Age Friendly IRELAND

Healthy Age Friendly Homes

Does your home allow you to Age in Place?

An Roinn Sláinte
Department of Health

Sláintecare.
Right Care.Right Place.Right Time.

comhairle chontae na mí
meath county council

What is the Healthy Age Friendly Homes Programme?

Research shows that the majority of people want to remain in their own home as they age. This desire is often challenged by their home not being suitable for the occupier as their needs become more pronounced, their financial means decrease, and their mobility declines. With the right assessment and intervention, the living environment can be changed from being one of health risk to one of health support.

A key aspect of this programme is to reduce the admission rate of people entering long-term residential care due, in the main, to their living environment not supporting their health and wellbeing needs. Accommodation that presents challenges to older people remaining mobile, keeping warm and staying safe can be significant factors in decision making on long-term care.

The Goal of the Healthy Age Friendly Homes Programme

Phase 1 is to support people to live in their own home with dignity and independence, for as long as possible, thus avoiding the premature transition into long-term residential care. The Programme's ambition is to enable people to live longer healthier lives in their own home, being and feeling part of their community, by ensuring they are in a suitable living environment, for accessibility, size, safety, and environment, including warmth.

The Department of Health, Sláintecare and Age Friendly Ireland (Meath County Council) are rolling out this new joint programme 'Healthy Age Friendly Homes', across 9 Local Authority areas.

4 Key Objectives

1. Enable older people to **continue living in their homes** or in a home more suited to their needs (Rightsizing)
2. Live with a sense of **independence and autonomy**
3. Be and feel **part of their Community**
4. Support the avoidance of **early or premature admission** to long term residential care

What are the benefits to you?

- Healthy Age Friendly Homes Coordinator will carry out a needs assessment to establish what supports are required to enable you to continue living independently in your own home for longer
- A person-centred support plan will be developed post assessment
- If you feel your home is no longer suitable and you would like to move to a more appropriate home, the Healthy Age Friendly Homes Coordinator can provide you with information on right sizing within your community/county/city.
- They can provide information on adapting your existing home and the relevant grants available to support you to make those changes, with a focus on universal design and energy efficiency,
- They can provide you with access to a range of housing, health and social care supports to help you decide on what you need to enable you to live the life you want to the best of your ability within your community.

Sláintecare | Department of Health

Sláintecare is the ten-year Programme to transform our health and social care services. It is the roadmap for building a world-class health and social care service for Irish people. The Sláintecare vision is to achieve a universal single-tier health and social care system where everyone has equal access to services based on need, and not ability to pay.

Age Friendly Ireland | Shared Service function of Local Government

The Age Friendly Programme involves a multi-agency, multi sectoral approach to age related planning and service provision. The programme helps cities and counties to be more inclusive of older people by addressing their expressed concerns and introducing practical responses aimed at improving the quality of life of all citizens. Age Friendly Ireland (AFI), a shared service function of local authorities, hosted by Meath County Council operates through a national network of Age Friendly Programmes in every local authority area.

This new programme will be jointly led across 9 Local Authority areas, Cork County Council, Dublin City Council, Fingal County Council, Galway County & City Council, Limerick City & County Council, Longford County Council, South Dublin County Council, Tipperary County Council, Westmeath County Council.

Contact your local coordinator for further information or to arrange for a personal need's assessment.

The Healthy Age Friendly Homes Coordinator in is:

Name

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www.agefriendlyireland.ie

Comhairle Contae Fhine Gall Fingal County Council

Comhairle Contae Thiobraid Árann Tipperary County Council

Comhairle Chontae na Gaillimhe Galway County Council

AN LONGFORT CONNECTED

Comhairle Contae Chorcaí Cork County Council

WESTMEATH COUNTY COUNCIL Comhairle Chontae na hIarmhí

Comhairle Contae Átha Cliath Theas South Dublin County Council

Comhairle Cathrach & Contae Luimnigh Limerick City & County Council

Comhairle Cathrach Bhaile Átha Cliath Dublin City Council