



WATERFORD AGE FRIENDLY NEIGHBOURHOODS

Collaborative Planning in Action

Larchville Lisduggan, 2013





“An Age Friendly Town is a town where the community understands and responds to the needs of older people”

Ageing Well Network



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Executive Summary

The Larchville Lisduggan Neighbourhood of Waterford City has taken part in the Age Friendly Town/Neighbourhood initiative in 2013. The Age friendly Neighbourhood Initiative is part of the wider Age friendly Cities and Counties programme.

In Waterford the Age Friendly Neighbourhood is being delivered in the Larchville Lisduggan which is one of three neighbourhoods chosen within Waterford City. The projects objective is to significantly improve the quality of life for older adults living in Larchville and Lisduggan to engage them in shaping and enhancing their own communities. Older people are critical contributors to development of an Age Friendly Community providing social capitol and a wealth of experience and knowledge. The contribution of older adults in Larchville Lisduggan is acknowledged in all aspects of the reports, consultation and research. The implementation of the agreed action plans will also maintain older adults at the centre of its delivery.



Acknowledgements

This report represents a collaboration between the Age Friendly Neighbourhood Programme, Waterford City Council and most importantly the older adults of the Larchville Lisduggan who took part in developing a community led project which locates the voice of the older adults at its core.

Many people have taken part in compiling this report and I could not list everyone individually, however, the following merit a special word of thanks:

- The most important component of compiling this report, the older adults without whom this project would not have been possible.
- The steering group members for their guidance, help and assistance.
- Finally, I would like to thank Waterford City Council.



Introduction

This report was prepared on behalf of the Ageing Well Network as part of the Age Friendly Town/Neighbourhood initiative in 2013. The overarching programme's vision is to make Waterford City a great place in which to grow old. The Age Friendly cities initiative is led by an Alliance chaired by the City Manager and includes senior members from the Gardai, HSE, Chambers, Area Partnership, Sports partnership etc. In Waterford the Age Friendly Neighbourhoods initiative is a deep dive project focusing on three neighbourhoods which include the Inner City, Sacred Heart and also the Larchville/Lisduggan area which is also known as St. Paul's. The project's objective is to significantly improve the quality of life for older adults living in those areas and to engage them in shaping and enhancing their own communities. It is important that this strategic plan accurately identifies the areas for improvement within Waterford City and it is hoped that through this initiative that these challenges can be effectively acted upon by the relevant stakeholders, agencies and organisations. Extensive data collection has been conducted in research, mapping, surveying and consultation. .



National Age Friendly Cities and Counties Programme (AFCCP)

An Age Friendly Neighbourhood is an area where the community understands and responds to the needs of older people. It is created by consulting, building and implementing a plan with the community to make their neighbourhood age friendly. It uses the methodologies of the Age Friendly City and County programme, focusing on selected towns or in this case specific neighbourhoods within the city, to significantly improve the quality of life of older adults living in those areas and to engage them in shaping and enhancing their own communities.

This initiative is focusing on developing a network of Age Friendly Towns/neighbourhoods during 2013 building on the work previously done in Ardee, Co Louth.

This initiative is part of the wider national Age Friendly Counties (AFC) programme, and an intrinsic part of the AFC Strategy, monitored by the Alliance in each county. The programme's Vision is to make every county in Ireland a great place in which to grow old.

It is a collaboration between the AFC Programme, participating Local Authorities, the Irish Planning Institute, Alzheimer's Society of Ireland and DIT. People living with dementia will be included, so the outcome will be a Dementia Friendly Communities (DFC).

Objective, Scope and Structures

In the ten years from 1996 to 2006 the number of people aged over 65 in the city grew by a quarter (27.1%) from 4,355 to 5,529. According to the recent census figures from 2011, there are now 6,061 people over the age of 65 in the city, an increase of 10% since 2006. With such a rapidly increasing older population now is the time to address the needs of this population and therefore ensure that the facilities and services are in place in the near future to cater for their needs. The Age Friendly Neighbourhoods initiative aims at addressing these issues on a local level in a deep dive fashion.

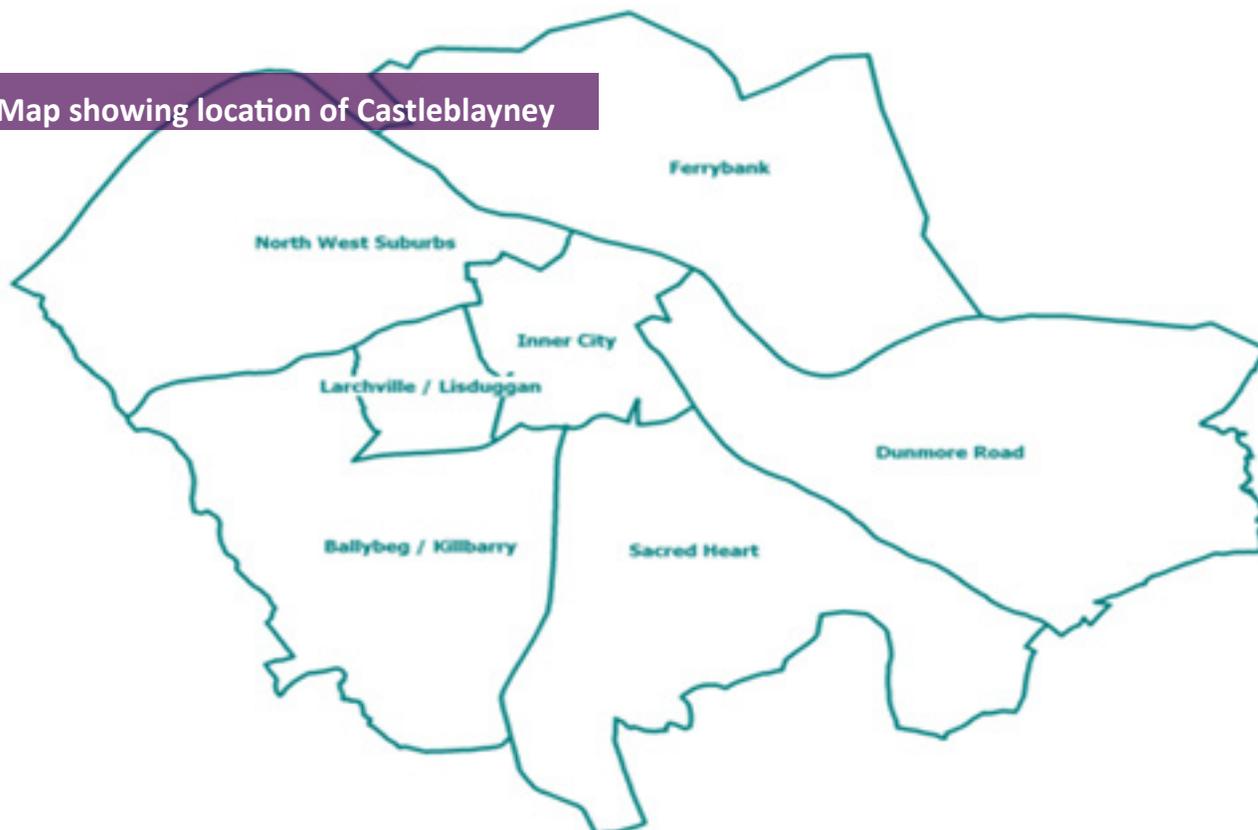
Waterford City is divided into seven distinct neighbourhoods illustrated on the map in Figure 1:

- Ballybeg Kilbarry
- Inner City
- Larchville Lisduggan
- North West Suburbs (comprising Carrickpherish and Gracedieu)
- Ferrybank (including Kilculliheen in South Kilkenny)
- Sacred Heart (incorporating Ballytruckle and Kilcohan)
- Dunmore Road

As part of this initiative in Waterford City, three neighbourhoods were chosen in which detailed studies would be carried out. The three neighbourhoods were selected due to their higher than average percentage population of older people and also due to their locations within the city limits. These three neighbourhoods include:

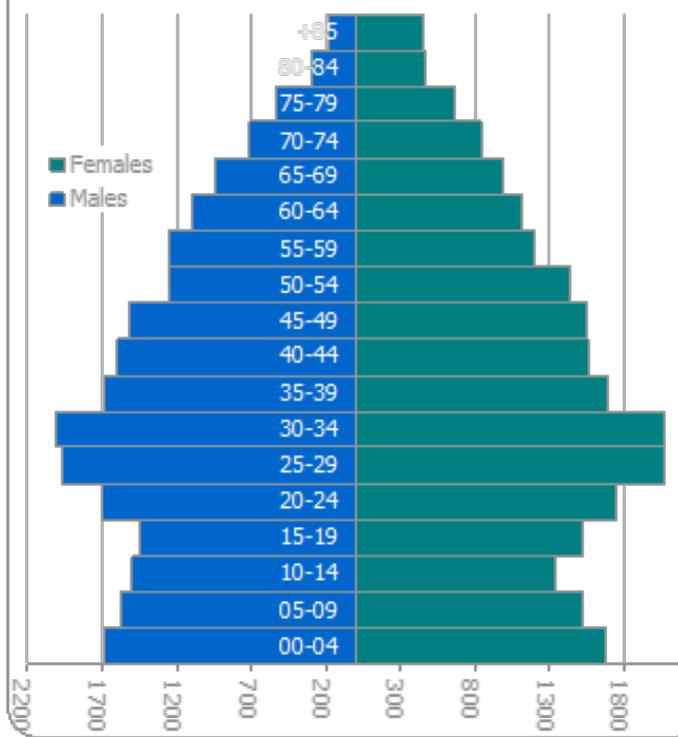
1. Inner City Neighbourhood
2. Larchville/Lisduggan Neighbourhood (aka St. Paul's)
3. Sacred Heart Neighbourhood

Map showing location of Castleblayney

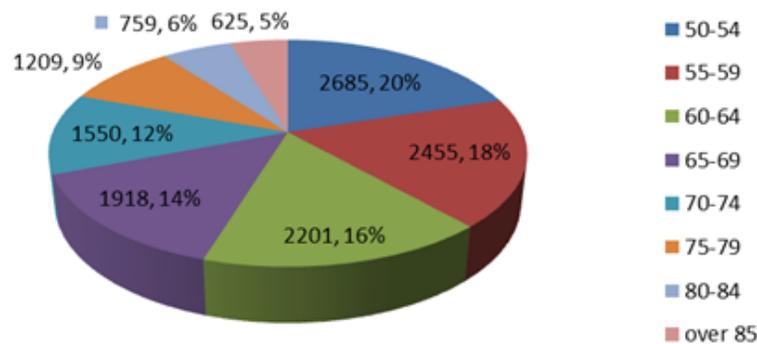


Waterford City

The 2011 population census figure for Waterford City was 46,732 persons representing a relatively unremarkable population increase of 984 persons from the 2006 census figure. For the purposes of this report the population of the cities over 50s population is shown in the pie chart below. 28.7% of the city's population or 13,402 people are over the age of 50, that's almost a third of the city population, this figure is set to increase significantly in the future as the population pyramid below shows. The city as a whole has an old dependency ratio of 13.9% for the City – that is 6,500 people aged 65 years or older.



Waterford City Population by Age Group - 50 years+



Neighbourhood Profile

Inner City

Population - 4,531 (Census 2011) which represents 9.7% of Waterford City's population

Area – 143 hectares - making it physically the smallest neighbourhood in the City.

Electoral Divisions (EDs) - The neighbourhood of Larchville Lisduggan is situated to the direct west of the city centre and comprises the Electoral Divisions (EDs) of Larchville, Lisduggan, Ticor North and Ticor South. The combined area is locally known as St. Paul's community and may be referred to as this in the document, however the official neighbourhood name as designated by Waterford City Council is Larchville Lisduggan. The neighbourhood is in Electoral Area of Waterford City South.

Old Dependency Ratio - There is a high old dependency ratio at 30.0% with 884 aged 65 years or over.

Disability Ratio – - 859 (19.0%) of the neighbourhoods population have a disability.

Larchville and Lisduggan EDs are classified as 'Very Disadvantaged' and as EDs have disimproved the most since 2006.

Topic	City Wide	Larchville/Lisduggan
Population	46,732	4,531
Old Dependency Ratio per area	13.9%	30%
Disability Ratio	9.6%	19%

Alliance Group

The Age Friendly Neighbourhoods initiative in Waterford will form part of the overarching 'Age Friendly Cities' Strategy which is currently being developed for Waterford City with a 5 year strategy expected to be published in 2014.. As part of this Age Friendly Cities initiative an Alliance of members was formed in late 2012 and includes senior member of the public service bodies including the Garda Síochána and the HSE. Also on the Alliance board are members of the Waterford Sports Partnership, the Area Partnership, the Chamber of commerce, the City Forum and the City Council, with the City Manager playing a pivotal role as Chairperson.

Alliance Member	Position	Organisation
Michael Walsh	City Manager	Waterford City Council
Vinnie O Shea	Programme Administrator Sustainable Neighbourhoods Unit Co-ordinator and RAPID Co-ordinator	Waterford City Council
Catherine Power	Community Development/ Capacity Building Co-ordinator	Waterford Area Partnership / Older People's Network
Pat Murphy	Chief Superintendent	An Garda
George Power	Chairman	Waterford City Community Forum
Rosarie Kealy	Sports Coordinator	Waterford Sports Partnership
Richie Dooley	HSE Area Manager	HSE Waterford
Barbara Murphy	Older People Services	HSE Waterford
Kathleen Fitzgerald	Director	Waterford Chamber
Joe Stokes	CEO	Waterford Area Partnership
Debra O Neill	Regional Manager	Ageing Well Network
Susan O'Connor	Regional Chairperson	Active Retirement South East



Steering Group

The Age Friendly Steering Group forms a critical operational role in the development and delivery of the Age Friendly Neighbourhood Programme and are mandated by Waterford's Age Friendly City Alliance. Deliverable outcomes are agreed by the Steering Group and approved by the Alliance following consultation with older people in the neighbourhoods.

While many key stakeholders are common to all neighbourhoods, for example HSE, Sports Partnership who operate on a city wide basis in order to ensure that the distinct issues of each neighbourhood are addressed, each neighbourhood also assigned an individual to the steering group. The following is a list of the members of the central steering group:

1. Barbara Murphy – HSE
2. Pauline Cunningham/Rosarie Kealy – WSP
3. Claire Loughnane – Neighbourhood Officer – Inner city/ Larchville/Lisduggan
4. Susan Scully – Health promotions HSE
5. Susan Murphy – Primary Care manager HSE
6. Eleanor Gaffney – Respond
7. Bridget Roche – Holy Ghost Retirement Home
8. Bernard Dowling-Garda-Inner City



Age Friendly: Vision, Aims & Outcomes

The Vision

The Age Friendly Towns initiative is part of the wider national Age Friendly Counties (AFC) programme, which is currently operational in 18 Local Authorities and is being rolled out nationally. The programme's Vision is 'to make every county in Ireland a great place in which to grow old'.

Age Friendly Outcomes for Older Adults

Nine outcomes have been identified as being important components to creating an Age Friendly Space.

Age friendly refers to a place where all of us as we age can:-

1. Lead healthier & active lives for longer
2. Stay living in our own homes and communities
3. Get to where we need to go, when we need to
4. Be enabled by the built and social environment
5. Feel and be safe at home and out and about
6. Have the information we need to live full lives
7. Be truly valued and respected
8. Participate in social, economic and public life
9. Continue to learn, develop and work



Desk Research and Mapping, Report and Findings

General approach to research the demographics, stakeholders and mapping.

Desk Research:

The initial research for this project was mainly desktop orientated.

Age Friendly Neighbourhood – Area Background Larchville/Lisduggan

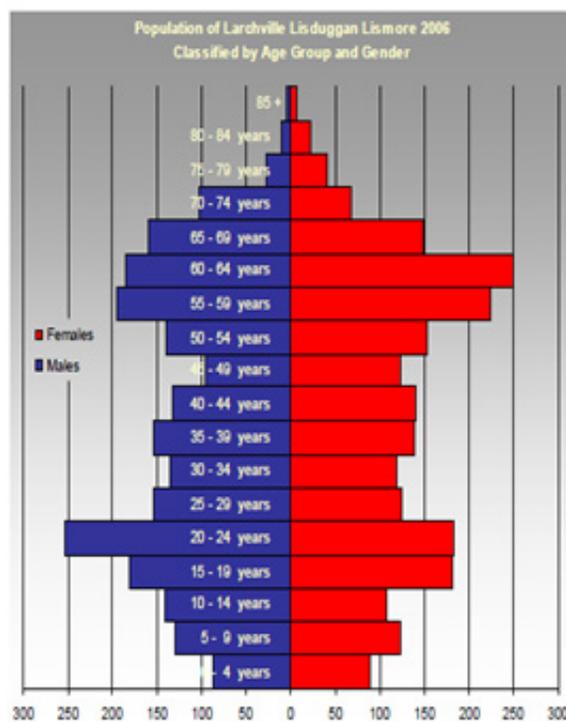
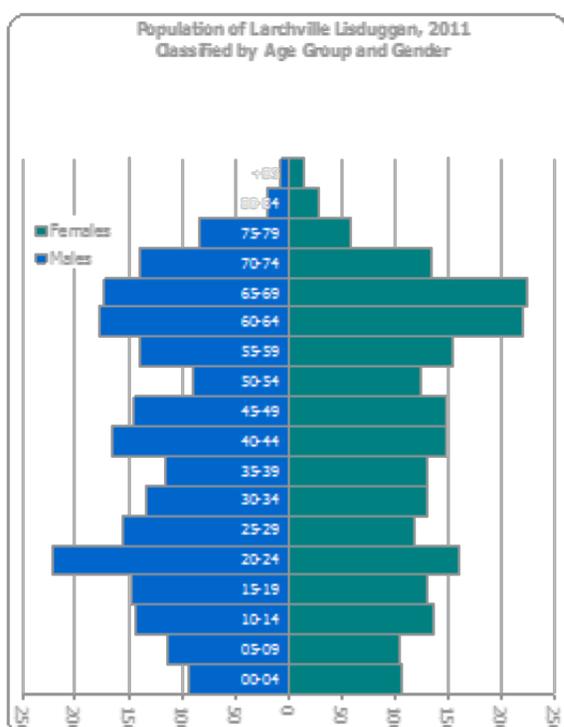
The population pyramids shows the population by age category and gender for Larchville/Lisduggan compared to Waterford City. As is evident from the charts, the population structure in Larchville/Lisduggan is quite different from Waterford City as a whole. Overall, the area continues to have a low young dependency ratio of 23.6% (696 people under the age of 14) which is below the figure for the City of 29.5%.

The contraction at the top of the pyramid, particularly in the 75+ age groups reflects the decrease in the population with increasing age. The old dependency ratio at 30.0% is well in excess of the figure for the City of 13.9% with 884 aged 65+ living in this neighbourhood. This neighbourhood has experienced an increasing old dependency ratio from 18.1% in the 2006 census.

Two EDs in the neighbourhood exhibits different characteristics from the others for example Ticor South has a very low young dependency ratio of only 10.0% and an old dependency ratio of

ratio of 47.3%. Similarly Lisduggan also exhibits a high old dependency ratio of 48.7%.

It is interesting to note that the results of the Census 2011 show that 36.5% of the population over 65 years are considered to have a disability of some sort, this is 323 older people, an increase of 164 since the 2006 census.



Population Pyramids – Census 2011 and 2006

Persons with a disability by Age Group 2006 & 2011

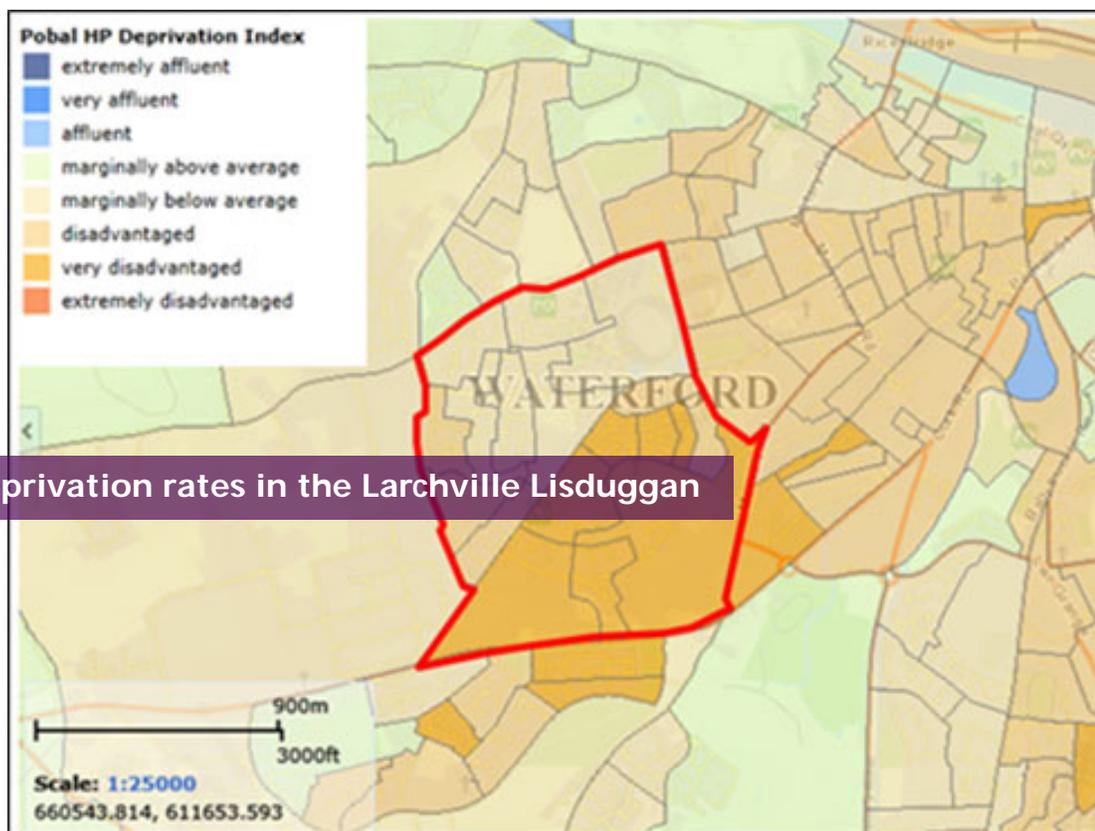
	2011	2006		
Age	No with a Disability	Population	% of Pop	No with a Disability
0-14	44	696	6.3%	26
15-24	52	860	7.9%	32
25-44	150	1092	13.7%	91
45-64	290	1199	24.2%	247
65+	323	884	36.5%	164
Total	859	4531	19.0%	560

A total of 859 people had a disability in April 2011 accounting for 19.0% of the population in the neighbourhood. The rates of disability increased with age and there was a significant increase in the numbers (53.4%) reporting they had a disability in comparison to 2006 .

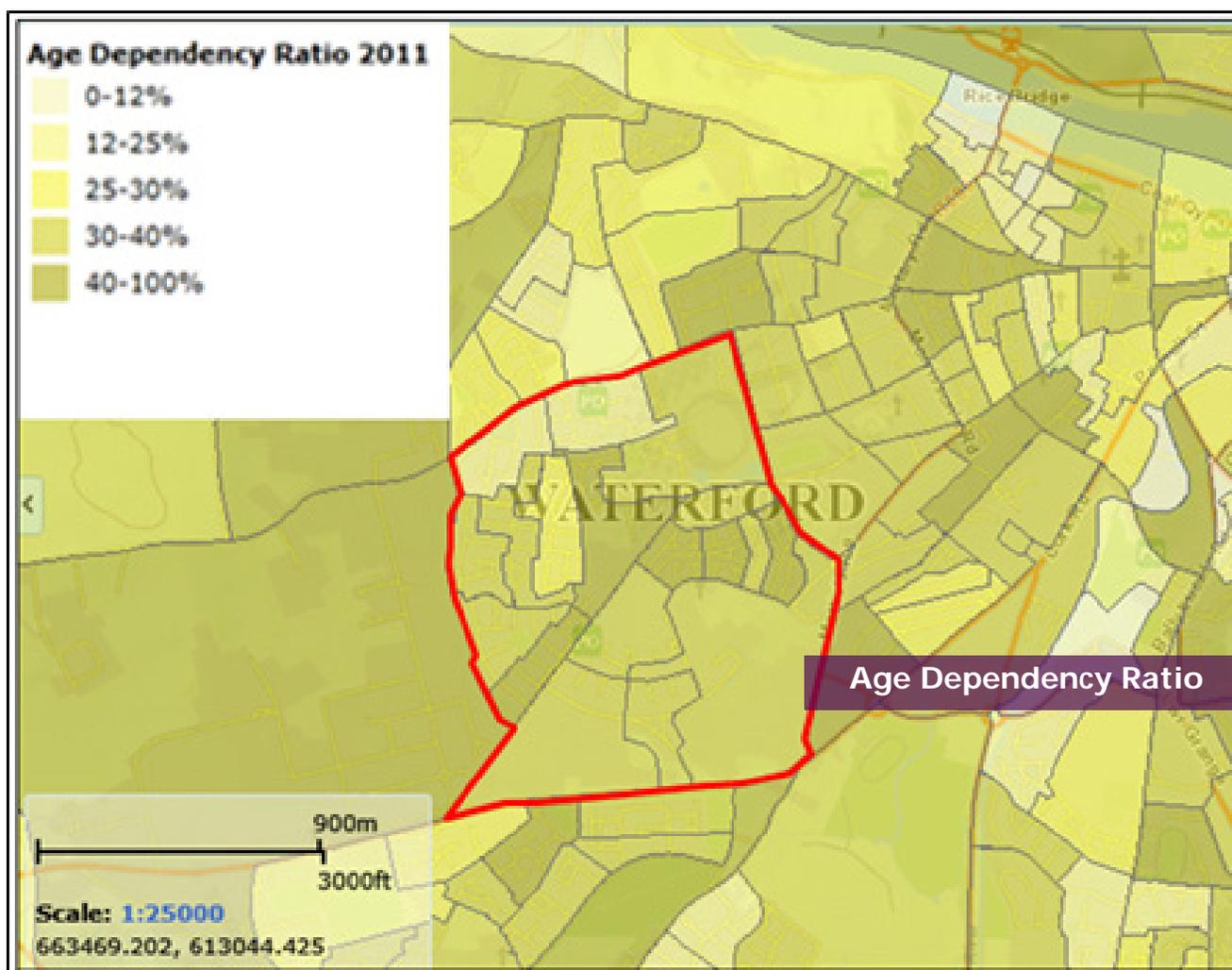
Persons with a disability by Age Group 2006 & 2011

Hours	Males	Females	Total 2011	2006
1-14 hours (up to 2 hours a day)	33	43	76	108
15-28 hours (between 2 and 4 hours a day)	15	22	37	19
29-42 hours (between 4 and 6 hours a day)	8	12	20	20
43+ hours (6 or more hours a day)	14	32	46	44
Not Stated	15	17	32	-

The table above shows the number of men and women who were carers and the number of hours per week spent caring. The results show a small increase in the numbers involved in caring (10.5%) and also that female carers continue to outnumber male carers.



In Waterford City, Ticor South and The Glen had the highest Absolute HP Index in 2011 at -14.8 and -12.1 respectively. Bilberry at 1.3 had the highest Absolute HP Index Score. When considering changes since 2006, Larchville (-29.1) and Lisduggan (-28.5) have disimproved the most in the city since 2006. The Relative Index Score shows that two EDs in Waterford are classified as 'Very Disadvantaged' – Larchville and Lisduggan.



The old dependency ratio at 30.0% is well in excess of the figure for the City of 19.3% with 884 aged 65+ living in this neighbourhood. This neighbourhood has experienced an increasing old dependency ratio from 18.1% in the 2006 census. Ticor South in isolation exhibits different characteristics with a young dependency ratio of only 10.0% and an old dependency ratio of 47.3%. Similarly Lisduggan also exhibits a high old dependency ratio of 48.7%.

Consultation

Consultation Methodology in Developing the Lisdugan/Age Friendly Strategy

The consultation process has four main constituents:

1. Consultation / Active Listening Workshops with Older People
2. Walkability Audit
3. Core Outcomes Survey
4. Stakeholder Interviews

Deliverables when agreed in consultation with steering groups and directed by Alliance. The following will explain the process under the consultation methods outlined above:-

Round Table Consultation





Public Consultation

As part of the public consultations for the Larchville/Lisduggan the Active Listening Workshop was based on the nine core outcomes based on the Ageing Well Networks planning process, but also allowed for individual issues to be explored. Each of the workshops were organised as a round table discussion using group sizes as small as 4 people to as many as 10 people at some of the venues. Each table was supported in the discussion by a group facilitator and a group recorder.

In May of 2013 a public consultation/active listening workshop was held in St Paul's Parish Hall in the Larchville/Lisduggan area. In total 24 people attended the consultation ;(13 male and 11 females). The main aim of consulting in the area was to get as close to the community as possible and make venues accessible for local people to attend.

Consolidation of the workshop findings highlighted the common three emerging themes from each table or group.

Older people are supported to be “out and about” by the built and social environment

Support to socialise and access public buildings and community amenities is contingent on a safe ,comfortable and accessible community. Examples of desirable improvements included safety for pedestrians ensuring drivers do not park on footpaths, providing more bus stops and timetables and an adequate amount of seating in numerous areas needs to be provided.

Older People are able to get where they need to go when they need to go

Accessible, affordable transport or having facilities within communities is a critical component of an age friendly neighbourhood. Examples to support this outcome are the provision of good infrastructure, services and ease of access including access to information about transport services.

Older people lead healthier and active lives for longer

Remaining active and healthy supported by community supports ageing in place. An essential aspect of this outcome is the delivers of more social events and classes, offering support to lonely and vulnerable older people. The provision of allotments to keep older people active and

Core Outcome Survey

The Baseline Survey was distributed at active listening workshops and while engaging with older people's groups and organisations. Participants in the survey were advised of the process and the WHO framework being used.

These surveys were also used as a mechanism to gather the views and thoughts of the older people of the Larchville Lisduggan and to ensure that older people have a strong sense that their views will influence the final strategy. It was also outlined that a crucial part of age friendly practices is the support and involvement of the community.

A total of 21 surveys were completed by older people in the Larchville Lisduggan neighbourhood. Each question of the survey had to be rated with agreement rated from (10) "extremely satisfied" to (1) "extremely dissatisfied". The results of these surveys were then entered into the Survey Monkey Programme. These results were then analyzed and the following paragraphs summarise the findings.

Out of the 21 surveys that were completed, 7 were male and 14 were female. 85% of the surveys completed were completed by older people between the age of 65 and 80. The three outcomes chosen from a possible 9 were:

1. Older people are able to get where they want to go, when they want to go. 20% (4 people) were (4) "A little Dissatisfied" with this statement.
2. Older People are supported to be out and about by their built and social environment. 19% (5 people) were (5) "Neither Satisfied nor Dissatisfied" with this statement.

3. Older People feel and are safe at home and out and about. 14.3% (3 people) were “Very dissatisfied”, “A little Dissatisfied”, “Neither Dissatisfied nor Satisfied” (9 people altogether) with this statement.

The second last question of the survey asked the respondents to identify the top three things they do well in their neighbourhood. The most common answers related to activities and social gatherings available, great community spirit and great neighbours.

The last question asked the respondents to list the top three improvements recommended to make their neighbourhood more age friendly

The most common emerging themes were:-

1. More Garda Presence and security needed
2. The need for a friendship and support group
3. Roads and footpaths need repair and upgrading



The Walkability Audit

Walkability Audits were completed on the physical streetscape for the main routes within each of the three neighbourhoods.

Summary of Walkability Audit Findings

(See Appendix One for images and full report of the Walkability Audit in the Inner City.)

A total of 5 participants took part in the Walkability audit in the Larchville/Lisduggan area of Waterford city. The volunteers taking part were sourced locally so as to ensure accurate/appropriate findings were recorded. The volunteers were briefed on the purpose of undertaking the audit and the importance of highlighting the positive and potential areas for improvement in these neighbourhoods. The volunteers completed the "How Age Friendly Is Your Town" survey whilst on the walk and a camera was used to assist in identifying and capturing the issues.

A Summary of positive findings from the two Walkability audits in the Larchville/Lisduggan area:

- Facilities are generally accessible in the area.

- Most footpaths have ramped access
- People feel safe walking the route during the day
- Residents association keep Belvedere Road well
- Good connections generally between Tesco and main older neighbourhoods

Summary of the most common issues that arose from the Walkability Audit in the Inner City neighbourhood:

- Many footpaths are in need of repair as there are cracks and weeds present and as a result of this older people find some parts difficult to negotiate (Paddy Brown's Road Larchville needs attention and also the Mass path from Skibbereen Road to Brownes Road/Belveder Road have issues with over grown vegetation)
- Cars' park illegally at the junction near the church

- Additional parking spaces needed outside doctor's surgery and primary care centre
- Timing on the pedestrian crossing needs to be reviewed
- There is a demand for seating at the top of Belvadere Drive (near the Grotto), Arbour Road and Manor Lawn junction and Church Road.
- The issue of litter is a problem in the Larchville/Lisduggan as dog fouling, abandoned trolleys and lack of bins on routes seemed to be a common theme.
- Lighting is need on Church Road and Oak Terrace as the lights on these streets were removed and have not been replaced. People do not feel safe walking in this area at night time.

Stakeholders Interviews

Based on the initial desk research and as advised by the programme the main Service Providers within Larchville and Lisduggan were identified. Interviews were carried out on an individual basis. Each interview followed the same format, in terms of the questions asked, which are as follows:

1. What services are provided?
2. What currently makes Larchville and Lisduggan an Age Friendly place?
3. What other services could be provided?
4. Of the nine National Outcomes rank them from 1 to 9, 1 being of significant importance and nine being of less importance.

These interviews and the findings were all taken into consideration in the writings of this report.



Results of Consultation

Priority Outcomes, Recommendations and Next Steps

The following sets out a number of recommendations, which came directly from our consultation with older people and from carrying out the walkability surveys. We captured both the priority issues raised by individuals as well as recommendations they put forward to address these concerns. From an implementation perspective, we have divided these recommendations into short, medium and long term actions.

1 Built and Social Environment

The following recommendations came directly from the various consultations during Age Friendly Towns Initiative.

The Areas For Action

Lighting, Seating, Pavements, Walk Areas, Signage, Planning, Toilets

“ More seats could be provided in the area ”

“ There are footpath issues in the area and they are a hazard ”

Key Objectives

Medium to Long Term

The introduction of more seating in specific areas

There is not enough seating provided in the area. Seating is needed at the grotto and there is also a lack of bins in the area. Footpaths also have cracks due to weeds.

Key Organisations: Vinny O'Shea, Waterford City Council

2 Social, Economic and Public Life

The following recommendations came directly from the various consultations during Age Friendly Towns Initiative.

Aim at County Level:

Increase opportunities for older people to participate in their communities and promote

“
We need to get more people
out and about
”

“
It's all about the internet, not enough
people can access the internet or want
it
”

Key Objectives

Medium Term

Increase the level of awareness within the older community in relation to what the town has to offer

There is a need to establish a communication source for activities available in the area-notice board needs to be erected.

Key Organisations; Citizens information Centre, St. Pauls Parish Hall

3 Safe at Home and Out and About

The following recommendations came directly from the various consultations during Age Friendly Towns Initiative.

The Areas For Action

Put the person at the Centre of Community Support and Health Services.

“There is a fear of crime in the area and people never see a guard anymore”

“Guards need to enforce nuisance laws we need to see Guards in the community”

Key Objectives

Short to Medium Term

To make older people feel safer in their own homes

There are safety issues in the area, there needs to be more lighting on roads as some have been removed. There is a demand for frequent safety talks from Gardai. There is also antisocial behaviour taking place on greens.

Key Organisations; Waterford City Council, Joanne O'Mahoney-Larchville/Lisduggan Community Garda

4 Truly Valued and Respected

The following recommendations came directly from the various consultations during Age Friendly Towns Initiative.

The Areas For Action

Consultation, Visibility, Changing Attitudes, Intergenerational Programmes through Education

“

Some activities are expensive, a centre to drop in like a social club would be great

”

“

Sometimes it's hard to know what's going on and you need money

”

Key Objectives

Medium Term

An intergenerational programme needs to be established

Issues are arising between student population and older residents. It is important that students and residents come together to foster more respect. Talks should be given in the college to promote awareness and activities during rag week such as cleaning and grass cutting would be beneficial for young, older and charities.

Key Organisations; Waterford City Council, Waterford Area Partnership



Next Steps

The next steps for the process in Larchville Lisduggan are to implement all, if not most of the actions identified in the project to ensure enhancement of the quality of life for older people and the entire community of the Larchville Lisduggan.

Any actions for Larchville Lisduggan that are not completed under the Age Friendly Neighbourhood initiative will be handed over to the Waterford Age Friendly City Alliance. This will ensure the continuation of work with the key organisations (as listed in the actions) to implement the actions identified within this strategy.





Support and Approval Achieved

A presentation on the work that has been done in Larchville and Lisduggan in Waterford was made to the City Council last May and was since updated to the City Manager and the Alliance on the 24th of September at the Alliance meeting.

A “Building Age Friendly Towns” seminar, will take place on 16th December 2013 at Limerick City Council. The seminar is aimed at those involved in planning across local government, the health services, police, business, research and civil society. The focus is on how collaborative planning involving key stakeholder groups can improve the quality of life of older adults and make our towns and neighbourhoods great places in which to grow old. A recognition ceremony will take place, during which Larchville and Lisduggan will receive an Age Friendly Neighbourhood Certificate.



Strategy

