

National Updates

Assisted Decision Making Training for our Older People's Councils



On Wednesday our Older People's Council members from across the country took part in an information session on Assisted Decision Making and the new Act with thanks to solicitor Elaine Byrne from Athboy.

Assisted Decision Making Information Session



Older People's Council members from around the country had the benefit of hearing award-winning Meath solicitor Elaine Byrne who presented to them on the Assisted Decision Making Act on Wednesday this week. She explained what changes will be coming into effect with the new legislation, covering issues such as Wardship, Wills, Enduring Power of Attorney, Capacity, Living Wills and Letter of Wishes. Her Athboy based practice specialises in wills, probate, trusts, powers of attorney, and capacity and is the only firm outside of Dublin to specialise in this area.

Elaine is a regular media contributor and has published articles in the Sunday Independent, Business Post and local papers including the Meath Chronicle and Westmeath Examiner. She is the regular contributor on the 'Today with Claire Byrne Show' on RTE Radio One and the '11 to 1 show' with Sinead Brassil on LFMF. She is involved with the Alzheimer's Society and a founding member of the Meath Alzheimer Café.

Older People's Council representatives would like to encourage all older people to keep up to date with the changing legislation in this area and to take steps to ensure that their wishes for future decisions are documented while they are in good health.

The Irish Hospice Foundation's 'Think Ahead' booklets are very useful resources.

Did you know?

- You can make a will yourself without having to go through a solicitor. However, to avoid any problems down the line it is advisable to engage a solicitor when making your will. This generally costs around €250 plus VAT.
- Enduring Power of Attorney is important because if a person loses mental capacity, it allows someone they trust to look after their affairs. A solicitor must be involved to set up Enduring Power of Attorney as this is a legal document. You can list substitute Attorneys in the legal document.
- Existing Enduring Power of Attorney agreements will still be valid under the new Assisted Decision Making legislation.
- Under the 2015 Act, a person is assumed to have capacity. There is a four step function test to determine capacity.
- If there is no Enduring Power of Attorney set up, a person who is deemed to not have capacity can be made a ward of court under our current law. This currently involves the High Court and can be a costly procedure. The law around wardship can be a slow process.
- Under the new/incoming legislation, Wardship will be abolished. The jurisdiction for the Act will be the Circuit Court.
- If you choose to set up Enduring Power of Attorney, there is a two stage process to firstly nominate someone to have power of attorney, and then to register / activate it.
- Two notice persons must be nominated for Enduring Power of Attorney. One of these must be the nearest family member.
- There will be a 'Director of Decision Support Service' role in the new Assisted Decision Making Service.
- We do not know the commencement date for the new Act yet.
- Under the new legislation, the person appointed as having Enduring Power of Attorney will have a legal obligation to furnish accounts once a year.
- Under the new Act it is possible to make an Advanced Health Care Directive. This is a medical summary form that allows you to list your wishes for health care in advance, in the event that you cannot express these wishes later on. You can set out wishes for treatment that you would be willing to have or treatment that you would refuse. An Advanced Health Care Directive must be signed by two witnesses. It's a good idea to give a copy of this document to your solicitor and your GP, and it's important to review this document periodically.

Elaine Byrne

Solicitor

Main Street, Athboy, County Meath, C15 EE71, 046 94 04 111

<https://www.elainebyrnesolicitors.ie/>

Meet the Team – Healthy Age Friendly Homes Coordinators

Meet the Team – Healthy Age Friendly Homes Coordinators

This week we would like to introduce you to Eimear who is the Healthy Age Friendly Homes Coordinator for Dublin City.



Hello, my name is Eimear McCormack and I am the Healthy Age Friendly Homes Coordinator for Dublin City Council. I started this job over 18 months ago and I must admit I am thoroughly enjoying the role.

The main component of my work is meeting with older people in their own homes and hearing about the main issues they face trying to successfully age at home. From these discussions we tailor an action plan to reach this goal. Every action plan is individual to the person's needs.

Some people wish to adapt their homes to make it more assessible, others may be considering improving the energy efficiency of their house. Many older people I meet have not been able to resume normal life following Covid and in this instance I help to find community groups or other alternatives to help them feel more part of their local community. Every person I visit has a different requirement.

My favourite part of the job is how much I learn from the people I visit. Every person I visit has a story to tell and every visit teaches me something new.

If you are in the Dublin City Council area and would like to get in touch with Eimear and learn more about the programme locally, you can contact her on **085-8622844** or Email:

eimear.mccormack@meathcoco.ie

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**



QUB Final Year Arthritis Study

How does arthritis impact on the mental health of those affected by it?
If you are living with arthritis, we would like to hear from you! ...

Who we are?

We are final year students in psychology at Queen's University Belfast, and we are currently undertaking a study investigating how arthritis impacts on the mental health of those affected by it. We want to shed light on individuals' experiences to gain awareness around the psychological impact of such a common chronic condition.

What are we looking for?

We are seeking individuals aged 18 and over living with arthritis to take part in our study. We are eager to increase the awareness of this chronic condition whilst also trying to improve the scientific research into this area.

How will your responses benefit others?

Your responses will be used to identify the impact on mental health and well-being impacts for those living with arthritis. We hope that our study will contribute to the body of research in this area and benefit the individuals who live each day with this chronic condition.

How to contact us?

We will be holding 1 to 1 interviews via Microsoft Teams online. Interviews are approximately one hour long and will take place in the coming weeks. If you are interested in sharing your thoughts with us and having your voice heard, please get in contact as we hope to hear from some of the readers of these newsletters. Rest assured that your personal details will remain confidential and that we will anonymise interview data, and you have the right to withdraw at any stage during the study.

If you are interested please do get in contact with any of the following members of our research team: Conor Shields (cshields16@qub.ac.uk); Chloe McAteer (cmcateer36@qub.ac.uk); Megan McGirr (mmcgirr05@qub.ac.uk).

We look forward to hearing from you! Thank You!



All-Ireland Conference on Integrated Care (#AICIC2023)

[IFIC Ireland](#) in association with the International Foundation for Integrated Care (IFIC), the [Health Service Executive \(HSE Ireland\)](#), [Health and Social Care Northern Ireland \(HSC NI\)](#) and [Sláintecare](#) presents "**People-centred Integrated Care: the right care, in the right place, at the right time**" on **Thursday, 23 March 2023** in O'Reilly Hall [University College Dublin](#).

This conference will focus on how integrated care is the solution to many of Ireland's health and care challenges, particularly the urgent care crisis and improved hospital admissions and discharge approaches. The conference will be attended by up to 300 delegates from across the island of Ireland and will

include Health and Social Care Services Managers, Clinicians and System leads, Academics leading in the field of integrated care, and a wide range of not-for-profit patient representative organisations and private sector providers of care services.



Keynote presentations and best practice examples will consider:

- What needs to happen across the island of Ireland do reduce pressures on hospitals and increase levels of health and care support in the community and closer to home?
- Will the new structures and system transformation across the island of Ireland support a more people-centred, integrated service for all?
- How taking an asset-based approach to care service models can improve multi-disciplinary working and deliver real co-design with patients, caregivers, and communities?
- What kind of leadership is required across all levels of health and care to make real improvements for people, their families and the communities where they live?
- What are the drivers of integrated care, and how can we ensure the right resources are in place to support the development of these important enablers?

The conference will again provide a space for highlighting examples of successful projects and approaches across the island of Ireland and the IFIC Ireland Steering Group invites those leading in the delivery of integrated health and social care programmes and initiatives to **submit a short abstract in the form of a summary of no more than 500 words**. The research, policy, practice or education initiative should pertain to one or more of the [9 Pillars of Integrated Care](#). If you are interested in show casing your work please submit a short abstract by **Friday, 10 February 2023**.

[SUBMIT AN ABSTRACT](#)

Age Friendly University Update



Love of Lifelong Learning

I am delighted to report that bookings for the Love of Lifelong Learning Programme are lively, and places are filling fast, so please take a moment to check out what is on offer on the website or the [Eventbrite](#) page.

Freebird Club

The Freebird Club was officially launched in 2017 as a social travel and homestay club exclusively for those over '50s. It is now developing as a global 'peer-to-peer' community, whereby Freebird Club members can travel and stay with each other in the context of a trusted members' social club. Members who wish to travel can search and stay with suitable hosts in destinations far and wide, knowing that a genuine, warm, personal welcome awaits them from a fellow Freebird Club member. The Freebird Club visited DCU in 2019 and offered a lifetime free membership for all DCU AFU participants. It has recently relaunched the brand, and now that there is the freedom to travel, it is worth a look.

Member of Group? we are actively seeking new participants

For those of you who are members of other groups, I welcome the opportunity to share information about our work. Don't hesitate to contact me if your group is interested in a presentation.

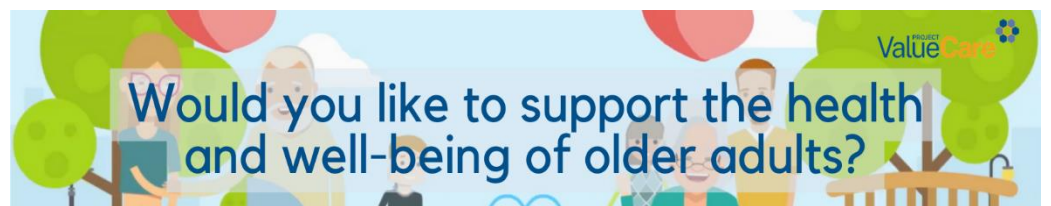
3LA

The 3LA has planned several events, and these will be shared over the coming weeks.

Sharing information

If you use Facebook dont forget to follow DCU Age-Friendly and share with friends and family

ValueCare



University College Dublin is seeking older adults (65+) in Cork and Kerry to take part in a research project to help build a new platform to support people to live well and independently in the community.

ValueCare, funded by EU Horizon 2020 and delivered in collaboration with the HSE, is working in partnership with older people to learn how technology can promote self-management and lifestyle coaching.

To get involved, participants only have to complete a short questionnaire.

To learn more call **087 115 1502** or email ethan.mcgrath@ucd.ie



Exwell Weekly Zoom

Dear ExWell Participants and Friends,

Please join us today, **Friday, January 27th at 5 pm** for our weekly Zoom meeting. This week we will be discussing earache.

As usual, please share this email with anyone you feel might benefit from or enjoy hearing about ExWell.

The schedule is as follows:

5.00 pm: Welcome

5.05 pm: Earache

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/89323001201?pwd=N0RQNTgwd2JoTUVJYncvdFpENVQ3QT09>

Local Updates



Bunclody Library, Wexford Library Events

Women Artists in History – Thursday 2nd February at 7.00pm

In this talk, Elaine will discuss the work of female artists whose art is found in collections all over the world.

Booking essential, book online at wexfordcoco.libcal.com or telephone 053 9375466.

Digital Radon Monitors

Do you want to test your home for radon? Digital radon monitors are available to borrow for a period of 4 weeks from Bunclody Library, all you need is your library card! For more information please telephone 053 9375466.



Pop up Garda Stations Dates – Wexford

Please be advised that members of An Garda Síochána will be in attendance to assist the public at the following venues, dates and times listed below:

**Wallace's Supervalu, Wellingtonbridge,
Co. Wexford 2nd February 2023
from 2pm to 4pm**

**Sinnott's Shop, Clongeen, Co. Wexford
on the 17th February 2023
from 1.45pm until 3.45pm**

This is an opportunity for the local community to get forms stamped, seek advice or any other Garda related matters.



BRIGID 1500

As part of the Brigid1500 programme, a Pause for Peace will see the residents of County Kildare calling on people all around the world to stop for a minute's silence St Brigid's day, the 1st of February 2023.

We invite all staff present in Aras Chill Dara on February 1st, to meet on the ramps at 12.00 noon to observe this minute's silence. We also invite all staff who are not in the building on that date to join this reflection.

This movement for a Pause for Peace sets the scene for marking the new national holiday in honour of St Brigid on February 6th. It reflects a spiritual underpinning to the holiday and is consonant with the value of peace which Brigid stood for in her time. Sr. Rita of Solas Bhríde in Kildare who has inspired the Pause for Peace has said 'By pausing for peace, we send out a message that we actively oppose warfare and the proliferation of arms, which wreak havoc on human beings as well as on the natural world.

This movement aims to awaken and build a spirit of global solidarity in our search for peace. It would be a fitting tribute to Saint Brigid and to all our ancestors if it were marked with a Pause for Peace on her feast-day, February 1st each year'

Kildare Age Friendly Roadshow



**FREE Age Friendly Roadshow in
Leinster Marts Kilcullen
Feb 7th 10.30am – 2pm**



BRIGID 1500

Opening from The
Minister of State
DAFM Martin Heydon

Ceann Comhairle Seán
Ó Fearghaíl speaking
on
Prostate Cancer

With Information on:

- Health and Wellbeing
- Rightsizing / Age friendly homes
- Education and Employment
- Mobility and Balance
- Safety and Security

Irish Heart Foundation
Nurses on site

McGreal Group
Pharmacies discussion
on LYME'S disease

Information Stands @ the Roadshow

- IFA • Older Persons Council • Teagasc • Mental Health Ireland • ICA • Men's Sheds • Awareness Head to Toe
- KSP(Fitstix) • Libraries(Land Books) • Garda(Crime Prevention & Property Marking) • HSE(Stop Smoking)
- Older Voices Kildare(befriending) • Climate action team KCC • Kildare Community Stories • KWETB • CKLP
- Heads up programme(Men's Health) • ALONE • Healthy Ireland • Chime • Free lunch & More

We are very excited to launch our new **Fitstix for Farmers programme with Frank Fahy and Kildare Sports Partnership** for further information, contact Carmel on ccashin@kildarecoco.ie or Jackie on jackiewhelanfagan@ifa.ie

This is a county-wide event. The roadshow will take place in the **Kilcullen Mart on Tuesday Feb 7th from 10.30am until 2pm** with lunch served at 1. The Kildare Age Friendly programme are delighted to be partnering with **Kildare West Wicklow IFA** to bring you a community roadshow for anyone over 55. We will have information stands from various agencies and services including farmer related services and supports.

We aim to have information on:

- Health and Wellbeing
- Rightsizing/age friendly homes
- Education and Employment
- Mobility and Balance
- Safety and Security

We will also be introducing our new **Fitsticks for Farmers** programme with Frank Fahy and Kildare Sports Partnership which we are very excited to launch.

Cultural Companions Supports Mental Wellbeing in Older People



Cultural Companions sparking fun & friendships among Clare's older people

by **Stuart Holly**
stuart@clarecoco.ie

OLDER people in Clare are being invited to meet like-minded people and broaden their social horizons through Age Friendly Clare's Cultural Companions initiative.

More than 200 people are already members of the programme, a social network of older people who attend arts and cultural events together in County Clare. Cultural Companions sees Age Friendly Clare organise social outings such as day trips to local tourist attractions and subsidised tickets for arts events in venues such as glór.

Clare's Age Friendly Officer, Karen Hennessy, tells *The Clare Echo* that recently the group organised a trip to King John's Castle and the Hunt Museum in Limerick, while during the summer a similar outing saw the group visit Scattery Island and the Vandelour Gardens in West Clare.

Karen explains, "We have around 230 members now and it's free to join. We have a lot of members who live on their own, or others whose partners don't want to attend social events so it's giving them a social outlet where they're connecting with like-minded people. We get a fund from Creative Ireland and we use that to support Cultural Companions, it allows us to subsidise events for members and create social outings around cultural events that are going on."

The initiative was established in 2019 and following two years of disruption due to Covid-19, Cultural Companions is back in full swing this year. The programme was originally developed by Age & Opportunity, a Dublin NGO. "We took what Age & Opportunity had done and replicated it in Clare where we felt there was a lot of cultural activity, between events in our libraries, arts office, and we link in with glow regularly and festivals that run throughout the year in Clare."

"One of the reasons we started it was to take away loneliness and that ties in with mental wellbeing as well. When we were starting out, we spoke to one or two Cultural Companions organisers in Dublin and they had told me they had

members contact them to say Cultural Companions saved their lives. They were lonely and depressed, they were on their own at home and it gave them that social outlet."

Members are communicated with via email or post (for those without email access) and a monthly newsletter is issued to keep members informed of upcoming events in the county, and Karen notes that friendships are emerging thanks to the programme. "We also encourage wherever possible for people to make their own connections during these meet-up times so they make connections themselves," adds Karen.

Cultural Companions is amongst a range of services being developed by Age Friendly Clare.

The whole ethos of age friendly stems from the World Health Organisation, they have a framework of what an age friendly community is and that informs what we're doing here locally in Clare. The age friendly community are focussed on key areas including housing, public realm, safety and security for older people, social interactions, how we communicate with older people.

Age Friendly Clare, which is a division of Clare County Council, works closely with other agencies such as the Gardaí, the HSE, Clarecare, CLDC, LCETB, UL and TUS and Ennis Mental Health to help adopt a more age friendly society by improving key areas such as housing, public realm, safety and security, social interactions and communication. Recent initiatives have seen them help Shannon Airport announce themselves as the world's first age-friendly airport (alongside Knock Airport), a framework which is now being adopted internationally.

Walkability studies have also been conducted in towns and villages throughout Clare to create more age friendly villages and towns. Most recently, Age Friendly Clare's walkability study in Ennis ensured that the development of Parnell Street (and upcoming redevelopment of Bank Place and O'Connell Street) would see the implementation of age friendly upgrades such as shared surface priority, age

friendly parking and more supportive seating around the town. Karen adds, "We've also run an initiative with businesses in Ennis to make them more age friendly and look at the service they're giving to older people, who account for quite a big spend in our economy."

Last week, Age Friendly Clare sponsored an award for Best Age Friendly Business in Clare at the Clare Business Excellence Awards, which was won by Sweet n Green owners Frank and Siobhán Landy.

Karen adds that Clare has come a long way in its journey to becoming more age friendly, noting the work done by Clare Sports Partnership in delivering an excellent program for active older adults and the My Time program run by Active Ennis Leisure Centre, which Karen explains is "gentle exercise for older people but they build in the cup of tea afterwards, the social aspect which is really important. That's where friendships are made and that's what gets people out every week and takes away the loneliness."

Karen notes that while they don't stipulate a particular age, typically the World Health Organisation classifies somebody over 55 as an older person, "It seems on the young side but they say that's the age people should start minding themselves and look after their health in a more preventative way so they can ensure longevity in the ageing process."



The Healthy Clare Health and Wellbeing 2023 Calendar is ready!

HIGHLIGHTING 2023 health and wellbeing events and activities, it also includes beautiful pictures from around County Clare. If you would like a copy please email healthyclare@clarecoco.ie



To get involved in Cultural Companions or to learn more about Age Friendly Clare, email agefriendlyclare@clarecoco.ie or call Helen Moloney on 065 68 46240.

L-R: Margaret O'Brien, CEO Ennis Chamber, Karen Hennessy, Clare County Council, Frank and Siobhán Landy, Sweet n Green Café Ennis, Leas Cathaoirleach Cllr Ann Norton and Colin Ryan, President Ennis Chamber
Photo by Arthur Ellis



comhairle chontae na mí
meath county council





SECURITY FOR THE OLDER PERSON

Older persons can feel vulnerable and more fearful of becoming a victim of crime and may feel isolated if living alone. Good neighbours are a vital component in crime prevention and helping an older person to feel safer by keeping an eye on their property and calling regularly to make sure everything is ok will do wonders for the person living alone.

- Fit a door viewer and a door chain/limiter. Don't open the door to anyone before you've checked who it is and what they want and check identification. Don't leave strangers into your home and ensure the back door is locked before you answer a call at your front door.
- Front and rear doors and windows should be kept locked day and night.
- Keep a list of emergency numbers so that you can access them quickly if required.
- Number your house clearly so that emergency services can find you quickly if necessary and know your Eircode.

THEFT OF FUEL (PETROL, DIESEL AND HOME HEATING OIL)

Theft of heating oil tends to be seasonal and highest during winter and mostly occurs at residences. Oil prices, which have been steadily increasing over the course of the last 12 months and have increased dramatically in the last few weeks.

The main advice is as follows:

- Whether domestic or commercial, above ground oil tanks and mobile fuel bowsers are most at risk of fuel theft.
- Installing alarms, anti-siphoning devices, signage, security lighting and CCTV can prevent and disrupt fuel thieves.
- Commercial premises should implement fuel management systems to monitor fuel levels.
- Keep fuel tanks visible – remote tanks are more at risk.
- Restrict access – keep gates closed and locked when not in use.
- Secure vehicles – use fuel tank cap locks and anti-siphoning devices on vehicles and machinery.

GARDA CONFIDENTIAL LINE 1800 666 111



BOGUS TRADERS / CALLERS

Many people routinely employ door to door traders and repair people. Some of these people carry out very little work and charge exorbitant amounts of money for their services.

Advice

If a person calls to your door offering you professional trade services you should do the following:

- Tell the caller that you never employ trades people cold calling to your door. Ask for a sales brochure or other documentation that you can verify as credible – containing contact telephone number, address and a VAT registered number.
- Never engage a person who insists on cash payment for services offered – even when employing a reputable company always use a method of payment that is traceable.
- Never leave strangers, even bona fide workers, unsupervised in your home.

If you think you have become the victim to this type of crime – never be embarrassed or ashamed to contact Gardaí – do so immediately.

Remember if it sounds too good to be true, it usually is!!

Scams

S – SEEMS TOO GOOD TO BE TRUE

C – COMES OUT OF THE BLUE

A – ASKING FOR PERSONAL DETAILS

M – MONEY IS ALWAYS INVOLVED

Vishing (a combination of the words Voice and Phishing) is a phone scam in which fraudsters trick you into divulging your personal, financial or security information or into transferring money to them.

Beware of unsolicited telephone calls.

- **Take the caller's number** and advise them that you will call them back.
- In order to validate their identity, **look up the organisation's phone number** and contact them directly.
- **Don't validate the caller using the phone number they have given you** (this could be a fake or spoofed number).
- Fraudsters can find your basic information online (e.g. social media). **Don't assume a caller is genuine** just because they have such details.
- **Don't share** your credit or debit card PIN number or your online banking password. Your bank will never ask for such details.
- **Don't transfer money** to another account on their request.
- If you think it's a bogus call report it to your bank.
- Block unknown and unwanted calls

GARDA CONFIDENTIAL LINE 1800 666 111

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 Cafe | In Conversation with Ms. Eileen Sweeney, member of the Steering Group at U3A Ireland (Sutton Baldoye), and Ms. Celine Clarke, Head of Advocacy and Public Affairs at Age Action, on "Lifelong Learning in the Healthy Ageing Discourse."

The International Federation on Ageing held a Global Cafe event this morning called: In Conversation with Ms. Eileen Sweeney and Ms. Celine Clarke on "Lifelong Learning in the Healthy Ageing Discourse."



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