

National Updates



World Elder Abuse Awareness Day - 15th June 2020





An Garda Síochána are showing their support for World Elder Abuse Awareness Day by raising awareness of abuse of older people. This abuse can take many forms, any or all of which may be carried out as a result of deliberate intent, negligence or ignorance. Check out this [video](#) of Superintendent Michael Corbett speaking about the abuse of older people and how to get help. Check out their full press release [here](#).

Speaking about the campaign Superintendent Corbett commented **“In addition to the public campaign, launched today, an internal campaign was launched on Friday 12th June by Assistant Commissioner Paula Hilman, Community Engagement. Both campaigns include an information video, poster, infographics, explanations of the types of abuse and links to other useful information. An Garda Síochána continue to reinforce the message that Crimes against Older People will be taken very seriously and fully investigated.”**

To report abuse of an older person you can:

- Call or visit your [local Garda station](#)
- Call the Garda Confidential Line **1800 666 111**
- Contact the HSE National Safeguarding Office: email safeguarding.socialcare@hse.ie or call **061 461165**
- In an emergency call **999** or **112**

A key theme this year is to ‘safeguard during and after COVID-19’. In keeping with this year’s theme the HSE National Safeguarding Office has hosted an online discussion - [“Cocooning and the impact on older persons”](#). Hear the direct experience of cocooning from some people over 70 including former Government Minister Nora Owen and retired Bishop Willie Walsh. You will also get to see some of the amazing artwork from children around Ireland who entered our Art Competition on keeping connected with favourite older people in their lives during COVID-19.

 <p>Rialtas na hÉireann Government of Ireland</p>  <p>Údarás Náisiúnta Iompair National Transport Authority</p> 	<p>Taoiseach, Minister for Health, Minister for Transport and CEO of the National Transport Authority launch campaign on Face Coverings</p> <p>Taoiseach Leo Varadkar TD, Minister for Health Simon Harris TD, Minister for Transport Shane Ross and Anne Graham, CEO of the National Transport Authority (NTA) have today launched a campaign on face coverings. Face coverings are recommended in situations where social distancing is not possible, for example in shops and on busy public transport, or if you are meeting someone who is vulnerable to the virus, for example people who are cocooning. Wearing cloth face coverings may help prevent people who do not know they have the virus from spreading it to others. Wearing of face coverings is recommended in the following circumstances:</p> <ul style="list-style-type: none"> • when staying 2 metres apart from people is difficult - for example, in shops, shopping centres or public transport • by people visiting the homes of those who are cocooning • by people who are being visited in their homes by those who are cocooning <p>Check out the full press release here</p>
<p>Decade of Healthy Ageing 2020-2030</p> 	<p>Decade of Healthy Ageing - World Elder Abuse Awareness Day Webinar</p> <p>The International Network for the Prevention of Elder Abuse with the United Nations Department of Economic and Social Affairs (UN DESA) and the NGO Committees on Ageing in New York, Geneva and Vienna with co-sponsorship from Office of the High Commissioner for Human Rights (OHCHR), the World Health Organisation (WHO), The United Nations Population Fund (UNFPA), AARP (a United States-based interest group whose stated mission is "to empower people to choose how they live as they age") and the Groups of Friends of Older Persons in New York and Geneva are hosting a WEBINAR: World Elder Abuse Awareness Day - The Impact of COVID-19 on Violence, Abuse and Neglect of Older Persons, tomorrow the 16th June at 1pm.</p> <p>An expert panel will discuss the following themes: Verbal abuse and hate speech: Do they lead to other types of abuse? When do under or/and over-protection become abuse? Have lockdowns increased the risk of financial exploitation? What are examples of passive and active neglect? For more information or to register for the webinar click here</p>



Guidance on shopping during COVID-19

Citizens Information have put together some guidance on [shopping during COV19](#). This guidance includes how to plan for your shopping, what to consider before going shopping and how to shop safely. While some older people are continuing to cocoon there are some who are beginning to venture out and it's important to know what to expect. Some of the main points to note are:

- You may be required to queue as shops are limiting the number of people in the shop at the same time in order to allow for physical distancing. There will be clear markings on the floor to aid queueing and physical distancing while shopping. In some cases, there may be a one-way system depending on the layout of the shop
- The National Standards Authority of Ireland (NSAI) [guidelines](#) suggest that there will be no public seating, no WIFI and limited parking spaces (prohibited use of public seating will mean that you may have to stand for long periods of time so this is something to be mindful of)
- Shoppers are urged to sanitise their hands on entering and leaving the shop and always adhere to proper cough/sneeze etiquette. Avoid contact with surfaces as much as possible
- Avoid lingering in the shop for any longer than necessary by stopping to chat with staff and fellow shoppers
- If using a basket or trolley to shop, sanitise its handle. It is not recommended that you wear disposable gloves as they can give you a false sense of security and your hands can get contaminated when you take them off. Shoppers are encouraged to wear a face covering/mask
- Use contactless payments where possible
- Priority shopping times for older people remain in place
- If you are feeling unwell you should not go out



Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive

HSE launches study to test for Covid-19 antibodies in the Irish population

The Health Service Executive will invite more than 5,000 people to take part in a new study which aims to measure exposure to Covid-19 across the Irish population. The study hopes to identify people who have antibodies for the virus and add to the HSE's knowledge about what protection they may have against re-infection. Read more [here](#)



Visitors will be permitted in nursing homes for the first time since March from today

For the first time since March, people will be permitted to visit loved ones in nursing homes from today. There are, however, strict protocols in place to help prevent the spread of Covid-19 in such residential settings which have been severely affected during the pandemic. The move to allow visitors to nursing homes again had originally been earmarked for the beginning of Phase Three on the 29th of June, but chief medical officer Dr Tony Holohan has said it was felt the "conditions are right for us to bring that forward". Read more [here](#)

Local Updates

  <p>NORTH DUBLIN Regional Drug & Alcohol Task Force</p>	<p>Alcohol & Older People Webinar</p> <p>Our Age Friendly Programme Manager in Fingal, Louise Edmonds co-hosted a webinar on ‘Alcohol and Older People’ with the North Dublin Regional Drug & Alcohol Task Force on the 10th of June. For those who missed the webinar and would like to watch it back you can access it here. Louise has also shared her presentation and the presentation from Richie Stafford from the North Dublin Regional Drug & Alcohol Task Force. You will find the VINTAGE report as referenced in the Webinar here and the link to the EMCDDA Xchange Registry here. If any of you would like further information or referral forms for the North Dublin Community Care Service, please email barbara@ndublincare.ie or call (01) 22 33 493. If you would like more information regarding the Fingal Families family support service or referral forms, please email siobhan@ndublinrdtf.ie or call (01) 22 33 493</p>
 	<p>4-week online Yoga in Mayo</p> <p>Age Friendly Mayo has partnered up with Mayo Sports Partnership to provide an online home friendly yoga class. This class is tailored specifically to suit the active age cocooning or remaining at home. The programme is being provided by Noreen O’Grady ‘Noga-Yoga’ from Castlebar and it will run for 4 weeks. To register contact Ray (Sports Inclusion Development Officer) on 087 6973093 or email rmcnamara@mayococo.ie</p>
 	<p>Together Apart - Collecting Your Wicklow 2020 Stories</p> <p>Together Apart: Wicklow Stories 2020 is a new initiative to capture your experiences of Wicklow life at the current time. A new initiative from Wicklow County Council is setting out to create a “People’s Archive” to capture and share photos, stories and experiences of Wicklow life 2020 and all are invited to participate. Whether you are at home cocooning, remote working, home-schooling children or providing an essential service to keep society functioning, the “Together Apart: Wicklow 2020 Stories” would love to record your experiences. This project is a joint initiative of Wicklow County Council’s Heritage Office, Archives and Library Service. People of all ages are invited to participate by sending photographs, stories, drawings, poems, sketches, anecdotes, articles and observations. All content received will be archived and shared on our online community heritage website www.heritage.wicklowheritage.org People can contribute by email to: wicklow2020stories@gmail.com</p>

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



France announces significant lifting of restrictions

French President Emmanuel Macron has announced a number of coronavirus restrictions are being lifted. Cafes and restaurants are reopening across France and travel to other European countries will be allowed. People will also be able to visit family members in retirement homes, which have been hit particularly hard by the Covid-19 outbreak. Read more [here](#)



Wagner in a car park: Berlin opera adapts to COVID-19

"Das Rheingold" is part of Germany's cultural DNA. The dramatic opera written by Richard Wagner tells the story of gods and goddesses, giants and dwarfs, stolen gold, love and hate. It is usually played in extravagant theatres, but because of COVID-19, that's no longer possible. So, the capital's main opera house, the Deutsche Oper, got creative - staging an open-air, socially distanced performance on the building's outdoor car deck. Read more [here](#)

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



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 ha.ie or phone HSE Live: 1850 24 1850

How to Prevent

Wash your hands well and often to avoid contamination	Cover your mouth and nose with a tissue or sleeve when coughing or sneezing and discard used tissue	Avoid touching eyes, nose or mouth with unwashed hands	Clean and disinfect frequently touched objects and surfaces	Stop shaking hands or hugging when saying hello or greeting other people	Distance avoid or limit contact with other people, especially those who might be unwell

Symptoms

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

For daily updates visit

www.gov.ie/health/covid-19
www.hse.ie

Irish government's COVID-19 response
www.hse.ie/covid-19



Riannas na Mídeanna
Government of Ireland

Useful Contacts

Age Friendly Ireland Shared Service Office T: 046 9097413 E: rleavy@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	Community Response Number
Carlow County Council	1800 814 300
Cavan County Council	1800 300 404
Clare County Council	1800 203 600
Cork City Council	1800 222 226
Cork County Council	1800 805 819
Donegal County Council	1800 928 982
Dublin City Council	01 222 8555
DLR County Council	1800 804 535
Fingal County Council	1800 459 059
Galway City Council	1800 400 150
Galway County Council	1800 928 894
Kerry County Council	1800 807 009
Kildare County Council	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