



COVID-19 Age Friendly Ireland Daily Update

2 April 2020



Údarás Áitiúla Éireann
Local Authorities Ireland



All COVID-19 Local Authority Community Response Forums also have a **dedicated email address** - see list below

If people in the deaf and hard of hearing community need assistance to contact Local Authority Response Forums they can **text Chime on 087 922 1046** for assistance

Local Authority	Email
Carlow County Council	covidsupport@carlowcoco.ie
Cavan County Council	covidsupport@cavancoco.ie
Clare County Council	covidsupport@clarecoco.ie
Cork City Council	covidsupport@corkcity.ie
Cork County Council	covidsupport@corkcoco.ie
Donegal County Council	covidsupport@donegalcoco.ie
Dublin City Council	covidsupport@dublincity.ie
Dun Laoghaire Rathdown	covidsupport@dlrcoco.ie
Fingal County Council	covidsupport@fingal.ie
Galway City Council	covidsupport@galwaycity.ie
Galway County Council	covidsupport@galwaycoco.ie
Kerry County Council	covidsupport@kerrycoco.ie
Kildare County Council	covidsupport@kildarecoco.ie
Kilkenny County Council	covidcommunity@kilkenncoco.ie
Laois County Council	covidsupport@laoiscoco.ie
Leitrim County Council	covidsupport@leitrimcoco.ie
Limerick Local Authorities	covidsupport@limerick.ie
Longford County Council	covidsupport@longfordcoco.ie
Louth County Council	covidsupport@louthcoco.ie
Mayo County Council	covidsupport@mayococo.ie
Meath County Council	covidsupport@meathcoco.ie
Monaghan County Council	covidsupport@monaghancoco.ie
Offaly County Council	covidsupport@offalyccoco.ie
Roscommon County Council	covidsupport@roscommoncoco.ie
Sligo County Council	covidsupport@sligococo.ie
South Dublin County Council	covidsupport@sdublincoco.ie



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meath county council



Cumann Lucht Bainistíochta Contae agus Cathrach
County and City Management Association

	Tipperary County Council covid19@tipperarycoco.ie Waterford City and County covidsupport@waterfordcouncil.ie Council Westmeath County covidsupport@westmeathcoco.ie Council Wexford County Council covidsupport@wexfordcoco.ie Wicklow County Council covidsupport@wicklowcoco.ie
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National Updates	
 Government of Ireland	The chief medical officers in Northern Ireland and the Republic will sign a Memorandum of Understanding formalising co-ordination and cooperation between the Irish Government and the Northern Ireland Executive this week. It comes as Tánaiste Simon Coveney held a teleconference with the Northern Ireland Secretary of State and Stormont's leaders to discuss ongoing cooperation to deal with coronavirus. Both governments agreed to cooperate on a number of measures including the joint order of the personal protection equipment from China. See more here
 Failte Ireland National Tourism Development Authority	In response to the COVID-19 crisis and the impact it is having on the tourism sector, Failte Ireland are targeting their business supports to respond to the most urgent challenges and threats tourism businesses are now facing. All of these supports can be accessed here .
 Age Action For all older people	Age Action 's experienced Care & Repair Team is providing additional supports to older people who are able to transition quickly out of hospital, into their own homes, to ensure that their homes are safe and that they are in the optimum environment for their needs while also supporting our hospitals to respond to the Covid-19 health crisis. In emergency cases, Home Safe will also offer urgent repairs and other supports for older people in the community in order to keep people in their home safely. For more information see here
 thirdage Responding to the Opportunities and Challenges of Ageing in Ireland	Third Age 's SeniorLine Helpline has 180 trained volunteers, operating 7 days a week, from 10am – 10pm, 365 days a year. Established in 1998, they now have over two decades of listening to and supporting older people in Ireland. A SeniorLine Covid-19 Protocol is in place, which combines health information to callers (within HSE guidelines), with practical advice and tips on living safely and keeping emotionally well. FREEPHONE 1800 80 45 91 Click here to see other programmes offered by Third Age



Thank you to Deirdre Lang, Director of Nursing | National Lead Older Persons Services, HSE for sending us some information on the National #GetUpGetDressedGetMoving campaign.

There is a lot of research that supports the fact that regular physical activity can help in the prevention and management of many chronic illnesses for example heart disease, diabetes, cancer, high blood pressure, obesity, depression, osteoporosis and even premature death. On the other hand, reduced activity and bed rest contribute to poor health. Physical activity is what you as an individual can manage; from sitting to stand from a chair 10 times, walking to the door, climbing the stairs or running around the outside of the house. While the current situation is worrying for a lot of people keeping active can assist with minding your mental health. The HSE and #GetUpGetDressedGetMoving would really like to encourage you to do something every day. See links to physical activities in our [previous newsletters](#).



Many retailers have introduced specific shopping hours for older people in the current #Covid19 emergency - a handy website has now been put together to list what times apply to each supermarket. See [here](#)



Don Conroy - artist, wildlife expert, children's author - is stepping back in front of the camera and launching his own YouTube channel.

You can watch and subscribe [here](#)

Local Updates



In Fingal the Knocksedan **Local Link** service has been temporarily extended to include Rivermeade and Swords Nursing Homes. This service will support workers to attend necessary work and necessary business. See new timetable [here](#)



A group of Donegal women who belong to the **Clonmany patchwork group** are using their talents to help front line workers. Instead of their weekly meet ups, the women are now sewing face masks, while cocooning at home. The masks are not medical grade, but they are a great way of stopping people from touching their faces. They are also washable and made with a pocket for the insertion of anti-bacterial material.





The Louth & Meath Education & Training Board are currently offering new free Online Courses being delivered by Community Education including painting, knitting and mindfulness. For more info or to register for a course click [here](#)

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



International Federation on Ageing

The International Federation on Ageing (IFA) invites you to join a Virtual Town Hall to share stories of resilience and courage in the face of COVID-19 and discuss lessons to be learned. This forum takes place at 12noon GMT on 3 April 2020. Register here: <https://bit.ly/2JdOONd>

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

[10 Ways to Support an Isolated Older Person](#)



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Useful Contacts

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

HSE Advice Line:

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

Callsave 1850 24 1850

Coronavirus COVID-19



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.dfa.ie

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

How to Prevent



Symptoms

- > Fever (High Temperature)
- > A Cough
- > Shortness of Breath
- > Breathing Difficulties

For daily updates visit

www.gov.ie/health/covid-19

www.hse.ie

Information on COVID-19
is available online at www.hse.ie



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CCMA
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