



CONTENTS

Foreword	2
Introduction to Carlow Age Friendly County Strategy	3
Carlow Age Friendly County: Vision, Aims, Outcomes	7
Outdoor Spaces, Physical Environment and Public Services	9
Transportation	11
Housing	13
Respect and Social Inclusion	15
Social Participation	19
Communication and Information	21
Civic Participation and Employment	23
Community Support and Health Services	24
Appendices	26

Foreword

On behalf of Carlow County Development Board (CDB), I am pleased to introduce this Age Friendly County Strategy, a new and ambitious plan to improve the lives and well being of all older adults in County Carlow. In delivering this Strategy we will ensure the county continues to have an age-friendly community, where policies, programmes, services and infrastructure relating to the physical and social environment, are designed to enable older people to live in security, enjoy good health and continue to participate in society in a meaningful way.



Cllr. Pat O'Toole

The Carlow Age Friendly County Subgroup of Carlow CDB, with the support of the Ageing Well Network, has brought together the statutory, private, voluntary and community sectors in order that different initiatives and services support each other. The process of developing this Strategy highlights the strength of co-operation and support from partner agencies and the community which is an integral feature of our County Development Board. Through public consultation with and participation by many members of the community throughout the county, we are reminded of the wide range of services already being provided to our older citizens in County Carlow. Those range from active retirement groups, social activities such as dance outings; physical exercise areas such as the Tone Zones; safety in the home through smoke alarm provision and Community Alert; the Care and Repair programme; arts and library activities; information technology supports; busy Day Care Centres and Family Resource Centre programmes, to name but a few.

There is, however, a requirement for services to constantly adapt and improve, having regard to the ever-changing needs of our citizens as they grow older. This Strategy recognises these needs and outlines our aims and vision for the delivery of such services in the coming years. The objective is to deliver quality services within existing structures, through co-operation and collaboration, ensuring resources are aligned and used with maximum efficiency and effectiveness.

All members of the Carlow County Development Board/Age Friendly County Subgroup are committed to playing their role in ensuring that all citizens of County Carlow are valued, recognised, supported and enabled to live full independent lives. We look forward to implementing this Age Friendly Strategy.

Cllr. Pat O'Toole
Chairman Carlow County Development Board

Introduction

Carlow Age Friendly County Strategy

The age friendly plan of action has been developed as a result of consultation with the older people of Carlow and with the agencies and service providers involved in the delivery of services to older adults throughout the County. Having listened to the views, thoughts and opinions of all and by researching models of good practice in creating age friendly environments we have developed Carlow's Age Friendly County Strategy.

A new alliance and a new Strategy for Older People

The strategy, and the very specific plans it contains, are being developed by Carlow's Age Friendly County Sub Group, a subgroup of the Social Inclusion Measures Working Group (SIM) of the Carlow County Development Board. Member agencies include the following:

- *The Health Services Executive*
- *An Garda Síochána*
- *Carlow Local Authorities*
- *The Ageing Well Network*
- *County Carlow VEC*
- *Carlow Kilkenny Contact*
- *Carlow Volunteer Centre*
- *Carlow County Development Partnership (CCDP)*
- *County Carlow Sports Partnership*
- *Carlow Older Persons Network*
- *Forward Steps Family Resource Centre, Tullow*
- *Bagenalstown Family Resource Centre*
- *St. Catherine's Community Services Centre, Carlow*
- *Disability Federation of Ireland*
- *Carlow College (St. Patrick's)*

Why a new focus on older people?

The world's older population is increasing, with people living longer and healthier lives, and experiencing older age very differently from their grandparents' generation. Europe is the world's oldest region, with the older population expected to increase fivefold from 40 million to 219 million by 2050.

Ireland has also experienced an increase in overall life expectancy. It is predicted that there will be approximately 1.1 million people aged 65 years and older by 2036, an increase of almost 250% over the 2006 figure. The greatest increase is anticipated in the over 80 age group where the number is expected to quadruple from 110,000 to 440,000 in 2041.

Carlow is no different. The 2011 CSO Census reported 16.1% of Carlow's population over the age of 60. This is slightly lower than the national average which is 16.4%. The highest percentage per population of this age group is concentrated in Carlow Town, Graiguecullen, Tullow Rural and the South of the County.

Reflecting the demographic change, the Government made a commitment to prepare a National Positive Ageing Strategy, which is now in its final stages to "better recognise the position of older people in Irish Society". The World Health Organisation (WHO) argues that if nations, societies and communities actively plan and respond now, we will be prepared to meet this challenge successfully. Simply, they articulate the positive ageing process, as a way of thinking and working, to: "optimise opportunities for health, participation and security in order to enhance quality of life as people age".

The new action-focused strategy and plans for Carlow will show what is possible: bringing about change - not through greatly increased expenditure - but through imaginative use of existing resources, including the resources of older people themselves.



How did the Carlow Initiative begin?

The National Age Friendly Counties Programme is an initiative of the Ageing Well Network. Following a presentation by the Ageing Well Network to the Social Inclusion Measures Working Group of the County Development Board in October 2011, the sub group was formed in January 2012 and proceeded to plan the launch which took place in March 2012.

The Launch was followed by county wide public active listening workshops in March and April which were attended by several hundred older people. The workshops were held in Hacketstown, Tullow, Borris, Bagenalstown and Carlow. In September 2012 a baseline survey was also carried out with several hundred people completing the questionnaire describing their lives as older people in Carlow. Agencies and service providers involved in the delivery of services to older people were also consulted.

What is the thinking behind the strategy?

The Carlow County Strategy is grounded in sound international research and knowledge, and based on a number of important principles agreed by the partners in the Alliance, including:

- A recognition that older people are critical contributors to our society and a resource, not a burden, to society;
- Communities that find imaginative ways of capitalising on the diverse assets of older adults can find ways of addressing many of their complex challenges and providing much needed services;
- A commitment to the direct involvement of older people in deciding priorities, shaping actions, and bringing about change;
- An emphasis on improving the physical environment, and the understanding that where we live greatly affects how we live;
- An awareness that age-friendly principles and practice create environments and communities that benefit all age groups, not just older people;
- A shared awareness that everyone has an interest in these developments, because we will all be 'older' in time, and hope to live in a community and a society that respects, includes and cares for us;
- A determination/commitment that Carlow will set standards and lead the way for other counties.

What is in The Plan?

The plan covers eight specific areas for action to benefit older people. The plan is based on the World Health Organisation framework for Age Friendly Cities. This framework was developed following consultation with older people in 33 cities around the world in 2008, Dundalk in Co. Louth represented Ireland in the study which identified the following areas regardless of where older people lived:

The eight areas are:

1. Outdoor Spaces and Buildings
2. Transport
3. Home
4. Respect & Social Inclusion
5. Social Participation
6. Communication and Information
7. Civic participation and employment
8. Community support and health services



CARLOW AGE FRIENDLY COUNTY

Vision, Aims, Outcomes

The Vision

- Carlow Town and County will be a great place to grow old in, enjoyed and appreciated by everyone.
- Carlow will be a county that enables its people to age with security, dignity and the capacity to participate as citizens to their fullest potential.

Carlow through its involvement in the Age Friendly County Initiative will lead the way, showing how:

- **People of all ages benefit when communities are designed to be age-friendly, and where older people live life to their greatest potential.**
- **Older peoples' talents, life experience and wisdom are valued and tapped into.**

Our Aims

1. To improve the health and quality of life of older people in the county;
2. To increase the participation of older people in the social, economic and cultural life of the community.
3. To build upon existing services and supports for older people



Outcomes

The ambition of this Strategy is that Carlow will be a county in which older people will:

- Feel they belong and have opportunities for personal development and for shaping and supporting the community in which they live
- Can stay living in their own homes and communities
- Lead healthy and active lives for longer
- Are able to get to where they want to go, when they want to go;
- Live in communities where the social and physical environment are conducive to being out and about
- Feel and are safe in their own homes and their communities.

As a result of this strategy the key stakeholders will have developed more effective ways of working in partnership in terms of planning, implementing and reviewing their services and supports to older adults. The partners in the Carlow's Age Friendly County Subgroup will carefully monitor and measure progress towards achieving these ambitious aims and objectives. The existing Older Persons Network will work to strengthen the structural participation of older people, and will be the conduit for information. The group will work to identify and support potential older person advocates to enable participation in a formal structure.



1

Outdoor Spaces, Physical Environment and Public Services

What you have told us are the priority areas for the strategy

1. More public lighting is needed in villages, towns and in public and community facilities.
2. Pavements need to be improved, widened and fitted with non-slip surfaces. Some areas are very good but others need improvement.
3. Accessibility is poor if you have a disability and are a wheel-chair user or motorised car user. We need parking spaces for older people, like mother and baby spaces.
4. Appropriate seating and benches need to be provided across the town and county.
5. More green spaces across the town and county need to be developed, with seating and activities. Tone zones in some areas are excellent; activities around them would be good.
6. It is difficult to access planning and be included.
7. Access to toilets when out and about is a real issue.

The Plan

Short-Term (end 2013)

Age Friendly Planning

- Carlow Local Authorities will underpin the planning of outdoor spaces, parks and buildings with Age Friendly principles and guidelines. Age Friendly Practices and Policies developed internationally and nationally will be reviewed by Planners prior to the planning process.
- Older people will support Senior Planners and will be involved in the consultation process with Carlow Local Authorities planners during future development and review of Local Area and Town Development plans. The Walkability audit toolkit developed by Ageing Well Network will be used as a spring board for community discussions and consultation.
- The Library Service of Carlow Local Authorities will consult with older people when considering Library Services development plans and will establish an ongoing liaison group. All Library buildings will be audited for accessibility to ensure that the library network of 4 branches is fully accessible and includes appropriate signage. They will also ensure loop systems are available at all Library buildings.

Green Spaces and Seating

- Family Resource Centres and Community Development Groups will develop Age Friendly green spaces and recreational area for older people to meet and mingle. They will focus on isolated older people and include gentle exercises in their plans for these spaces. For example Forward Steps Family Resource Centre will work with Carlow County Council to increase suitable seating and a rest stop area in the Pairc Mhuire Area, Tullow
- An Garda Síochána will work in partnership with older people to combat public alcohol drinking and disorder which presents a challenge for older people who wish to use outdoor spaces. They will monitor repeat offenders and issue anti-social warnings.

Medium Term (2014 – 2016)

Age Friendly Planning

- Older people's groups will organise a series of briefings for planners with responsibility for drawing-up Area Development Plans; including, for instance 'walking them through' the villages and towns and highlighting the needs of older people.

Public Spaces and Buildings

- Carlow Local Authorities together with older people will provide training and supports to empower planners, engineers and developers to be more aware of the specific needs of older people in using public amenities and being out and about, especially those who are frail or experiencing physical, mobility, hearing or visual impairment.

Parks and Green Spaces

- Carlow Local Authorities in partnership with the Age Friendly County Sub Group will conduct a Green Spaces Review, to examine how park areas, green spaces and vacant lots, could be enhanced to provide spaces and amenities which are attractive for older people to 'come out and stay out'. This will include elements such as:
 - creating meeting spaces in public parks which are age friendly
 - proposal for the development of an age friendly park café which is run by older people for older people
 - developing a band stand outdoor concert venue
 - designating public spaces for healthy active living programmes

2

Transportation

What you have told us are the priority areas for the strategy

1. Increased availability of transport to Hospital, Day Care centres and Doctors.
2. Provide more information on timetables and information on local available transport
3. Improve taxi and bus services
4. Improved parking across the county, introduce parking for older people, and a special space.
5. Improve transport links on pension days, maybe volunteers could assist.
6. It's very hard to get information about rural transport. It needs to be Carlow based.

The Plan

Short-Term (end 2013)

- Carlow County Development Partnership working with the Disability Federation of Ireland will carry out an audit of transport provisions in the Community and Voluntary sector with a view to creating more community based models in line with national policy.
- Agencies will work in a collaborative way to align services to maximise the opportunities for older people across the county to access the necessary transport structure.





3

Housing

What you have told us are the priority areas for the strategy

1. Support to remain in your own home including improving information on services.
2. Explore more sheltered housing schemes across the county.
3. Development of county wide Care & Repair scheme specifically for older people.
4. Local Garda need to be more connected to the community so older people feel safer in their homes.
5. Older estates have concerns about houses, sizes of bathrooms etc.
6. Information is needed about schemes and grants available for home adaptation grants. Older People need to have information and be encouraged to make plans to “future proof” their homes.
7. Information on panic buttons and other available services is desperately needed.

The Plan

Short Term (end 2013)

Home Maintenance

- Carlow County Development Partnership will deliver 160 warmer Homes packages to older people at risk of fuel poverty. This work will be ongoing in association with Sustainable Energy Ireland.
- Carlow County Development Partnership will aim to have 144 older people registered with their County wide Care & Repair service. Areas of focus will include Rathvilly, Hacketstown, Tullow Road, Carlow, Graiguecullen, Old Leighlin and Tullow.

Home Security

- The Age Friendly subgroup members will work to resolve security risks that effect older persons through awareness building, leaflet delivery and sticker campaign promoting good neighbours, particularly in isolated areas.
- Carlow County Development Partnership will enhance their Care & Repair Scheme by fitting locks and securing doors working with Community Garda who will distribute crime prevention advice.
- St. Catherine’s Community Services Centre and Bagenalstown Family Resource Centre will increase the number of Socially Monitored Alarms they install annually



- Carlow County Development Partnership will ensure that information on the socially monitored alarms and Message in a Bottle programme is added to their Care and Repair brochures.
- The Community Gardaí will make annual visits to vulnerable older people in the community, ensuring a feeling of safety.

Remaining at Home

- St Catherine’s Community Services Centre will endeavour to increase the number of older people receiving Meals on Wheels directly through publicity campaign and through outreach services such as the Leighlinbridge programme and in collaboration with Public Health Nurses.
- Carlow Local Authorities in conjunction with relevant stakeholders will review and promote Housing Aid for Older People Grants, to ensure a pathway/process is in place for prioritising applicants most in need.
- Carlow Local Authorities will support approved housing bodies that provide housing for older people (i.e. Leighlinbridge Housing Association, Sue Ryder etc).
- The HSE will continue to strive to maintain older people at home, exploring alternative models in delivering home help services within the annual resources. They will further develop the supportive discharge from hospital in conjunction with the Community Intervention Team
- The Housing Authority will establish a stake holder group to carry out a review of particular housing needs of the older person in the County.
- Carlow Volunteer Centre will continue to provide assistance in the areas of volunteer recruitment and retention to voluntary organisations that support older people remaining in their own homes (such as Meals on Wheels).

Medium Term (2014-2016)

- Older people in Carlow will benefit from the Kilkenny Based OPRAH (Older People Remaining at Home) programme which will map and pilot services in the regional to maximise facilities for older people remaining at home.
- The Service Providers Forum and the Carlow’s Age Friendly County Subgroup will work in a collaborative way to maximise resources and reduce duplication to ensure the best outcomes for older people to remain independent.

4

Respect and Social Inclusion

What you have told us are the priority areas for the strategy

1. Loneliness and isolation in the home is a danger for some older people and in particular older men. Living alone when you are older and are no longer formally involved in your community through work can be very isolating especially if you don’t drive.
2. More community “get together” to solve issues and build community spirit.
3. There are good things going on in Carlow; but it’s not consistent. Some areas are better served than others in terms of interesting activities. Transport to and from these events is badly needed – access is often a greater barrier to social participation than affordability.
4. There is a need for more opportunities to meet younger people - for inter-generational programmes, opportunities and activities. There should be links between the schools and older people’s groups.
5. We want more opportunities for education and continued learning.

The Plan

Short Term (end 2013)

Loneliness, Isolation and Being Part of the Community

- The HSE Older Person Service will develop links and create networks where older people in residential care can contribute and remain involved in the community; they will also promote awareness of services available within residential care settings. Working with Carlow Kilkenny Contact they will examine the viability of setting up Nursing Homes volunteer visitation programme.
- Forward Steps FRC will deliver Age & Ability, a programme to encourage residents of Nursing Homes who wish to engage in external activities in their communities.
- The Health Promotion Department will deliver an 8 week Age and Opportunity programme “Ageing with Confidence” to older people, providing an opportunity to enhance their health through group work. Those living in isolated areas will be the particular focus.
- The Care and Repair Team in Carlow County Development Partnership will make a

weekly phone call to connect people with activities, services and supports in their local Communities.

- Carlow Kilkenny Contact supported by the HSE will promote awareness of the social inclusion needs of older people with Dementia & Mental Health issues through their engagement with agencies and older peoples groups.
- Carlow County Childcare Committee will support and assist the establishment of Grandparent and Toddler Groups, to support the number of Grandparents who help with childcare for their families.
- Carlow County Childcare Committee, supported by the Carlow Volunteer Centre will explore the possibility of developing a programme of exchange between older people and pre-school groups to share skills and stories.
- Social events/annual dances and other activities will be supported by The Older Persons Network enabling older people to socialise

Volunteering

- Carlow Volunteer Centre will ensure its outreach and communications initiatives are accessible to older people in order to encourage and enable them to become involved in voluntary activity. The Centre will highlight profiles of older volunteers in its publicity materials to promote recognition of the value of older people's skills and experience.
- Carlow Volunteer Centre, through its membership of the Older Person's Network, will investigate the establishment of inter-generational projects such as "Skills-swapping" between generations and inter-generational volunteering.
- The Garda in partnership with other key agencies will establish a 'Know Your Neighbour Day' initiative to help rebuild communities.

Medium Term (2014-2016)

Growing Good Groups, Supporting and Developing Initiatives

- The Citizens Information Centre will develop a comprehensive data-base of relevant groups, venues and activities across the county, in partnership with Carlow Age Friendly Subgroup Partners. They will also



explore what help can be provided to those groups to strengthen and promote membership.

- The Care and Repair Team in Carlow County Development Partnership will expand the number of people on their database that receive a weekly phone call to connect people with activities, services and supports in their local Communities.

Arts Initiatives

- The Carlow Local Authorities Arts Officer will continue to develop links with Bealtine Festival for older people. Working with Carlow Local Authorities they will continue to promote Orga Workshops and Dance in Residence programmes

Library Initiatives

- Carlow County Library Service will provide an informal environment for those who wish to learn new skills. Future programme development will include events around national initiatives such as Bealtine that encourage older people to access computers, learn computer skills and encourage life long learning.

Lifelong Learning

- Forward Steps FRC will run FETAC accredited Art Classes and host an exhibition of work.
- Carlow College (St. Patrick's) will review suitable training modules in relation to Ageing and Access.
- Carlow County Development Partnership will deliver a number of non accredited lifelong learning programmes through the Local Community Development Programme for older people across County Carlow.
- County Carlow VEC will continue to fund education provision which is targeted at older people in the Community. This will take the form of the direct provision of course and through support provided to organisations and agencies which are organising education provision for older people.





5

Social Participation

What you have told us are the priority areas for the strategy

1. Outreach Services need to be more wide spread across the county.
2. There is a need for activities in the early evening.
3. More social awareness needed on changing habits, not all older people want the same activities.
4. Need for community get togethers.
5. Need for workshops and opportunity for learning and interaction.
6. More variety in activities including physical activities and volunteering and library services.
7. Need for agencies to come together to address social isolation.

The Plan

Short-Term (end 2013)

- Carlow County Development Partnership and Bagenalstown Family Resource Centre will collaborate to lead in the development of an action group to identify opportunities that will increase co-ordination of services and maximise supports to older people in Bagenalstown and surrounding areas.
- Carlow County Library Service will promote access for older people and increase the number of older people using the service. The stock collection will be regularly updated with relevant stock such as audio books, large print and other resources will be invested in. Coffee mornings to welcome older people and introduce them to library services where possible. Community Information boards notice boards will be updated regularly with Age Friendly Information and library services will be highlighted and promoted using relevant organisations. Staff will be made aware of the needs of older people and services they require from the library space.
- Forward Steps will increase activities for older people in Tullow including cards, knitting and crochet, Tai Chi and yoga for older people.
- Bagenalstown Family Resource Centre will develop additional activities including pottery, arts and crafts and an afternoon club. They will also establish a Cosy Lunch Club providing healthy lunch and activities.

- County Carlow Sports Partnership will support community groups to develop their own exercise programmes. They will organise annual group participation events to promote the participation of older people in sport and physical activity.
- The Community Garda will foster links with older people's groups and organise activities including skittles with St Fiacc's Day Care Centre, and support other stakeholders by providing a presence at older people's events.
- The Older Persons Network will host social events and information sessions ensuring the maximum participation through engagement with all stakeholders and agencies.
- Carlow Volunteer Centre will continue to provide assistance in the areas of volunteer recruitment and retention to voluntary organisations that provide social activities for older people, such as Day Care Centres.
- Carlow Volunteer Centre will ensure its outreach and communications initiatives are accessible to older people in order to encourage and enable them to become involved in voluntary activity.
- St. Catherine's Community Services Centre in partnership with other agencies will continue to support the development of the Carlow Men's Shed.

Medium Term (2014 – 2016)

- Carlow County Development Partnership will host an event to celebrate Positive Ageing Week.
- The Carlow's Age Friendly County Subgroup will work together collaboratively to maximise opportunities for social participation and replicate models of good practice for countywide delivery.



6

Communication and Information

What you have told us are the priority areas for the strategy

1. Support and training is needed on use of modern technology such as computers and internet.
2. Clearer information is needed and made easier for older people to access, maybe some information sessions and workshops.
3. Information available in one place would be great, like a drop in place especially for older people.
4. Development of communication strategy which uses community and parish newsletters, community notes and local radio.
5. Too much focus is on web site information. Not everyone is interested in computers; older person's newsletter would be great.

The Plan

Short-Term (end 2013)

- County Carlow VEC, St Catherine's Community Services Centre, Carlow Local Authorities Library Network, the Family Resource Centres and CRISP Centres will continue to provide a range of computer classes for older people, monitoring the number of participants and evaluate the experience.
- Carlow County Development Partnership will increase the level and access to information on rural transport services through the distribution of 6,000 newsletters, Facebook and via the monthly Age Friendly Column. Information will also be provided via Care & Repair Scheme. They will also provide local activities information in their weekly phone call service.
- Carlow County Development Partnership will develop, print and distribute a booklet on services and supports available for older people in Co. Carlow.
- Carlow County Development Partnership will organise an annual information session for older people in Carlow to coincide with a social event.
- Co Carlow Older Person's Network will gather information from all agencies printing and distributing information on services to older people.

- The Community Garda will promote crime prevention by the distribution of information via Shopping Centre Stand and leaflet drops. This will also be supported by Carlow County Development Partnership Care & Repair Teams. They will also enhance attendance at and participation in Neighbour Watch and Community Alert Schemes.
- Carlow Local Authorities Library Service will develop a section on their website to provide links to relevant sites whose focus will be on older people.

Medium Term (2014 – 2016)

- Carlow County Development Partnership will distribute a booklet on services and supports available for older people in Co. Carlow.
- Carlow County Development Partnership Care and Repair will expand provision of Care and Repair Jobs and contact call services.
- Carlow County Development Partnership will organise an annual information session for older people in Carlow to coincide with a social event.
- Through cross agency working the Carlow's Age Friendly County Sub Group will ensure maximum effect of all communication and information activities across the county.



7

Civic Partnership and Employment

What you have told us are the priority areas for the strategy

1. Option to remain in the workplace after statutory retirement age, even on a part-time basis.
2. Retirement support options and information campaigns needed.
3. Pre-Retirement courses for everyone even those outside the working environment.
4. Advice and information on savings as there is a lack of trust in the Financial Institutions.
5. Older people have skills and knowledge which need to be recognised and shared, maybe with schools and community groups.

The Plan

Short-Term (end 2013)

- St. Catherine's Community Services Centre will investigate pre-retirement courses with Age & Opportunity with a view to providing sessions for older people
- Carlow Tourism, County Carlow Chamber and the business community will develop age friendly subsidies and services in shops, restaurants and business to better serve older people. The number of age friendly businesses will be monitored and promoted.
- Carlow County Enterprise Board and Carlow County Development Partnership will promote and provide information and advice to those over 50 wishing to start their own business.
- Carlow County Development Partnership, through LCDP and TÚS will collaborate with Bagenalstown Family Resource Centre to establish a workshop for a men's shed programme.
- Carlow Volunteer Centre will investigate developing linkages with groups providing pre-retirement courses in order to encourage and facilitate older people to utilise their skills, knowledge and experience in voluntary roles on retirement

Medium-Term (2014-2016)

- Carlow County Development Partnership will work in partnership with Bagenalstown Family Resource Centre to deliver supports for the development of a Social Enterprise Programme through the Local Community Development Programme.
- County Carlow Chamber and Carlow County Enterprise Board supported by Carlow Local Authorities Business Support Unit will include an age friendly business award in their annual awards programmes.

8

Community Support and Health Services

What you have told us are the priority areas for the strategy

1. Lack of homecare assistance and Public Health Nurses in some areas is a concern.
2. Limited amount of day care services and information on supports to remain at home.
3. Getting to hospital appointments can be a challenge.
4. Many older people have no family or relatives nearby to support them and they live alone.

The Plan

Short-Term (end 2013)

- HSE is committed to developing a new model of specialised geriatric care for older people ensuring they have access to the right range of specialised inpatient and outpatient geriatric services at the right time thus improving the overall health and wellbeing of the older person, reducing their hospital stay, and reducing the likelihood of them needing to be admitted to long term care.
- Carlow Kilkenny Contact will reach greater numbers of people living alone with weekly befriending contact and support visits.
- Carlow Kilkenny Contact and the Community Garda will support older people to live safely and securely and work on information initiative about safe shopping practices to promote a sense of safety on the streets.
- The Community Garda will expand their register of older people through their collaboration with other agencies e.g. Care & Repair Scheme.
- The HSE will explore alternative models to the delivery of Home Help and Home Care Packages services to ensure that the service continues to meet the needs of older people in the county within the annual resources available.
- HSE will continue to work with the voluntary Day Centres to ensure occupancy levels are maximised and that those most in need are provided with a service.
- The Service Providers Forum and the HSE Area Elderly Team will explore the potential use of information and assistive technology to support older people to remain at home.

- The Community Gardaí, liaising with the HSE, will develop a plan to highlight vulnerable older people in the community to ensure they are provided with appropriate supports and ongoing communications.
- Carlow Lion's Club with the launch of their "Message in a Bottle" programme provides emergency services with vital information. The Community Garda will promote the service with distribution assistance to increase the number of bottles distributed.
- Community Garda will work with stakeholders to make regular contact with care givers in the community via support agencies
- Carlow Sports Partnership will support the development of a GP Referral Scheme working with health and leisure centres to assist staff in the implementation of the scheme.
- St Catherine's Community Services Centre, Meals on Wheels, will expand their service and the number of older people they serve and work with, collaborating with the Bagenalstown Family Resource Centre to increase the numbers of people who have a Socially Monitored Alarm.
- Carlow Volunteer Centre will continue to provide assistance in the areas of volunteer recruitment and retention to voluntary organisations that provide community support and health services for older people, eg Carlow Kilkenny Contact.

Medium-Term (2014-2016)

- The HSE, age related clinical teams and local GP's will explore the possibility of health checks screening programmes for older people in local areas. The programme will measure the functional ability of older people and monitor the number of people being transferred to rehabilitation and day hospitals



Appendix 1:

List of Facilitators and Recorders from Consultation Workshops

Mairéad Donohoe	Margaret Moore	Olive Fanning
Margot Hennessy	Maria King	Eleanor Doyle
Teresa Hennessy	Patricia McEvoy	Roisín Butler
Fiona Dunne	Aileen Nolan	Ann Begley
Tara Kelly	Sandra Corrigan	Sarah Deacon
Teresa Kelly	Fiona Cunnane	Anita Cussack
Tara McAssey	Amanda Staunton	P.J Cleere
Mary Colclough	Josie Tierney	Midge Nolan
Hugh Naughton	Anna Byrne	Pauline Walker
Edel Keogh	Bernie Coogan	Thomas Farrell
Sinead Keogh	Andrea Dalton	Sinead Byrne
Bernie Cunnane	Brigid McCarthy	Alex Moraha
Moira Germaine	Olivia Kelly	Martin O'Halloran
Valerie McDonald	Martha Jane Duggan	Bernie Eccles

Appendix 2:

List of Venues for Consultation Workshops:

1. St John's Day Care Centre, Hacketstown, Co. Carlow. April 26 2012,
2. Teach Bhride, Tullow, Co. Carlow. May 1, 2012
3. Borris Lodge Nursing Home, Borris , Co. Carlow. May 8, 2012
4. Bagenalstown Family Resource Centre, Bagenalstown, Co. Carlow. May 15, 2012
5. Seven Oaks Hotel, Carlow. May 22, 2012

Appendix 3:

List of Participants at Consultation Workshops

Joan O'Riordain	Mary Keating	John Lennon
Mary Behan	Bridie Doyle	Aileen Doyle
Kathleen Quinn	Patsy Stapleton	Pat Murphy
Kathleen Doyle	Eileen O'Connor	Mary Flood
Bridie Fluskey	Bridget Boland	Susan Cushen
Mary O'Gallagher	Maureen Fluskey	Nuala Murphy
Eileen Doyle	Ilse Bernhagen	Breda Forde
Jim Shannon	Patricia Hosey	Anne O'Dwyer
Jimmy Carroll	William Whelan	Maura Gartland
Seamus Nolan	Josie Doyle	William Corrigan
Mary Doyle	Kathleen McCarney	Brigid Farrell
Alice Cullen	Patricia Boland	Margaret Forde
Dorritt Morgan	Rose Lawlor	Margaret Moran
William Jones	Ann Jones	Maura O'Byrne
Ann Augier	Nat Eager	June Daw
Ettie McCormack	Tom Cunningham	Naney Donohue
Freda Cashin	Pat Cannon	Maggie Power
Eileen Cunningham	Maureen Dunne	Margaret Ronan
William Burgen	Phil Heenan	Kathleen Molloy
Imelda Burke	Michael Leonard	Eileen Leonard
Crea Nolan	Mary Brenna	Ann Eustace
Agnes Fitzgerald	Ellen Kelly	Lesley Dillon
Mary Murray	Veronica Duffy	Molly Donoghue
Anne Carron	Sarah Kelly	Sarah O'Neill
Bridget Dillon	Alice Mahon	Mary Brennan
Bob Williams	Bridget Dwyer	Ann Cahill
D. Travers	K. O'Brien	Bridie Byrne

Anne Shortall	Pat Devlin	Anne Maken
Laura Michael	Mary Martin	Ester Dowling
Maggie Kelly	Judy Farrell	Molly Lane
Mary Walsh	Betty Murphy	Dolores Rea
Nancy Smith	Peg Phelan	Nigel Egan
Peg Harding	Paddy Norris	Matt Kelly
May Lyons	Jane Byrne	Betty Fitzgerald
Pauline Barrett	Susan Wain	Paul Maher
Maureen O'Connor	Angela Almond	Bernie O'Brien
Brigid Curtis	Trudi Shannon	Colette Lacey
Breda Stratton	Marie Kelly	Kathleen Holmes
Padraig Brett	Agnes Fitzpatrick	Nellie Kelly
Marian Doyle	Lila Rogers	Gerry Redmond
Edel Keogh	B. Coogan	Kathryn Murphy
Anne Mooney	Grace Kinahan	Tony O'Hanlon
Mary Reddy	Margaret James	Marita Reynolds
Mary White	Mary Hennessy	John Hennessy
Sabrina Reddy	P. Mitchell	Fred Scully
Kathleen McDonald	M.J Lynch	C. Robinson
Michael Boyle	Pauline Mara	Tom Mooney
Maggie Power	Cllr Wayne Fennell	John Foley
Tom Doyle	Michael Robert	Kathleen Mullins
Mary Sullivan	Una Dooley	Kathleen Molloy
Kay Walsh	M. Sunderland	Sadie McGill
Padraig Fitzgerald	Lena Nelson	Anne Moody
Catherine Doyle	Michael Doyle	Funmi Ogunsanwo
Delia Kelly		