

National Updates

Welcome to the Age Friendly Family Claire and Darragh



Age Friendly Ireland are delighted to introduce everyone to our wonderful new staff members Claire Soady and Darragh Stewart.

Claire and Darragh started working with the Shared Service a few weeks ago, Claire as Assistant Staff Officer, and Darragh as Clerical Officer.



We are so happy to have both on board and we want to wish Claire and Darragh the best of luck in their new role working with the Age Friendly Ireland Programme.



Healthy Age Friendly  
Homes Programme

Healthy Age Friendly Homes

Wise and Well Positive Ageing Day



Longford held a Wise and Well Positive Ageing Day recently. This amazing event was a collaboration between the HSE Primary Care Team in Longford & Longford County Council.

A number of people who provide services within the community for older persons spoke on the day such as: Primary Care Occupational Therapists, Dietitians, Public Health Nurses and many more from the HSE and a talk from myself to raise awareness of the programme.

There was a huge turnout on the day with well over 130 Older Persons really enjoying the day. In the photo you can see Mary Carey, Healthy Age Friendly Homes Coordinator for Longford, Marina Moorhead, Liaison Public Health Nurse and Mary Mimmagh, Assistant Director of Public Health Nursing. Key to the success of the Healthy Age Friendly Homes Programme in Longford has been the incredible working relationship between the Local Coordinator and the Primary Care Team. The programme in Longford has been a great success and is really going from strength to strength.

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 9248899**

## Existing Grants for Energy / Home Improvements

The National Home Energy Upgrade Scheme provides grants to upgrade the energy efficiency of your property. When the work is completed your property should have an energy efficiency rating of B2 or above. The scheme is available to homeowners, private landlords and [approved housing bodies](#).

The Sustainable Energy Authority of Ireland (SEAI) administers the grants and a private company manages the work for you. These companies are called [One Stop Shops](#), and the scheme is also known as the [One Stop Shop Service](#). The SEAI also provides [individual energy upgrade grants](#), if you only want to do certain home energy upgrades, and would prefer to manage the process yourself. There is also a [free home energy upgrade scheme](#) for people on low incomes.

For more information click [Here](#)

Grant name	Types of home	New Grant Value
Heat Pump Systems <i>Homes built and occupied before 2021</i>	All Houses	€6,500
	Apartments	€4,500
Heat Pump Air to Air <i>Homes built and occupied before 2021</i>		€3,500
Heating Controls		€700
Solar Hot Water <i>Homes built and occupied before 2021</i>		€1200
Attic insulation <i>Homes built and occupied before 2011</i>	Apartment (any)	€800
	Mid-Terrace	€1,200
	Semi-detached or end of terrace	€1,300
	Detached house	€1,500
Cavity wall insulation <i>Homes built and occupied before 2011</i>	Apartment (any)	€700
	Mid-Terrace	€800
	Semi-detached or end of terrace	€1,200
	Detached house	€1,700
Internal Insulation (Dry Lining) <i>Homes built and occupied before 2011</i>	Apartment (any)	€1,500
	Mid-Terrace	€2,000
	Semi-detached or end of terrace	€3,500
	Detached house	€4,500
External Wall Insulation (The Wrap) <i>Homes built and occupied before 2011</i>	Apartment (any)	€3,000
	Mid-Terrace	€3,500
	Semi-detached or end of terrace	€6,000
	Detached house	€8,000
Solar PV	€900 per kWp up to 2kWp	€1800 for 2kWp solar panels
	€300 for every additional kWp up to 4kWp	€2100 for 3kWp solar panels
	Total Solar PV grant capped at €2400	€2400 for 4kWp solar panels
BER		€50
Technical Assessment		€200

## 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 650 local community champions are supporting the campaign. If you are interested in getting involved and learn more about the things you can do as an individual, business or community group to support people with dementia, the campaign is holding an online **Community Champion Welcome Workshop**. In the workshop we will explore the practical actions we can take to ensure people with dementia can stay connected and included in their communities and hear from people with dementia and champions about their own experiences.

**When: Wednesday 8th November from 12pm to 1.30pm, online via Teams**

Don't miss out. You can register by emailing [understandtogether@hse.ie](mailto:understandtogether@hse.ie)



## QPS TalkTime Ep. 15: Hospice Friendly Hospitals

Episode 15

QPS TalkTime



A community of quality and patient safety improvers

Tuesday, 7 November from 13.00 - 14.00

To register scan below



[Click here](#)

# Hospice Friendly Hospitals

## "QI approaches to improve End of Life Care"

### What is the session about?

- Introduction to the Hospice Friendly Hospitals Programme and their Quality Improvement Awards with examples of previous awardees.
- Hear about the award winning QI project "Together in Sympathy" book in Mercy University Hospital Cork.
- Interactive session with the opportunity to explore QI in end-of-life care.



### Alice Anderson

**Programme Manager for Hospice Friendly Hospitals, Irish Hospice Foundation**

Alice has worked on the Hospice Friendly Hospitals programme since 2017, working at both the local and national level to improve end-of-life care in acute hospitals for patients, families, and healthcare staff. Hospice Friendly Hospitals works to develop the capacity of acute hospitals to meet the Quality Standards for End-of-Life Care in Hospitals and to improve the culture in hospitals in relation to all aspects of dying, death and bereavement. We do this using a culture change and quality improvement approach.



### Lucy Andrews

**Development Officer for Hospice Friendly Hospitals, Irish Hospice Foundation**

Lucy Andrews is the Development Officer on the Hospice Friendly Hospitals team. Lucy is passionate about supporting professionals within their role and encouraging both large and small quality improvement projects that have an impact on those receiving care at end of life, those important to them and the healthcare staff providing the care.



### Edel O'Neill

**End of Life Care Coordinator Mercy University Hospital Cork**

Edel is the End of Life Care Coordinator working at the Mercy University Hospital Cork. Prior to this she has worked for over 20 years as a Registered General/Sick Children's Nurse and has gained vast experience working in the acute clinical setting as Clinical Nurse Manager 2, CNS in Paediatric Intellectual Disabilities and as Nursing Support Services Manager. As End of Life Care Coordinator, Edel supports and coordinates all activities associated with End of Life Care.

### Co-hosts



**Dr. John Fitzsimons**, Clinical Director with the National Quality and Patient Safety Directorate and Consultant Paediatrician at Children's Health Ireland at Temple Street.



**Róisín Egerton**, Programme Manager, Quality and Patient Safety Improvement

## National Quality and Patient Safety Directorate

The National QPS Directorate provides a regular lunch time, one hour webinar series, focusing on quality safety and improvement. Running approximately every two weeks (in term time), it is open to all those interested in improving quality. Join individually or together as a group to assist in building your own local QPS networks. You can watch back previous episodes on our YouTube Channel @NationalQPS

[@NationalQPS](#) [@QPSTalkTime](#) [Kris.kavanagh@hse.ie](mailto:Kris.kavanagh@hse.ie)



[Register here](#)



# International Men's Day Webinar 2023



## "Men Making a Difference"

Join us to celebrate the occasion through hearing from men sharing experiences that have prompted them to become advocates for men's health and wellbeing.

[Register here.](#)

**Date: Thursday 16th November 2023**

**Time: 12pm – 1.15pm**



Riailtas na hÉireann  
Government of Ireland

## The Government 'Be Winter Ready' 2023 - 2024 Information Campaign was launched on 18 October.



The Be Winter-Ready public information campaign is a "Whole of Government" initiative to provide information on a wide range of topics. Information from Government Departments and Agencies on how to be ready for winter is contained on our website [winterready.ie](http://winterready.ie)

### Be Aware - Drive Safely in Hazardous Conditions

- Strong winds** - beware of fallen trees, other debris and high-sided vehicles, particularly when overtaking.
- If driving a **high-sided vehicle**, try to anticipate exposed sections of roadway where winds will be stronger.
- Snow and ice** - are worse in areas of higher ground, try to reroute. Remove all snow and ice from your vehicle roof before you depart.
- Never drive through **flooded roads**. Water can be deeper than it seems. Find another route.
- Hailstones** - can remain on the road surface. Reduce your speed and avoid braking, if possible.
- Switch on your **fog lights** when driving through fog. Remember to switch off once fog clears.
- Sun glare** - can dazzle. Reduce speed, clean your windscreen inside and out, and keep a set of sunglasses in your vehicle.
- When **getting out of your vehicle on the road** - ensure to wear a high visibility jacket and use your hazard lights. On a motorway, stand behind the safety barrier and call for assistance immediately.

### Be Aware - The Basics in Severe Weather Conditions

- Be informed of all weather and road conditions ahead of your journey.
- Don't take chances - consider postponing your journey.
- Prepare your vehicle before setting off.
- Give yourself extra time to allow for delays.
- Slow Down!

**WATCH OUT FOR OTHER ROAD USERS:** Slow Down and give pedestrians, cyclists, and motorcyclists more space when over-taking. They may need to avoid an obstacle in the road, may skid in icy and snowy conditions, or get blown off course in strong winds.

**VULNERABLE ROAD USERS - BE SAFE, BE SEEN**

**Pedestrians:** Always use pedestrian crossings and footpaths where available. If no footpath is available, walk on the right-hand side of the road, facing traffic. Wear bright or high visibility clothing.

**Cyclists:** Take care in very windy or icy conditions. Wear a helmet. Ensure front and rear lights are working.

**Motorcyclists:** Wear protective equipment. Slow down and ease off the throttle. Ensure front and rear lights are working.

### Be Winter-Ready

**ROAD SAFETY**  
Plan, Prepare, Be Aware

**FOR FURTHER INFORMATION VISIT:**

[www.met.ie](http://www.met.ie) For weather forecasts and warnings. Download the Met Éireann App to stay informed.

[www.rsa.ie](http://www.rsa.ie) Visit the RSA website (Search Severe Weather) for more detailed advice on driving during severe weather.

If your business operates company-owned vehicles, or you drive as part of your work, for useful advice visit [www.hsa.ie/eng/vehicles\\_at\\_work/](http://www.hsa.ie/eng/vehicles_at_work/)

OEP Phone: 01-237 3800  
Twitter: @emergencyIE  
E-mail: oep@defence.ie

[www.gov.ie](http://www.gov.ie)  
[www.winterready.ie](http://www.winterready.ie)



comhairle chontae na mí  
meath county council



## Plan – for your Journey

During Severe Weather Conditions:

- Consider delaying until weather and road conditions improve.
- Use public transport where available. Check individual Transport operators for possible service disruptions and updates.



If delaying is not possible, prepare by:

- Checking the weather at [www.met.ie](http://www.met.ie). The best road conditions are likely to occur between 10am and 4pm but pay attention to weather warnings.
- Visiting Transport Infrastructure Ireland at <https://traffic.tii.ie/> and follow them on Twitter @TIIITraffic for live updates on conditions motorways and national road conditions.

- Checking An Garda Síochána website [www.garda.ie](http://www.garda.ie) or Twitter @GardaTraffic for travel warnings and updates on road conditions.



- Tuning into your local radio station for latest updates and Local Authority notices in your county.



- Looking at your route on a map. Don't rely totally on a sat-nav / GPS - Ensure it does not pre-select routes which may be hazardous (narrow back roads or across mountainous areas).



## Prepare – for Winter Driving

### VEHICLE CHECKS

- Get your vehicle serviced before winter sets in. Ensure it is ready for winter weather conditions.
- Check the brakes, lights, wipers, tyre tread and de-mist functions.

### WHAT CAN I DO TO PREPARE MY VEHICLE?

- Lights** - Ensure all indicators, headlamps and fog lights are clean and working.
- Liquids** - Ensure the water reservoir is up to the maximum mark and correctly mixed with anti-freeze. Top up your coolant and screen wash.
- Oil** - Check and top it up when needed. Look for signs of leakages on the ground under the vehicle.
- Electrics** - Check your dashboard before and after starting the engine. Listen for a weak battery and replace, if necessary.
- Windscreen Wipers** - Clean them regularly and replace every 12 months.
- Safety Assist** - Check your vehicle's owner's manual for any extra safety assist technology it may have, e.g. Advanced Braking System (ABS).

### YOUR TYRES CAN SAVE YOUR LIFE

- Tyres are your vehicle's only contact with the road.
- Check your tyre treads and pressure, including the spare tyre. The minimum legal limit is 1.6mm for a car (1mm for motorcycles), but a minimum tread of 3mm is advised.

## Prepare – for your Journey

If you MUST travel, prepare for severe conditions by:

- Keeping your vehicle fuel tank close to full during the winter. Ensure you have adequate fuel for the journey.
- Allowing extra time and letting someone know your route and your expected arrival time.
- Listening to regular updates from your local radio station.
- Making sure your vehicle has emergency equipment before you leave.

### EMERGENCY EQUIPMENT TO HAVE IN YOUR VEHICLE

- High visibility vest
- First aid kit
- A hazard warning triangle
- A torch with charged batteries
- A charged mobile phone - to call for help or find your location's Eircode
- Food and drink supplies



- De-icing equipment: Ice-scraper or de-icing spray
- Appropriate clothing and footwear - if you must leave your vehicle

## Local Updates



## Positive Ageing Week in Carlow

This year Carlow held their Positive ageing week between 1<sup>st</sup> and 7<sup>th</sup> October jam-packed with activities. The Nationalist has covered these events in more detail.

For full article please see [here](#).



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meath county council





## Age Friendly Raheny Update

This month's speaker was Sergeant Stephen Kenny, a Crime Prevention Officer in Ballymun.

Stephen spoke to the group about different measures - some very inexpensive - to make yourself safer.

He went through a number of things, from specific locks for French doors, to better locks for front/porch doors.

He recently discovered hearing aids can answer phones, so suggested that was something to consider, while he also discussed different types of scams, from text messages to door-to-door people, that are out there. He also discussed key safes and sensor lights.



## Service to reduce unnecessary ED attendances for older people brought to Limerick.

A NEW SERVICE designed to reduce unnecessary ED attendances for older people has been rolled out in Limerick.

Pathfinder is designed to safely keep older people who phone 112/999 in their own home rather than taking them to a hospital emergency department.

Pathfinder improves outcomes for older people by providing safe alternative care at home rather than in hospital and will be provided by National Ambulance Service staff working with colleagues from HSE acute hospitals.

For full article please see [here](#).



## National Safeguarding Day

National Safeguarding Day - HSE Community Healthcare East are holding a coffee morning in Bray Primary Care Centre on Wednesday 15/11/2023 to raise awareness and celebrate National Safeguarding Day.



Cúram Sláinte Pobail Thoir

Cill Mhantáin | Baile Átha Cliath Theas |  
Baile Átha Cliath Thoir Theas

Community Healthcare East

Wicklow | Dublin South | Dublin South East

# Adult Safeguarding Day 2023

## Join Us! - 15th November

At our coffee morning in the Bray Primary  
Care Centre from 10.30am - 12.30pm



The event is an annual initiative of Safeguarding Ireland, supported by the HSE, and is now in its third year. This year's theme is 'Planning Ahead' to prevent adult abuse.

### Event Contributors:



and others...

## Anna May McHugh Joins Laois Older Peoples Council AGM to Champion Positive Aging



Castletown Community Centre welcomed Age Friendly Laois last Tuesday the 24th for the AGM of the Older Peoples Council. There was a full house for the event at which the new Laois Age Friendly Strategy was launched by our Age Friendly ambassador Anna May McHugh along with Cathaoirleach Cllr. Paschal McEvoy.

Anna May spoke powerfully on remaining active as you age and how age is only a number. She informed attendees that she only feels 45 and she has no intention of slowing down. She told the audience that we were all born with gifts that we should share.



Cathaoirleach McEvoy welcomed the strategy and praised all involved in its production. He noted that Laois is blessed with an active older population and that it is up to all ages to ensure that the actions contained within the strategy are realised.



Pamela Tynan, on behalf of the Age Friendly Alliance welcomed all attendees from all over Laois, the inputs of the alliance members in the design and future implementation of the strategy. She also praised the volunteerism and community spirit of Castletown which led to the upgrading and of the venue in recent years.

There was a presentation from Eileen Hughes, from Age Friendly Ireland on the Age Friendly programme and local co-ordinator Tom Curran gave a brief outline of some Age friendly Initiatives followed by a video from Joe Tierney of Technological University of the Shannon, Athlone on the topic of Agism.



We were joined on the day by members of the Alliance who also provided information stands to those in attendance. These were LOETB, Laois Volunteer Centre, Local Link Laois Offaly, Laois Libraries & Laois Offaly Gardai. There was also an opportunity on the day to update your electoral register details through Laois County Council & [checktheregister.ie](http://checktheregister.ie). An Eircode awareness campaign was also launched on the day and the importance of knowing your Eircode was highlighted.

Music & Dancing followed to the ever-popular Martin Delaney who kept the dancefloor full all afternoon.

A new Older Peoples Council Executive is being formed and if you would like to be involved in having a say in your future, contact Tom Curran at the details below

To see more details on the Age Friendly programme visit [agefriendly.ie](http://agefriendly.ie), [laois.ie](http://laois.ie) and to contact the Laois Age Friendly Programme co-ordinator email [tcurran@laoiscoco.ie](mailto:tcurran@laoiscoco.ie) or call 05786 64150 / 0860363426



## Ageing Well Event in Ballyliffin

On Thursday 19<sup>th</sup> of October 2023, scores of over 55s flocked to an older person's only event in Ballyliffin where they enjoyed music, dancing and informative talks. 'Ageing Well' was a collaboration of the Donegal Older People's Council and Inishowen Development Partnership and the event was very quickly booked out with more than 160 older people attending the event in the Ballyliffin Lodge Hotel.

The Older Peoples wellbeing event in Inishowen was a huge success, and it was evident that a lot of thought, and planning went into it covering the relevant topics of interest to older people. Great effort and glamour was to be admired for the older people that travelled out early that morning in rough weather conditions.

Gwen Mooney, Chairperson Donegal OPC said they are astonished by the popularity of their first event of this kind in Inishowen. "This was our first event in Inishowen and we know it will connect older people and give voice to the specific issues for older people living here".

Guest speaker and performer was Donegal Age Friendly Ambassador and traditional musician Moya Brennan.



Presentations and information stands were provided on the day and the older people finish off the day showcasing their line dancing skills  
Congratulations to IDP and Donegal Older peoples Council

## 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](mailto: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. Sridhar Venkatapuram

The International Federation on Ageing held a Global Cafe event this morning called: In conversation with Dr. Sridhar Venkatapuram on "Health equity as we age."

**Dr Sridhar Venkatapuram**  
Associate Professor at King's College London,  
Global Health Institute, United Kingdom

**Global Café**  
in conversation with experts

**“HEALTH EQUITY AS WE AGE”**

OCTOBER 27<sup>TH</sup> 2023 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](mailto:agefriendlyireland@meathcoco.ie)

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

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

Website: [www.agefriendlyireland.ie](http://www.agefriendlyireland.ie) / [www.agefriendlyhomes.ie](http://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