

National Updates



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 Testing - Online Booking System

Full details of [how to get tested are available here](#).

[To book a test, log on to our system here](#). You can show up without an appointment, but you may not have to wait as long if you book online.

We have introduced a new contact tracing online system this week. If you get a positive test, you can use this to help list where you've been and help us to get in touch with your close contacts. <https://www2.hse.ie/conditions/covid19/contact-tracing/contact-tracing/>

COVID-19 Vaccination Programme

The vaccination programme continues to be rolled out nationwide. More than 3 million people have been fully vaccinated in Ireland. By this weekend, 90% of adults will be partially vaccinated and 80% of adults will be fully vaccinated. We are grateful to all of our colleagues and partners, and to the public, for taking part and making this happen.

You can find the latest information on vaccines administered [here](#).

Walk-in vaccine clinics



Many of our vaccination centres are operating walk-in clinic times. At these times, people aged 16 and over who have not had a vaccine yet can come to the centre without an appointment and get their free COVID-19 vaccine. You can read about [what you need to bring with you, and where the walk-in clinics are, here](#)

Registration for 12- to 15-year-olds

We're inviting parents of children aged 12 to 15 to register their children now. All children in this age group are being offered a vaccine but we particularly recommend that they get vaccinated if they:

- have a health condition that puts them at higher risk of severe illness from COVID-19
- live with someone who is at higher risk of COVID-19

Parents can read more about the benefits and risk of vaccination for their children [here](#).

Please note that 12- to 15-year-olds are not eligible at present to attend walk in vaccination clinics.

[Register online to get a COVID-19 vaccine.](#)

[Read the user guide for help with registering online.](#)

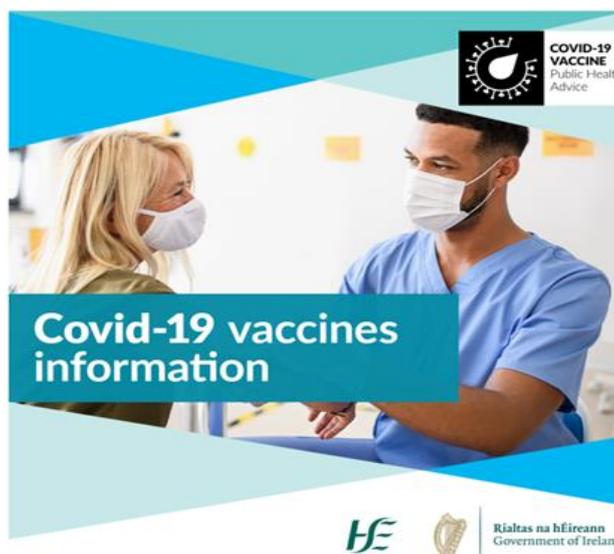
If you cannot register online, you can [call the COVID-19 helpline](#) at Freephone: 1800 700 700 to register by phone.

Who can give consent for vaccination of a young person aged under 16 years

Information is available [here](#).

Where to find COVID-19 Vaccination Information

We encourage everyone to read about the COVID-19 vaccine and to get



their information from a factual, trusted source – here are the links to the pages with information on the vaccine:

Check [hse.ie/covid19vaccine](https://www.hse.ie/covid19vaccine) for information about the vaccine, information on this page is updated regularly

Find the vaccine information materials at www.hse.ie/covid19vaccinematerials

Details on COVID-19 vaccines administered are available [here](#)

Read the [full COVID-19 Vaccine Allocation Strategy](#)

Read the [National Immunisation Advisory Committee Chapter about COVID-19 vaccine](#)

[COVID-19 vaccine information for health professionals](#)

Information in Irish Sign Language: information resources on the COVID-19 vaccines in Irish Sign Language are available [here](#).

Isolation quick guide - applying to those aged greater than 3 months and up to 13th birthday

The updated factsheet is [available here](#).

Isolation quick guide - adults and children from their 13th birthday

The updated factsheet is [available here](#).

HSE COVID-19 webinar - Guidance on Resumption of Day Care Services for Older People

Friday, 3rd September (from 12-1pm)

You can register for the webinar [here](#).

For telephone access to listen to the webinar, please use the following:

Irish dial in number: 01 5260058

Access code: 175 385 4519

Medical cards online

The [online portal](#) for medical card, GP visit card and DPS applications and renewals is now restored.

Public Health Information

As always, for the most up to date information and advice on Coronavirus, please go to: <https://www2.hse.ie/conditions/covid19/> and <https://www.hpsc.ie/a-z/respiratory/coronavirus/novelcoronavirus/>. Clinical and professional guidance relating to COVID-19 is available on www.hpsc.ie where you'll find up to date guidance for healthcare settings and non-clinical settings.

Please check [here](#) for the most up to date partner resources for COVID-19.

You can find the [COVID-19 A-Z information here](#) from the HSE's Health Protection Surveillance Centre (HPSC).

Please also check the Healthy Ireland site [here](#) with further resources and information on the Keep Well campaign.

You can view the latest information on how Ireland is responding to cases of COVID-19 [here](#).

Ireland's COVID-19 Data Hub is [available here](#).

PhD research on older adults, social connections and digital skills

Sandra Flynn, a PhD researcher from Cork, is conducting a study on digital skills and lifelong learning amongst older adults in Ireland and is looking for participants.

The study aims to explore the experiences of older adults and lifelong learning, with specific focus on intergenerational exchanges and digital skills. Little is known about the concept of intergenerational learning in Ireland outside of formal learning environments. By taking part in this study your insights will help contribute to our understanding of the contribution intergenerational learning can make to lifelong learning and digital skills development of older adults.



Participants aged 55 years and over are invited to one of two parts as appropriate.

Part a) involves an anonymous online survey for those who access the Internet through any digital device. The survey takes no longer than 15 minutes to complete and may be accessed through this link: <https://wp.me/p8OE8C-g8>. Participants wishing to continue to an optional 45-minute interview with Sandra to share their experiences further, may enter their contact details at the end of the survey.

Part b) applies to those who do not access the Internet and would be interested in sharing their experiences with Sandra in a telephone interview. If you know anyone who you think may be interested please pass this information along to them and ask to contact Sandra directly at 086-847 2348 to arrange an interview.

If you have any questions about the study please contact Sandra by email at s.flynn2@lancaster.ac.uk



Irish Hospice Foundation's Forum 21, the art of losing and building back better, 5th and 6th October.

Special Offer for members of Age Friendly Ireland and Older People's Networks 25 euro for two days instead of 35 euro

Discount Link <https://ti.to/forum-21/conference/discount/AFI>

On October 5th and 6th 2021 from 11.00am to 4.00 pm and with help from our expert contributors, Irish Hospice Foundation will create a safe

space to examine our relationship with dying, death and bereavement with our online conference Forum 21.

We are delighted that Forum 21 that Dr. Mike Ryan Executive director of the World Health Organisation's Health Emergencies Programme will open Forum 21. Dr. Ryan will share his reflections on the past eighteen months, what has he learned, what gives him hope and how the world can move forward into recovery.

Here is a quick look at what you can expect from this year's event:
Day one Tuesday 5th October 11.00 a.m. to 3.30 p.m. will challenge our thinking about dying.

We will look at the way we care for people at the end of life and what is new, what is innovative, and what every single one of us should know about understanding and planning for end of life.

Day two, Wednesday 6th October, we concentrate on grief, bereavement, and coping with loss, and we will learn from those who are personally and professionally engaged in these matters.

Over the two days of Forum 21, our speakers will include.

- Dr. Mike Ryan from the World Health Organisation.
- TED Talker, BAFTA nominated author; Kevin Toolis.
- Palliative Care Doctors and End of Life Coordinators.
- The Bereaved Dad's Breakfast Club.
- Funeral Directors and Disrupters.
- Geriatricians and advocates for older people.
- IHF (Irish Hospice Foundation) grief and bereavement experts, including Grief at Work, and the Bereavement Pyramid.

You can find more about Forum here and buy specially discounted tickets for AFI

<https://ti.to/forum-21/conference/discount/AFI>



Councils launch inaugural "Dublin Climate Action Week"

Dublin's four local authorities, the Dublin CARO and Codema have come together to launch the county's first ever climate action week.

Dublin Climate Action Week (#DCAW21), will take place from Monday 13 to Sunday 19 September 2021 and is being planned to demonstrate the ongoing efforts, ambitions in addressing climate action.

Dún Laoghaire-Rathdown County Council, South Dublin County Council, Fingal County Council and Dublin City Council issued a statement saying:

"As the four Counties of Dublin reopen following COVID-19 restrictions, we have all gained a much greater understanding and appreciation of

13 - 19 September 2021



Local Authorities Leading
on Climate Action

our communities, amenities and our local environment. During Dublin Climate Action Week 2021, we will be bringing our collective climate action efforts and ambitions to life, together with a range of partners from other sectors."



HSE COVID-19 webinar - Guidance on Resumption of Day Care Services for Older People

Date: Friday 3rd September from 12-1pm

Presented by: HSE AMRIC Team

Prof Martin Cormican, National Clinical Lead Infection Prevention and Control
Mary Mc Kenna, Infection Prevention and Control Director of Nursing Asst.

To pre-register and attend copy the following link to your internet browser and follow the instructions:

<https://hse-webinar.webex.com/hse-webinar/onstage/g.php?MTID=efd78381b41d77e28e1d31cb7a99e21ef>

When you join the webinar, you can view the slide set and material and listen to the webinar over the computer, or mobile phone:

For telephone access to listen to the webinar use the following:

Irish dial in number: 01 5260058

Access code: 175 385 4519

Please forward any queries/ topics you wish to raise at the webinar by email to marygmckenna@aol.com by Wednesday 1st September



Older Citizens and Family/Informal Carers in Cork and Kerry Sought for Telehealth Research

Valuecare is a UCD led research initiative that is piloting innovative digital solutions to health care for older people. This research will create a supportive app, in collaboration with older people, their carers and clinicians.

If you are aged 75+ or someone who cares for an older person, and living in County Cork or County Kerry, the research team would like to hear from you. Focus groups and interviews are being organised in person in Cork and Kerry.

Please contact andrew.darley@ucd.ie

ValueCare is an EU funded project which aims to deliver personalised, integrated health and social services, better outcomes for older people and improved care experiences.

See the project video [here](#)

www.projectvaluecare.eu



National Disability Authority Survey

The National Disability Authority would like to ask you to complete a very brief survey on the accessibility of websites and mobile apps provided by public bodies in Ireland. The aim of the survey is to establish a Register of public sector websites and mobile apps for monitoring under the EU Web Accessibility Directive.

<https://www.surveymonkey.com/r/W96YCFF>

As you will know, public bodies in Ireland must ensure their websites and mobile apps are accessible to all people, including persons with disabilities. The [European Union \(Accessibility of Websites and Mobile Applications of Public Sector Bodies\) Regulations 2020](#) came into force on 23 September 2020. The 2020 Regulations give effect to the EU "[Web Accessibility Directive](#)".

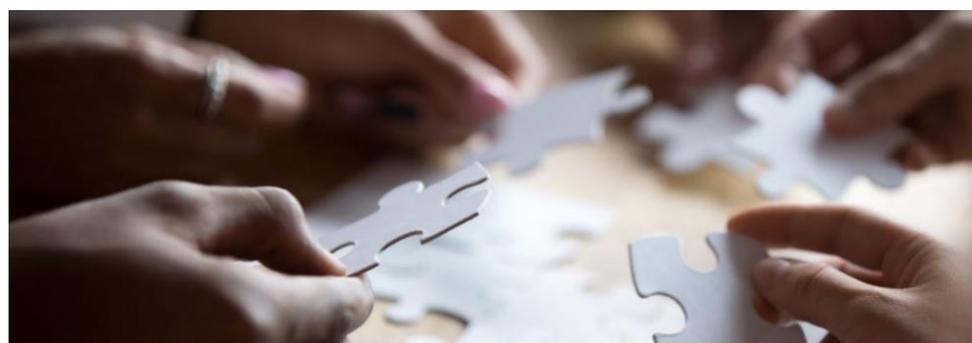
The Web Accessibility Directive requires public bodies in Ireland to ensure their websites and mobile apps comply with internationally recognised accessibility standard. They are also required to have an Accessibility Statement that clearly outlines their compliance with the standard and gives clear information about where to ask for assistance and make a complaint in relation to the accessibility of its websites and mobile apps.

This register is being developed in consultation with national stakeholders including persons with disabilities and their representative organisations.

The selection of the sample for websites should include websites representing as much as possible the variety of services provided by the public sector bodies. According to the Web Accessibility Directive, this includes “social protection, health, transport, education, employment and taxes, environmental protection, recreation and culture, housing and community amenities and public order and safety.” (Clause 2.2 [Implementing Decision \(EU\) 2018/1524](#))

Once the Register is established, NDA will commence monitoring approximately 50 websites and a small number of mobile apps for compliance with the standards set out under the Directive, namely the Web Content Accessibility Guidelines 2.1. They intend to increase the number of websites to be monitored in 2022. Both the Register of public bodies subject to monitoring and the results of the monitoring will be published to the NDA website.

IFIC publishes First Annual Report



ANNUAL REPORT 2020



A message from the Chairman, Mr Philip Davies.

IFIC is proud to present this, its first Annual Report. Our aim in doing so is to offer readers insights into the work we do and the results we have delivered in support of the global movement for change to deliver better, safer and more integrated health and care. We hope the report will be of interest, not only to IFIC’s many long-standing partners,

colleagues and collaborators but also to a wider readership who may not yet be familiar with the Foundation and its mission.

The year in focus for this report was, of course, far from typical. In common with many other organisations, IFIC had to face the challenges of working through the COVID-19 pandemic. It is to the credit of all our staff that we were able to adapt effectively to a rapidly-changing environment; not just to maintain 'business as usual' but also rapidly to reconfigure many of our activities, most notably the 20th International Conference on Integrated Care which was due to take place just few weeks after the true extent of the pandemic became apparent.

Mr Philip Davies

Chairman

International Foundation for Integrated Care (IFIC)

[Download the Annual Report](#)

Can We Help?



Age Action's Care and Repair does small DIY jobs, free of charge, for older people to help them maintain their homes and their independence.

Age Action's Care and Repair prioritises carrying out jobs in the homes of older people who are being discharged or have recently been discharged from hospital. If someone is coming out of hospital, no matter where they live, we would support them to make sure their home is safe.

Care and Repair can remove trip hazards, install handrails, replace toilet seats or move a bed downstairs to make sure the home is ready for their return.

If you require work done in your home to make it safer after a stay in hospital we can help.

If you are a professional working with older people who would benefit from this service you can download a referral form from www.ageaction.ie.

For all other queries about Care and Repair please contact us using these numbers:

Age Action national line: 0818 911 109

Age Action in Dublin: 01 4756989

Age Action in Cork: 021 2067399

Age Action in Galway: 091 527831

Email: careandrepair@ageaction.ie

Age Action
Age Equality

care+
repair





HEALTH & WELLBEING/HEALTH PROMOTION

DUBLIN SOUTH, KILDARE & WEST WICKLOW

invites you to participate in a free online

Stress Control Programme

Delivered by Dr Jim White, Consultant Clinical Psychologist

All of our lives are being impacted by Covid 19. It's normal to feel worried or stressed but there are things we can do to mind our mental health.

HSE are streaming Stress Control classes free-of-charge.

The next programme will start on **Monday 6th September 2021**.
There are 6 sessions, each session lasts approximately 90 minutes.
Each session will be available to watch during the times below.

Session 1 Monday 6th September, 9am until Wednesday 8th September, 11pm

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Session 2 Thursday 9th September, 9am until Sunday 12th September, 11pm

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Session 3 Monday 13th September, 9am until Wednesday 15th September, 11pm

.....
Session 4 Thursday 16th September, 9am until Sunday 19th September, 11pm

.....
Session 5 Monday 20th September, 9am until Wednesday 22nd September, 11pm

.....
Session 6 Thursday 23rd September, 9am until Sunday 26th September, 11pm

Watch the sessions, read the booklets and try out some of the breathing and mindfulness exercises. Friends and family can join in too.

There is no registration required.



Everything you need can be found at
www.stresscontrol.ie



<https://stresscontrol.ie/> Connecting for Life

Many people can't come to a regular Stress Control class due to the current circumstances, so, Stress Control will come to you, two sessions a week, on www.stresscontrol.ie. Each session will be available for 3 days from 9am until 11pm on the 3rd day. The sessions will be led by Dr Jim White, consultant clinical psychologist, who created the class and who has taught most of the NHS and HSE trainers who would normally be running classes in their communities.

Stress is a very common problem. Life is very hard for us just now and there are no easy solutions or magic cures, but, with hard work and determination, we can boost our resilience to cope with these difficult times and come out the other end stronger. Please pass this on to anyone who you think might benefit from the class. It is free to listen, with lots of tips and ideas to reduce and manage our stress.



Irish
Gerontological
Society

Irish Gerontological Society Quarterly ePublication

Bridie O'Reilly Chairperson of the Fingal Older People's Council who gives a personal account of some of her experiences of lockdown and gives a wonderful overview of the Housing Options for Our Ageing Population policy statement and her role as an older person's representative on the implementation group during the COVID 19 pandemic. Bridie highlights the need to develop 'a range of housing options that are best suited to the needs of older people' and the importance of 'Rebalancing the care model away from the reliance on nursing homes', a sentiment that resonates with this edition's IGS Presidents' message in which Prof. Kenny outlines the Danish policy of 'ageing in Place', stressing the need "to redeploy funds and human resources to enable people stay in their own homes with support for health needs as necessary".

Please see link below for full publication:

<https://agefriendlyireland.ie/wp-content/uploads/2021/08/IGS-Vol3.pdf>



Join us on Facebook
Monday 30th
Wednesday 1st
Friday 3rd
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.

Dublin City Council Garden Gigs in the South East Area



The recent long spell of summer sunshine and easing of COVID-19 restrictions combined to help bring some top-class musical entertainment to the doorsteps of the homes of many of our older residents during the month of July. In conjunction with Housing Liaison Officers and local communities, the South East Area’s Community Development Team organised over 40 afternoon Garden Gigs at sheltered housing schemes, care homes and local centres. As well as reliving memories and music from yesteryear, residents were able to enjoy refreshments and a good catch up, with the more adventurous also taking to the green and gravelled “dancefloors”. These events all took place against a backdrop of floral displays and glorious colour, which showcased the huge efforts of local green fingered residents who take such pride in their gardens and communal areas.

Captured below is some of the action from Charlemont Court, Woodstock Court and Ranelagh Close Sheltered Housing Schemes featuring musical acts Mikey Smyth, Pastimes and Angel.

South East Area Garden Gigs





Healthy Ireland Kildare

Healthy Ireland is a government led initiative aimed at improving the health and wellbeing of everyone living in Ireland. Healthy Ireland provides funding to support local and national organisations in delivering actions which will improve health and wellbeing in line with Healthy Ireland, A Framework for Improved Health and Wellbeing 2013-2025.

Healthy Ireland is working closely with partner organisations in Kildare to support programmes being delivered across the County. For more information, and to keep up to date with Healthy Kildare please follow the Social Media Platforms on Facebook and Instagram using @Healthy_Kildare or contact:

Laura Kelly

Healthy Ireland Coordinator

healthyirecoord@countykildarelp.ie

**FOLLOW US ON
SOCIAL MEDIA**

@Healthy_Kildare

**Contact
Laura Kelly**
Phone: 086 8858505
Email: healthyirecoord@countykildarelp.ie

Made with PosterMyWall.com



Age Friendly Housing Developments in the South East Region

The July meeting of the network of Age Friendly Housing Technical Advisors heard a wonderful presentation about all the new age friendly housing developments in progress in the South East Region.

In Carlow, four units have been developed in St Mary's Park which are suitable for rightsizing. The homes are within walking distance to all amenity/public transport and they are designed to nearly zero energy building rating.



St Mary's Park, Carlow

Kildare County Council is currently seeking Stage 3 approval for 10 housing units at Coill Dubh, four of which are single storey accessible units and five are Age Friendly Adaptable. Kildare has also developed a bespoke age friendly housing training course for their staff.



Coill Dubh, Co. Kildare

Kilkenny County Council has recently completed 130 units, of which 42 are described as Age Friendly. All units are either single storey or have lift access. There are also 33 units in Castlecomer which include wheelchair accessible units and have lots of storage space.



Breaghagh Place, Piltown, Co Kilkenny - 17 units including 9 single storey 1 & 2 bedroom units.





In Waterford, the planned development of St Joseph’s will bring about refurbishment of a protected structure through the Repair and Lease scheme. There will be 71 units with a mix of studio, 1 & 2 bed apartments and houses. The city centre development proposal also features meditation gardens, a community day room with cooking facilities and entertainment potential.



Wicklow County Council is developing four age friendly schemes on brownfield sites. The Carraig Eden Age Friendly Apartments feature a three-storey apartment block looking out to the sea, using Universal Design features, and are ‘A rated’ for energy. These apartments will be an opportunity for current tenants over 55 in the locality to ‘rightsized’ to a smaller dwelling. They are within walking distance of the main street of Greystones and many amenities such as bus stops, shops, cafes, schools, supermarkets, a pharmacy, a medical centre, and churches.

These are just some examples of how local authorities are preparing for population ageing in their housing provision.

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



IFA Global Cafe | In Conversation with Ms Natalie Turner on "Population Ageing and Urbanisation: 'Ageing Better' in Cities"



The International Federation on Ageing held a Global Cafe event this morning called - In Conversation with Ms Natalie Turner on "Population Ageing and Urbanisation: 'Ageing Better' in Cities". 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>

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.hse.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



- Wash** your hands well and often to avoid contamination
- Cover** your mouth and nose with a tissue or elbow 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, coughing, sneezing, talking, shouting or greeting other people
- Distance** yourself at least 2 metres from any 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

WASH HANDS WITH SOAP AND WATER FOR 20 SECONDS



Riadas na Míreanna
Government of Ireland

Useful Contacts

Age Friendly Ireland Shared Service Office Telephone: 046 9097413

Or Email: rlaevy@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

Carlow County Council
Cavan County Council
Clare County Council
Cork City Council
Cork County Council
Donegal County Council
Dublin City Council
DLR County Council
Fingal County Council
Galway City Council
Galway County Council
Kerry County Council
Kildare County Council
Kilkenny County Council
Laois County Council
Leitrim County Council
Limerick City and County Council
Longford County Council
Louth County Council
Mayo County Council
Meath County Council
Monaghan County Council
Offaly County Council

Community Response Number

1800 814 300
1800 300 404
1800 203 600
1800 222 226
1800 805 819
1800 928 982
01 222 8555
1800 804 535
1800 459 059
1800 400 150
1800 928 894
1800 807 009
1800 300 174
1800 326 522
1800 832 010
1800 852 389
1800 832 005
1800 300 122
1800 805 817
094 906 4660
1800 808 809
1800 804 158
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