

Age Friendly Ireland Weekly Newsletter

25 June 2021

National Updates

New Resources Launched to Future Proof Housing for Population Ageing



Just in case you missed it a recording of Tuesday's launch of the www.agefriendlyhomes.ie website and a suite of Age Friendly Resources is available here: https://www.youtube.com/watch?v=wNn8mWk5woc

The suite of resources can also be accessed at the following links:

- <u>Ten Universal Design Features to include in a Lifetime Adaptable and Age Friendly Home</u>
- Age Friendly Rating Tool
- Rightsizing Research Report
- Age Friendly Primary Care Centre Guidelines
- Age Friendly Planning Guidelines & Recommendations
- Age Friendly Pre-Planning Guidelines for Long Term Residential Care
- Age Friendly Rightsizing Guide
- Age Friendly Parking Toolkit
- Age Friendly Seating Toolkit

Many thanks to everyone for joining us virtually and for all the positive feedback!











Government of fretain





Public Health Measures

You can find information here about the public health measures in place.

Cyber Attack Information

Visit <u>HSE website service updates page</u> for regularly updated information about service changes and follow our updates in the news and on HSE social media channels.

COVID-19 Vaccination Programme

The vaccination programme continues to be rolled out nationwide. More than 3.6 million vaccines have been administered in Ireland. For updates and information on each of the vaccine allocation groups, and when and where they'll be invited for their vaccine, please visit www.hse.ie/rollout

- Register online to get a COVID-19 vaccine.
- Read the user guide for help with registering online.
- If you cannot register online, you can <u>call the COVID-19 helpline</u> at 1850 24 1850 to register by phone.

GP referral for people in Vaccine Allocation Group 7

The referral pathway for those GP practices that were not participating in the vaccination of those in vaccine allocation group 7 is now up and running.

After you have been fully vaccinated against COVID-19, you are vaccine protected

When your vaccine has had time to work, you can do some things that were not recommended before you were vaccinated. You can <u>find more information here.</u>

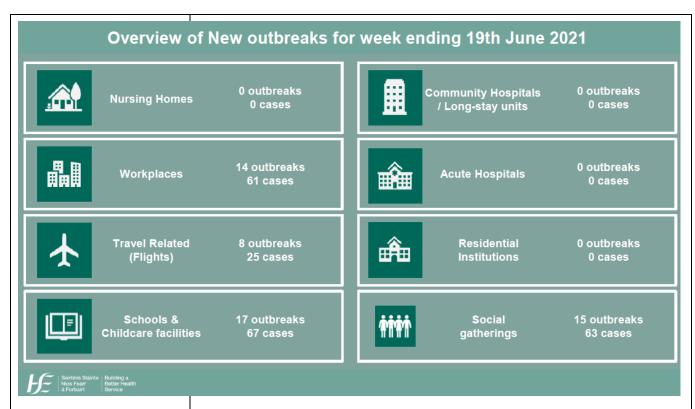
Please Remember - Vaccines are making a big difference, but COVID-19 can still spread and infect people who aren't vaccinated. We CAN do this, for our friends, our families, our communities - #ForUsAll #StaySafe











Where to find COVID-19 Vaccination Information

We encourage everyone to read about the COVID-19 vaccine and to get their information from a factual, trusted source – here are the links to the pages with information on the vaccine:

- Check <u>hse.ie/covid19vaccine</u> for information about the vaccine, information on this page is updated regularly
- Find the vaccine information materials at www.hse.ie/covid19vaccinematerials
- Details on getting the COVID-19 vaccine is updated regularly <u>here</u>
- Details on COVID-19 vaccines administered are available <u>here</u>
- Read the <u>full COVID-19 Vaccine Allocation Strategy</u>
- Read the <u>National Immunisation Advisory Committee Chapter about</u> <u>COVID-19 vaccine</u>
- COVID-19 vaccine information for health professionals

Janssen vaccine available from some pharmacies

Many pharmacies are now offering the Janssen single-dose COVID-19 vaccine to people aged 50 or over who have not been vaccinated yet. Find a pharmacy to book your vaccine appointment here.

AstraZeneca vaccine second dose

The AstraZeneca vaccine is a two-dose vaccine. Please attend for your second AstraZeneca dose when invited. This gives increased and longer lasting protection against COVID-19 including the Delta variant now circulating widely in the UK. Anyone who received a first dose of AstraZeneca vaccine should get their second dose 8 to 12 weeks after the first dose. If more than 12 weeks has passed since your first dose and you have not received your second dose, you can phone HSELive on 1800 700 700. You can read more here.





COVID-19 Testing - Online Booking System

We have a COVID-19 test online booking system for some testing centres. To book a test, log on to our system here. You can also show up without an appointment, but you may not have to wait as long if you book online. Full details of how to get tested are available here.

Public Health Information

As always, for the most up to date information and advice on Coronavirus, please go

to: https://www2.hse.ie/coronavirus/ and https://www.hpsc.ie/a-z/respiratory/coronavirus/novelcoronavirus/. Clinical and professional guidance relating to COVID-19 is available on www.hpsc.ie where you'll find up to date guidance for healthcare settings and non-clinical settings.

Please check <u>here</u> for the most up to date partner resources for COVID-19.

You can find the <u>COVID-19 A-Z information here</u> from the HSE's Health Protection Surveillance Centre (HPSC).

Please also check the Healthy Ireland site <u>here</u> with further resources and information on the Keep Well campaign.

You can view the latest information on how Ireland is responding to cases of COVID-19 here.

Ireland's COVID-19 Data Hub is available here.

Heat Map of daily age-specific incidence rates (as at 15th June 2021

	Age Range										
	0-4	5-12	13-18	19-24	25-34	35-44	45-54	55-64	65-74	75-84	85+
09/05/2021	5.7	10.2	9.1	11.2	11.2	11.5	9.3	4.1	3.5	1.0	1.5
10/05/2021	5.1	10.4	11.3	12.1	11.5	8.7	7.8	4.5	2.9	5.1	3.0
11/05/2021	10.0	12.8	11.0	8.5	14.0	11.9	9.6	5.3	3.2	4.1	4.4
12/05/2021	10.3	15.1	13.5	14.2	10.3	13.4	9.9	6.1	1.9	0.0	1.5
13/05/2021	7.2	10.6	10.8	14.5	10.2	11.6	8.6	6.7	2.9	1.5	0.0
14/05/2021	11.5	11.1	10.8	14.5	13.2	12.9	9.3	5.1	3.5	1.0	1.5
15/05/2021	6.3	9.7	11.6	11.5	8.9	9.9	8.5	4.7	2.1	1.0	0.0
16/05/2021	6.9	9.5	11.3	16.6	8.3	9.2	8.0	4.1	2.4	0.5	3.0
17/05/2021	3.6	13.1	12.9	11.2	7.1	9.6	6.4	4.7	1.9	2.0	1.5
18/05/2021	7.8	15.3	15.1	22.0	13.0	12.5	10.5	5.9	2.7	1.0	0.0
19/05/2021	7.5	14.2	11.8	19.6	10.5	9.0	7.2	8.3	2.4	1.0	0.0
20/05/2021	7.5	14.6	12.6	32.9	10.2	11.6	9.7	8.8	3.2	0.0	0.0
21/05/2021	6.0	10.4	12.9	22.6	7.0	8.2	7.5	5.1	0.8	0.0	0.0
22/05/2021	6.3	10.8	11.0	34.7	7.6	8.0	9.3	6.3	1.6	1.0	3.0
23/05/2021	6.6	12.9	7.8	18.7	7.4	9.1	5.0	2.6	0.5	1.0	0.0
24/05/2021	9.4	11.1	12.4	17.8	6.4	6.3	5.6	3.7	1.9	0.5	4.4
25/05/2021	8.4	14.2	15.6	19.6	9.9	9.5	8.6	3.3	0.8	1.0	3.0
26/05/2021	7.5	11.1	13.2	31.7	8.3	9.2	5.8	5.7	0.8	0.0	0.0
27/05/2021	7.8	11.8	13.2	25.1	11.2	9.9	8.5	5.5	1.9	1.0	0.0
28/05/2021	7.2	15.9	14.8	24.8	7.7	10.4	7.8	4.1	1.6	1.0	0.0
29/05/2021	8.4	10.8	9.4	16.0	6.7	9.8	8.0	3.3	0.5	1.0	4.4
30/05/2021	5.7	10.9	7.5	18.4	9.7	6.8	8.5	4.9	1.1	0.5	1.5
31/05/2021	5.1	10.4	9.4	13.9	8.3	9.1	5.9	2.4	0.8	1.0	1.5
01/06/2021	5.7	14.6	8.9	16.6	8.2	9.2	8.6	4.7	2.1	1.0	1.5
02/06/2021	12.1	13.7	9.7	21.4	10.0	11.0	10.1	4.5	1.3	0.5	0.0
03/06/2021	10.0	14.4	17.0	27.8	12.0	12.9	7.5	3.9	0.8	0.0	0.0
04/06/2021	8.1	12.0	12.4	22.9	10.2	8.7	6.5	2.2	2.1	2.0	3.0
05/06/2021	4.2	8.9	8.1	18.1	6.4	7.8	5.1	2.9	0.8	0.5	3.0
06/06/2021	8.1	12.0	10.0	18.4	7.4	8.0	6.9	4.1	1.1	0.5	4.4
07/06/2021	2.4	7.1	6.5	16.6	6.5	5.9	5.1	1.6	1.6	0.0	0.0
08/06/2021	4.5	6.2	7.3	14.8	6.1	6.2	3.7	2.2	1.3	0.0	0.0
09/06/2021	7.8	8.7	8.1	25.1	10.2	9.6	4.5	2.4	1.6	0.5	4.4
10/06/2021	4.5	5.6	5.7	24.8	11.1	6.7	4.2	2.9	0.3	0.5	1.5
11/06/2021	8.4	10.6	7.3	32.0	11.4	7.9	6.4	3.9	1.9	0.5	0.0
12/06/2021	5.1	4.4	7.3	23.6	10.2	6.4	4.0	2.6	1.1	1.0	3.0
13/06/2021	4.5	4.7	6.2	19.3	5.3	5.9	3.4	1.6	0.3	0.0	0.0
14/06/2021	6.3	6.0	5.1	19.0	7.1	5.6	4.5	1.0	1.9	1.5	0.0
15/06/2021	4.8	6.0	7.0	22.0	11.1	8.0	4.8	2.6	0.5	1.5	0.0









A Message from An Garda Siochana | Crime Prevention Unit

Numerous reports of yet another phone scam involving what appear to be Irish mobile numbers (many different ones) where the scammer rings the person and an automated recording tells them that they are ringing from An Garda Síochána and their PPS number has been suspended. This is a scam. DO NOT ENGAGE, END CALL IMMEDIATELY.

Fraud Prevention Advice - Automated Phone Calls concerning PPS Numbers

Gardaí are urging the public to spread the word of fraud prevention as people continue to fall victim to scams on a daily basis.

In recent days Gardaí have received reports in relating to automated scam phone calls. The recipient is called and advised via a recorded message that An Garda Síochána is investigating them in relation to suspicious activity linked to their PPS number. In order to rectify the situation, the recipient is then advised to press a number to speak to someone further in relation to the matter. These scam calls are mainly coming from numbers with the most Irish mobile prefixes.

On receipt of these communications, the advice of An Garda Síochána is as follows:

- Do not engage with the caller.
- Do not return the call.
- Do not follow the automated instructions Do not press 1 etc.
- Never disclose personal or financial information.
- Hang up and block the number if possible.

Whilst the scammers may change their stories and methods, their goal is always the same – they want to access your sensitive information and get their hands on your money. If you believe you may have fallen victim to this scam, contact your financial institution and report the matter to local Gardaí.











Safeguarding Ireland | New Newsletter | June Edition

To share current information – and aid their work with many partners across the health, social, financial and justice sectors – Safeguarding Ireland is introducing a new stakeholder aimed newsletter.

Each issue will be very brief, signposting to current content available online. If you have information of interest, or comments, you can



POLICY

Review of the Mental Health Act

contact info@safeguardingireland.org.

- Submission on the <u>UNCRPD Interim Draft Report on the Rights of</u> Persons with Disabilities
- Guidance on <u>Equity Release Schemes</u>

PUBLIC AWARENESS

- Data summary of <u>RED C Research on Public Awareness of</u> <u>Safeguarding from 2017-2021</u>
- News 86% want laws on Coercive Control expanded
- Resources <u>Information leaflet and posters on Coercive Control</u>

EVENTS

World Elder Abuse Awareness Day 2021

2 x presentations from – Trinity College Dublin and INPEA international conference

- Patricia Rickard-Clarke <u>Developing a Roadmap for Adult Safeguarding in Ireland</u>
- Professor Amanda Phelan <u>A socio-ecological approach to elder</u> abuse and adult safeguarding
- Video recording of UCD, Irish Association of Social Workers and BAWS Northern Ireland webinar
- Behind Closed Doors, Abuse in Care Settings

National Safeguarding Day 2021

A new national day – to raise greater public awareness – is planned for Friday, November 12th, 2021. It will be coordinated in partnership across the sector. Details will follow or get in touch to find out more.









Dementia: Understand Together in Communities | Transport Symposium 2021

Dementia Understand Together were delighted to see all the transport providers represented at their recent Symposium. Hearing the lived experience from members of the Irish Dementia Working group on travelling with dementia and seeing the presentations from the national perspective, the 2019 research findings, the practical workshop experience with Irish Rail and the experience from Scotland have given helpful insights into the barriers and enablers to travel.

In addition to that, the conversations highlighted how COVID-19 may have impacted on a person's confidence to travel again when restrictions are lifted further, and which actions can support a person with dementia to continue to take their journeys.

They have put together a selection of resources that might be of interest and helpful when considering the next steps for organisations and networks.

Tip-sheet for Transport Providers

https://www.understandtogether.ie/Training-resources/Helpful-Resources/Understand-Together-Resources/Leaflets/Dementia-Inclusive-Communities1111.pdf

Inclusive Design Guide

https://www.understandtogether.ie/Training-resources/Helpful-Resources/Publications/Guidance-and-Guidelines/Dementia-Inclusive-Community-Guide-from-a-Universal-Design-approach-2020-.pdf

Hear our Voice Guide

https://www.understandtogether.ie/Training-resources/Helpful-Resources/Publications/Guidance-and-Guidelines/Hear-Our-Voice-2020-.pdf

Information on the JAM card and where it can be ordered

<u>Public Transport becoming JAM Card-friendly | National Transport</u>

Authority

All campaign resources such as badges, window stickers, posters can be ordered free of charge here and if you need special sizes for poster, you can let them know.

Health Promotion - Publication Listing

If you are interested in dementia awareness training for staff members you can contact Fergus Timmons, the Alzheimer Society's Learning and Development Officer at learninganddevelopment@alzheimer.ie

If you would like to talk about next steps for your organisation you can email fiona.foley@alzheimer.ie







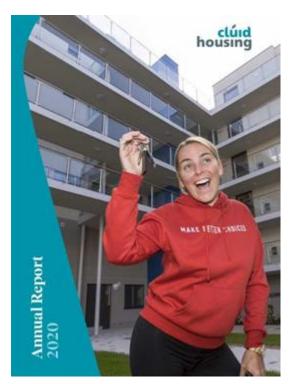


Clúid Housing - Annual Report 2020

Clúid Housing are pleased to be able to announce the launch of Clúid Housing's Annual Report 2020.

A message from Brian O'Gorman, Chief Executive

This has been a unique year in the lives of residents and staff. It has tested us, made us redefine how we think of our communities and reconnect with our neighbours.



This year's annual report focuses on the resilience of our staff and our residents. In 2020, we provided 675 high quality, affordable homes and supported over 2,800 people in housing need. These achievements are a testament to the ongoing commitment, energy and enthusiasm of our team and our many partners.

We now look to the future with enthusiasm and to delivering on our commitment to provide 3,000 homes before the end of 2022.

Check out the update from Clann (a dedicated age-friendly housing service committed to providing quality housing and services that enable people to create homes and thriving communities, on page 25)

"...Future expansion - Despite the pandemic, Clann continued to expand in 2020. The development of 20 homes at Earl House in Dundalk and 18

homes at Baile an Rí in Ballinasloe are typical examples of new Clann developments across Ireland. Every home provided allows another person to live a life of their choosing. Over the next two years, Clann has ambitious expansion plans to bring over 800 new homes into management."















Survey - Agency and Ageing in Place in Rural Ireland

A reminder to take part in the Age Action – Agency and Ageing in Place in Rural Ireland Survey.

If you are over 55, live in a rural location and have 10 minutes to spare, please take the survey here.



What do you want?

The purpose of the study is to explore the views of people living in rural Ireland about where they choose to live, including what would enable them to remain in their homes and community as they age and the barriers that they face in doing so. The research aims to inform the work of civic, voluntary, and state organisations to support older people in rural areas.





Join us live on Facebook Monday 28th Wednesday 30th Friday 2nd



at 11am for

Age & Opportunity
Movement Minutes

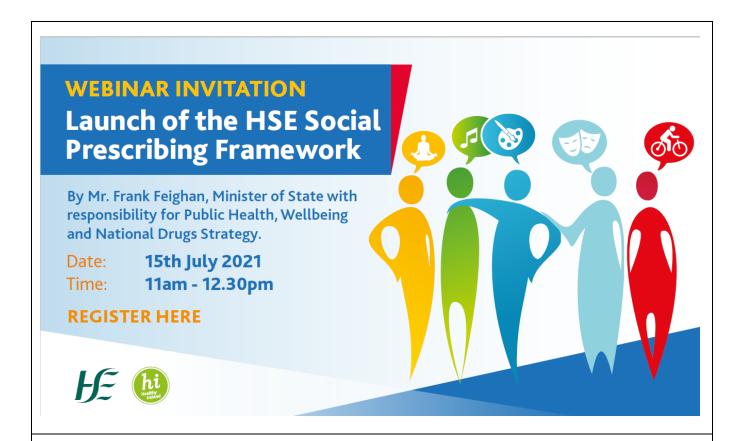
#AgeandOpportunity

The classes are available on <u>Facebook</u> and <u>YouTube</u> and the timetable shows where each class is available.









Age Friendly Business Recognition Programme | National Ministerial Launch | 4th June



Pictured at the launch were; Orlaith Carmody, Age Friendly Business, Principal Advisor, Age Friendly Ireland; Cathaoirleach Cllr. David Gilroy; Minister for Business, Employment and Retail, Damien English TD; Catherine McGuigan, Chief Officer, Age Friendly Ireland; Kitty Hughes, Chairperson National Network of Older People's Council; Ian Talbot, CEO Chambers Ireland; Chief Executive Jackie Maguire and DoS Barry Lynch.

For those who may have missed the National Launch of the Age Friendly Buinsess Programme on the 4th of June you can watch the event back HERE







Local Updates



Westmeath County Council | Community and Cathaoirleach Awards

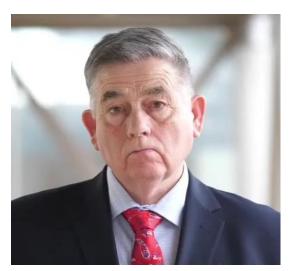
Westmeath County Council hosted their Community and Cathaoirleach awards on Friday the 11th June 2021 at an online event announcing the winners for Pride of Place, Project of the year and the Cathaoirleach Awards – the event was viewed over 900 times to date by groups and individuals from Westmeath, other counties in Ireland and as far afield as America and Australia and has received very positive feedback. A number of Age Friendly Groups received awards at this prestigious event which can be viewed at

https://www.youtube.com/watch?v=sF2QPIJC4P0 .



The Cathaoirleach Awards event honours people or groups who have given special service in their community in County Westmeath. The awards recognise the role played by many individuals and groups in

helping to create a strong and vibrant community. The Cathaoirleach Awards go some way to recognising the involvement of individuals and groups and how they can influence others to become involved and active in their communities. Due to the Covid 19 Government Restrictions the 2020 Cathaoirleach Awards could not happen last year and so was held as a live streamed virtual event this year.











Offaly Broadband Connection Points (BCPs) | Arts and Culture workshop 30th June

Please see below information on an Arts & Culture themed workshop, available externally from Offaly Broadband Connection Points Locations next BCP week for outside access (e.g. from a vehicle in the car park etc). Funded by the Department of Rural and Community Development (DRCD).

An Irish Museum of Modern Art workshop for the community - 30th June, 11 a.m. to 12 midday.

Join us for a chat about contemporary art, discussing three exciting pieces from the IMMA collection on Wednesday 30th June at 11 a.m. for an hour. No previous experience necessary. You must access this service from a Broadband Connection Point. Booking essential-Email Catherine Abbot at IMMA before 28th June. Further info at https://www.offaly.ie/!OLAX6P Find your local live BCP at https://myconnectedcommunity.ie

Live Offaly BCPs:

- Croghan Hill Community Centre
- Kilclonfert Community Centre
- Ballycommon Telework and Training Centre
- Shannon Harbour (McIntyres)
- Seir Kieran Community Hall (Clareen beside the primary school)
- Coolderry Community Hall
- Killavilla Community Hall

Leitrim's Lockdown Legends Launched on Ray D'Arcy Show



'Leitrim's Lockdown Legends', a podcast produced by journalist Brian Farrell in collaboration with Leitrim County Council was launched on Ray D'Arcy's RTE Radio 1 show on Wednesday 23rd June. The podcast, which is funded under the Healthy Ireland Community Engagement programme talks to some of Leitrim's older residents who have been locked down and cocooning since March 2020.

Leitrim's Lockdown Legends are uplifting, positive, entertaining and motivating and are produced over 4 episodes.

- 1. Mary Flynn who lives in Drumkeerin reared 10 children with her late husband. Over the years her many health issues failed to dampen her spirits and Lockdown wasn't going to do it either.
- Frances O'Reilly from Enniskillen met her husband Chris, at a Sunday night dance in Belturbet, Co Cavan. Their daughter, who lives beside them, with husband and 2 children, has a heart issue and for 15 months, they never came into granny's house. Frances' account of how their daughter and grandchildren came in for a cup of tea after 15months of lockdown is really moving.
- 3. Mai & Willie Joe Farrell were fond of playing cards and bingo and visiting their children and grandchildren abroad. It all came to a sudden end and Willie Joe found himself getting into a canoe for the first time in his life while Mai buried herself in books and baking.







4. Patsy Guckian and his wife Nancy love their traditional Irish music but failing health prevented them from their weekly visits to Cryan's Teach Ceol long before Lockdown did. With the help of his niece and nephew he got back there last December and it's an evening which will stay with him forever.

https://leitrimcountyco.podbean.com/



The Healthy Ireland programme is ongoing since 2013 and in this round of funding Leitrim County Council were allocated funding through the Community Engagement programme to produce a series of podcasts suitable for broadcasting on radio and social media. They look at minding our mental health and address some of the issues that Covid-19 has had on older people in society. All 4 are also available now on Spotify, Google & Amazon Music.







Updates from Dublin City Age Friendly Programme

Poppintree Park Community Walk

Dublin City Council Age Friendly, Ballymun Community & Social Development Team commenced their weekly Community Walk in the beautiful Poppintree Park on Thursday, 27th May. This has been extremely successful with a large number of attendees, most of whom had been

double vaccinated. Members of local older persons groups, neighbourhood centres and youth projects have also joined the walk every week. The walk has been helped by the great weather we have experienced every week and all the walkers are enjoying the sense of community, out meeting their friends and



neighbours. This walk will be continued throughout the summer every Thursday at 10.30am.

Intergenerational Beauty in DCC South Central Area

Check out this short video on a wonderful Intergenerational Project undertaken by DCC South Central Community Development and the DCC Age Friendly Programme. Click the image to play or click HERE!







A day out to remember.

Picture below of Lord Mayor of Dublin Hazel Chu, Beatrice Casserly DCC Age Friendly Programme Manager & AFI Regional Manager, and Beatrice's lovely Daddy, Joe Casserly



"As the Mansion House is closed at present due to the pandemic I wanted to do whatever I could, in compliance with the regulations, to try and meet as many people as I could before my term in office comes to an end on the 28th June. The Mansion House belongs to the people of Dublin so the groups I invited in for afternoon tea were older people in the community who have been isolating for over 12 months, volunteers working in the vaccination centres, mothers impacted by Covid and by domestic violence. It was important for me to do this as it provides the public the opportunity to have chats with me on different issues and it gave them a well-deserved day out." - Hazel Chu, Lord Mayor of Dublin.

The afternoon teas began on the 17th May and have ran every Monday to Thursday since. When it ends this Thursday the total number of people who attended will be: 1250.

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



IFA Global Cafe | In Conversation with Mr Mark Venning on "Recoding a Longevity Society- What Risk without Compassion?"



The International Federation on Ageing held a Global Cafe event earlier today called - In Conversation with Mr Mark Venning on "Recoding a Longevity Society- What Risk without Compassion?". A recording of this event will be available on the Federation's website https://ifa.ngo/

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



Useful Contacts

Age Friendly Ireland Shared Service Office Telephone: 046 9097413

Or Email: 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 326 522
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





