

National Updates

Strategy Launch in Dun Laoghaire Rathdown



On Wednesday the 22nd March, Age Friendly Dun Laoghaire Rathdown launched their 2022-2026 Strategy in County Hall. Minister Mary Butler, Cllr Mary Hanafin and Chief Office Catherine Mcguigan Age Friendly Ireland were all speaking at the launch.

The 5-year strategy agreed by the dlr Age-Friendly Alliance sets out the vision, objectives and actions to promote Age-Friendly supports and activities over the coming years so that older people can engage positively within their communities for as long as possible and that the services provided by all the partners on the dlr Age-Friendly Alliance can enhance the health and well-being of older people living in Dún Laoghaire-Rathdown. We congratulate Chief Executive Frank Curran, the Older Peoples Council, the multistakeholder Age Friendly Alliance chaired by Eugene McGee and the Icoa Age Friendly Programme Manager Siobhan on this fabulous event.



For more information or to get a copy of the strategy please contact Siobhán Nic Gaoithín, Age-Friendly Programme Manager & Social Inclusion Officer with Dún Laoghaire-Rathdown County Council on 01 205 4893 or snicgaoithin@dlrcoco.ie. Copies of the strategy are also available in all libraries in Dún Laoghaire-Rathdown



New York New York Roundtable – Gobar Coalition on Aging

While we were in New York last Wednesday, signing the twinning agreement between Ireland and New York City Department for the Aging, we also had a roundtable discussion exchanging ideas and exploring new possibilities on all things Age Friendly on Thursday 15th March.



Sylvia McCarthy Communications and Operations Manager Age Friendly Ireland Shared Service and Anne Rizzo Regional Programme Manager Ireland West Region International Relations attended the roundtable in person, and presented on the work Age Friendly Ireland do.



Attending remotely we had Catherine Mcuigan Chief Officer Age Friendly Ireland Shared Service, Dr Emer Coveney National Programme Manager Age Friendly Ireland and Kitty Hughes Chair of Older People Councils Age Friendly Ireland. Both Catherine and Kitty presented online.

Equity by Design AARP ‘Travel for All’ Webinar

Karen Fennessy Programme Manager of Age Friendly Clare was presenting at Equity by Design AARP ‘Travel for All’ webinar. Karen spoke at this event about Age Friendly Airports and how to support older people to continue to enjoy the experience of travel She spoke about the improvements made at Shannon Airport and Ireland West Airport Knock as part of their commitments to being more age friendly.



EU SHAFE Project

Lousie Edmonds Regional Programme Manager East Region was part of the Irish contingency this week in Bilbao in Spain as part of the Louth EU SHAFE programme. The EU_SHAFE project aims to improve policies and practices in 7 European regions by developing a comprehensive approach to Smart Healthy Age-Friendly Environments (SHAFE) and supporting the concept of 'ageing at home'.



Sláintecare.



Healthy Age Friendly Homes



When a local coordinator from the Healthy Age Friendly Homes Programme visits an older person, one of the key areas they focus on is health. While people may have physical challenges or mobility difficulties, another area of health that can sometimes be neglected is vision and eye health. Having spent many years working in the community with the National Council for the Blind of Ireland, it is an area that our local coordinator for Galway city and county, Francis Kane is very aware of, and here he gives us some information on the leading cause of sight loss in older people, Age Related Macular Degeneration.

Some deterioration of our eyesight is one of the difficulties we often experience as we age, and many people find they need to use glasses for different tasks, perhaps for reading or driving, or find they need more light to read a book or newspaper. Many of these changes are normal and we adapt to them. It is very important however to be mindful of changes that may need further investigation. An eye condition primarily associated with aging is Age Related Macular Degeneration (AMD).

AMD is a condition that can affect your eyes as you get older. In fact, AMD is the leading cause of sight loss in Ireland for the over 50s.

There are two types of AMD: Dry AMD which is the most common form of the condition and develops slowly, eventually leading to loss of central vision.

Wet AMD which is caused by leaky blood vessels inside the eye. It is less common than dry AMD but it can cause more rapid loss of vision. It is responsible for 90% of cases of severe vision loss.

It can be common for people to develop the more severe form of wet AMD after first developing dry AMD. AMD can also develop in one eye first with no noticeable effects, as the second, good eye, compensates. Often, it is only when the second eye develops symptoms that a problem becomes apparent. This could be too late to treat the first eye.

That is why, if you are over 50, having regular eye tests is recommended.

What Causes AMD?

The exact causes of AMD are still unknown. Although there can be a history of the condition in certain families, AMD is still not believed to be genetic.

Studies have shown a definite link between smoking and AMD. Other factors such as high blood pressure and poor diet can also lead to a greater risk of getting AMD. Vitamins (C & E), lutein, Zeaxanthin, copper and zinc supplements in your diet, can help reduce the risk of developing AMD.

How AMD can affect your sight?

AMD is progressive and it is also painless. While AMD may affect your central vision, most people still retain useful side (or peripheral) vision.

Key symptoms of AMD include:

Distortion, where straight lines may appear wavy or bent. For example, lines of tiles in the bathroom appear wavy.

Difficulty in reading or doing any other activity which requires fine vision.

Difficulty in distinguishing faces.

Dark patches or empty spaces, which appear in the centre of your vision.

The need for increased illumination, sensitivity to glare, decreased night vision and poor colour sensitivity.

If you are experiencing any of these symptoms, visit your GP. You can find more information, advice on treatments, and support on www.ncbi.ie and www.amd.ie

If you would like more information on the Healthy Age Friendly Programme you can visit <https://agefriendlyireland.ie/category/healthy-age-friendly-homes-programme/introduction/> or phone our national office at **046 909 7417**



Are you an informal caregiver of someone with Chronic obstructive pulmonary disease (COPD)? Or Do you have COPD?

My name is Jennifer Deane-King. I am a mature post-graduate researcher in the Department of Psychology in Maynooth University working under the supervision of Dr Rebecca Maguire. I am commencing a

research project which aims to examine the **experience of informal caregivers and their care-recipients with chronic obstructive pulmonary disease (COPD)**. This research is heavily influenced by my own lived experiences of caring for my dad who had COPD.

I am particularly interested in interviewing caregivers of individuals with COPD and / or individuals with COPD on the experiences of their daily life currently, and also before and during the pandemic. I would also like to consider what caregivers and people with COPD would find helpful to support them in their daily life.

If you are eligible and interested, please contact me by email at my email address of jennifer.deaneking.2018@mumail.ie



The eligibility criteria is as follows:

Caregivers: You are eligible if you are an informal caregiver (aged over 18) who cares for an individual with COPD in the home.

Individuals with COPD: You are eligible if you are an individual with COPD (aged over 18) who is living at home.

Department of Psychology
Maynooth University, Ireland
Email: jennifer.deaneking.2018@mumail.ie



HSE Talking Health and Wellbeing Podcast, Episode 4 - Men's Health

The fourth episode of the HSE Talking Health and Wellbeing Podcast focussing on Men's Health is now available on [Spotify](#), [Apple Podcasts](#), [Google Podcasts](#) and on the [HSE Health and Wellbeing YouTube](#) channel.



In this episode, hosted by Fergal Fox, we hear from Dr. Noel Richardson on the subject of men's health and about how masculinity can put limitations on men's health and men's help seeking behaviours. Noel is the Director of the National Men's Health Research Centre in South East Technological University and has been working in the area of men's health for over twenty years. Noel discusses a

variety of men’s health initiatives that have been developed in recent years and the various partners who have supported and driven the work.

Noel also talks honestly about his own Parkinson’s diagnosis and how he became his own men’s health ‘case study’ as he shares his insights into how supports for men’s health need to be made as accessible as possible. For information on men’s health go to [Men’s Health Forum in Ireland](#) and the [Engage Training](#) website in conjunction with the Men’s Development Network.

Listen to and follow the HSE Talking Health and Wellbeing Podcast, wherever you get your podcasts to keep up to date with our latest episodes.



Study on Dementia from ATU Donegal

Helen Mc Cready is a Master of Science student at ATU Donegal. She had put together a survey which assesses what the public know about the modifiable risk factors for dementia. The survey takes 3 mins with 29 simple yes/no responses. It is completely anonymous.

If you would like to participate please click below:

https://forms.office.com/Pages/ResponsePage.aspx?id=RVWFR7sAAEimX-eRBOwPxLE3Q1ZRs-rAuPq5u_rbAtpUMTZENOVFTUVNODZYVjVNRDBTNkY5TDNCRy4



Join us for the next IFIC Canada Virtual Community

IFIC Canada Virtual Community
 Advancing Integrated Care with Digital Health Innovation
Tuesday, March 28th 2023
12:00 - 13:30 EDT ~ 17:00 - 18:30 BST ~ 18:00 - 19:30 CEST



IFIC Canada Co-Leads Jodeme Goldhar and Walter Wodchis invite you to join our next IFIC Canada Virtual Community Session on Tuesday, 28 March, 2023 from 12:00 PM-1:30 PM EST. This session is a collaboration between the International Foundation for Integrated Care (IFIC), IFIC Canada and the Health System Performance Network at the Dalla Lana School of Public Health, and the Digital Health and Data Enabling Integrated Care IFIC Special Interest Group (SIG) co-led by Dr. Carolyn Steele Gray.

In this session, we will be sharing learning from the recent special issue of the Journal of Integrated Care (Emerald), which helps to advance our understanding of the role of digital health in integrated models of care. Participants in this session will learn about and discuss key papers around co-creating, evaluating, and implementing technology through a novel training and education strategy. Participants will also have the opportunity to hear from patient partner Hilary

Horlock, who will reflect on what this knowledge means from the patient perspective.

Want to learn more?

What will be covered?

- Co-creating a human-centered integrated care pathway for a digital, user-centric health information solution.
- Adopting technology-enabled integrated care education to address the micro-, meso-, and macro-dimensions of integrated care.
- Evaluating the effectiveness of a digitally enabled integrated care program for post-acute care of stroke patients.
- Discussing how this learning can help us keep the patient at the centre when adopting technology into models of integrated care.

Will you join us?

Creativity in Older Age Scheme 2023



We are delighted to announce that the Creativity in Older Age Scheme 2023 is now open. A full briefing document is available [here](#).

The Creative Ireland Programme developed and implemented the Creativity in Older Age scheme in 2020 to support specific creative initiatives to support positive ageing and wellbeing programmes for older people, taking account of public health guidance in the community and for healthcare facilities. This initiative has run yearly since its inception and has been renewed for 2023. Isolation continues to affect older citizens particularly in rural areas and this scheme seeks to address this issue by bringing creative engagement to citizens rather than having them seek it out.

Scheme Objectives In 2023, the Creativity in Older Age scheme will continue to

- support positive ageing,

- engage with issues surrounding social isolation, and/or
- develop and establish new forms of creative engagement for older people in the community and for residential healthcare facilities.

Applications must be completed online and submitted via <https://submit.link/1DF> by close of business **Wednesday 12th April 2023**.

Should you have any queries please email us at creativeireland@tcagsm.gov.ie or you can also contact us through submit.com.



Exwell Weekly Zoom

Dear ExWell Participants and Friends,
Please join us today, **Friday, March 24th at 5 pm** for our weekly Zoom meeting. We will be discussing central chest pain again.

As usual, please share this information with anyone you feel might benefit from or enjoy hearing about ExWell.

The schedule is as follows:

- | | |
|-----------------------------|--------------------------|
| 5.00 pm: Welcome | |
| 5.05 pm: Central Chest Pain | <i>Dr Noel McCaffrey</i> |
| 5.25 pm: ExWell Updates | <i>Danny / Noel</i> |
| 5.35 pm Q&A / Discussion. | <i>All</i> |

The link for the meeting is

<https://us06web.zoom.us/j/83590637695?pwd=OGIKV0Fyck16M315WmRGazhwUDJzZz09>

Local Updates



Laois Living Well Expo

On Tuesday 21st March, The Living Well Expo Event in Laois was launched.





There were 48 attendees at the launch, including:

Anna Mai McHugh, our Age Friendly Ambassador, Various HSE teams, SOSAD Laois, Laois Traveller Action Group, Gardai, Alone, Healthy Age Friendly Homes, Seniorline, LOETB, Mental Health Ireland, MABS, AIB Councillors- (who were cooking at the event), AIB, Youthwork Laois, Local Link, Laois Domestic Abuse Service, Laois Volunteer Centre, Laois PPN, Laois Chamber Alliance, Alzheimers Society- (who are bringing their info bus), Citizens Information, Laois Partnership, Task Community Care and Irish Wheelchair Association.





Showcasing supports,
services and activities
available to all ages in Laois



With Healthy Laois and
Age Friendly Laois
50+ stands in attendance

Living Well EXPO EVENT

FREE

Thursday, 13th April, 4 - 8pm

Portlaoise College, Mountrath Rd, Portlaoise R32 N795

| Assistive Technology Talks, Stands & Demos |

| HSE Screening

Grant Information |

| Support Groups

Activity Hub Stands |

| Healthy Age Friendly Homes

Community Groups |

| Healthy Cooking Demos

...and many more... |

| Complementary Refreshments Served |

For more info and to pre-register groups contact:

Tom - tcurran@laoiscoco.ie | 086 036 3426

Emma - eoconnor@laoiscoco.ie | 086 066 5215

The Living Well Expo will take place on the 13th April in Portlaoise College. There will be assistive technology talks, various stands and demos with approx. 53 contributors.

Please join us on a day for this wonderful event.



Bunclody Library Events

Spring and Summer in the Irish Garden with Maria Ryan, Bell Meadow – Thursday 30th March at 7.00pm

Join Maria for a fascinating talk on growing an abundance of flowers to bring beauty to your garden and home. A look at some easy to grow annuals and dahlias, with an emphasis on some that are very productive and have many purposes.

Classics Film Club – Friday 31st March 11.00am – 12.30pm

Join us every month for a classic film for adults. Staff will select the perfect movie to take you back in time to some of the film greats. This movie is for adults only.

Booking required for both events, book online at wexfordcoco.libcal.com or telephone 053 9375466.

Sensory Friendly Quiet Hour

Every Saturday from 4-5pm, Sensory Friendly Quiet Hour is observed in the library.

We encourage you to come along and relax in the calm environment of the library. All welcome!



comhairle chontae na mí
meath county council



Cumann Lucht Bainistíochta Contae agus Cathrach
County and City Management Association

Digital Radon Monitors

Do you want to test your home for radon? Digital radon monitors are available to borrow from the library for a period of 4 weeks, all you need is your library card! Contact the library at 053 9375466 or email bunclodylib@wexfordcoco.ie if interested.



The RAMS in Rhythm

The Rathcoole St Patrick's Day Parade was a tremendous success, and supported by South Dublin County Council. Matt Dowling of SDCC Older Persons Council represented the OPC, and as a member of RAMS in Rhythm singing group.

On 16 March, The RAMS in Rhythm also sang and entertained the residences and patients of Peamount hospital Newcastle Co Dublin, to a wonderful fun morning, of ceol agus craic.



On the One Road

The RAMS in Rhythm performed and sang for the Rathcoole, St Patrick's Day Festival. The RAMS participated in the 4 District Rathcoole parade, by entertaining the spectators at the Court House in Rathcoole village, before the commencement of the parade. Singing from 1 pm to 2.30pm.

Not only did the spectators enjoy the music and songs, we even had some dancing in the street. Much to the delight of the audience, our very own Chair, Mr. Paddy Becton, giving his display of his Irish Dancing skills. Now in his 82nd year, Paddy is our very own Michael Flatley. The Ferry Man, and Dublin in the Rare Ould Times where a real treat for the spectators.

It has been a busy week for the RAMS, with singing on Wednesday in Peamount Hospital, and Tallaght Hospital on Thursday, as part of the St Patrick's celebrations.



To finish off the week, we again sang in Avoca Rathcoole, for patrons, and staff, as a thank you for facilitating us all through 2022. The "craic" was mighty, and much appreciation again from the many patrons and visitors.

We wish to thank the Management of Avoca, for facilitating us with a great venue, and to all their patrons who were so generous in their contributions. The RAMs will again this year support our four main charities for 2023:

- St Vincent de Paul
- Down Syndrome Kildare
- Capuchin Day Centre
- Our Lady's Hospice Harold's Cross

We will be back again in the Square Tallaght, on Friday 24th March as part of Daffodil Day, singing and fundraising for Irish Cancer Society.

We the RAMS in Rhythm are so pleased to support such a worthy cause.



Waterford Camera Club Exhibition

Waterford Camera Club Exhibition taking place in City Square Shopping Centre, Waterford from Sunday 26th March to the 8th April.



Waterford Camera Club 2023 Exhibition

City Square Shopping Centre
From Sunday 26th. March–8th April



come and see some stunning photos
and take part in our competition
to raise funds for

Waterford River Rescue



Community HEALTH FAIR



Saturday 15 April 2023
2:15pm - 4:30pm

Ballinasloe Library

Come to our Community Health Fair and find out information regarding your health from a range of healthcare professionals

- Alzheimer Society of Ireland
- Asthma Society of Ireland
- Croí, the West of Ireland Cardiac & Stroke Foundation, Ltd.
- Mental Health Ireland
- Galway East & Midlands Cancer Support
- HSE Quit Smoking

For more information:

Phone: 091-509551

OR

email: ballinasloe@galwaylibrary.ie

FREE blood pressure check



FREE physiotherapy demonstration:
warming up safely before exercise



Healthy Ireland
at your Library

5 Wexford Municipal District Meetings

The first of the 5 Age Friendly Older People’s Council (OPC) Municipal district Meetings was held in the Riverside Park Hotel on Tuesday, March 21st. and was very well attended. These meetings are being held throughout County Wexford with a view to increase awareness and attract membership of our Older Person’s Council in Wexford and will culminate in an OPC AGM which is scheduled to be held on Wednesday, May 24th, 2023.



While the overarching theme of our meetings is Positivity, we are also seeking to promote Connectivity for the Older Person in our Community by ensuring awareness of the various local services that facilitate social interaction which are available to them in their community.



Representatives from the Gardaí (Crime Prevention Unit), Fire Service and Local Link Wexford gave a brief overview of their respective services to the attendees and these presentations were welcomed enthusiastically and resulted in energetic engagement with the group with the majority of the attendees displaying an interest in becoming an active member of our OPC , resulting in a very positive outcome from our inaugural meeting.



Limerick Lifelong Learning Age Friendly Events

The Limerick Lifelong Learning Festival 2023 runs from Monday 27th March to Sunday 2nd April. This year's festival theme is "Come Learn with Me in 2023". There are many interesting events being held throughout Limerick City and County during festival week.

<https://www.limerick.ie/LoveLearning> #LLLFestival2023

Of particular interest are two events on 29th March 2023 geared towards Age Friendly and Dementia.



Wednesday 29th March 2023

The Benefits of Active Living

Time: 1.00pm – 2.00pm

Venue: Activity Room, Limerick City Library, Michael Street, Limerick, V94 RF63

Cian McDonnell, a chartered physiotherapist and Managing Director of Gold Standard Physio clinic, will deliver a talk aimed at an older audience on the importance of staying active, explore the science behind it, and then offer advice on how best to approach this and work it into their lives. Suitable for Elderly members of the community, Active Retirement Groups, U3A, Alone, Women & Men's Sheds, Age Action. Event brought to you by Limerick City Library. Max number is 25 people. Activity Room is located on the first floor of the City Library and is the first door on the right as you go up the stairs/exit lift. Talk for 40mins followed by 15mins Q&A.

Contact: 061 557510 citylibrary@limerick.ie

The Use of Hand Massage to Alleviate Anxiety for People Living with Dementia

Time: 2.00pm – 3.00pm

Venue: HS1-016, Clinical Skills Laboratory, Department of Nursing and Midwifery, Health Sciences Building, North Bank Campus, University of Limerick

This is a practical workshop describing and demonstrating the use of hand massage to alleviate anxiety for a person living with dementia. Prebooking required as there is a maximum of 10 people per session. Open to members of the public. Event brought to you by the Department of Nursing and Midwifery, University of Limerick. Facilitated by Dr Dympna Tuohy and Dr Teresa Tuohy.

First workshop 2 – 3pm, second workshop 3 – 4pm (repeat of this one)
Contact: dympna.tuohy@ul.ie to book a place on the workshop



Bantry Age Friendly Directory of Local Services for Older People

The Mayor of Cork County, Cllr Danny Collins officially launched the Bantry Age Friendly Directory of Local Services for Older People on Wednesday March 22nd in Bantry Tourism Office.

The first edition was compiled, printed and distributed in 2021. The guide proved extremely popular and required a reprint and update to meet demand.



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 before 1pm Thursday for inclusion in our weekly newsletter.

Don't forget we are on **social media** so why not follow us for all the up to date information and live updates on all things Age Friendly happening around the country 😊

Twitter: [@agefriendlyirl](https://twitter.com/agefriendlyirl)

Facebook: [Age Friendly Ireland](https://www.facebook.com/agefriendlyireland)

International Updates



IFA Global Café | In Conversation with: In conversation with Dr. Nancy Swanger on “Leadership in transforming the way we provide long-term care.”

The International Federation on Ageing held a Global Cafe event this morning called: In conversation with Dr. Nancy Swanger on “Leadership in transforming the way we provide long-term care.”



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

Twitter: [@agefriendlyirl](https://twitter.com/agefriendlyirl)

Facebook: [Age Friendly Ireland](https://www.facebook.com/agefriendlyireland)

Website: www.agefriendlyireland.ie / www.agefriendlyhomes.ie

HSE Advice Line: Call save 1850 24 1850

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