

**Age Friendly Ireland Announces International Webinar Series.**

We are delighted to announce our upcoming International Webinar Series, working in partnership with the World Health Organisation. Each webinar will focus on one of the 8 themes of the WHO Age-friendly Cities Framework

Registration information to follow, stay tuned!



Age Friendly Ireland announces **International Webinar Series**

streaming Live from the **Solstice Arts Centre**

2 <sup>nd</sup> Nov 2021	Housing
14 <sup>th</sup> Dec 2021	Community Support and Health Services
11 <sup>th</sup> Jan 2022	Social Participation
8 <sup>th</sup> Feb 2022	Respect & Social Inclusion
8 <sup>th</sup> Mar 2022	Communication & Information
12 <sup>th</sup> Apr 2022	Transportation
10 <sup>th</sup> May 2022	Outdoor Spaces and Buildings
14 <sup>th</sup> June 2022	Civic Participation and Employment



**National Updates**



Riailtas na hÉireann  
Government of Ireland

**Public Health Measures**

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

**Additional COVID-19 vaccination dose for those who are immunocompromised**

Having a weak immune system puts you at higher risk of serious illness if you get COVID-19. Getting vaccinated will give you some protection against this.

If you have a weak immune system, you may be offered another COVID-19 vaccine dose to give you better protection.



Feidhmeannacht na Seirbhíse Sláinte  
Health Service Executive

You can find information on [who may need an additional COVID-10 vaccine dose here](#).

Hospitals will identify the people who need an additional dose. You do not need to register or contact anyone. People who need an additional dose will receive a text message with an appointment for their vaccine. These additional doses will be given through HSE vaccination centre near you, or your hospital if you're an inpatient. GPs may also vaccinate some people.

### COVID-19 vaccine booster dose

If you have received a COVID-19 vaccine course, you will be offered a booster dose if you are:

- 80 or older, or
- 65 or older and living in a nursing home or long-term residential care facility

If you are living in long-term residential care and you are aged 65 or over, you will be vaccinated where you live.

If you are aged 80 or over and not living in residential care, you'll be invited for your vaccine by your GP. Some GPs will refer patients to a [vaccination centre](#).

You can find more [information about the COVID-19 vaccine booster dose 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 [here](#) for information about the vaccine, information on this page is updated regularly
- Find the vaccine information materials at <https://www.hse.ie/eng/services/covid-19-resources-and-translations/covid-19-vaccine-materials/>
- 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](#).
- COVID-19 vaccines easy read and accessible information formats are available [here](#).

### Flu vaccine

It's flu season so if you're 65 or over, it's time to get your annual flu vaccine. While anyone can catch the flu, people aged 65 or older are more at risk of getting seriously ill or needing hospital treatment. So make an appointment with your GP or pharmacist today. You can find more information at [hse.ie/flu](https://www.hse.ie/flu)

### **'Let's Get Back' Campaign**

'Let's Get Back' is a national awareness campaign encouraging the Irish public to get back involved in the sport and exercise that they love. 'Let's Get Back' has been created by Sport Ireland in partnership with Healthy Ireland to encourage members of the Irish public who are anxious or unsure about returning to sport and physical activity following the easing of COVID-19 restrictions.

Members of the public can get information on how to return to sport and activities in a safe way by visiting [Sport Ireland](#) and at [Healthy Ireland](#).

### **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 <https://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](#).

### **Budget 2022**

Budget 2022 was announced on Tuesday 12 October 2021 by the Minister for Finance and the Minister for Public Expenditure and Reform. The following list includes some of the measures which will impact on older people:

- €5 increase in weekly payments for pension age recipients
- Increase of €5 in the weekly rate of the Fuel Allowance, effective immediately
- Increase in the living alone allowance by €3
- 11,000 grants to adapt the homes of older people and people with a disability
- Increase in the income disregard for Carer's Allowance from €332.50 to €350 for a single person and from €665 to €750 for a couple
- Increase in the Capital Disregard for Carer's Allowance from €20,000 to €50,000



Rialtas na hÉireann  
Government of Ireland

- The earnings limit on Disability Allowance will increase from €350 to €375
- Threshold for the [Drug Payment Scheme](#) lowered to €100
- €250 million to tackle hospital waiting lists
- €30 million to allow patients greater access to high-tech drugs
- Expansion of dental access to medical card patients

Minister for Mental Health and Older People Mary Butler TD indicated that a total of €2.33 billion has been allocated to older persons services in Budget 2022, including €30 million for new developments. She stated that “there will a continued focus in Budget 2022 on enhancing community-based services to enable older people to continue living in their own homes, with dignity and independence, for as long as possible. The €150 million funding secured in 2021 for 5 million additional hours of home support has been maintained for 2022. €17.6 million will be allocated for the continued implementation of the recommendations of the COVID-19 Nursing Homes Expert Panel Report including, among others, the establishment of a permanent multi-disciplinary, enhanced Community Support Team in each CHO and the pilot of the Safe Staffing Framework for long-term residential care”.

Dementia services and supports will be improved by prioritising service development, quality improvement and clinical practice including supporting the implementation of the dementia registry and dementia audit within acute hospitals.

Other significant funding has been committed in the budget to supports and services impacting on older people:

- €30 million allocated to Older Persons- Implementing the recommendations of the Nursing Home Expert panel, dementia services and other related initiatives, enhanced Community Support Team in each CHO and the pilot of the Safe Staffing Framework for long-term residential care. Investments in Falls/Fractures liaison services
- €8.3 million allocated to increased capital funding for adaptation grants and supports for older people and people with a disability and the delivery of Traveller accommodation.
- €360 million per annum (up to 2025) will be invested in walking and cycling infrastructure in cities, towns and villages across the country, including Greenways.
- €202 million Investment in Residential & Community Energy Efficiency – this is estimated to support over 22,000 home energy upgrades (including solar PV), including over 6,000 homes to a Building Energy Rating (BER) of B2 and over 4,500 free upgrades to the homes of those in, or at risk of, energy poverty.
- In relation to Safety and Security, up to 800 new trainee Gardai and 400 Garda staff will be recruited

- An estimated 11,000 grants to adapt the homes of older people and people with a disability

In addition, €800 million has been allocated for the Department of Health's continued response to Covid-19 to cover costs associated with vaccination, test & trace and PPE and the HSE Winter Plan.

The government has produced a Citizen Guide to the budget in plain English: <https://www.gov.ie/en/publication/2c63a-your-guide-to-budget-2022/>

There is more detailed information on Budget 2022 on the website [www.gov.ie/budget](http://www.gov.ie/budget)



### A message on behalf of Louise Loughlin, NAS National Manager

From Tuesday 12th October, we are no longer using our National Line Number 0761 07 3000.

We have changed to our **new NAS National Phone Line Number 0818 07 3000.**

We have made this change because all public phone numbers beginning with 07 are being removed. Please note, it is just our phone number that has changed, there will be no changes to the services we provide.

All our communications platforms, including our [website](#), [social media](#) and [enquiry forms](#), have been updated with our new phone number.



### Launch of reports: Advocacy Matters

#### INVITE TO LAUNCH OF REPORTS:

Advocacy Matters: Advocating for People during the Covid-19 Pandemic  
Wednesday 20th October 2021

The National Advocacy Service for People with Disabilities (NAS) and the Patient Advocacy Service invite you to the [online launch of two new reports](#) outlining our observations and experiences in providing advocacy support to people during the Covid-19 pandemic.

You can [REGISTER HERE](#).



## Fifth Nordic Irish Partnership for Smart Cities Event - Smart Community Care Solutions for an Ageing Population - Webinar @ 19th October 2021

The fifth Nordic-Irish Partnership for Smart Cities event focuses on a wide range of innovative wellbeing and assisted living technology solutions that pave the way for more focused approach to connected health care. The webinar will explore Smart solutions that allow people to live longer (and independently) at home and reduce the ever-increasing pressure on healthcare infrastructure. The global pandemic has highlighted both the need for, and the possibilities of, a holistic approach to positive and healthy ageing and independent living for older persons in the community.

With an aging population that is gradually becoming more tech-savvy, both the Nordics and the island of Ireland will see increased demand for efficient solutions that bring quality care nearer to home. According to Irish Census of Population figures for 2016, it is estimated that the number of people aged 65 and over will reach over 1.6 million by 2051, with the greatest increase being in the over 80s. As people live longer, there is a growing need to invest in systems that support independent living and increase the quality of life for older persons -.

This event, part of the [Nordic-Irish Partnership for Smart Cities](#), involving the All Ireland Smart Cities Forum (AISCF) and the Nordic Embassies of Norway, Sweden, Denmark and Finland, will present an inspiring range of digitally-enabled healthcare solutions from the island of Ireland and the Nordics that enhance the possibilities of independent living and care in the community. At its best, smart healthcare technology has the ability to improve overall health and wellbeing, introduce care options to the vulnerable and frail in our communities, improve the efficiency and effectiveness of services, and contribute to care systems becoming more sustainable.

Speakers include:

- Dr Steven Griffin, Innovation from Healthcare Lead, Health Innovation Hub. Irish outlook and prospects in the field of health innovations
- Orla Veale, Project Lead, Smart D8. Innovative approaches and future of health and wellbeing in Ireland.
- James McLaughlin, Professor, Ulster University. Development of a Connected Health Platform, linking bioengineering and computing sciences with sensor technology.
- Janne Dugstad, Associate professor, University of South-Eastern Norway. Director, Centre for Health and Technology. Developing future solutions for the health and care sector.
- Katrine Vedel, Chief Advisor, Healthcare DENMARK. Innovating better life – The Case of Denmark
- Lasse Rousi, CEO, Medixine. All-in-one telehealth platform for communication and remote patient monitoring.

Register for the webinar [HERE](#)

Follow our [LinkedIn](#) page for relevant updates.



# ENGAGING AGEING 21



The Future of Ageing and the Silver Economy

Dublin City University, Age Friendly University  
November 1<sup>st</sup> – 3<sup>rd</sup> 2021

*One life – Infinite Possibilities*

DCU Age-Friendly is proud to host its third international conference "Engaging Ageing '21 "The Future of Ageing and the Silver Economy", November 1 – 3, 2021.

Visit the conference page [HERE](#)



## IFIC Ireland Realising Integrated Care Webinar Series

### Open health data and health literacy

Wednesday, October 13th, 2021 4pm IST

Daily Covid-19 case numbers, hospital occupancy, vaccines administered and the focus on data availability and modelling of the Covid-19 pandemic have occupied news headlines for more than 18 months. Today's panel will examine how the publication and dissemination of disease data impacts on health literacy, how should the data continuum (data -> information -> knowledge -> wisdom) be realised to support population health literacy and how open data initiatives within health informatics aid decision making and research initiatives for health and social care systems leaders.

You can register by [clicking here](#).



## Let's Get Real: Patient Partnership to Advance Integrated Care in association with HSO and Accreditation Canada

Join this patient and family advisor-led panel to learn:

1. Insights from the recent [NACIC conference](#): what worked, how to continue to spark engagement
2. The importance of building trust and creating safer spaces-examples that worked from your experience, and

How patient and family advisors can partner to advance integrated care systems

You can register by [clicking here](#).

# Dementia and Virtual Reality Study

Researchers in NUI Galway are seeking to design virtual reality technology with older adults living with dementia and their support persons'.

### What is Virtual Reality (VR)?

VR is a technology which makes you feel as if you are in a different place. VR uses a head-mounted display and handheld controllers (displayed on right)



Are you interested in having your voice heard on the design of VR?

We would like to hear from people living with dementia or memory difficulties (over the age of 59) and their nominated support person

If you are interested in getting involved contact:

Aisling Flynn

Email: [a.flynn15@nuigalway.ie](mailto:a.flynn15@nuigalway.ie)

Telephone: (089) 4126491



SFI centre for research training  
in digitally-enhanced reality



NUI Galway  
OÉ Gaillimh

Centre for  
Research  
Training



comhairle chontae na mí  
meath county council



## The Creative Bureaucrat



**What:** One hour online webinar

**Date:** Wednesday 27th October 2021

**Time:** 11am

This one hour online webinar is for those working within a local authority wondering how it's possible to bring creativity into strategic planning in a meaningful way.

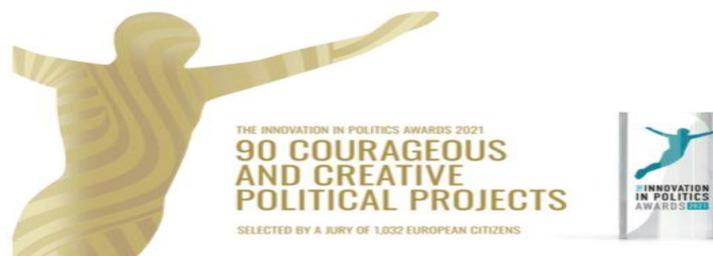
It looks at projects where local communities, in partnership with local authorities, co-create solutions to problems or opportunities they've identified in their locality.

Register by [clicking here](#).



## Innovation in Politics Awards 2021

We are thrilled to announce that our Age Friendly Business Recognition Programme is one of 5 Irish Project Finalists who will compete with entries from 25 European countries in the Innovation in Politics Awards 2021



THE INNOVATION IN POLITICS AWARDS 2021  
90 COURAGEOUS AND CREATIVE POLITICAL  
PROJECTS  
INNOVATION IN POLITICS AWARDS 2021  
SELECTED BY A JURY OF 1,032 EUROPEAN CITIZENS



**Join us live on Facebook**

**Monday 18th  
Wednesday 20th  
Friday 22nd**

**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.

## Local Updates



### **Older People Re-engaging during Positive Ageing Week 27th September – 1st October 2021**

As community centres and facilities began to open-up for business, the Community Development Team, Age Friendly Programme Manager and Sports Team in Fingal County Council organised various small events, targeting groups who indicated a willingness to begin to re-engage. However, as groups had not met prior to these events, accessing and communicating with groups was challenging. Events varied in size, and increased as the week progressed, with older people starting to slowly grow in confidence connecting with others. While some events were very well attended, others attracted small numbers as many older people remain reluctant to re-engage with their groups and wider community.

Notwithstanding the fear of older people, those who did attend, fully engaged with the activities with some even **“singing in the rain”**. A sense of relief was evident as older people finally began to appreciate their freedom. Chat, laughter and fun was the order of the day at all events with many positive comments such as **“we really needed this”** and requests to repeat some events.

Age Friendly Fingal Programme Manager, Caroline Power organised events with the theme Re-Connecting Communities Outdoors by Reframing Ageing. **‘We’re delighted to be gathering with the older members of our local communities again’** says Caroline.



This year's theme is particularly poignant considering the pandemic. Following 18 months of isolation and loneliness for many older people, whose social lives were deeply affected throughout the pandemic, the chance to meet once again and celebrate together is a very special one.

Older people were invited to a series of 're-connecting' events taking place in Swords Castle (28 September at 11am and 2pm), Hartstown Park (29 September at 11am and 2pm) and at the Institute of Music and Song Balbriggan (30 September at 10am and 1 October at 10am). Entertainment and refreshments were provided and those attended took the chance to catch up with friends and neighbours in a relaxed environment.

Mayor of Fingal Cllr Seána Ó Rodaigh opened the event series in Swords



Castle. *'It's a very welcome development to see the return of safe in person events. We cannot underestimate how important human connection is to quality of life and to older people thoroughly enjoying the experience.'*



Comhairle Contae Chorcaí  
Cork County Council



## Cork Healthy Age Friendly Homes Launch

The Healthy Age Friendly Homes programme officially had its launch in Cork this week.



Cork's Local Co-ordinator Anthony Holmes was joined by the Mayor of the County of Cork, Gillian Coughlan who welcomed the programme: "We have a rapidly ageing population here in Ireland. The majority of people wish to remain living in their own homes and communities which unfortunately is not always possible. The Healthy Age Friendly Homes Programme is an important, person-centred initiative aimed at helping older people continue living in their homes or in one more suited to their needs. I'm delighted that Cork County Council is among the first local authorities to participate in this programme which I'm sure will make a real difference to the lives of people living in communities across the county."

He was also joined by the Chair of Cork's Older People's Council, Liz Maddox who also spoke on the programme:

"The Age Friendly Homes Programme is a very good initiative which can assist older persons in accessing services, grants and resources to enable them to stay happy and healthy at home and avoid pre-mature entry into long term care which is very welcome. On behalf of Cork County Older People's Council and all our members we look forward to working with the local coordinator to promote the service."

You can read the full article by [clicking here](#).



## Ceol le Cheile in International World Singing Day

We're very proud of [@donegalcouncil](#) Age Friendly Choir, Ceol le Cheile [@AgeFriendlyDL](#) who are representing Ireland today in International World Singing Day. A big bualadh bos to all involved, young and older singers together. Take a look [by clicking here](#)!



## Sligo OPC accepting new members

If your group is interested in becoming a member of the Sligo Older Persons Council contact Geraldine Timlin on;

Telephone: 071 911 4422 /087 175 1671

Email: [gtimlin@sligococo.ie](mailto:gtimlin@sligococo.ie)

## Calling all Age Friendly Groups in Co. Sligo!!!

We are delighted to let you know that Sandy Kelly has agreed to become the Sligo Age Friendly Ambassador. The Sligo Older Persons Council, will also be established in the coming months. If your group is interested in becoming a member of the Sligo Older Persons Council please contact Geraldine Timlin, A/Social Inclusion Officer, Sligo County Council on 071 9114422 / 087 175 1671/ [gtimlin@sligococo.ie](mailto:gtimlin@sligococo.ie)



## 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



International Federation on Ageing

### IFA Global Cafe: In Conversation with Ms Helena Herklots on "Maintaining the Dignity and Promoting Rights of Older People in Wales"



The International Federation on Ageing held a Global Cafe event this morning called - In Conversation with Ms Helena Herklots, Older People's Commissioner for Wales on "Maintaining the Dignity and Promoting Rights of Older People in Wales"

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.**

**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

**How to Prevent**

- Wash:** Wash hands with soap and water for at least 20 seconds.
- Cover:** Cover your mouth and nose with a tissue or your elbow when coughing or sneezing.
- Avoid:** Avoid close contact with people who have COVID-19.
- Clean:** Clean frequently touched surfaces and objects.
- Stop:** Stop eating, drinking, or using shared objects like cups or spoons.
- Distance:** Stay at least 2 metres away from other people.

**Symptoms**

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

**For daily updates visit** [www.gov.ie/health/covid-19](http://www.gov.ie/health/covid-19)

## Useful Contacts

**Age Friendly Ireland Shared Service Office** Telephone: 046 9097413

Or Email: [leavy@meathcoco.ie](mailto:leavy@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**

<b>Local Authority</b>	<b>Community Response Number</b>
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 326 522
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