



Age Friendly Ireland Weekly Newsletter

3<sup>rd</sup> June 2022

## National Updates



### JOIN our free Age Friendly Ireland Business Recognition Training Online

Could you use a few more customers? How about  
1 million more...



**Did You Know . . . There are more than 1 million older people (65+), living and shopping in Ireland and this is set to double by 2051.** Older people account for up to 50% of all consumer spending in the EU. They have the time to shop, they like to shop and they are loyal customers. They will come back to you again and again if you make the consumer experience comfortable and pleasant for them.

Are you doing everything you can to capture and retain this powerful customer base?

Age Friendly Ireland Business Recognition online training are now offering a number of open training dates – not specific to a town or company – which everyone is welcome to attend. Please do tell your colleagues and fellow business owners about the opportunity, we would love to have them on board.

Age Friendly Ireland Business Recognition online training, **Thursday June 16<sup>th</sup> 10am to 11.30.**

**Register here, and register early, as places are limited!**

<https://us02web.zoom.us/meeting/register/tZMkcuGtqz0rHtUrOE2tc1xzrYrwQxBn2IHN>



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# Ireland's Age Friendly Recognition & Achievement Awards 2022

Submit your Age Friendly Project or Initiative to be in with a chance to receive National Recognition

This year the Awards Event is being hosted by **Clare County Council** and will be held on **27<sup>th</sup> October in Dromoland Castle**



## Ireland's Age Friendly Recognition & Achievement Awards 2022

Are you involved in a project that benefits Older People or makes your community more Age Friendly?

Register for our Age Friendly Recognition and Achievement Awards to be in with a chance of receiving National Recognition for your Project.

[Click here for more information and to submit your application](#)



COMHAIRLE CONTAE AN CHLÁIR  
CLARE COUNTY COUNCIL



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With live events cancelled all around the world during the Covid pandemic, the Age Friendly Ireland shared service, hosted by Meath County Council, is thrilled to announce that we are back and looking forward to our first live awards event since 2019. Each year a local authority hosts the awards and we are excited to reveal that Clare County Council are hosting the National Age Friendly Recognition and Achievement Awards for 2022 on 27th October in Dromoland Castle, County Clare.

The primary aim of these awards is to recognise and reward achievement in age friendly initiatives around Ireland. We are calling for organisations, individuals/members of the public, agencies and communities to submit applications on projects or programmes that they consider to be age friendly, especially those initiatives that have supported older people throughout the pandemic.

This year, eight categories of awards, aligning to the WHO themes, have been chosen as they have a meaningful impact on the lives of older people in Ireland – Age Friendly Transport, Active & Healthy Ageing, Business Innovation, Safety & Security, Communication, Community Innovation, Environment, Housing.

**To apply please click on the link below:**

<https://eu.surveymonkey.com/r/LDTVSL3>

**For more information please visit our website, click the link below:**

<https://agefriendlyireland.ie/agefriendlyawards2022/>

## Supports for 'Ageing in Place' - Minister Burke Hears Participant Experiences on a New Local Government Programme

Minister Peter Burke today visited Westmeath County Council to hear about a new co-ordination service that is supporting older people to remain living at home independently. The **Healthy Age Friendly Homes Programme** is delivered by local government via the Age Friendly Ireland shared service. It is funded by Sláintecare in the Department of Health, aligning with the health reform programme's mission to provide early intervention and community-based supports.

Under the programme, local co-ordinators visit older people in their homes and help them to access grants and other supports in the areas of housing, health, community services and assistive living technology.

Phase 1 of the programme is operational in nine local authority sites around the country (Dublin City, South Dublin, Fingal, Tipperary, Cork County, Longford, Westmeath, Galway and Limerick). Local co-ordinators develop integrated support plans to enable the older person to remain living independently.

The aim is to:

- Improve their housing conditions, for example through adaptations, rightsizing, homesharing, and energy retrofits
- Support overall health and wellbeing through improving access to social, community, transport and technology supports
- Prevent falls and reduce admission to acute settings or residential care
- Reduce the average length of stay [AvLOS] in acute settings by ensuring that the home environment is suitable for discharge from hospital



Minister Burke has described the programme as "a very welcome development in the context of housing for our ageing population. The government's stated ambition - and mine as Minister with responsibility for housing for older people, is to support older people to live with dignity, to have choice in housing and to have the best possible quality of life in older age. The Healthy Age Friendly Homes Programme is an early intervention that provides direct support to an older person in their home to enable them to continue living independently."

One of the programme participants Geraldine Murphy, who spoke at a recent Sláintecare webinar, described how the local co-ordinator assisted her: "When the co-ordinator visited me, together we went through what was available to me. We filled in the forms for the personal alarm, in case I fell; I felt a bit safer having that. From that then I applied to the Council for the stairlift application and also for the bathroom. I was very grateful to find out that that was available."

This new programme, established in 2021, is already demonstrating significant results. By mid-April 2022, the programme had carried out **1,266** assessment visits, with **2,476 actions** in progress. One of the main areas of need is for housing adaptation grants. Home adaptations can lead to positive outcomes for the older person, such as a safer, more accessible living environment, reducing the risks of falls and improving warmth and comfort in the home.

The programme evaluation is being undertaken by Maynooth University. The interim evaluation report has identified that many participants experience significant difficulty with activities of daily living [ADLs] such as climbing stairs, walking short distances and standing for long periods. On entry to the programme, 28% of participants reported difficulty using the stairs all of the time; 23% reported difficult with shopping/getting out all of the time, and a further 20% report difficulty sometimes. 21% reported difficulty with bathing or showering all of the time, which suggests that many are living in housing without accessible bathroom facilities. This is a key area that the programme can support through adaptations or rightsizing.

Minister Burke met with the Leas Cathaoirleach of Westmeath County Council Cllr Bill Collentine, local Healthy Age Friendly Homes Co-ordinators Ann Moran and Mary Carey, programme participants, and local authority staff.



Plans are in progress to scale up to Phase 2 with the intention of covering all local authority areas. Chief Officer of Age Friendly Ireland, Catherine McGuigan commented: "We believe that local government is best placed to deliver this bespoke service to older people in our communities, as there are direct linkages into local authority housing and community departments. Scaling up this programme to all of Ireland will be one of the most significant ways we can prepare for population ageing and realise the Programme for Government's vision of an Age Friendly Ireland. The programme represents a systemic change in providing support at a very early stage and helping older people to future proof their living environments. This will reduce demand for public spending in acute health care and residential care."

We have been contacted by Kathy Donaghy, a journalist with the Irish Independent who is crafting a piece for the Irish Independent Weekend Magazine. She is hoping to connect with older people in Ireland over the age 100 who would like to participate in an interview for the Weekend Magazine.

She would like to talk to them about their lives, what it was like growing up in Ireland, how they've seen society change. But more than anything else, she would love their take on life – what is important and the important lessons they learned.

She thinks it would be really valuable and to hear their voices of wisdom and experience.

If you know of any older people who are centenarians who may be interested in participating can I ask you to get in touch with Kathy directly on [kdonaghy4@gmail.com](mailto:kdonaghy4@gmail.com) or her mobile number 087-2719250.



Edwards

### NVITATION: Unifying Generations - Building the Pathway to Intergenerational Solidarity

#### Unifying Generations

Building the Pathway to  
Intergenerational Solidarity



#### INVITATION

#### UNIFYING GENERATIONS:

#### BUILDING THE PATHWAY TO INTERGENERATIONAL SOLIDARITY

Date: 21<sup>st</sup> June 2022

Time: 10:00-11:15 CET

Venue: Townhall Europe, Brussels (see more [here](#)) – also accessible online

Register [here](#) to attend online or in person

#### About the event

The European population is ageing. By 2040, 155 million people are expected to be over 65. This demographic change means, for the first time, four generations share a longer lifespan together. This evolution is often referred to as a challenge, but this ignores the considerable benefits that society can gain from an experienced, active, and engaged third generation. Above all else, this group can play an important role in building greater intergenerational cohesion.

As we emerge from the pandemic, does intergenerational conflict still exist and how has this been impacted after the last two years? What role does the senior population play in society? What can we do to enhance intergenerational cohesion?

	<p>Building on insights from a survey conducted among <b>12,000 citizens across 6 European nations</b>, this one-of-a-kind event will involve a panel of experts in the field of intergenerational solidarity, demographic change, and healthy ageing, who will be discussing the results from the report and proposing solutions on how to build a stronger society for all ages.</p> <p><b><u>On the day</u></b></p> <p>This one-of-a-kind event will be joined by a panel of pan-European experts and researchers in the field of healthy ageing and demographic change:</p> <ul style="list-style-type: none"> <li>➤ <b>Jean-Luc Lemercier,</b> Corporate Vice President EMEACLA, Edwards Lifesciences</li> <li>➤ <b>Adrienne McCann,</b> Research Manager, Innovation Value Institute, Maynooth University/Age Friendly Ireland</li> <li>➤ <b>Catherine Elliott O'Dare,</b> Assistant Professor in Social Policy, Trinity College Dublin</li> <li>➤ <b>Guillaume Fowler,</b> Student, Sciences Po Paris</li> </ul> <p><b>Join us on the <u>21<sup>st</sup> of June from 10:00-11:15 CET</u> for this event, which will take place virtually and in-person in Brussels. Register your attendance online or in-person by clicking the link below:</b></p> <p><b><u><a href="http://bettersciencebetterhealth.com/unifying-generations-building-the-pathway-to-intergenerational-solidarity/">http://bettersciencebetterhealth.com/unifying-generations-building-the-pathway-to-intergenerational-solidarity/</a></u></b></p>
 <p>Feidhmeannacht na Seirbhise Sláinte Health Service Executive</p>	<p><b>Rights Don't Get Old Conference on World Elder Abuse Awareness Day (WEAAD) on June 15<sup>th</sup></b></p> <p>The HSE supports World Elder Abuse Awareness Day (WEAAD) on June 15<sup>th</sup> in collaboration with partners across academia, health, social care, financial, and justice sectors.</p> <p>This year on June 15<sup>th</sup> the National Safeguarding Office in collaboration with TCD School of Nursing and Midwifery will host a Conference in Trinity College, D'Olier Street, entitled "Rights Don't Get Old".</p> <p>We aim to raise greater awareness and understanding of elder abuse and promote discussion on how best to prevent abuse as well as how to advance the human rights and empowerment of older people.</p> <p>This Conference explores and highlights this vital topic with our invited speakers. You are invited to attend and please circulate this notice. The conference booking link is <b><u><a href="https://www.eventbrite.ie/e/rights-dont-get-old-conference-tickets-348076023757">https://www.eventbrite.ie/e/rights-dont-get-old-conference-tickets-348076023757</a></u></b></p>



## Cycle Without Age Ireland Summer 2022 Update

**Fifty Trishaws in 5 Years:** We now have 50, yes, *fifty*, trishaws in different parts of Ireland. The initial intake of trishaws was to care homes, but more recently the uptake is from local authorities. To date, the following Councils through their Local Sports Partnerships have purchased multiple trishaws for community use:

➤ **DLR Council has two**, with part sponsorship from corporate Canada Life Reinsurance. These operate in the Bike Hub, [www.thebikehub.ie](http://www.thebikehub.ie), a social enterprise supported by DLR Council where they also have other inclusive bikes: two trikes, for adults and for children, a handcycle and a tandem. Many of our new passengers are service users from St. John of God Services and Enable Ireland. The trishaws give them a real sense of inclusion, fun and enjoyment in the great outdoors. Since we started in DLR last July, our pilots have taken out over 260 trishaw rides. DLR Council just released this great video of the service. See the value of inclusive cycling! Please feel free to share these short videos to tell the story of CWA.

<https://www.youtube.com/watch?v=ldzMMXF31gc>

### DLR Inclusive Bike Scheme - TESTIMONIALS.mp4

➤ **Fingal Council has three**, which serve the communities in St. Catherine's Park Lucan, at Skerries, and Baldoyle to Portmarnock.  
➤ **Dublin City Council has five**, which will operate from the War Memorial Gardens at Islandbridge, and at Eamonn Ceannt Park in Crumlin.  
➤ **Tipperary Council has three**, which are going to Cahir, Clonmel and Roscrea.

**Volunteer Pilots:** our volunteer pilots are the mainstay for CWA. They give of their time and energy to create fun experiences and share stories with their passengers. If you know of anyone interested in becoming a pilot on any of the trishaws, let me know or check out the map of Ireland on the [www.cyclingwithoutage.ie](http://www.cyclingwithoutage.ie) site, and send an email to the contact person listed. Pilot training will be arranged by the trishaw operators. Feel free to follow our activities on our FB Group, [Cycling Without Age - Ireland](#), or on Twitter @age\_cycling.



## Make a nomination for the Healthy Ageing 50

Are you, or someone you know, a leader transforming the world to be a better place to grow older? **Make a nomination for the Healthy Ageing 50!**

The Healthy Ageing 50 is a new UN Decade of Healthy Ageing initiative aiming to celebrate leaders who have contributed to fostering healthy ageing in their respective areas of work – whether within administrations, organizations, universities, businesses, local communities, and more.



**Decade of healthy ageing** **Healthy Ageing 50**

**Honouring the heroes** creating a better world for current and future generations of older people.

Nominations open until 15 June:  
[bit.ly/HA-50](https://bit.ly/HA-50)

Nominations can be made until **15 June 2022** in [English](#), [French](#), [Spanish](#), or [Russian](#). The Healthy Ageing 50 will be announced by a high-level UN panel at an event in October 2022.

[\*\*Learn more and make a nomination\*\*](#)

## Get involved in the UNECE Ministerial Conference on Ageing 2022

UNECE MINISTERIAL CONFERENCE ON AGEING



**MIPAA + 20**

A Sustainable World For All Ages

Joining forces for solidarity  
and equal opportunities throughout life

— Rome 15-17 June 2022

#MIPAA20Rome

The [UN Economic Commission for Europe \(UNECE\) Ministerial Conference on Ageing 2022](#) is taking place between 15-17 June in Rome, Italy.

The conference marks the 20th anniversary of the Madrid International Plan of Action on Ageing and will feature panels that address the theme '*Joining forces for solidarity and equal opportunities throughout life*'.

The conference, including some side events, will be livestreamed. Stay updated by [visiting the conference's website](#) or following [@UNDecadeAgeing](#) and [@pu\\_unece](#) on Twitter.



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**CCMA**  
Cumann Lucht Bainistiochta Contae agus Cathrach  
County and City Management Association

## [\*\*Learn more about the conference\*\*](#)

### **3 June 2022: [World Bicycle Day](#)**

Celebrate the bicycle as a powerful tool that fosters healthy ageing by promoting physical activity, bringing generations together, and providing a clean mode of transportation.



### **5 June 2022: [World Environment Day](#)**

There is no healthy ageing without a healthy planet – and there is #OnlyOneEarth. [Learn more in the Decade advocacy brief on climate change](#) and advocate for intergenerational solidarity in climate action.



### **Community Safety Innovation Fund**



An Roinn Dlí agus Cirt  
Department of Justice

On behalf of the Department of Justice we would like to draw your attention to the funding call for the **Community Safety Innovation Fund (CSIF)** recently launched by Minister McEntee.

A fund of €2 million has been made available for 2022 to support the development of community safety through innovative, local community-based initiatives. The fund, which is financed by the Criminal Assets Bureau, will ensure the seized proceeds of crime are utilised to support community safety. Grants will be in the range of €20,000 - €150,000 and the closing date for applications is 8 June 2022.

**We would ask that you bring the fund to the attention of any initiatives in the area that you deem appropriate.**

Initiatives could include activities intended to:

- tackle crime or reduce the fear of crime; improve community safety and feelings of safety
- support the creation of safe and resilient communities;
- reduce reoffending;
- divert vulnerable individuals away from engagement in criminal behaviour.

Applications are invited from community safety initiatives as well as groups co-funded with local authorities, NGOs and community organisations working on issues relevant to community safety and youth justice. Applications may be submitted by individual organisations, or by a consortium involving two or more organisations where the lead partner is a community organisation, not-

	<p>for-profit, social enterprise or similar with a remit relevant to community safety and/or youth justice. Applications with innovative approaches to be especially considered.</p> <p>Completed Application Forms must be returned <b><u>by 5pm on 8 June 2022</u></b> to <a href="mailto:CommunitySafetyInnovationFund@justice.ie"><u>CommunitySafetyInnovationFund@justice.ie</u></a></p> <p>Further information as well as relevant applications forms are available at: <a href="#"><u>2022 Community Safety Innovation Fund - Funding Call - The Department of Justice</u></a></p>
	<p><b>Siel Bleu Dundalk Community Classes</b></p>  <p><b>SIEL BLEU EXERCISE CLASS</b>  DUNDALK</p>  <p><b>STRENGTH &amp; BALANCE CLASS</b></p> <p>STARTING FROM <b>13/06/2022</b></p>  <p> <b>MONDAY AT 2:00 PM WITH SARAH</b></p>  <p> <b>FOR ONLY €5 PER CLASS</b></p> <p><b>MUIRHEVNAMOR COMMUNITY CENTRE, DUNDALK</b></p> <p><a href="http://www.sielbleu.ie">www.sielbleu.ie</a>   +353 01 209 6889  @sielbleuireland</p>



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Come and Try Walking Football – Men's Health Week 2022

# Come and try Walking Football

Men's Health Week 2022

**Date:** Thursday 16th of June

**Time:** 11am – 1pm

**Venue:** Naas Sports Centre  
Caragh Road  
Naas West  
Naas Co Kildare  
W91 TE29

- Walking football demonstration;
- Practice match with other participants;
- How to get started;
- Open to individuals, Men's Sheds and Men's groups members.



Wear comfortable clothing & footwear.  
Refreshments provided.

For more information contact Paul, on  
01 805 7705 or email [paul.gallier@ageandopportunity.ie](mailto:paul.gallier@ageandopportunity.ie)



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## Local Updates



### Offaly Age Friendly Showcase Event

On Tuesday 24<sup>th</sup> May, Age Friendly Offaly hosted a very successful Age Friendly Showcase event that was held in the Tullamore Court Hotel.

Guest Speakers included HSE & Mental Health Ireland Team and Offaly Social Prescribing. All workshops were provided over three sessions, each to afford the attendees an opportunity to attend all three. The workshops were:

- Dental Hospital - Oral Hygiene
- Irish Hospice – Planning ahead
- Midland Regional Hospital Tullamore Physio & Frailty Team – Maintaining Mobility



There were also 26 exhibitors on the day, showcasing various supports and services for Older People on the day. Some of these exhibitors were:

- Tele Health/ Tele Care options
- Irish Heart Foundation offering Blood Pressure Checks
- Chime providing hearing tests

Over 150 people attended this full day from across the county and the event was a huge success.



### Disability and Older Person's Information Day

On 31st of May Westmeath Age Friendly took part in 'Disability and Older Person's Information Day'. It was held in the Bloomfield House Hotel in Mullingar.

There was about two hundred and fifty in attendance with information stands on a wide range of topics. Westmeath Age Friendly spoke about the Age Friendly Programme and the Age Friendly Coordinators role.



A lovely day with friendships renewed after covid finished, with music, singing and a light lunch.



## Minister Mary Butler launches Wexford Age Friendly Strategy 2022-2026

Wexford County Council has launched its 2nd Age Friendly Strategy and Action Plan, for 2022 to 2026 which will enable the Council and its Age Friendly partners to make the county a better place to live and grow older in. Speakers at the event included Cathaoirleach Cllr Barbara-Anne Murphy, Chief Executive of Wexford County Council Mr Tom Enright, Wexford OPC Chair Kevin Molloy, Dr. Yvonne Byrne (report author) and Alice Corbett, Age Friendly Ireland, with Minister Mary Butler officially launching the strategy. Minister James Browne and Senator Malcolm Byrne and members of Wexford Older Peoples Council and Age Friendly Alliance were amongst the invited audience.



In launching the strategy Minister Butler said: "The current Programme for Government outlines a vision of an Age Friendly Ireland and documents policy approaches to supporting older people. Strategies such as Sláintecare, The National Positive Ageing Strategy, and Healthy Ireland, are hugely significant in how we prepare for, and support, an ageing population. At a national level, both myself and the Department of Health are very aware of Wexford County Council's efforts with helping to develop and deliver local Age Friendly Strategies. This feeds into our national policy frameworks to ensure that the voice of older people is included and referenced in decisions we make. Wexford County Council Age Friendly Strategy is a vital resource."



Wexford County Council's Age Friendly Programme Manager, Ann Marie Laffan, who acted as MC for the launch and has responsibility for managing the Wexford Age Friendly Programme thanked all those who contributed to the strategy, in particular the Age Friendly Alliance and Wexford Older Peoples Council members many of whom were in attendance at the launch. She added that she is looking forward to working with all involved to implement the new strategy and the actions contained therein.

**[You can read the newly launched Wexford Age Friendly Strategy by clicking here](#)**



**Ronnie Delany accepted the honorary role of Age-Friendly Ambassador for Dún Laoghaire-Rathdown County Council.**

Dún Laoghaire-Rathdown County Council and Age-Friendly Ireland are delighted that Ronnie Delany, Ireland's 1500m Olympic gold medallist from the 1956 Melbourne summer games and Dún Laoghaire-Rathdown resident, has agreed to take on the role of Age-Friendly Ambassador for the County. This is an honorary position to promote the need to be age-friendly and to support

the local Age-Friendly Programme in raising awareness of Age-Friendly practices.



For the past ten years the World Health Organisation has been initiating leadership on how populations should plan for the rapidly ageing demographic that is being experienced across the world. In 2019, following a decade of work in this area, under the auspices of the Age-Friendly Ireland Programme, Ireland became the first country in the world, recognised by the World Health Organisation, where all 31 local authority areas are fully committed to, and are implementing, an age-friendly programme. This is a wonderful testament to how we value and respect our ageing population across the country.

Since its inception Age-Friendly Ireland, a shared service of local government, hosted by Meath County Council has worked not only to champion the needs of older people, but to educate and inform the wider population on the pressing need to adjust our environment and our attitudes to cater for a hugely growing demographic.

As part of this national programme the opportunity has been identified for each local programme area, hosted by each local authority, to have their own Age-Friendly Ambassador and Dún Laoghaire-Rathdown are delighted to announce Ronnie Delany as our Age-Friendly Ambassador for dlr.

**You can read the full Press Release by clicking here.**

## Your Voice



We've heard about so much good work going on all around the country, please let us know what's happening in your area so we can share those innovative ideas with everyone.

Please email us your news to us at [agefriendlyireland@meathcoco.ie](mailto:agefriendlyireland@meathcoco.ie) for inclusion in our weekly newsletter



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## International Updates



International  
Federation on  
Ageing

### IFA Global Cafe | In Conversation with Dr David Bass and Ms Kathy Kelly on "Dementia Program - Best Practice Caregiving"

The International Federation on Ageing held a Global Cafe event this morning called – **In Conversation with Dr David Bass and Ms Kathy Kelly on "Dementia Program - Best Practice Caregiving"**.



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>

## Useful Contacts and Info

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

Or Email: [agefriendlyireland@meathcoco.ie](mailto:agefriendlyireland@meathcoco.ie)

Twitter: [@agefriendlyirl](#)

Facebook: [Age Friendly Ireland](#)

Website: [www.agefriendlyireland.ie](http://www.agefriendlyireland.ie) / [www.agefriendlyhomes.ie](http://www.agefriendlyhomes.ie)

**HSE Advice Line:** Callsave 1850 24 1850

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