

## National Updates

### A SPOTLIGHT ON AGE FRIENDLY IRELAND | POLICY TO PRACTICE | WEBINAR 4 – COMMUNICATION AND INFORMATION

On Tuesday we held our 4th webinar. Our speakers were:

- **Barbara Delaney:** Director – Retail and Consumer Services Commission for Communications Regulation (ComReg)
- **Anna McHugh:** Head of Corporate Communications, An Post
- **Orlaith Carmody:** Principal Advisor for Age Friendly Ireland
- **Sylvia McCarthy:** Communications Manager for Age Friendly Ireland
- **Louise Edmonds:** Regional Programme Manager (East Region) for Age Friendly Ireland



**[ICYMI: You can view the full webinar by clicking here](#)**

## COVID-19 symptoms, cases and close contacts - reminder of Public Health Advice

The following advice applies in relation to COVID-19 symptoms, cases and close contacts during this transition phase.

Confirmed COVID-19 Infection		
Age	Mask you should wear	Isolation
13 years and older	Medical grade or FFP2 for 10 days	7 days
0-12 years	Well-fitted mask (9–12yrs) for 10 days	7 days
Symptoms of COVID-19		
Who	Testing requirement	
If you are aged 55 years and older AND unboostered	Self-isolate and get a PCR test. Follow public health advice on test result	
If you have a high-risk medical condition	Self-isolate and get a PCR test. Follow public health advice on test result	
If you are immunocompromised	Self-isolate and get a PCR test. Follow public health advice on test result	
If you live in the same household as a person who is immunocompromised	Self-isolate and get a PCR test. Follow public health advice on test result	
If you provide care or support for person, they know to be immunocompromised	Self-isolate and get a PCR test. Follow public health advice on test result	
If you are pregnant	Self-isolate and get a PCR test. Follow public health advice on test result	
All others	No test required but self-isolate until 48 hours after symptoms resolve	
If you are a close contact		
Who	Testing Requirement	
If you are a healthcare worker identified as a household close contact	Repeat antigen testing is required unless you have recovered from COVID-19 in previous 3 months.	
All other close contacts	No test required if not symptomatic, self-isolate if symptoms develop.	

Full details can be found at:

[gov.ie](https://www.gov.ie) - [COVID-19: Reframing the Challenge, Continuing our Recovery and Reconnecting \(www.gov.ie\)](https://www.gov.ie)

## Age Friendly Climate Action: A Year in Review

Last year was a standout year for the profile of the **climate action agenda** in the Age Friendly Programme. A series of workshops was delivered online for Older People's Councils across the country, funded by the Climate Action Regional Offices [CAROs].

The 'Let's Talk Climate Action' workshops were delivered by Gavin Harte, an expert on climate change and sustainability. The sessions allowed older people to come together to not only hear about the science of climate change, but also to discuss possible solutions and share local examples of projects that are making an impact.

Six online sessions were delivered between 13 September and 23 November 2021 with a total of XX participants.

Evaluation of the training found that participants enjoyed the sessions, and if anything wanted more time for discussion and opportunities to learn from each other

Some comments from participants were:

“I only can suggest these should be given to a huge audience, ie everyone”

“The clarity and excellent range of illustrative slides - delivered professionally by Gavin Harte”

“I enjoyed the breath of information provided and the context setting as well as the sharing of ideas”



For 2022 Age Friendly Ireland hopes to continue the partnership with the Climate Action Regional offices to deliver further workshops. We are interested in hearing from Older People’s Council members about what would interest you – whether that’s face to face workshops, study visits to climate action projects, information on energy efficiency and grants, or more online networking.

Send us your thoughts please to [agefriendlyireland@meathcoco.ie](mailto:agefriendlyireland@meathcoco.ie)

**For more information on the Climate Action Regional Offices, see [www.caro.ie](http://www.caro.ie)**

**You can complete [the Climate Action themed crossword by clicking here](#)**



### Call for Proposals | Age Friendly Creativity

Age Friendly Ireland invites proposals from creative organisations (national and local) and individual creative practitioners who are interested in collaborating with us on the delivery of regional creative initiatives for older people.

#### **Context**

Age Friendly Ireland, a shared service of local government that manages the national Age Friendly Programme, and Creative Ireland in the Department of Tourism, Culture, Arts, Sport Gaeltacht and Media have developed a partnership to deliver creative initiatives for older people in 2022. This work

is being rolled out in the context of creativity supporting health and wellbeing in older age.



Six regional initiatives will be delivered with Creative Ireland funding in the Age Friendly regions this year.

These initiatives will be co-designed with Older People's Councils, which are established as consultative groups under the local Age Friendly Programme in each local authority area representing the authentic voice of older people. There is a strong social inclusion dimension, with a focus on participation, in the proposed work and a desire to include harder to reach older people in the community.

We are seeking proposals from a range of creative practitioners, and especially from groups or organisations with experience of working with older people and on Age Friendly creative initiatives.

The key objectives of this programme are to:

- support the participation of older people, and the wider community, in creative engagement both in terms of audience participation and producers of the creative outputs, while simultaneously offering opportunities to improve health and wellbeing, reduce loneliness and isolation and increase social connections in their communities
- to enable Older People's Councils to co-design creative programmes and support the implementation
- to develop a programme that is tailored to the needs identified in the region and build on existing capacity in the region
- to implement creative programmes that can be sustained beyond 2022
- to support the uptake and participation of groups more at risk of social disadvantage
- to ensure the diversity of communities is reflected in the participation and outputs of the programme, especially welcoming participation from those who have not previously engaged

**[Read the full Call for Proposals by clicking here](#)**

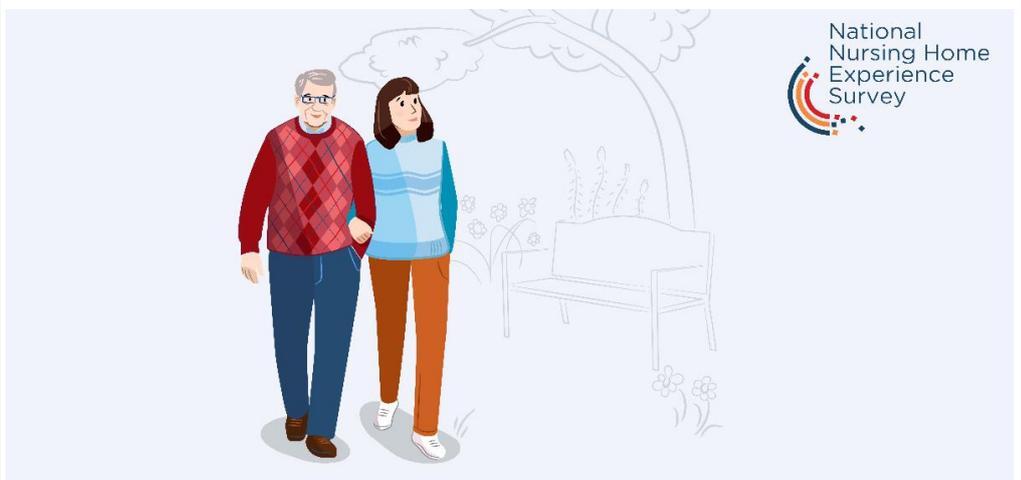


## The National Nursing Home Experience Survey

The National Nursing Home Experience Survey, the first national survey asking nursing home residents and their family members about their experiences of nursing home care in Ireland, is now open to eligible participants.

If you have received a survey invite in the post, you can take the survey [here](#).

A sample of nursing homes, representative of all nursing homes in Ireland, were invited to participate in the National Nursing Home Experience Survey. People living in these nursing homes, and one family member or friend of each resident (also known as a designated representative), have been asked to share their experiences of the care and support received.



Visit [www.yourexperience.ie](http://www.yourexperience.ie)

The findings of the National Nursing Home Experience Survey will enable a greater understanding of the experiences of nursing home residents in Ireland, identifying examples of good care and pinpointing areas that need to be improved.

The results of the survey will be published on [yourexperience.ie](http://yourexperience.ie) in 2022. Sign up [here](#) to be notified when the results are available.

Click [here](#) to find out more about the National Nursing Home Experience Survey.



## Improving Quality of Life and Enhancing COVID-19 Infection Control in Existing Residential Care Settings for Older People

These Universal Design guidelines and the research that underpins them were initiated and completed during the COVID-19 pandemic and focus on existing residential long-term care settings (RLTC) for older people in Ireland. The COVID-19 pandemic disproportionately affected older persons, and in particular, those living in residential long-term care settings (RLTC).

The guidelines, informed by the research report ‘Universal Design for Improving Quality of Life and Enhancing COVID-19 Infection Control in Existing Residential Care Settings for Older People’, focus on how the built environment in settings can be adapted or retrofitted to:

- enhance the quality of life for residents,
- improve the visitor experience for friends and family members (without compromising the quality of life for residents); and,
- improve pandemic preparedness and resilience while still protecting the psychosocial health and well-being of residents.



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

### Living Well Programme



Are you or is someone you know living with a long-term health condition? If so, then you may be interested to find out more the HSE funded Living Well Programme.



#### What is the Living Well Programme?

Living Well is a free, 6–week group self-management programme for adults with long-term health conditions. A long-term health condition is one, which can be treated and managed but usually not cured. Examples include asthma, COPD, diabetes, stroke, multiple sclerosis, heart conditions, arthritis, Crohn’s Disease and many more.

The Living Well programme supports people to develop the skills and confidence to live well with their health condition. It may also be a support for those living with long-COVID.

#### What is self-management?

Self-management is what a person with a long-term health condition does every day. They manage their life with their health condition(s).

This may include making choices to improve health such as becoming more active, eating more healthily and stopping smoking. It may also include tasks such as

- taking medication(s)
- monitoring symptoms
- communicating with your healthcare professionals and
- coping with the emotional aspects of the condition.

### What does Living Well involve?

- Living Well runs online for six weeks. There is one workshop each week lasting 2.5 hours
- Two trained leaders run the workshops. At least one of the leaders lives with a long-term health condition
- There will be up to twelve people taking part in the group. People taking part in the workshops may or may not have the same health condition(s)
- The workshops are delivered in a relaxed and friendly way. Participants share experiences of living with a long-term health condition(s)



Each person who takes part gets a book about self-management. If required, support is given to help people get online and to stay online. As the pandemic restrictions have eased, it is hoped that in person programmes will resume while online delivery is set to continue, given its success.

### Who can join the Living Well programme?

Living Well is for adults aged 18 years and over. It is suitable for those

- living with one or more long-term health conditions
- caring for someone with a long-term health condition

It is not suitable however, for people with significant memory or learning difficulties.

### What have participants said about Living Well?

'I came away from this programme, and I feel that I can speak for the rest of the my ...group, informed on how to better care for myself mentally and physically and armed with tips, tools and strategies to help me care for myself'

'I wish that everybody with a chronic condition would have the opportunity to attend such a course.'

For more information on the Living Well programme in your area, go to [www.hse.ie/livingwell](http://www.hse.ie/livingwell). Here you will find more information on the 6-week programme, dates of upcoming programmes and contact details for your local Living Well team.



Rialtas na hÉireann  
Government of Ireland

## Strategic Workforce Advisory Group

Strategic Workforce Advisory Group on Home Carers and Nursing Home Health Care launched on 4<sup>th</sup> March.

- Minister for Mental Health and Older People opened the inaugural meeting of the Strategic Workforce Advisory Group on Home Carers and Nursing Home Health Care.
- The Department of Health is leading the work of the Group.
- Engagement by the Group with key relevant stakeholders in the sector will be undertaken in the next 3 months.
- The Strategic Workforce Advisory Group is working to a tight timeline and is committed to providing a set of recommendations by September 2022
- Last year additional funding of €150 million was secured for home support to progress the development of a reformed model of service delivery.
- The HSE National Service Plan sets a target to provide 23.67 million hours of home support this year.
- The funding secured in Budget 2021 to provide these additional 5 million hours has been maintained.
- It is important to note that the total number of people waiting for home support across both categories has reduced from over 9,000 at the start of 2020 to approx. 5,796 at the end of 2021

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



## Info ExWell

Please join ExWell's weekly Zoom meeting **TODAY AT 5PM**. Please also share the details with anyone who you feel might enjoy hearing more about ExWell.

The link (today at 5pm) is

<https://us06web.zoom.us/j/89966757154?pwd=VzdzSW5LcVRXbDhDTFhMdUNVb1N0Zz09>

The schedule will be

**5.00 pm:** Welcome

**5.05 pm :** Deep Venous Thrombosis (Clots) *Dr Noel McCaffrey*

**5.20 pm:** Updates and News

**5.45 pm:** Discussion



## National Driver Licencing System

The Road Safety Authority has indicated that that some recent social media reports did not fully represent the picture about access to the National Driver Licence Service.

At present there are three channels for customer to access the service.

**Online** - This is accessible to all persons with a Public Services Card (PSC) and a MyGovID account - this is fully compliant with GDPR.

**NDLS Front Office (NDLSFO)** - This is an in-person service at the NDLSFO open to all persons and an appointment must be booked. Booking is online or by telephone (there was an issue with wait times for the telephone line but this is largely now resolved.) A person booking an appointment online does not have to have a PSC or MyGovID.

**Postal** - This is available to all persons over aged 70. Customers are sent the application pack about a month before the renewal date. A licence for those aged over 70 is free. The Road Safety Authority recently changed another rule impacting on over 70's where heretofore they had to present a medical with every application. This medical examination was not free under the medical card scheme. A mandatory medical now only applies to those aged over 75, or who have a specified medical condition.



## Get involved! Mobilizing civil society action for the UN Decade of Healthy Ageing

Do you work for a civil society organization (CSO)? Are you interested in working together with other CSOs for joint action during the UN Decade of Healthy Ageing?

### Civil Society Organizations Call for Action for the UN Decade of Healthy Ageing

Join a global movement **by and for** Civil Society Organizations from a wide range of sectors to improve the lives of older people.

**Make your voice heard!**

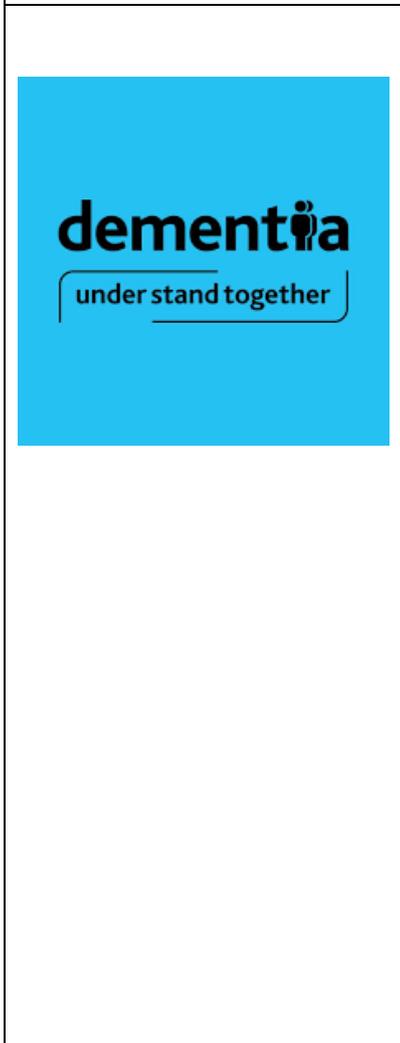
#AddingLifeToYears #HealthyAgeing



Get involved in the [civil society mapping and engagement initiative](#): an opportunity run by CSOs towards uniting the diverse and powerful voices of civil society for the Decade.

Join the initiative and express your interest in a Decade of Healthy Ageing CSO Alliance by completing our questionnaire in [English](#), [French](#), or [Spanish](#) by **15 March 2022**.

**Join the initiative**



**Dementia: Understand Together March update**

See here a range of activities to create a better understanding of dementia, highlight the importance of brain health and to raise awareness and understanding of key lifestyle factors that can help reduce a person’s risk of dementia. These include:

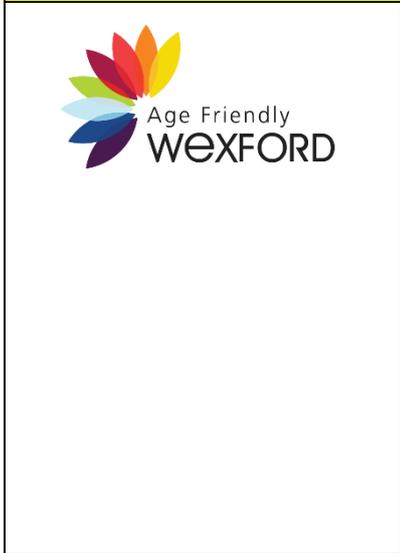
- Partnership with The Today Show, RTÉ One – March 15th / 21st / 28th
- Radio ads on RTÉ Radio One and Lyric FM – March 14th – 25th
- Advertorial in the RTÉ Guide w/c March 21st
- Press Release

The Alzheimer Society of Ireland and Boots are also planning an exciting activity together:

“The Alzheimer Society of Ireland Mobile Information Service will be visiting Liffey Valley Shopping Centre on Monday 14<sup>th</sup> March (via the cinema entrance on the concourse) and Childers Road Retail Park in Limerick on Wed 16<sup>th</sup> March from 11 am til 2 pm. You can visit the on-board library and meet expert staff and branch volunteers to access information about dementia services and supports in your area. Boots Team Members will also be on hand who can support instore with blood pressure testing and advise on a range of services available including hearing care.”

**[You can read the Partner Pack for Brain Awareness Week by clicking here](#)**

**Local Updates**



**Dementia Awareness Training - 30th March 2022**

Wexford Age Friendly Programme has organised **Dementia Awareness Training on 30<sup>th</sup> March 2022** in the Riverside Park Hotel, Enniscorthy.

This training is suitable for all participants (general public, carers, businesses and healthcare professionals). Details below – please click on link for session you wish to attend. Please note this is an in-person event and only 20 places are available so booking asap is advised. The event is free to attend.

Booking Links:  
**Morning session:** <https://www.eventbrite.ie/e/294142005657>  
**Afternoon Session:** <https://www.eventbrite.ie/e/294153931327>

**Dementia: Understand Together**

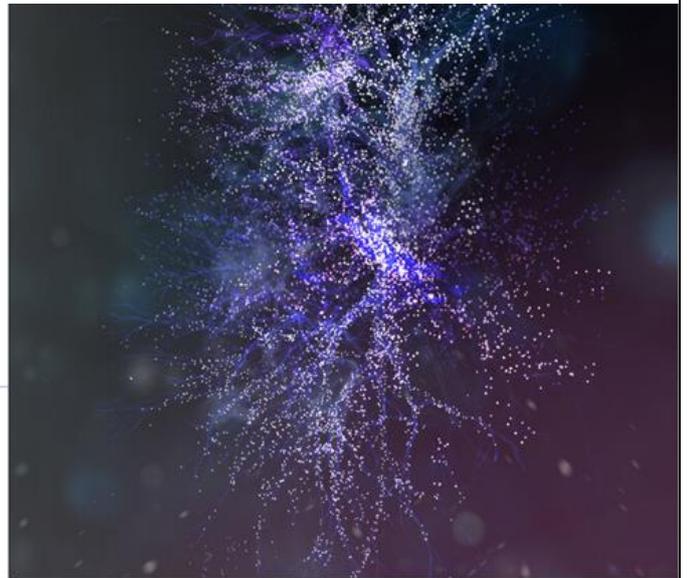
**Dementia Awareness Training Riverside Park Hotel, Enniscorthy**

**Wednesday 30<sup>th</sup> March 2022  
10:00am to 12:00pm OR 2.00pm to 4.00pm**

This course is for anyone with an interest in learning more about dementia and aims to:

- raise awareness and understanding of dementia
- explore the things we can all do to support a person with dementia and their families
- provide practical tips of how we can make our organisations and communities dementia inclusive

This training is organised by Wexford County Council's Age Friendly Programme and funded by Healthy Ireland



### International Women's Day in Kildare

On Wednesday this week, a Women's Health Fair that included a focus on ageing and health was held as an event for International Women's Day in Kildare.

Well done to Carmel Cashin, Kildare Age Friendly Programme Manager for organising it. Great speakers about addiction and recovery, menopause and hormones, and HSE supports for women's health. Minister Stephen Donnelly spoke about new developments in health services for women including menopause clinics and initiatives to tackle period poverty.



### CY BINGO PALS

"During Covid our community of Ringsend started balcony bingo which brought well needed happiness to our residents, off the back of this a few of us started having street events with the help of Google and DCC.

It was such a success we decided to restart our local CY BINGO every Monday night which had been going for over 40 years but sadly was badly

attended so ended up stopping before Covid but Bingo was giving a new lease of interest and now we have over a 100 people every week. We've seen first-hand the joy and heartfelt gratitude of our residents that



some sort of normality is returning, and it does our heart good.

Our older residents need now more than ever some happy memories so we're striving to do as much as we possibly can to make them happen. We also delivered goodie bags to older people and were delighted of the donation of hundreds of items of DCC Age Friendly Merchandise. The beanie hats and the boxes of chocolates went down a treat and appreciated by all.

We are also planning to run some extra events for our older residents

- eg. Afternoon tea, day outings on a bus, etc.
- A bonanza mothers/ lady day Bingo.
- A huge Easter Bingo.

We have decided our lovely older residents deserve to be spoilt so we will do all we can to help them enjoy a few outings this summer”

## Your Voice



We've heard about so much good work going on all around the country, please let us know what's happening in your area so we can share those innovative ideas with everyone. Please email us your news to Rachel at [rleavy@meathcoco.ie](mailto:rleavy@meathcoco.ie) Information is one thing we can share right now!

## International Updates



### IFA Global Cafe | In Conversation with Dr Matthew Lariviere on "Accelerating Implementation and Uptake of New Technologies to Support Ageing in Place"

The International Federation on Ageing held a Global Cafe event this morning called – In Conversation with Dr Matthew Lariviere on "Accelerating Implementation and Uptake of New Technologies to Support Ageing in Place"



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](https://twitter.com/agefriendlyirl)

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

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