

National Updates

Ireland at the Olympics, one week in and we couldn't be Prouder  
Our Olympic Medallists 🙌🙌

BRONZE MEDAL



06:20.46

Women's Four (W4-) – Aifric Keogh, Eimear Lambe, Emily Hegarty & Fiona Murtagh  
History has been made - First female athletes to win an Olympic Medal in rowing for Ireland

Paul O'Donovan and Fintan McCarthy win Ireland's first Olympic Rowing Gold



## Aidan Walsh guaranteed Bronze in Boxing Welterweight



Aidan Walsh has guaranteed a third medal for Ireland at Tokyo 2020 with victory over Mauritius' Merven Clair. The Belfast man secured his podium place in the welterweight quarter final.



Rialtas na hÉireann  
Government of Ireland



Feidhmeannacht na Seirbhíse Sláinte  
Health Service Executive



### Public Health Measures

You can [find information here](#) about the public health measures in place.

### COVID-19 Vaccination Programme

#### Registration for the Covid Vaccine

The latest group who can register online to get a COVID-19 vaccine are **people aged 16 and 17**.

If you are 16 or 17, you can give consent to get your vaccine. You should also discuss it with your parent or guardian if you wish. If you are 18 or older, you can still register if you haven't already.

16 and 17 year olds will be offered the [Pfizer/BioNTech](#) vaccine. Everyone else will be offered either the [Pfizer/BioNTech](#) or [Moderna](#) vaccine.

**The Government has confirmed that the Covid-19 vaccination programme will be extended to all those aged 12 to 15.** It is expected that vaccination of a quarter of a million children aged between 12 and 15 could commence as early as next week, so it can be completed before the start of the new school term.

#### Walk-in vaccination clinics opening today – 30<sup>th</sup> July

If you are aged 16 or older you can go to a walk-in vaccination clinic at a vaccination centre without an appointment. These clinics are for your first dose only. You will get an appointment for your second dose at a vaccination centre near your home.



comhairle chontae na mí  
meath county council



You will be offered the [Pfizer/BioNTech](#) vaccine at walk-in clinics. You will need 2 doses for the best protection.

Walk-in clinics are open on specific days and times. You do not need an appointment during these times. If you show up outside of these times, you will not be vaccinated.

You can go to any of the walk-in clinics. It does not have to be near your home. You don't have to [register online](#) beforehand but doing so may speed up your time in the vaccination centre.

If you have already registered online and are waiting on an appointment for your first dose, you can choose to go to a walk-in clinic instead.

[Find a walk-in vaccination clinic](#) *(click on this link to find a clinic)*

### **What to bring to a walk-in vaccination clinic**

#### **If you registered online**

If you have already registered online, you will need to bring photo ID that shows your date of birth.

This can be your:

- passport - book or card
- driving licence
- Public Services Card
- travel pass
- National Age Card - issued by the Gardaí
- school or college ID

If your ID does not have your date of birth on it, then also bring a copy of your birth cert or some other documentation that has your date of birth.

#### **If you have not registered online**

If you have not registered online, we can register you at the walk-in clinic.

You will need your:

- Personal Public Service (PPS) number – if you have one
- Eircode
- mobile phone number
- email address
- photo ID that has your date of birth - this can be a passport, driving licence, Garda age card, school ID

You will not be vaccinated if you do not have all of these things.

### **Reopening of Hospitality Sector**

From Monday 26th July, indoor hospitality re-opened for people who are fully vaccinated or have recovered from COVID-19 in the past 6 months, as well as children under 18 in their care.

The [EU Digital COVID Certificate](#) (DCC) will be the primary evidence used when going into a pub, restaurant, café or food court to access indoor hospitality.

You may also be asked for photo ID to prove that the EU Digital COVID Certificate, HSE COVID-19 Vaccination Record or other proof of immunity is yours.



## Key Facts on Ageing from the World Health Organization

**Between 2015 and 2050**, the proportion of the world's population over 60 years will nearly **double from 12% to 22%**.

**By 2020**, the number of people aged 60 years and older **will outnumber** children younger than 5 years.

**In 2050, 80% of older people** will be living in low- and middle-income countries.

The **pace** of population ageing is **much faster** than in the past. All countries face major challenges to ensure that their health and social systems are ready to make the most of this demographic shift.

## Save the Date : 1 October 2021, International Day of the Older Person

The United Nations International Day of Older Persons 2021 theme “Digital Equity for All Ages” predicated the need for access and meaningful participation in the digital world by older persons.

The fourth industrial revolution characterized by rapid digital innovation, characterized by exponential growth has transformed all sectors of society including how we live, work and relate to one another. Technological advances offer great hope for accelerating progress towards the Sustainable Development Goals (SDGs). Yet, one-half of the global population is off-line, with the starkest differences reflected between most and least developed countries (87% and 19% respectively) (ITU Facts and Figures 2020). Recent reports by the International Telecommunications Union (ITU) indicate that women and older persons experience digital inequity to a greater extent than other groups in society; they either lack access to technologies or are often not benefitting fully from the opportunities provided by technological progress.

Meanwhile, as efforts to connect more people are currently under way, new risks have become apparent. For example, cybercrimes and misinformation threaten the human rights, privacy, and security of older people. The rapid speed of adoption of digital technology has outpaced policy and governance at the national, regional, and global levels.

The poster features logos for the United Nations, Department of Economic and Social Affairs, and the NGO Committee on Ageing. The main text reads: "Digital Equity for All Ages UN INTERNATIONAL DAY OF OLDER PERSONS October 1, 2021 7am-12pm EDT". It includes the hashtags #UNIDOP2021, #OLDERPERSONSDAY, and #DIGITALINCLUSION. A large blue banner says "Save the Date!" with the link "PRE-REGISTER & LEARN MORE: BIT.LY/UNIDOP2021". The background shows a collage of older people using various digital devices.

[PRE-REGISTER HERE.](https://bit.ly/unidop2021)



## Minister Peter Burke visits Aras Mhuire Age Friendly Housing development in Cork City

Tuath Housing are working with Cork City Council on the Age friendly developments, Aras Mhuire



## Ava Housing to Feature in Equity by Design spotlight series

The Equity by Design team at AARP [the American Association of Retired Persons] will feature an Irish model of housing at its webinar on 14<sup>th</sup> September. Ava Housing, based in Ireland, shares an innovative new scheme—helping older homeowners to renovate their single-family home so they can age in place, while creating and managing a new rental unit.

Be sure to [register](#) for their next spotlight with [Ava Housing](#) on **September 14, 2021, at 11 am ET.**

Join [AARP International - Equity By Design LinkedIn group](#) for additional updates and resources.

## Tributes paid to outgoing Kildare County CEO

The Kildare Nationalist Reports that tributes were paid to outgoing **Kildare County Council** chief executive Peter Carey at his final plenary meeting of the local authority this week.

He is set to retire in August after serving a total of 40 years in local government in six different local authorities in Carlow, South Tipperary, Limerick, Waterford and Laois before making his way to Kildare.

Mr Carey was a strong supporter of the Age Friendly Programme, hosting one of the Regional Manager roles and being the lead local authority for the development of [Age friendly Guidelines for Primary Care Centres](#).



## Telling it like it is report

*'Telling it like it is: what older people told us about their experience of Covid-19, and what Ireland should do about it'*

The 'Telling It Like It Is' **report from the Alliance of Age Sector NGOs**, describes the challenges experienced by older people during the pandemic and calls for a post-pandemic focus on regaining their positive role in society. The Chief Executive of the Irish Senior Citizens Parliament, Sue Shaw, said the report shows the older people did not feel listened to by decision-makers during lockdown. She called for greater recognition of older people as contributors to society rather than people who have limited skills or things to offer. Older people interviewed for this research disliked the term 'cocooning' in particular, however well-intentioned.



Read the full report [here](#)



arts | active | engage

## Mind Your Language

**We are delighted to promote Age & Opportunities 'Mind Your Language' Guide – let's think twice about how we speak about Older People. Don't use the word elderly as it paints only one picture of an older person 'frail and vulnerable'.**

Age & Opportunity believe that ageist terms and images should be as unacceptable as sexist or racist ones. This guide aims to encourage all of us to use language that is precise, accurate and non-judgemental in private and public conversations with and about older persons.

### Do...

Use the term **Older persons**. It is the most appropriate term to use. The 'er' qualifier makes it more acceptable and inclusive than just 'old'. It indicates that age is relative - everyone is older or younger than someone else. It recognises a continuum of ageing, all older persons are not the same age. While older people is also acceptable the word persons highlights that everyone is an individual. Above all, it is the term that older persons prefer. This is reflected in titles such as the United Nations Principles for Older Persons and the International Day of Older Persons.

### Don't...

One of the worst – but most pervasive - ways to describe older persons is 'the elderly'. The word elderly is problematic because of its association with dependency and frailty and when paired with 'the' it implies membership of a homogenous group where all the individuals are the same. Also using "the" as a prefix implies we are not part of this group, we are othering the subjects.

Geriatric is a medical term and should only be used in medical contexts, we would never refer to children as paediatrics. Likewise, just as we don't refer to persons under 50 as junior citizens there is no need to refer to persons of any age as senior citizens. Pensioner or OAP implies financial dependency and renders invisible the very many older persons who are in paid or unpaid work.

### Person first...

We do change as we get older. Functional abilities change over time. Older persons do become ill, do live with disabilities and many health issues do become more prevalent with age. When dealing with any disability or health issue - at any age - person-first language should always be used. Someone lives with dementia rather than exists as a dementia sufferer. Individuals are users of wheelchairs rather than wheelchair bound and have had strokes rather than are stroke victims.

### In the picture...

It's not just our language that we need to watch. Portrayals of older persons can also be stereotypical leading to ageist attitudes and behaviours. Many of the images used to represent older persons, particularly those in care settings during the Covid-19 crisis have been negative stock images of body parts - wrinkly hands, woolly slippers, walking frames. Dehumanising anybody like this means we are less likely to respect their rights and treat them as equals. On the other hand, portrayals (often in advertising) of older persons as happy and affluent, active and leisure oriented can be positive but often exaggerated and unrealistic. These representations do not reflect the diversity of older persons and the experiences of ageing and can be alienating and disheartening for viewers. It is always preferable to include images of local older people that we can all identify with.

Visit Age & Opportunity's [website](#) and social media for good examples of positive language and images.

## Age & Opportunities recently launched their 2021 – 2023 Strategic Plan

View the [Strategic Plan 2021-2023 here](#).



**Join us on Facebook**  
**Monday 2nd**  
**Wednesday 4th**  
**Friday 6th**

**at 11am for**

**Age & Opportunity**  
**Movement Minutes**



**#AgeandOpportunity**

The classes are available on [Facebook](#) and [YouTube](#) and the timetable shows where each class is available.



## NEW FREE Online Classes on offer by Community Education Service, LMETB

### NEW FREE Online Course for August 2021

These courses aim to develop the individual's self-confidence and educational skills base in order to enable and facilitate their development and participation in the life of their community. Community-based courses are often the first step towards further options and choices for the adult learner.

Course are aimed at:

- Specifically target educational and social disadvantage
- Promote social inclusion
- Foster personal development and skills enhancement for group members
- Widen participation in learning by adults from all sectors of our community

From Personal Development to Art Classes, [click here](#) for more information.

## Annual Conference 2021

### Opportunities and Aspirations for the Assisted Decision-Making (Capacity) Act 2015: Progressive Realisation of UNCRPD Article 12 Equal Recognition Before the Law



The National Disability Authority invites you to save the date of its upcoming Annual Conference which will take place virtually on **Thursday 14 October**

**2021**. The conference will explore the theme of Equal Recognition before the Law (Article 12 of the UN Convention on the Rights of Persons with Disabilities) in the context of the Assisted Decision-Making (Capacity) Act 2015.

The Assisted Decision-Making (Capacity) Act was enacted in December 2015, but has yet to be fully commenced. In light of Government's commitment to commence the legislation in mid-2022, the conference will feature a holistic view of the implications of the legislation, bring together stakeholders responsible for implementing various aspects of the Act, focus on the progress made to date and the work still to be carried out, and spotlight examples of international good practice.

Article 12 of the UNCRPD obliges States Parties to recognise that persons with disabilities enjoy legal capacity on an equal basis with other persons, and to take all appropriate measures to provide persons with disabilities with the support they need to make decisions. Article 12 seeks to ensure safeguards exist to promote the will and preferences of the person and to protect the equal right of persons with disabilities to control their own financial affairs.

The Assisted Decision-Making (Capacity) Act 2015 is an innovative and progressive piece of legislation, which seeks to move away from a medical model interpretation of capacity, to a social model which embraces the person's right to make their own decisions, and the state's obligation to ensure they are supported to do so. It abolishes wardship, establishes various levels of supported decision-making and promotes the practice of advance planning. Not only will it impact the lives of thousands of people in Ireland, it has also garnered much attention from other jurisdictions who will watch its implementation closely.

**Please note, this is an information notice only. You will receive an invitation to register for the conference at a later date.**



### Poetry Town laureates appointed

Poetry Ireland has announced details of Poetry Town, a new initiative, which will see more than a hundred free poetry-related activities take place in 20 towns across the island of Ireland in September. The people of each Poetry Town will celebrate poetry in their everyday lives and surroundings, create communal experiences, and celebrate the pride, strength and diversity of each town. As part of the initiative, Poetry Ireland, together with its local authority partners, will appoint a Poet Laureate for each participating town.



### MSc in Ageing & Public Policy at NUI Galway

This Masters' in Ageing & Public Policy critically examines demographic ageing from a public policy perspective, and is driven by a commitment to research-led interdisciplinary education. It assesses existing approaches and future directions to secure effective and fair ageing societies.

This MSc is a new *innovative, interdisciplinary* programme that delivers sought after *transferrable and topic specific skillsets*, and which incorporates an *applied project and placements* at national public, NGO and private organisations. The MSc is available on a *full-time or part-time* basis and is intended to be delivered as both an in person or a remote access programme.

For more information [click here](#)

### Residents move into Clonmel's first council estate in 20 years



The €5m Tipperary County Council estate is built on a site of just over one hectare next to the existing Glenconnor Heights estate and comprises a mix of two and three-bedroom homes. This is the first time the council has designed social homes in-house rather than referring the job to consultants.

Tipperary County Council senior executive architect, Liam Ryan, who is also the Age Friendly Housing Technical Advisor, designed the estate around a green area and ensured all the houses have views of

the scenic hills overlooking Clonmel. He interspersed the single-storey homes among the two-storey houses to give the estate a more village style effect. The idea was to create a village with a mix of old and young, family and single.

All the houses are fitted with roof solar panels, double-glazed windows and latest standard insulation and are A3 BER energy rating.

Take a minute to watch this wonderful video of Glenconnor Heights and their residents who have made it their home. Well done Liam and Tipperary County Council.

<https://vimeo.com/visionmediairl/review/572633114/4fef8c6add>



### Limerick County Council's New Policy on Rightsizing

Limerick County Council have developed a policy where persons over the age of 55 who own their own home and find their dwellings too large for their needs may request the Council to purchase their home in return for a life long tenancy in a managed Older Persons Scheme. For more information visit [Limerick County Council's website](#)



## Local Updates



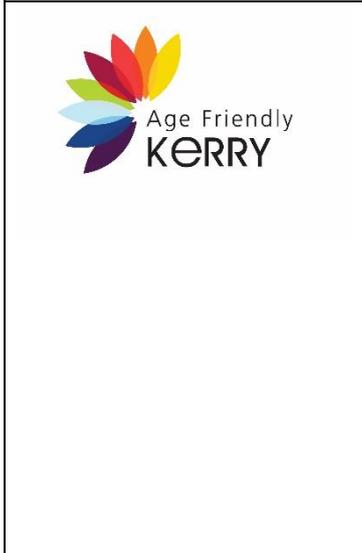
### Cavan Rolls out the Age Friendly Business Recognition Scheme

Cavan Age Friendly Programme in partnership with Cavan Local Enterprise Office, the Cavan Older Person's Council, Cavan Chamber of Commerce, Cootehill Chamber of Commerce, Virginia Development Association and Virginia Town Teams are inviting all businesses in these areas to take part in this Age Friendly Business Initiative, which will give businesses recognition for dealing with their older customers in an Age Friendly way.

Twenty eight businesses participated in an online Age Friendly Business Recognition Training session over Zoom on Tuesday 13<sup>th</sup> July 2021. The training was delivered by Orlaith Carmody, Carmody Coaching & Consulting and a further training event will take place at 7pm on Tuesday 27<sup>th</sup> July 2021 to cater for those businesses who were not able to attend the daytime session. All businesses who have participated in the training have been asked to make age friendly changes to their business in order to receive their Age Friendly Charter at an awards ceremony which will be organised for Autumn 2021. These businesses will join the other Age Friendly Businesses in County Cavan who have participated in the scheme and received their Charters previously.



The COVID-19 pandemic has had an enormous impact on older people, seeing them having to cocoon and isolate for such a long period within their homes. The Age Friendly Business Initiative provides businesses with updated information on how to support older people returning to visit them and advise on how they can better support older customers at this time. The Initiative will see the businesses in the towns of Cavan, Virginia and Cootehill provide a safe and welcoming environment for older people to return to now that restrictions are lifting. Businesses who are providing an Age Friendly service to their customers deserve to be recognised and celebrated and this is their opportunity to let their customers know that they have been awarded their Age Friendly Charter and for them to watch their businesses grow as a result.



**Kerry Councillor Calls for more Age Friendly Car Parking**

Radio Kerry reports that there are calls for age-friendly and 15-minute set-down parking spaces to become a permanent fixture in Kerry. Fianna Fáil councillor Niall Kelleher says it's worked exceptionally well in Killarney, as they increased footfall in the town centres as it's made it easier for people to do quick jobs in town. (7<sup>th</sup> July)  
 These spaces were provided county-wide as part of the Safe and Welcoming Streets COVID-19 Town Centre Mobility Plans.



**Fingal Introduces Trio bikes**



Dave Storey, Fingal County Council's Director of Services for Environment, Climate Change & Active Travel, taking one of their new Trio bikes for a spin in the sunshine at St. Catherine's Park. Looking forward to the launch of this fantastic initiative.



## Leitrim's Festival in a Van

Leitrim Development Company have been supporting Leitrim's network of 22 Active Age Groups/ Feel Good Social Clubs for many years, through the work of our Older Peoples Services Coordinator, Anna McTiernan.

Prior to the pandemic, these were vibrant groups, who supported their members to live active, independent lives, through life-long learning, friendship, creativity, movement and new experiences. But since the start of the pandemic these groups have been unable to meet, with many groups trying to find new innovative ways to stay in contact with each other.



The pandemic has had a disproportionate effect on older people in our community, who have been cocooning for over a year as an 'at risk' group, away from family and friends. Many older people have not been able to access online supports and in many cases have become very isolated, alone at home. Now that Summer is coming and there are better days ahead with the roll-out of vaccinations and the gradual easing of restrictions, Leitrim Development Company wanted to hold a colourful, bright, creative event, which was also safe, socially distanced and was able to work within Covid-19 restrictions. We were also aware that many older people are anxious about travelling, particularly on public transport in order to get to events, so it had to be something on a more local level.

With funding and support from Creative Ireland and Leitrim County Council, we were able to find 'Festival in a Van'. A mini, mobile performance space in the back of a van, that can accommodate short, self-contained performances of music, song, theatre and dance. We held 6 performances across the county on the 15<sup>th</sup> and 16<sup>th</sup> of June, which were attended by 92 active age group members, who had booked their place at the show beforehand. The shows took place in Mohill, Carrick on Shannon, Ballinamore, Drumkeeran, Glenfarne and Rossinver and the two performers were Saoirse Cummins from Manorhamilton and Sinead Black from Letterkenny.

The audience at these performances were accommodated on outdoor socially distanced seating or they watched the show from the comfort of their own cars. For the members of these groups, coming out of a long hibernation; the joy of dressing up, having somewhere to go, seeing their friends, smiling, laughing and tapping their toes to a few tunes and even a bit of dancing, was a tonic. It brought a little hope and life back to people, and the fact that it was local, small and safe was a reassuring and gentle easing back in to the outside world.

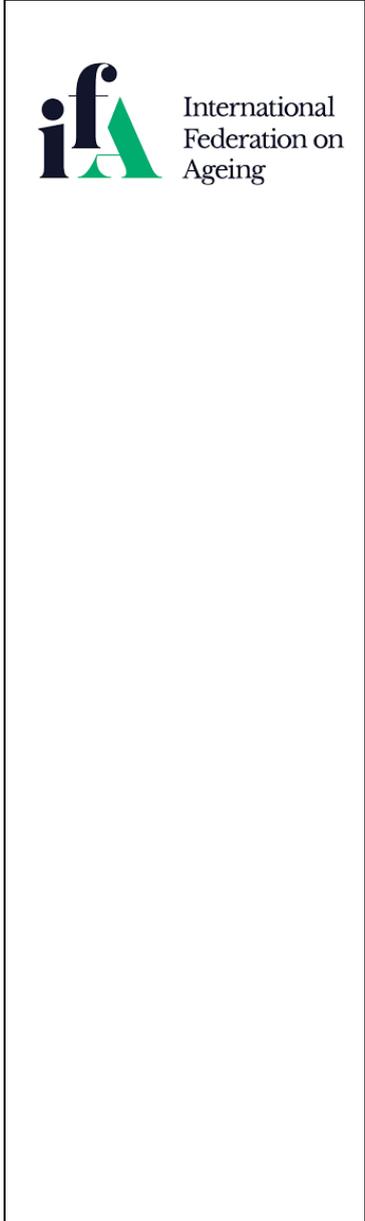
We would like to thank the following community venues for hosting the performances, free of charge, it was greatly appreciated: Mohill Enterprise Centre, Pairc Sean Mac Diarmada Carrick on Shannon, Ballinamore Enterprise Centre, Drumkeeran GAA, The Ballroom of Romance, Glenfarne and Rossinver Community Centre.

**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](mailto:rleavy@meathcoco.ie) Information is one thing we can share right now!

**International Updates**



**IFA's 15<sup>th</sup> Global Conference "Rights Matter"**

The **in-person and virtual** 15th Global Conference "Rights Matter" represents a critical point of connection for all those fighting for the rights of older people in a time when their value may have been in question against the backdrop of the brutal nature and consequences of the global pandemic.

Four action areas of [The Decade of Healthy Ageing 2020-2030](#): ageism, age-friendly cities and communities, primary health care, and long-term care alongside older people and pandemics constitute the structural pillars of the IFA Global Conference which is expected to attract more than a thousand delegates around the world across governments, NGOs, industry, academia and older people.

International federation on Ageing Conference in November is calling for abstracts on the theme of Primary Health care. Visit [ow.ly/onIV50FywIq](http://ow.ly/onIV50FywIq) to learn more [#IFAConf2021](#)

**Primary health care**

- Improving capacities:** cognition, mobility, vision, hearing, mental health and oral health
- Caregiver issues and good practices:** isolation, financial burden and stress
- Integrated care of older people:** models, good practice and measurement



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