

National Updates



Rialtas na hÉireann  
Government of Ireland



Feidhmeannacht na Seirbhíse Sláinte  
Health Service Executive

**Public Health Measures**

The special health measures that were in place in [Kildare were lifted](#) on the 31st August. We are, however, still experiencing some increases in the rate of COVID around the country. Advice and restrictions are continuously being reviewed with recommendations being made by NPHET and the Government. These measures aim to protect our priorities – caring for vulnerable people, keeping health services open and getting children back to education. You can view the latest national public health measures [here](#).

**Protecting your Child from COVID-19**

COVID-19 can affect children as well as adults, but cases of coronavirus are much less common in children. Children generally get a milder infection than adults or older people. Often, they have no symptoms. Children have rarely been the person who brought coronavirus into a household when household spread has happened. They are less likely than adults to spread infection to other people. You can find out more about protecting your child from coronavirus [here](#).

For more information and resources for schools and parents, please see: [www.gov.ie/backtoschool](http://www.gov.ie/backtoschool)

For more information on protecting your child from COVID-19, please see: [www.gov.ie/adviceforparents](http://www.gov.ie/adviceforparents)

[COVID-19 Poster: Advice for entering GP surgery](#)

[COVID-19 Poster: Advice for entering pharmacy](#)

**COVID-19 Video for Members of the Roma Community**

A new [video](#) has been made for members of the Roma Community explaining what to do if travelling into Ireland from another country.

**New Emergency Card Scheme for Family Carers**

Family Carers Ireland (FCI), in partnership with An Garda Síochána, the National Ambulance Service Community First Responder Schemes, The Irish Red Cross and The Order of Malta has developed a new Emergency Card Scheme for family carers. If a family carer is involved in an accident, has an unplanned hospital admission or is suddenly taken ill, there is a risk that the person who needs their care and support could be left at home alone and uncared for. The Emergency Card Scheme (free to family carers with access to a 24/7 emergency helpline) is intended to give peace of mind to family carers as well as

	<p>ensuring that the person they care for remains safe in such emergencies. It involves completion of an Emergency Care plan by the family carer including nominating two people (family members/friends) to take over their caring role in such an emergency and the issuing by FCI of an Emergency Card to family carers who sign up to the scheme. Where a family carer cannot nominate two people or where their nominated person cannot be reached in the event of an emergency then FCI will link with other agencies/service providers and/or emergency services to ensure a care plan is put in place for the cared for person.</p> <p>To download the Emergency Care Plan please click on the following link: <a href="https://familycarers.ie/media/1986/family-carers-ireland-emergency-plan.pdf">https://familycarers.ie/media/1986/family-carers-ireland-emergency-plan.pdf</a> or for more details on the scheme please go to <a href="http://www.familycarers.ie">www.familycarers.ie</a> or call Family Carer’s Ireland Freephone Careline <b>1800 24 07 24</b>. The scheme is kindly supported by Irish Life and the dormant accounts fund.</p>
	<p><b>Winter festivities ‘not cancelled’ due to COVID-19</b></p> <p>The National Public Health Emergency Team (NPHET), has insisted that upcoming festivities around Halloween and Christmas have not been cancelled due to COVID-19 public health measures. Acting Chief Medical Officer Dr Ronan Glynn has said that while NPHET will likely give some “specific messages” about issues like safe socialising and trick-or-treating closer to the time, he gave assurances that NPHET has not “said anything about cancelling Halloween, or Christmas.” “I think the vast majority of people,” he said, “know what they need to do to keep themselves safe, and I’m sure as it comes closer to the time we can give some specific messages to help people socialise and do things safely around that time.” Dr Glynn has said he is currently “particularly concerned” on increases in cases in Dublin and Limerick, and has said the next week “is vital,” and that “people really need to cut down their social contacts.” <a href="http://TheJournal.ie">TheJournal.ie</a></p>
	<p><b>Minister for Climate Action welcomes An Post’s Green Hub and their Home Energy Upgrade Partnership with SSE Airtricity</b></p> <p>Minister for Climate Action, Communication Networks and Transport, Eamon Ryan TD welcomed the Green Hub from An Post and their innovative new One Stop Shop offering in partnership with SSE Airtricity.</p> <p>A key feature of the Green Hub (<a href="http://www.anpost.com/green-hub">www.anpost.com/green-hub</a>) is a simple ‘go to’ solution for home energy upgrades. Consumers get access to a free home assessment, affordable finance and an end to end project management service that takes the hassle out of home energy upgrades. An Post have launched this service with SSE Airtricity but have an ambitious roadmap for their one stop shop that will bring together leading partners in the sustainable living space over the coming months and across 2021. Read more <a href="#">here</a></p>



## A message from Dementia: Understand Together | First Virtual Champions' Cafe - September 30<sup>th</sup>

Last year we launched our Champions' Café series, regional get-togethers for local champions, employees and volunteers from our partner networks and individuals who are interested in the campaign. We had wonderful feedback from participants and are delighted to now be hosting our first Virtual Champions' Café. The virtual Café will hopefully give many the opportunity to join us, and until we can meet face to face again, we will reach out to you through these.

**Date:** September 30<sup>th</sup>, 2020

**Time:** 12.30-1.30 pm

September is World Alzheimer Month and this year's theme is "Let's talk about dementia". Talking about dementia is as important as ever, as stigma around dementia is still prevalent. Stigma is a significant barrier for people with dementia in living as well as possible. It can prevent them seeking support and stop others talking to them, excluding them from community life.

The current coronavirus outbreak has been particularly difficult for people living with dementia, their family and friends. Many have been cocooning or staying at home to minimise the risk of contracting COVID-19. To protect people with dementia from COVID-19, some services had to be changed, and they may also have been missing important social connections and activities so crucial for wellbeing.

### **No better time to get together, online, and to listen to**

- o people with dementia and community champions about their experience with dementia
- o the actions we can all take to support a person with dementia in communities, also now during COVID – 19
- o advice from a health care professional on how we can all prepare ourselves for the colder months and stay well.

Places are limited, so please book your place by September 23<sup>rd</sup> through [this link](#). You will receive a confirmation email with log-in details to join the event.



## **Mouth Cancer Awareness Day 16th Sept 2020**

Mouth Cancer Awareness Day (MCAD) takes place on Wednesday 16<sup>th</sup> September and is an annual campaign run by the Mouth Head and Neck Cancer Awareness Ireland Group.

Over 700 cases of mouth, head and neck cancer are diagnosed every year in Ireland, and this figure has been steadily increasing in recent years. While Mouth, Head & Neck Cancer can occur at any age, the majority of mouth cancers are diagnosed in the over 55's, regardless of whether or not they still have their own natural teeth or may be wearing dentures.

This year they are specifically targeting people over the age of 55. They are advising the older population and their carers to be particularly



	<p>mindful of the early signs of mouth cancer and to seek advice and treatment from their dentist or doctor.</p> <p>They are inviting all community and voluntary organisations who work with people over the age of 55 to promote awareness of Mouth cancer on Wednesday 16th September.</p> <p><b>Aims:</b></p> <ol style="list-style-type: none"> <li>1. Promote public and professional awareness of Mouth Head &amp; Neck Cancer.</li> <li>2. Tell people how to reduce the risk of this disease.</li> <li>3. Promote early detection to improve potential outcomes.</li> <li>4. Encourage people to check their mouth.</li> </ol> <p>For more information click <a href="#">here</a> or check out <a href="http://www.mouthcancer.ie">www.mouthcancer.ie</a></p>
	<p><b>Home Instead Senior Care   Alzheimer's and Dementia Care</b></p> <p>As part of World Alzheimer’s Month, an annual international campaign aimed at raising awareness and generating solutions for people living with dementia, Home Instead is hosting two Webinars on Dementia on Friday, September 25<sup>th</sup>, 2020.</p> <p>The Webinars will explore the challenges faced by people living with dementia during the ongoing pandemic, such as their understanding of Covid-19, staying safe, and dealing with the closure of services such as day care centres.</p> <p>The first Webinar runs from 10.30am-11.30am on September 25<sup>th</sup> and is aimed at Health Care Professionals who are working on the frontlines of dementia care, as well as other individuals involved in the provision of dementia care services and supports in Ireland. The second Webinar takes place from 12pm-1pm and is aimed at Family Carers who provide support to loved ones living with dementia, or any other members of the public with an interest in dementia.</p> <p>For more information, click <a href="#">here</a>  To book tickets for Health Care Professionals click <a href="#">here</a>  To book tickets for Family Carers click <a href="#">here</a></p>
	<p><b>European mobility week   September 16th - 22nd</b></p> <p>This year's EUROPEAN MOBILITY WEEK theme is ‘Zero-emission mobility for all’. The theme reflects the ambitious targets of a carbon-neutral continent by 2050, as laid out by Ursula von der Leyen, President of the European Commission, when presenting the European Green Deal. It also aims to highlight the importance of accessibility to zero-emission transport and promote an inclusive framework involving everyone. Despite the different climatic, geographical and socio-economic conditions across Europe’s urban areas, measures can be taken to promote a carbon-neutral and inclusive urban environment. Therefore, EUROPEANMOBILITYWEEK 2020 encourages people and local authorities to take steps to achieve the long-term goal of a carbon-neutral continent. See further details <a href="#">here</a></p>



**Join us live on Facebook  
Monday 14th  
Wednesday 16th  
and Friday 18th**



**at 11am for  
Age & Opportunity  
Movement Minutes**

#AgeandOpportunity

Sessions can be watched live on their Facebook page [www.facebook.com/ageandopportunity](http://www.facebook.com/ageandopportunity) or afterwards on their YouTube page [www.youtube.com/ageandopportunity](http://www.youtube.com/ageandopportunity) where a playlist of all Movement Minutes sessions to date can be viewed

## Local Updates



### Age Friendly Monaghan | Come back Cocooners

Monaghan County Council's Age Friendly programme is delighted to launch a new Come back Cocooners initiative which is aimed at supporting businesses to increase footfall back to their business and encourage older people who have been cocooning to safely return to shopping in their local towns. Come back Cocooners will run during October 2020.

#### What's Involved:

- Businesses are invited to put in place promotions/events/offers to encourage those who have been cocooning to return to shopping in the town centres
- Come back Cocooners promotional booklet will be distributed to older people in the community and publicised in local media outlets
- Participating businesses will receive Come back Cocooners promotional posters for display

To get involved please contact:  
Bernie Bradley  
Age Friendly Programme Manager  
087 6443332 or [bbradley@monaghancoco.ie](mailto:bbradley@monaghancoco.ie)

# DO YOU WANT TO LEARN HOW TO USE THE LIBRARY ONLINE?

**Borrow eBooks, Audiobooks, e-Magazines and newspapers online and access online courses all for free from your local library.**



Age Friendly Ireland in partnership with Libraries Ireland are running a pilot peer to peer training programme to help people access online library resources.

Those who take part in the pilot will avail of free one-on-one tutoring focused on how to use the library online.

If you are an older person who is interested in taking part please contact [rleavy@meathcoco.ie](mailto:rleavy@meathcoco.ie).

Training will begin on the week of 28th September 2020. Please get in touch as soon as possible as places are limited.



## 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!



### **It's for Your Own Good. By Bob Gilbert.**

This week Bob is back with another excellent poem. This time he is highlighting the very important issue of Elder Abuse and what to look out for.

**Elder abuse is a heinous crime, for it preys on its victims' fears,  
It kills the spirit of its victims – those of advanced years.  
Physical abuse can leave marks that can tell,  
But the victim will usually insist that they fell.  
A teenager steals a twenty from her grandmother's purse,  
When confronted will tease that she's dotting or worse.  
She may be in terror of her son's wife,  
Who scolds and abuses and threatens her life?  
Threats and abuse leave no physical scar,  
But they kill the spirit which is much worse by far.  
An unscrupulous handyman will pay your home a visit,  
But before he can start work, he will seek a deposit.  
Paying up front is exceedingly rash,  
For that's the last you'll see of your handyman or cash.  
But as most abusers are from the family,  
It is much more difficult to break themselves free.  
They will tell the victim it's for their own good,  
The scolding's, the beatings and withholding of food.  
If you speak out will the abuse increase,  
So, you can't tell anyone – not even your priest.  
If the truth became known it would only bring shame,  
And you couldn't do that to the family name.  
One in twenty older people are regularly abused  
By being robbed and scolded and in other ways misused.  
This vicious crime must be stopped – and stopped now,  
And I know that the question that you are asking is how?  
We must learn the signs that should be observed,  
Like fatigue depression and unusually reserved,  
Weight loss, scars and not paying a bill,  
Lethargy, forgetfulness or changing a will.  
Seek professional help if we have suspicion,  
And not put ourselves in an awkward position.  
Let the authorities do what they do best,  
We've done our bit now let them do the rest.  
When we were cocooning were, we being abused?  
If yes, the medics and government all stand accused.  
Some of us were told by all and by our own flesh and blood,  
That cocooning was really for our own good.**

## International Updates



### International Federation on Ageing | Town Hall

The International Federation on Ageing held a Town Hall event called 'COVID-19 and Older People: A Canadian Roadmap to Age-Inclusiveness' earlier today. A recording of this event will be available on the Federation's website <https://ifa.ngo/>



### AARP (American Association of Retired Persons) Equity by Design virtual dialogue series

Register for the AARP [Equity by Design](#) Dialogue Series today! How do we make our built environment, at every scale, a tool for disease prevention and the promotion of wellness for all? Societies across the globe are in the midst of long-term growth in the older adult population. Yet the homes and communities where we live do not even meet current lifespan needs, as they were mostly designed for young, typically abled people. And disparities in the built environment often lead low-income and minority communities to struggle to attain basic health, safety and wellbeing. As we begin to build and renovate our homes and communities in a post-COVID-19 world, we must accelerate the application of an Age Friendly framework that addresses disparities. This means housing and communities everywhere that are safe, affordable, and facilitate multigenerational interaction; meet sensory, emotional, physical, social, behavioural, and health needs across the lifespan; and include appropriate transportation options—enabling every resident to thrive.

Age Friendly Ireland is co-sponsoring this AARP dialogue series of online events from September 2020 to February 2021, featuring built environment leaders from the U.S. and across the globe. Dr. Bill Thomas will moderate conversations with these experts, who will share diverse perspectives on what it will take to [create enabling and equitable housing and multigenerational communities](#).

The Equity by Design series is for policymakers, planners, designers and architects, developers, financiers, academic and real estate professionals, Age Friendly community advocates, and other colleagues interested in making our built environment a tool to support everyone at every stage across increasingly long lifespans. [Register here today](#).

## 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



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

Infected: [www.hse.ie/covid19/infected](#)  
HSE | | [Gaisce na Míreanna](#)  
Government of Ireland

## Useful Contacts

**Age Friendly Ireland Shared Service Office** T: 046 9097413 E: [rleavy@meathcoco.ie](mailto: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  
Roscommon 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  
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