

COVID-19 Age Friendly Ireland Daily Update **26 June 2020**

National Updates



Be Responsible. Be Safe.
Revised Roadmap for Reopening Ireland

COVID-19 is still having a major impact on Ireland. However, the expert advice is that progress on reopening the virus, due to the huge effort of our citizens, means we can now bring forward our reopening roadmap.

As we continue to make the country safer and all guided by scientific evidence and public health advice, it is vital that we continue to work together to ensure the personal responsibility and your own judgement are never separated from ours.

It is all vital to continue to do everything possible to avoid the health system being overwhelmed and to ensure the progress of the disease is under control. Continuing to adhere to public health advice will ensure we can continue to move forward in the remaining phases.

Here are four things you should know:

- Public Health Advice:** Stay at home, avoid public places, avoid public transport, avoid social gatherings, avoid travel, avoid the workplace, avoid the shops.
- Limiting our social interactions:** Limiting our social interactions is essential to controlling the spread of the virus. We must continue to do this, with your judgement and responsibility.
- Phase 3:** In order to come into Phase 3, the Government will need to see that the health system is not overwhelmed and that the public health advice is being followed.
- When businesses are reopening:** When businesses are reopening, they must be able to do so in a way that is safe for all. Businesses should see this as their duty to the public and to their employees.

Phase 3 - Commencing 29th July
Phase 4 - Commencing 20th July

All details are now available at gov.ie/roadmap

Riailtas na hÉireann
Government of Ireland

Government confirms that it is safe to proceed to Phase 3 of the Roadmap for Reopening Business and Society

Yesterday evening the Government confirmed that it is safe for Ireland to proceed to Phase 3 of the Roadmap for Reopening Business and Society from this Monday, June 29th.

As our country is reopened in a controlled, measured way personal responsibility will be more important than ever. We must maintain physical distancing to the greatest extent possible, for as much time as possible, to prevent the spread of infection. To help keep infection levels low, face coverings will be mandatory on public transport and should also be worn in shops and other places where social distancing is difficult. A wide range of businesses and services can now open or recommence from Monday. Read more [here](#)



Rialtas na hÉireann
Government of Ireland

HSE
Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive

Wellbeing 'In This Together'

The joint Department of Health, Healthy Ireland and HSE campaign continues to give mental health and wellbeing advice across the country and local authorities, through Healthy Ireland, are also rolling it out on a regional basis.

New videos covering the following topics have been added [here](#):

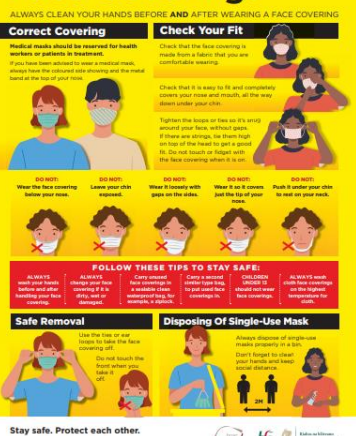
1. Positive Posture while working from home: Anna O'Brien, Senior Physiotherapist, HSE
2. Tips for quitting smoking: Miriam O'Shea, Smoking Cessation Officer, HSE

Stay Safe. Protect each other. Wear a face covering.

Everyone in Ireland has helped to reduce the spread of COVID-19 and worked together in difficult circumstances to save many lives. Now that our services and communities are re-opening, we all want to stay safe and keep protecting each other from coronavirus. We do this by cleaning our hands, social distancing and covering sneezes and coughs.

We can also do this by wearing a face covering. Face coverings help prevent people who don't know they have the virus from spreading it to others. They should be worn anywhere it's difficult to stay 2m apart, like shops or public transport, or when visiting anyone who is more at risk. This includes people aged over 70, or people who are medically

How to use Face Coverings



vulnerable. Wear a face covering to show your support for others, and to help in our fight against coronavirus.

Listen to the [radio ad here](#). You can find information on face coverings [here](#). You can download the poster on how to use face coverings [here](#) with a high resolution version available [here](#).

Visits to Residential Care Facilities During the COVID-19 Pandemic
 You can find information from the HSE Health Protection Surveillance Centre (HPSC) on visiting people who live in residential care facilities during the COVID-19 pandemic from 15 June 2020 [here](#).

Visitors at Home During the COVID-19 Pandemic
 You can find information from the HSE Health Protection Surveillance Centre (HPSC) on visitors at home [here](#).

Family Carers Ireland
 Family Carers Ireland is running a virtual Carers' Coffee Club for family carers every Thursday from 11am to 11:30am where health and wellbeing experts offer support and advice and take questions via Facebook Live. There is no need to register and those wishing to join in should simply visit facebook.com/familycarers on Thursdays at 11am. All previous sessions can be viewed at facebook.com/familycarers/live. For more information on this initiative or for general support please contact the Freephone National Careline 1800 24 07 24.

HSE Translated COVID-19 Resources
 Since March 2020, the HSE has been working to make public health advice accessible to many groups of people, with different abilities and needs, and from varied communities. To date, these resources have been downloaded more than 27,000 times and the public health information has been translated into 27 languages other than English and Irish. These languages include Albanian, Arabic, Bulgarian, Simplified Chinese, Czech, Farsi, French, Georgian, German, Greek, Hindi, Hungarian, Italian, Kurdish, Latvian, Lithuanian, Pashto, Polish, Portuguese, Romanian, Russian, Slovak, Somali, Spanish, Tigrinya, Urdu and Yoruba. You can find the most up to date translated information resources for COVID-19 including the latest 'Stay Safe, Protect Each Other' posters [here](#).

You can find a COVID-19: Important information for the Roma Community video [here](#).

The HSE's National Social Inclusion office has a COVID-19 Migrant Health resources [page](#), which includes videos in various languages and further specific [translated resources](#).

Other Translated Resources
 The COVID-19 World Service is a joint initiative of Nasc and Together Ireland. Over 20 doctors and other healthcare professionals from around the world, but living and working in Ireland, developed video messages aimed at providing up-to-date and accurate public health

 	<p>information in a range of languages. These videos have recently been updated and can be found at: https://nascireland.org/covid-19-world-service.</p> <p>COVID-19 Deaf and Hard of Hearing Communications Resources For people who are Deaf or Hard of Hearing, communicating in a health setting such as a busy clinic or ward situation can be difficult. The COVID-19 pandemic and the necessity for many healthcare staff to wear face masks have made communication even more difficult, especially for people who may rely on lip-reading. It is recommended that face masks be removed at social distance to facilitate lip reading where required. A transparent visor should also be considered as an option. The Irish Deaf Society and Chime, in partnership with the HSE, have prepared resources for use by Healthcare workers and people who are Deaf or Hard of Hearing. These can be found here and include guidelines for staff, communication supports and videos in Irish Sign Language.</p> <p>Return to Services Plans for a phased restart of the HSE’s screening programmes have been announced, with Cervical Check and Diabetic Retina Screen programmes restarting in July followed by Breast Check and Bowel Screen in September/October. The programmes were paused in March 2020 on Public Health advice due to COVID-19. Invitations and reminders for people who are now overdue screening will be sent on a phased basis, in line with programme prioritisation. Screening will look different with protective measures in place to protect both participants and staff. For more information and advice, visit: www.screeningservice.ie</p>
	<p>Understand Together Tip Sheets</p> <p>Are you thinking about how best to support a person with dementia to continue to avail of your services and participate in community life? Dementia: Understand Together has created tip sheets for businesses, arts and cultural facilities, emergency services, transport providers and other community-based organisations to support them in making their services and premises dementia inclusive. These guides can be ordered free of charge here</p>

Local Updates




Loughan House Open Centre donating more flowers & plants

Cavan County Council are delighted that Loughan House Open Centre have contacted them to donate flowers and plants from its horticultural facility for distribution to older people and local communities throughout the county. Cavan Civil Defence delivered the flowers to older and vulnerable people across the county while delivering food parcels and meals on wheels. Loughan House donated a second batch of flowers to the Dementia Friendly Garden at the Cavan Day Care Centre on Cathedral Road in Cavan Town. The picture shows Cavan Civil Defence personnel delivering the flowers to the garden last week.



Carole Beattie and Carol Davis from the Cavan Branch of the Alzheimer's Association of Ireland are pictured accepting the flowers. Mr Mark Lydon, Governor Loughan House and Mr Simon Duffy, Chief Officer, Loughan House expressed their delight in being able to support such a worthy initiative and have requested photographs of the garden in full bloom. Members of Cavan Alzheimer's Association expressed their heartfelt appreciation on the kind gesture and have promised to send photographs and to invite representatives from Loughan House to visit the garden in the near future. What a lovely initiative well done to everyone involved.



JOIN US ON TUESDAY JUNE 30TH AT 7PM

Glasnevin Virtual Cafe

Guest Speaker: Bex Townley
Topic: Make Movement Your Mission

Email: glasnevinvirtualcafe@alzheimer.ie for the link

Glasnevin Alzheimers Virtual Café

Start Time: 7pm on Tuesday 30th of June 2020

This Café's Guest Speaker will be: Bex Townley. She is an exercise specialist of 30 years and Director and Tutor for Later Life Training who train and educate healthcare professionals in physical activity and exercise. She will speak on the topic: "Make Movement your Mission".

Café Meeting Link: <https://meet.google.com/wqs-rmpm-xnu>

If you would like to receive a reminder text a short time before each ASI Virtual Café begins, you can email glasnevinvirtualcafe@alzheimer.ie with your mobile number and they will contact you on the day.

For further details on how to access the meeting using Google Meet click [here](#)



Galway County – In This Together

Galway County Council, through its Age Friendly Programme and Healthy Ireland Programme, produced the "[Galway County - In this Together](#)" booklet as part of Resource Packs for older/vulnerable people who have been cocooning and receiving practical supports through Groups signed up to the Community Call. The focus of these packs was based on the Government's "In This Together" Campaign and includes items on positive mental wellbeing, staying active and staying connected. Galway County PPN have included a "[Memories on a Postcard](#)" competition so if have a story to tell about your experiences during this unique time in our history, be it a letter, poem, short story or even a song, complete the form and submit your entry to be in with a chance to win a prize. The [Big Galway Heritage Quiz](#) offers an opportunity to test your knowledge of Galway's Heritage and also win some prizes! Tell a story about your online experience and why you would like to get 'online', and you could win an Acorn Tablet! An Garda Síochana, the Community Response Forum and Community Group Volunteers have distributed the packs to the older and vulnerable people across Galway County.



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 Information is one thing we can share right now!

International Updates



Introducing the International Conference on Integrated Care (ICIC) 20 Virtual Conference taking place over 4 days in September 2020!

Introducing the ICIC20 Virtual Conference taking place over 4 days in September 2020. The ICIC20 Virtual Conference is a relaunch of the 20th International Conference on Integrated Care that was due to take place in Šibenik, Croatia in April. The new edition will take place as a virtual offer bringing over 150 hours of digital integrated care content presented through the innovative Events OnAir portal. This is an exciting new platform that allows a broad range of interactive experiences to rival any physical event. The ICIC20 Virtual Conference will allow connection from anywhere in the world, removing the cost and time associated barriers involved in attending the physical conference. For full event details and information on how to attend click [here](#)



Global Survey: Coping with Loneliness & Social Isolation During COVID-19

Prof. Iracema Leroi, Trinity College Dublin (TCD), is investigating loneliness & social isolation during the COVID-19 pandemic, through an online survey. It's part of a larger global survey led by Prof. Roger O'Sullivan of the Institute of Public Health, University of Ulster. The survey is open to anyone in the world once they are over 18 yrs. old and have access to the internet, and is available in the following languages: English, French, Spanish, Greek, Brazilian Portuguese, Arabic and Finnish. The Research Team in TCD have added in specific questions relevant to family carers of those with dementia and we want to try and get as many carers completing the survey as possible.

The survey can be found here:

https://survey.qualtrics.com/jfe/form/SV_9BLcIcWrL47EdT

Documentation on the survey available at:

www.publichealth.ie/clic

Important Tips

Always have your **Eircode** close by in case of emergency. You can find your Eircode [here](#)

Perhaps keep a **daily diary** to record the people you are in contact with every day, so if you develop symptoms it will be easier to trace them

Coronavirus COVID-19



If you have fever and/or cough you should stay at home regardless of your travel or contact history.

If you have returned from an area that is subject to travel restrictions due to COVID-19 you should restrict your movement for 14 days. Check the list of affected areas on [www.hse.ie](#)

How to Prevent



Wash

your hands well and often to avoid contamination

Cover

your mouth and nose with a tissue or sleeve when coughing or sneezing and discard used tissue

Avoid

touching eyes, nose or mouth with unwashed hands

Clean

and disinfect frequently touched objects and surfaces

Stop

shaking hands or hugging when saying hello or greeting other people

Distance

yourself at least 2 metres (6 feet) away from other people, especially those who might be unwell

All people are advised to:

- > **Reduce** social interactions
- > **Keep a distance** of 2m between you and other people
- > **Do not** shake hands or make close contact where possible

If you have symptoms visit [hse.ie](#) OR phone HSE Live **1850 24 1850**

Symptoms

- > Fever (High Temperature) > A Cough > Shortness of Breath > Breathing Difficulties

For daily updates visit

[www.gov.ie/health/covid-19](#)
[www.hse.ie](#)

trablaí spéisiúla a chomhoibriú le do pháirtí



Rialtas na hÉireann
Government of Ireland

Useful Contacts

Age Friendly Ireland Shared Service Office T: 046 9097413 E: rleavy@meathcoco.ie

HSE Advice Line: Callsave 1850 24 1850

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

The following is the list of each **Local Authority's Helpline phone numbers**

Local Authority

Carlow County Council
Cavan County Council
Clare County Council
Cork City Council
Cork County Council
Donegal County Council
Dublin City Council
DLR County Council
Fingal County Council
Galway City Council
Galway County Council
Kerry County Council
Kildare County Council
Kilkenny County Council
Laois County Council
Leitrim County Council
Limerick City and County Council
Longford County Council
Louth County Council
Mayo County Council
Meath County Council
Monaghan County Council
Offaly County Council

Community Response Number

1800 814 300
1800 300 404
1800 203 600
1800 222 226
1800 805 819
1800 928 982
01 222 8555
1800 804 535
1800 459 059
1800 400 150
1800 928 894
1800 807 009
1800 300 174
1800 500 000
1800 832 010
1800 852 389
1800 832 005
1800 300 122
1800 805 817
094 906 4660
1800 808 809
1800 804 158
1800 818 181

Roscommon County Council	1800 200 727
Sligo County Council	1800 292 765
South Dublin County Council	1800 240519
Tipperary County Council	076 106 5000
Waterford City and County Council	1800 250 185
Westmeath County Council	1800 805 816
Wexford County Council	053 919 6000
Wicklow County Council	1800 868 399