

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

For more information on protecting your child from COVID-19, please see: 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: https://familycarers.ie/media/1986/family-carers-ireland-emergency-plan.pdf or for more details on the scheme please go to www.familycarers.ie or call Family Carer’s Ireland Freephone Careline 1800 24 07 24. The scheme is kindly supported by Irish Life and the dormant accounts fund.</p>
	<p>Winter festivities ‘not cancelled’ due to COVID-19</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.” TheJournal.ie</p>
	<p>Minister for Climate Action welcomes An Post’s Green Hub and their Home Energy Upgrade Partnership with SSE Airtricity</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 (www.anpost.com/green-hub) 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 here</p>



A message from Dementia: Understand Together | First Virtual Champions' Cafe - September 30th

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 30th, 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 23rd 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 16th 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>Aims:</p> <ol style="list-style-type: none"> 1. Promote public and professional awareness of Mouth Head & Neck Cancer. 2. Tell people how to reduce the risk of this disease. 3. Promote early detection to improve potential outcomes. 4. Encourage people to check their mouth. <p>For more information click here or check out www.mouthcancer.ie</p>
	<p>Home Instead Senior Care Alzheimer's and Dementia Care</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 25th, 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 25th 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 here To book tickets for Health Care Professionals click here To book tickets for Family Carers click here</p>
	<p>European mobility week September 16th - 22nd</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 here</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 or afterwards on their YouTube page 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

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.

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 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
www.hse.ie

Infected: <https://twitter.com/COVID19Ireland>
www.facebook.com/COVID19Ireland



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
 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