



## COVID-19 Age Friendly Ireland Weekly Newsletter

25 September 2020

### National Updates



Ríaltas na hÉireann  
Government of Ireland



Feidhmeannacht na Seirbhise Sláinte  
Health Service Executive

#### Public Health Measures

The Government announced on Friday 18<sup>th</sup> September that [the county of Dublin will be placed on Level 3 of the Framework for Restrictive Measures](#). This action is based on a review of the current public health advice and is in response to the deteriorating situation with the virus in Dublin over the past number of weeks. Dublin will remain at Level 3 until 9<sup>th</sup> October, at which point the situation will be reviewed by the Government based on public health advice. The Government has confirmed that further Covid-19 restrictions are to be imposed on Donegal. The county is to move to Level 3 restrictions from midnight tonight. The measures will be in place for three weeks until 16<sup>th</sup> October. The rest of the country remains at Level 2 of the Resilience and Recovery 2020-2021: Plan for Living with COVID-19 available [here](#).

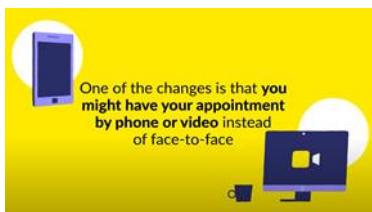
RTÉ News	1	2	3	4	5
Visitors	10 from 3 households	6 from 1, 2 or 3 households	1 other household	None	None
Gatherings	50 outside your home or garden	15 outdoors (max 3 households)	No social or family gatherings	No social or family gatherings	No social or family gatherings
Weddings	100 people can attend	50 people can attend	25 people can attend	6 people can attend	6 people can attend
Indoor events	100/200 depending on size of venue	50/100 depending on size of venue	No indoor gatherings	No indoor gatherings	No indoor gatherings
Sports fixtures	200/500 depending on size of venue	100/200 depending on size of venue	No matches or events (except elite sports)	No matches or events (except elite sports)	No matches or events
Bars, cafes & restaurants	Open with protective measures	Open 6 people from up to 3 households	Open additional restrictions for indoor dining	Open outdoor dining only (max 15 people)	Open takeaway food or delivery only
Wet pubs	Open with protective measures	Open 6 people from up to 3 households	Open additional restrictions	Open outdoor only (max 15 people)	Only takeaway or delivery service

\*Source: Resilience and Recovery 2020-2021: Plan for Living with COVID-19



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## Remote Healthcare

Over the coming months, anyone who has a healthcare appointment may be given the option to have a phone or video consultation instead of attending in person. This [short video](#) helps to explain how this works.



## HSE Winter Plan

The Health Service Executive's Winter Plan, published yesterday, promises 251 extra acute hospital beds this year plus 232 early next year. Aside from the 483 extra acute beds, 89 sub-acute beds will be put in place this year. A sub-acute bed is a lower level bed than an acute bed, often as a midway for a patient not ready to be discharged home yet. There will be 17 extra critical care beds to add to the existing 282 Intensive Care Unit beds. Under the 30-page Winter Plan, approved by the Department of Health, most of the extra €600m in funding is to be provided next year - €200m will be spent this year and €400m next year. The plan covers the period from now up to April 2021. Read more [here](#)



## Green List

Ireland's 'Green List' of countries that people can travel to without restricting their movements on return has been cut further. The revised list, due to take effect next Monday, September 28<sup>th</sup>, is made up of just four countries - Cyprus, Finland, Latvia and Liechtenstein. The list is being updated every Thursday, with changes taking effect the following Monday, as an interim measure until a new European 'traffic light' system for travel is approved.



## Today is 'Make Way Day'

'Make Way Day' is a national public awareness campaign to highlight the issues people with disabilities face getting around their communities. This year due to COVID-19 the campaign has moved online. This year the event is being supported by all 31 Local Authorities in Ireland. Check out their social media ([Facebook](#) & [Twitter](#)) today to see what's going on around the country.





## A message from Age Action | Positive Ageing Week 2020

After the outbreak of COVID-19 affected the health of so many older people across the globe, the United Nations decided that the theme of the International Day of Older People (1st October) this year, would be on the impact of pandemics on how we address age and ageing.

**'2020 has seen the emergence of COVID-19, which has caused upheaval across the world. Considering the higher risks confronted by older persons during the outbreak of pandemics such as COVID-19, policy and programmatic interventions must be targeted towards raising awareness of their special needs' – UN Nations Day for Older Persons**

You can find a list of events happening next week at the following link:

<https://positiveageingweek.com/events/>

To register for any of the events that are being hosted (via Zoom) by Age Action please [CLICK HERE](#)

See more information on Positive Ageing Week Events under the Local Updates section below

**National Dementia Office** Leadership, Integration and Innovation

**Engaging™ Dementia**

Formerly Sonas®apc

**dementia**

understand together

## World Alzheimer Awareness Day | Monday 21<sup>st</sup> September 2020

On Monday the 21<sup>st</sup> of September we celebrated World Alzheimer Awareness Day. The National Dementia Office launched **Young Onset Dementia: A Review of Diagnostic and Post-diagnostic Processes and Pathways**. The report is available to download [here](#).

The HSE National Dementia Office and Engaging Dementia also launched the **Irish Dementia Cafe Network**. This network brings together the 21 existing dementia cafes, across 15 counties. Dr Emer Begley, Senior Project Manager, National Dementia Office said "Dementia Cafes provide people living with dementia and their families with an informal way to meet health care staff and to link in with other families. Having a network of 21 cafes across 15 counties improves the lived experience of people with dementia and their families. I hope by launching the official model for the cafe network and the website [www.dementiacafe.ie](http://www.dementiacafe.ie), we'll encourage other communities to set up a dementia cafe". Dementia cafes are following HSE public health guidelines and are planning a safe re-opening in the coming months; with many going on-line running virtual cafés in the interim. To find out more about joining or setting up a dementia cafe visit [www.dementiacafe.ie](http://www.dementiacafe.ie)

Boots Ireland, a partner of the Dementia: Understand Together campaign has undertaken a significant step in supporting people living with dementia in communities across Ireland by providing training to all staff that will promote a dementia-inclusive environment across its 89 retail and pharmacy outlets. The training module will help staff to identify people with dementia when they visit a store or pharmacy and the ways in which a staff member can facilitate a dementia-inclusive experience for the customer.



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**CCMA**  
Cumann Lucht Bainistiochta Contae agus Cathrach  
County and City Management Association



— 21st September —  
World  
**ALZHEIMER'S**  
Day

Employees of Irish Rail and members of the Irish Dementia Working Group participated in workshops and walked Houston Station to provide feedback and discuss experiences, and the changes that could make a big difference for people with dementia to feel they can travel safely and are supported during their journey.

You can read about both initiatives and watch the Irish Rail video here <https://www.facebook.com/dementiaunderstandtogether/>

### **Dementia: Understand Together – Community Champions' Meet-up**

Dementia: Understand Together are aiming to grow the network of champions across the country. The first Virtual Champions' Meet-up, a get-together for local champions, employees and volunteers from partner networks and individuals who are interested in the campaign, is taking place **September 30th from 12.30-1.30pm**.

They have a fantastic line-up of guest speakers. Places are limited, so please book your place through this link

[https://us02web.zoom.us/webinar/register/WN\\_MnUXcY0JQ8mlnutmkgKNpg](https://us02web.zoom.us/webinar/register/WN_MnUXcY0JQ8mlnutmkgKNpg)



Irish  
Dementia  
Cafe  
Network



### **National Transport Authority | BusConnects: New Dublin Area Bus Network**

The National Transport Authority (NTA) yesterday published a finalised plan of the BusConnects New Dublin Area Bus Network.

**Please note that these plans relate to bus services only and not the Core Bus Corridors projects (bus lanes and cycle lanes/tracks).** The next round of public consultation for the Core Bus Corridors projects will be held later this year.

For the past four years the NTA has engaged in an extensive public consultation process on the redesign of the bus network. Over the course of three separate stages of consultation they received up to 70,000 submissions. This feedback showed what they got right and what needed a rethink. Based on that input, they continuously refined their design and amended their proposals to address many of the issues raised, culminating in the finalised bus network released yesterday. The new network will be implemented on a phased basis over a number of years commencing in 2021. It will take place over 11 phases and is subject to government funding. A comprehensive customer experience programme will be rolled out alongside the implementation of the new network to ensure that the public will be fully informed of all changes to bus services and when they will occur. This process will be supported by proactive engagement with bus users, localised advertising campaigns, public information campaigns and engagement with relevant stakeholders and disability groups.



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	<p>All relevant information about the new network is now available on <a href="http://www.busconnects.ie">www.busconnects.ie</a>, including:</p> <ul style="list-style-type: none"> <li>• A comprehensive and detailed consultation report;</li> <li>• A summary of all the important information relating to the new Dublin area bus network (also available in easy to read format);</li> <li>• 29 local area maps outlining how the new network will look in your locality and</li> <li>• A big picture map giving an overview of the entire network.</li> </ul> <p>Due to restrictions arising from Covid-19, hard copies of the above documents are in limited supply and will only be provided in exceptional circumstances upon request. All documents are also available in HTML, PDF and Audio versions on <a href="http://www.busconnects.ie">www.busconnects.ie</a>.</p>
	<p style="text-align: center;"> <b>We're celebrating European Week of Sport 23rd - 30th of September on Facebook!</b> </p>   <p style="text-align: center;"> <b>Join us for a special week of activity: Monday 28th - Tai Chi Wednesday 30th - Go for Life Games Friday 2nd - Chair Pilates</b> </p> <p style="text-align: center;"> <b>Each session is at 11am.</b> </p> <p style="text-align: right;"> <b>#BEACTIVE</b>  <i>EUROPEAN WEEK OF SPORT</i>  <b>#AgeandOpportunity</b> </p> <p>Sessions can be watched live on their Facebook page <a href="https://www.facebook.com/ageandopportunity">www.facebook.com/ageandopportunity</a> or afterwards on their YouTube page <a href="https://www.youtube.com/ageandopportunity">www.youtube.com/ageandopportunity</a> where a playlist of all Movement Minutes sessions to date can be viewed</p>

## Local Updates



### Regional Positive Ageing Week 2020

From September 28<sup>th</sup> to October 2<sup>nd</sup> Positive Ageing Week Festival is going online across the counties of Carlow, Kilkenny, Tipperary, Waterford and Wexford. This is a regional initiative which is funded by Healthy Ireland and it involves the local authorities across the 5 counties, the HSE, members of the Older Peoples Councils across the 5 counties and it is being led by staff from Tipperary County Council. There are 3 themes to showcase their content over the week encompassing Health and Wellbeing, Information Sessions and Culture and Diversity.

#### Regional Positive Ageing Week 2020



The Healthy Ireland Fund, supported by the Department of Health and the Department of Children and Youth Affairs



They are also encouraging people across the 5 counties to take up the 21 days of walking campaign and to share your pictures on the Positive Ageing Social Media on [Facebook Positive Ageing Week 2020](#) or twitter [@PositiveAgeingW](#) You can also email your photographs to [paw2020@tipperarycoco.ie](mailto:paw2020@tipperarycoco.ie) and in the next few months they will showcase some of this imagery across the library network in the 5 counties. For more information and the full list of online events click [here](#)

Positive Ageing Week (PAW) is an Age Action Ireland initiative. The focus is on community-based events, organised by groups and individuals throughout Ireland, and national events organised by Age Action and its partners. The International Day of Older Persons is observed on October 1 and the theme for the Age Action week 2020 is to “celebrate the older person in our lives and the contribution they make to our families and our communities”



**COPE Galway**



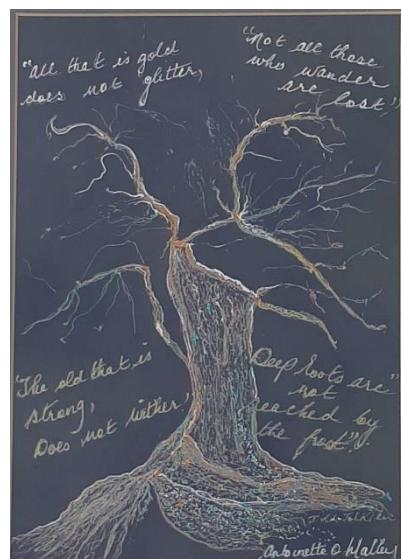
## Positive Ageing Week 2020 in Galway | Press Release

"Still as mischievous and interested and sparky as we always were"

Positive Ageing Week (September 28 – October 2 2020), is an opportunity to show our appreciation to older people in our lives and to reach out to those who may be feeling lonely or isolated at this time of ongoing public health guidelines to limit our social contacts.

A number of agencies in Galway have come together to bring to light the many people of older age who epitomise healthy, positive ageing and are active in their families and communities.

Galway Art Club members have created some beautiful – and some cheeky! – paintings in honour of Positive Ageing Week (see below), which can be viewed in the windows of Age Action (3, Francis Street, Galway).



Those receiving meals from COPE Galway's Community Catering will receive some surprise visitors and a goody bag during the week, and the Galway tourist train has put on some extra tours for some older people and their young buddies!

On Thursday (International Day of Older Persons, October 1st) Galway 2020 is bringing a number of pop-up musical performances to older people's residential settings across Galway city and county.

Local media will showcase people in the city & county who are active and engaged across our communities, and some letters of thanks from children to their grandparents or older people who are significant to them in their lives will be publicised.



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	<p>We encourage all to use #PositiveAgeingGalway on social media for more information and to publicise your own events.</p> <p>Popular TV presenter and now novelist, Richard Osman, has put the ethos of positive ageing succinctly in his new novel, The Thursday Murder Club: "We are obsessed with young people, but people in their 70s have identical brains to those in their 50s or their 30s. Our circumstances change and our physicality changes and we have a great deal more experience, but we're still as mischievous and interested and sparky as we always were."</p> <p>Remember, any day is a good day to thank people for what they do for others, but let's remember those active older people in our communities especially during Positive Ageing Week.</p> <p>Agencies involved in Galway:</p> <p>COPE Galway, Galway Contact, Age Action, Westside Age Inclusion, Croí Na Gaillimh, St Vincent de Paul, Galway City Partnership, Community Guards, Galway Rural Development, Galway City and County Councils, Galway Age Friendly and many more</p> <p>Jacquie Horan, CEO COPE Galway</p>
	<p><b>New Age Friendly Strategy for South Dublin</b></p> <p>On the 14<sup>th</sup> of September 2020 at the Council meeting the elected members of South Dublin County Council adopted the new Age Friendly Strategy 2020 to 2024. This strategy will build on the achievements of the previous strategy and will now incorporate a focus on Age Friendly Housing Projects, Age Friendly Parking, Age Friendly Business initiatives, and climate change. The new strategy is currently being designed and we will keep you informed of the official launch date.</p>

<b>Your Voice</b>	
	<p>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 <a href="mailto:rleavy@meathcoco.ie">rleavy@meathcoco.ie</a> Information is one thing we can share right now!</p>
 	<p><b>Remember 'Rose from Fingal' - she's back with one final video!</b></p> <p>Watch and listen to Part 5 of the story of 'Rose from Fingal', a story about coping with Corona by the inimitable Peig McManus. Rose talks about 'getting her house in order' before she zooms off over the rainbow! <a href="https://youtu.be/6sD6TDWU9DM">https://youtu.be/6sD6TDWU9DM</a></p>

## International Updates



International Federation on Ageing

### International Federation on Ageing | Town Hall

The International Federation on Ageing held a Town Hall event called 'COVID-19 and Older People: Demographic Resilience in Times of Crisis' earlier today. A recording of this event will be available on the Federation's website <https://ifa.ngo/>



[Changing the Conversation on Adult Influenza Vaccination](#) is a ground-breaking study conducted by the International Federation on Ageing (IFA) on the status of influenza campaigns focused on the most vulnerable members of our population – older adults and those with underlying chronic conditions.

The IFA is pleased to launch the [summary report](#) which sets the scene for detailed country reports that unpack the campaign content and specificity, and channels used to send public health messages on the importance of adult influenza vaccination to target populations in ten countries: Australia, Brazil, Canada, China, France, Germany, Japan, the South Korea, the United Kingdom, and the United States. These country-level reports will be released over the coming weeks. Read more [here](#)

## 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](#)

#### 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

#### How to Prevent

- |  |  |  |   |  |  |  |  |  |  |  |   |
|--|--|--|---|--|--|--|--|--|--|--|---|
|  | <b>Wash</b><br>your hands with soap and water or an alcohol-based hand sanitiser |  | <b>Cover</b><br>your mouth and nose with a tissue when coughing or sneezing and discard used tissue |  | <b>Avoid</b><br>touching eyes, nose, and mouth with your hands |  | <b>Clean</b><br>and disinfect surfaces that you have touched |  | <b>Stop</b><br>sharing utensils like cutlery, glasses, cups, saucers, saying words or kissing other people |  | <b>Distance</b><br>yourself at least 2m away from other people especially those who might be unwell |
|--|--|--|---|--|--|--|--|--|--|--|---|

#### Symptoms

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

#### For daily updates visit

[www.hse.ie](#)



Irish Government COVID-19 Public Health Advice

HSE



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## 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	Community Response Number
Carlow County Council	1800 814 300
Cavan County Council	1800 300 404
Clare County Council	1800 203 600
Cork City Council	1800 222 226
Cork County Council	1800 805 819
Donegal County Council	1800 928 982
Dublin City Council	01 222 8555
DLR County Council	1800 804 535
Fingal County Council	1800 459 059
Galway City Council	1800 400 150
Galway County Council	1800 928 894
Kerry County Council	1800 807 009
Kildare County Council	1800 300 174
Kilkenny County Council	1800 500 000
Laois County Council	1800 832 010
Leitrim County Council	1800 852 389
Limerick City and County Council	1800 832 005
Longford County Council	1800 300 122
Louth County Council	1800 805 817
Mayo County Council	094 906 4660
Meath County Council	1800 808 809
Monaghan County Council	1800 804 158
Offaly County Council	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