webinar for the International Day of Older Persons. Professor Rose Anne Kenny of TILDA outlines the path for successful ageing, coupled with key insight on how to enhance our later years as we age, shared in the context of the current COVID-19 pandemic. Professor Kenny also addresses the need to combat ageist attitudes that have emerged since the outbreak of COVID-19 and the need for society to create an age-friendly and inclusive society for all. See this [link](#) for a unique webinar.



Virtual Event on Ireland's Responsibility to Survivors of Institutional Abuse

On Friday 9th October 2020 at 3.00pm the 'Facing the future together: Discussing Ireland's lifelong responsibility to the survivors of institutional abuse' report will be launched via a virtual event. Fergus Finlay will host a panel discussion with Carmel McDonnell Byrne, survivor and founder of the Christine Buckley Centre, Francis Treanor,

	<p>survivor and board member of Caranua and Right of Place Second Chance and Professor Alan Carr, Professor of Clinical Psychology, University College Dublin. Please click on this link to register for place at this important launch https://us02web.zoom.us/webinar/register/WN_xQJzKdQfTO-3MqoFeCT3vA</p> <p>If you have any questions please contact survivorsfacingthefuture@gmail.com, please feel free to share this with your colleagues or other interested parties.</p> 
	<p>Dementia and COVID-19</p> <p>To get Ireland talking about dementia and to better understand how we can offer support, the Dementia: Understand Together campaign we'll be taking the conversation to 10 local radio stations over the next three weeks. You can find more information on dementia and actions we can all take to support people living with dementia here.</p>
	<p>Community Call</p> <p>As part of the Government response to the COVID-19 crisis, all local authorities established a COVID-19 Community Call Forum to provide supports or services to any vulnerable person who needs them. To date the Community Call has received 55,278 calls nationwide, of which 11,790 related to collecting and delivering items and 10,924 related to social isolation.</p> <p>Your local community call helpline number is listed at the end of the newsletter</p>
	<p>More 'Movement Minutes' from Age & Opportunity</p> <p>Join in on Facebook for free live movement classes with Age & Opportunity.</p>



Join us live on Facebook
Monday 12th
Wednesday 14th
and Friday 16th



at 11am for
Age & Opportunity
Movement Minutes

#AgeandOpportunity

Also, on Thursday 22nd October, Age & Opportunity are holding their **Euro Games Fest** online which will involve playing physical activity games via Zoom with our friends around Ireland and in Belgium and Italy from 11am to 12pm with a virtual cuppa afterwards! Contact Paul Gallier if you or your friends would like to take part on 01-8057705 or paul.gallier@ageandopportunity.ie

Local Updates



Chair of Wexford Older People's Council gives advice on use of technology

The Chair of Wexford Older People's Council, **Kevin Molloy**, had a busy week in the media at the start of October, being featured in a newspaper article in the People Newspaper group and interviewed by South East Radio. The print news feature was part of a two page spread for Positive Ageing week. The local authority Chief Executive, Alliance members, and local Age Friendly Programme Manager also gave contributions.

You can listen to the podcast of Kevin's interview on South East Radio, www.southeastradio.ie on the 'Morning Mix' programme from Tuesday 29th September

Kevin also spoke about the new Wexford Assistive Technology Pilot programme that is being co-ordinated by Wexford County Council, Wexford Age Friendly Programme and Tunstall Healthcare.

Chair of OPC urges all to embrace technology

BEFORE lockdown Kevin Molloy, like so many of us, enjoyed a couple of pints in his local pub on a Sunday night.

And although he missed this weekly social event throughout the months of March, April and into the summer, there was one positive to come out of it.

'I would normally go to the pub on Sunday and, as you know yourself, he €50 wouldn't be long about going when you're in there,' Kevin explains.

'And I had an old PC at home which trundled and growled any time I tried to use it, so I thought "why not go out and buy a new laptop, a good one with the money I'm saving?"

The Chair of Wexford's Older People's Council, Kevin (79) says his new purchase has revolutionised his life.

'I've got great entertainment out of it. I'm tuning into different webinars, different platforms, I'm part of Diabetes Ireland so I'm been on with them, I've been in on talks, interacting with people,' he says.

'It's much better, you're holding a conversation, you see people's faces, it's better than the telephone, you can see and talk to them, there's something a lot more intimate about it.'

As part of his role with the OPC, Kevin is now urging people throughout Wexford to follow his lead, to embrace technology and all it entails.

'Usually for Positive Ageing Week there's events all across the county but this year it's all online and it's proving a problem for many people,' he says.

'But we have to try and manage what's happening, manage the technology and adapt with it. Covid-19 is here with us for the foreseeable and technology is going to play a huge part in our lives during it.

'So we've been trying to tell people to embrace it, convince them to use it, but they're resistant. It's like your granny telling you take your medicine, you might not like the taste but you know it's good for you.'

Aware of the costs involved, that many older people simply don't have the disposable income to afford a laptop and the broadband to run it, Kevin believes the Government could introduce a grant to enable more people to go online.

'You go back 40-50 years and very few people had telephones, the social welfare used to give people an allowance to enable them to afford to make calls.

'I think they should do something similar now to allow older people to use technology, just the basic stuff, enable them to communicate with the outside world.

'But in some cases, they don't want to. I know of people who can't text and have no interest in learning how



Wexford Older Peoples Council chairman, Kevin Molloy.

to do so.'

On a personal level, Kevin continues to follow the recommended guidelines from his home in Gorey, adhering strictly to rules regarding hand sanitising and face masks.

'I have my family, but two of my daughters work in schools, so they're very conscious of that, they're very conscious of their own families, one daughter hasn't been to see me since

she went back to work.

'It's tough, I'm trying to deal with it, trying to keep the spirits up but I'm temporarily incapacitated at the moment, I'm on crutches and need a hip replacement.

'So you're pushing all the time, keeping yourself sane almost. But from very early on in this I took the opinion Covid-19 wasn't going away and I prepared myself for it.'



Autumn/Winter in Fingal Libraries 2020

Fingal Library Service has a new brochure outlining their autumn winter programming and services. See what's available on this [link](#) Programming includes free talks, workshops and services available online at Fingal Libraries that can inspire, motivate and support you in 2020. Check out yoga workshops, story times, coding classes, art workshops and more. Look out for our Children's Book Festival content and all our usual fun events such as art workshops, STEM events and story time. Wellbeing events will also take place across the library schedule including virtual workshops on how to conquer worry and anxiety, deep relaxation, mindfulness, resilience and family wellbeing during a crisis.

Fingal Library Service have a special service available for people who are cocooning. If you or someone you know is cocooning and would like a fresh supply of library books, talking books or DVDs, contact Fingal library at 01 890 5000 or cocooning.library@fingal.ie

*Bringing
It All
Back Home*

Creative Ireland Stories from Older People in Galway

RTE news reports on a new project that gathers stories from nursing home residents in County Galway. Launched on International Day of Older Persons, 'Bringing it All Back Home' is a response by local artists to the disruption caused by the pandemic. The Town Hall Theatre in Galway commissioned 10 artists to devise individual works that would reflect the stories of some of the county's older citizens. The project is funded by Creative Ireland and covers topics such as emigration, religion, customs, and traditions. Videos can be viewed on the [Town Hall Theatre's website](#)



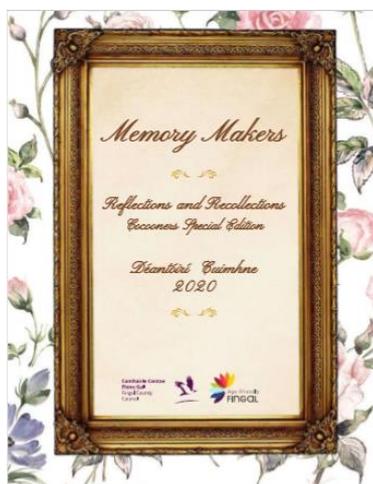
Memory Makers - Reflections and Recollections, Cocooners Special Edition 2020

Fingal County Council's Community Development Office has launched "Memory Makers - Reflections and Recollections Cocooners Special Edition 2020", which features inspirational poems and short stories from cocooners across the county. The beautifully designed publication co-funded by Age Friendly Fingal celebrates the voices of cocooners, reflecting and recollecting on memories, current or past events or fictional work inspired by these unprecedented times we are living through.

In March 2020 due to the COVID-19 pandemic the Government advised many older people or those who were classed as vulnerable due to ill health to cocoon and remain at home in order to minimise their risk of infection and prevent further spread of the virus.

In response to this, "Cocooning – A collection of activities for those self-isolating" was developed by the COVID-19 Fingal Community Response Project which is a collaboration between Fingal County Council, Age Friendly Fingal, Castleknock Community Centre Laurel Lodge, Blakestown Community Centre, Corduff Resource Centre, and Huntstown Community Centre. The response to this publication was so positive that the council invited Cocooners to submit their work into a special edition of the Memory Makers series of publications.

This publication is an important historical document and can soon be found in Fingal Libraries and the National Archive. A soft copy of the publication is also available [here](#).



Wexford Opera Festival

Wexford Opera Festival starts this weekend with a host of performances available to view online or listen to on the radio. The festival runs from 11 - 18 October 2020. Check out their website for the full programme of events.

www.wexfordopera.com/programme/festival-programme

All the events are free-to-view online (if you wish you can make a donation) and some events are broadcast on RTE Lyric FM radio.

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



Watch a Global Dialogue: Impact of COVID-19 on Older Persons

Watch an historic conversation with Jo Ann Jenkins, CEO of the American Association of Retired Persons, and Antonio Guterres, Secretary-General of the United Nations as they discuss the impact of Covid-19 on older people.

<https://www.aarpinternational.org/resources/covid-19andolderpersons-a-global-dialogue>

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
Public Health Advice

If you have fever and/or cough you should stay at home regardless of your travel or contact history.
If you have returned from an area that is subject to travel restrictions due to COVID-19 you should restrict your movement for 14 days. Check the list of affected areas on [www.hse.ie](#)

How to Prevent

- Wash** your hands well and often to good contamination
- Cover** your mouth and nose with a tissue or elbow when coughing or sneezing and discard used tissue
- Avoid** touching eyes, nose or mouth with unclean hands
- Clean** and disinfect frequently touched objects and surfaces
- Stop** shaking hands or hugging when staying home or avoiding those who might be unwell
- Distance** yourself at least 2 metres from other people, especially those who might be unwell

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

If you have symptoms visit hse.ie or phone HSE Live **1850 24 1850**

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

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

Info: hse.ie | www.hse.ie | www.hse.ie

HE **Irish Government** **Eilias na hÉireann**
Government of Ireland

Useful Contacts

Age Friendly Ireland Shared Service Office T: 046 9097413 E: reavy@meathcoco.ie

HSE Advice Line: Callsave 1850 24 1850

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

The following is the list of each **Local Authority's Helpline** phone numbers

Local Authority

Carlow County Council
Cavan County Council
Clare County Council
Cork City Council
Cork County Council
Donegal County Council
Dublin City Council
DLR County Council
Fingal County Council
Galway City Council
Galway County Council
Kerry County Council
Kildare County Council

Community Response Number

1800 814 300
1800 300 404
1800 203 600
1800 222 226
1800 805 819
1800 928 982
01 222 8555
1800 804 535
1800 459 059
1800 400 150
1800 928 894
1800 807 009
1800 300 174

Kilkenny County Council	1800 500 000
Laois County Council	1800 832 010
Leitrim County Council	1800 852 389
Limerick City and County Council	1800 832 005
Longford County Council	1800 300 122
Louth County Council	1800 805 817
Mayo County Council	094 906 4660
Meath County Council	1800 808 809
Monaghan County Council	1800 804 158
Offaly County Council	1800 818 181
Roscommon County Council	1800 200 727
Sligo County Council	1800 292 765
South Dublin County Council	1800 240519
Tipperary County Council	076 106 5000
Waterford City and County Council	1800 250 185
Westmeath County Council	1800 805 816
Wexford County Council	053 919 6000
Wicklow County Council	1800 868 399