

National Updates



Welcome to the Age Friendly Family Tracey Thompson



Age Friendly Ireland are delighted to introduce everyone to our new Tipperary Healthy Age Friendly Homes Coordinator. We want to wish Tracey the best of luck in her new role working with the Healthy Age Friendly Homes Programme.

HSE Partner Pack

Our highlight communications updates for you from this week are:



Rialtas na hÉireann
Government of Ireland



Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive

COVID-19 booster (4th) dose for people who are immunocompromised (have a weak immune system): People who have a weak immune system, also called immunocompromised, can now get a booster (4th) dose. People in this group were offered an additional dose of the COVID-19 vaccine last year, and can now get a booster dose if it has been 3 months since their additional dose. If they had the Pfizer, Astrazenaca or Moderna vaccine, this booster will be their fourth vaccine dose. See below for information on how to get your booster dose.

Treatments for COVID-19: Medications and treatments for COVID-19 will start to become available in Ireland soon. The HSE is working with clinical teams across the country to ensure the limited supplies of these new medications are targeted toward people who are most at risk. We'll provide more information on these treatments as they become available, and look forward to sharing information about this positive development.

COVID-19 vaccination for children aged 5-11: COVID-19 vaccine registration remains open for children aged 5-11. A parent or legal guardian can register and give consent [here](#).

Flu vaccine: The flu is now circulating in Europe and people who are at risk should get their free flu vaccine at participating GP and pharmacies including those aged 50 or over and pregnant women. Find a [participating pharmacy](#) [here](#).

COVID-19 vaccine booster

People aged 16 and older can get their COVID-19 vaccine booster dose now. This includes people who have a weak immune system. To book an appointment or find a clinic near you, visit [hse.ie](https://www.hse.ie).

You need to wait at least 3 months (90 days) after your vaccine course before you can get a booster dose. If you have had COVID-19 since you were vaccinated you should get your booster dose at least 3 months after your positive result.

Please bring photo ID that shows your date of birth to your appointment or walk-in clinic.

Vaccination clinics

We continue to operate clinics for dose 1 and dose 2 vaccinations (for people aged 12 years and over), and booster vaccine clinics for healthcare workers, pregnant women and for people over the age of 16. Find the full list of clinics by county [here](#). You can also check [@HSELive](#) on Twitter for daily updates.

COVID-19 Testing

Full details of [how to get tested are available here](#).

[You can read the full weekly update by clicking here](#).



Make your voice heard on "The World We Want": Prince Mahidol Award Conference 2022

[Click here to find out more about PMAC 2022](#)

How can our world be fairer, healthier, and more sustainable - including for older people? Do you want to make your voice heard as experts and leaders gather to forge a path for better health around the world?

The [Prince Mahidol Award Conference \(PMAC\)](#) is an annual gathering of global health experts that meet to deliberate actions for better health for the world population. In light of the COVID-19 pandemic, the growing impact of climate change, and the rapidly growing economic inequalities between and within nations, the theme for PMAC 2022 is **"The World We Want: Rethinking the future of human societies in ways that will result in a fairer, healthier, and a more sustainable world"**.

The [UN Decade of Healthy Ageing Platform](#) is supporting PMAC 2022 by amplifying the voices and perspectives of stakeholders, including older people, on the conference's key topics.



How do you think we can:

- Foster healthy ageing and enable people to continue to do what they value as they age?
- Reduce the effects of the climate crisis, including on older people?
- Transform cities into people-friendly, age-friendly places?
- Ensure there is equal access to technologies across all ages?

We need your help to make your voice heard: what does a fairer, healthier, and more sustainable world look like for you? **Have** your say about the world you want and how we can achieve it by sharing your perspectives as quotes.

The closing date for submissions is 24 January 2022 (Monday).

Developing a Dementia Friendly Community

Monday 24 January 2022

Time: 12.30pm - 2.00pm

Price: free

Speaker(s): Various

[Book now >](#)

Come along to find out how you can get involved!

Are you interested in developing your knowledge and practice skills in supporting people and their families and carers living with dementia?

Would you like to become a 'Dementia Friend'? Being part of this Dementia Special Interest Group (SIG) will provide you with opportunities to be part of a community of practice that will enable you to develop your knowledge and skills. There are volunteering opportunities with local agencies, i.e. care homes and hospitals, where you will be supported to spend time with people living with dementia and get to know them as a person and look beyond their diagnosis.

At this event we will have guest speakers from Kingston Hospital, local services, students, and practitioners, sharing their knowledge of supporting people living with dementia and outlining the positive learning opportunities available to you.

Please come along to the event to find out more!

Booking is essential to attend this event.

[Book now >](#)

For further information about this event:

Contact: Anastasiya Stravolemova

Email: hsce-events@kingston.ac.uk



WHO Global Network
for Age-friendly Cities
and Communities

Age-friendly World
adding life to years

Registrations Open: Age-friendly Environments ECHO Learning Programme

A new opportunity to build leaders for the next decade of age-friendly cities and communities.

The WHO Global Network for Age-friendly Cities and Communities now connects over 1300 members across 51 countries with the common vision of making communities great places to grow older. Leveraging the Network's extensive experience in making cities and communities increasingly age-friendly, WHO with support from the International Federation on Ageing established the Age-friendly Environments Mentoring Programme (MENTOR-AFE) to promote mutual learning and capacity building.

AGE-FRIENDLY ENVIRONMENTS ECHO

An initiative under the WHO Age-friendly Environments Mentoring Programme (MENTOR-AFE)



To better respond to rapidly growing interest in age-friendly communities both within and beyond the Network, a new learning opportunity within MENTOR-AFE is now open for registrations: **Age-friendly Environments ECHO (AFE ECHO)**.

For more information, please contact gnafcc@who.int.

[Register for the AFE ECHO \(by 9 February 2022\)](#)



AICIC22 – UCD Dublin Ireland – March 10 2022

1st All-Ireland Conference on Integrated Care

IFIC Ireland in association with the International Foundation for Integrated Care (IFIC) presents “Transforming Health and Social Care across Ireland: Delivering Lifelong People-centred Care” on Thursday, 10 March 2022 in O’Reilly Hall University College Dublin.

A number of policy frameworks have recently been developed to support the movement towards a more coordinated and holistic approach to improving population across the island of Ireland. The [Sláintecare](#) report, a ten-year strategy for health care and health policy in Ireland, emphasises the importance of integrated care and shifting care out of hospitals and into the primary and community settings, with timely access to quality, affordable care for all Ireland’s residents. Over a ten-year period, Slaintecare will deliver a universal health service that offers the right care, in the right place, at the right time, with a priority focus on developing primary and community services (See the [2021 – 2023 Implementation Strategy and Action Plan](#)). In Northern Ireland, the Department of Health is undertaking a transition to a [new Integrated Care System](#) driven

through planning, managing and delivering health and social care to a local population based on a population health approach supported by regional and specialised services planned, managed and delivered at a regional level.

To make this happen, it is important that those at the forefront of taking integrated care forward are enabled to share their experience, success and failures with others. Spread and sustainability can be accelerated if innovators and leaders are supported to work together through which information and intelligence can be shared. This helps to avoid the same mistakes being made, can avoid unnecessary duplication of effort and can help build commitment by enabling leaders to work together in a community of practice.

[Download the Sponsorship Programme](#)

Abstract Submission

All submitted abstracts should be relevant to one or more of the [9 Pillars of Integrated Care](#). The abstract should include a short introduction / background summary that is understandable to the readers who do not know the full Research, Policy area, Practice or Education and Training approach and its context (this supports the Coordinator to assign the review to the appropriate reviewers).

All accepted abstracts must have at least one presenter registered before the paper is confirmed on the programme. The abstract submission deadline is Thursday, February 3rd 2022. Please refer to the [abstract guidelines](#) for guidance on review criteria and themes suitable for abstract submissions.

[Submit an abstract](#)

Keynote speakers

- ▶ **Robin Swann**, Minister for Health at Department of Health Northern Ireland
- ▶ **Dr Sara Shaw**, Associate Professor of Health & Social Policy at the University of Oxford and Fellow at Green Templeton College
- ▶ **Dr Patricia Sheahan**, Consultant Palliative, University Hospital Kerry
- ▶ **Michael Fitzgerald**, Chief Officer, Cork/Kerry Community Healthcare, HSE
- ▶ **Ewan King**, Deputy Chief Executive, Social Care Institute for Excellence
- ▶ **Paul Cavanagh**, Interim Director of Planning and Commissioning, Health and Social Care Board, NI
- ▶ **Jacqui Browne**, Chairperson, DESSA
- ▶ **Dr Siobhán Ní Bhriain**, National Clinical Lead & Group Advisor for Integrated Care @ Health Service Executive
- ▶ **Dr Niamh Lennox-Chhugani**, Chief Executive, International Foundation for Integrated Care (IFIC)
- ▶ **Prof Áine Carroll**, Director, IFIC Ireland, and Professor Healthcare Integration and Improvement, University College Dublin and Consultant Rehabilitation Medicine, National Rehabilitation Hospital
- ▶ **Dr Sloan Harper**, Chair, IFIC Ireland and GP Advisor, Health and Social Care Board, NI

Passport Online: Digitalising the Irish Passport Renewal System

In 2017, the Irish Department of Foreign Affairs embarked on a journey to digitalise the State's Passport system.

On March 17 of that same year, the DFA delivered Phase 1 of the Passport Online system, becoming only the third country in the world to achieve this feat.



In this mini-documentary, ActionPoint explore how the system provides quick, easy access to this invaluable document, that has not only revolutionised the user experience, but has also opened up a world of opportunities for Irish citizens.

To access this exclusive Documentary, click [here](#).



Join us live on Facebook

**Monday 24th
Wednesday 26th
Friday 28th**

at 11am for

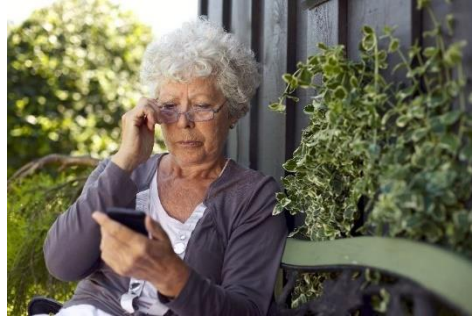
**Age & Opportunity
Movement Minutes**



#AgeandOpportunity

The classes are available on [Facebook](#) and [YouTube](#) and the timetable shows where each class is available.

Scam Calls and Scam Texts FAQs



What are scam calls and scam texts?

Scam calls and scam texts are unwanted, unsolicited, nuisance communications. The intent of scam calls and texts is often to mislead the receiver to share personal information or money to the scammer.

Why am I getting so many scam calls and scam texts lately?

More people are working from home, shopping online, banking online and using social media. This creates opportunities for scammers to steal data and money from unsuspecting users. Though your phone service provider is likely to be already blocking suspicious numbers, some calls get through as it is difficult to quickly recognise scammers and block their calls and texts efficiently without blocking genuine numbers.

How did the scammers get my number and why are they targeting me?

Scammers use software to call or text a range of numbers at the same time and then note which are answered. Answered numbers are recorded as genuine in-use numbers and may be sold on the internet to other cyber criminals. Therefore, making your number ex-directory or adding your number to the “do not call” register for direct marketing will not prevent scams. If you have fallen victim to a scam previously, you may be contacted by other scammers who claim to be able to help you to get your money back for a fee.

What can I do to protect myself from being scammed?

Unfortunately, scam calls and texts can be difficult to identify. Vigilance is important, such as:

Do's

- **Hang up** if a caller pressures you, claims urgent action is needed or threatens negative consequences. **Ask someone you trust** if they think the call was genuine.
- If a call or text message claims to be from a bank, government agency or a company you do business with it is best not to engage with the caller or message the sender. Instead, **end the call, look up their official contact details** and contact them back to verify if the call is legitimate.
- If you have friends or relatives abroad that may be calling you, **store their number** (including the country prefix) in your phone. Get to know the prefix for the country they might be calling from.
- If you dial back an unknown number by mistake, **hang up immediately** if there appears to be no recipient on the other end or where you are left on hold.

- If you are receiving calls late at night, you could **turn down the volume** on your home phone or **select silent mode** or do not disturb mode on your mobile phone.
- If you are getting persistent calls from a number you don't know, **contact your service provider**, and request that **calls from that number be blocked**.
- Sometimes, scammers display a phone number like your own on your caller ID, to increase the likelihood that you will answer the call. If your number is being used in this way, contact your service provider and request that calls from that number be blocked.
- Some mobile phones have the capability of allowing you to screen, block or silence nuisance numbers from contacting you. **Check your phone settings** to see if this is a feature of your handset or contact your service provider who may be able to assist.

Don'ts

- **NEVER provide any personal information**, for example, banking details/PPS number/credit card details/name, address/passport numbers, passwords etc to someone who contacts you.
- Do not follow instructions from a recorded message.
- Be wary of receiving multiple calls or missed calls from the same unfamiliar number, especially if it is like your own number. **Do not call back** any number that you do not recognise or where no voicemail message left.
- If you click on a link in a scam text, **close the web page and message immediately**. Do not follow any instructions given after clicking the link.
- **Never use a number** given to you by the caller.

Who should I contact if I have shared personal information?

Scam calls and scam texts are **illegal**. Therefore, you should contact **An Garda Síochána** immediately, as well as **your financial institution** if you have shared personal information relating to your finances.

For more information on scam calls see the COMREG website:

<https://www.comreg.ie/advice-information/scam-calls/>



Winterproofing Your Home

People often have issues with frozen pipes when the temperature drops below zero, which can then cause cracks when they thaw and result in expensive repairs and a disrupted water supply.

Help to keep your winter free of extra stress by getting your home ready for the cold weather.

See the full guide from Uisce [by clicking here](#)

YOUR LIVED EXPERIENCES DURING COVID-19



Are you 70 years of age or older?

Have you lived in Ireland since the pandemic began?

Volunteers are needed for a study exploring the experiences of older adults in Ireland during the COVID-19 pandemic

If you're interested in partaking in our study, contact Simon at:

s.farrell19@nuigalway.ie
or **083 0769135**



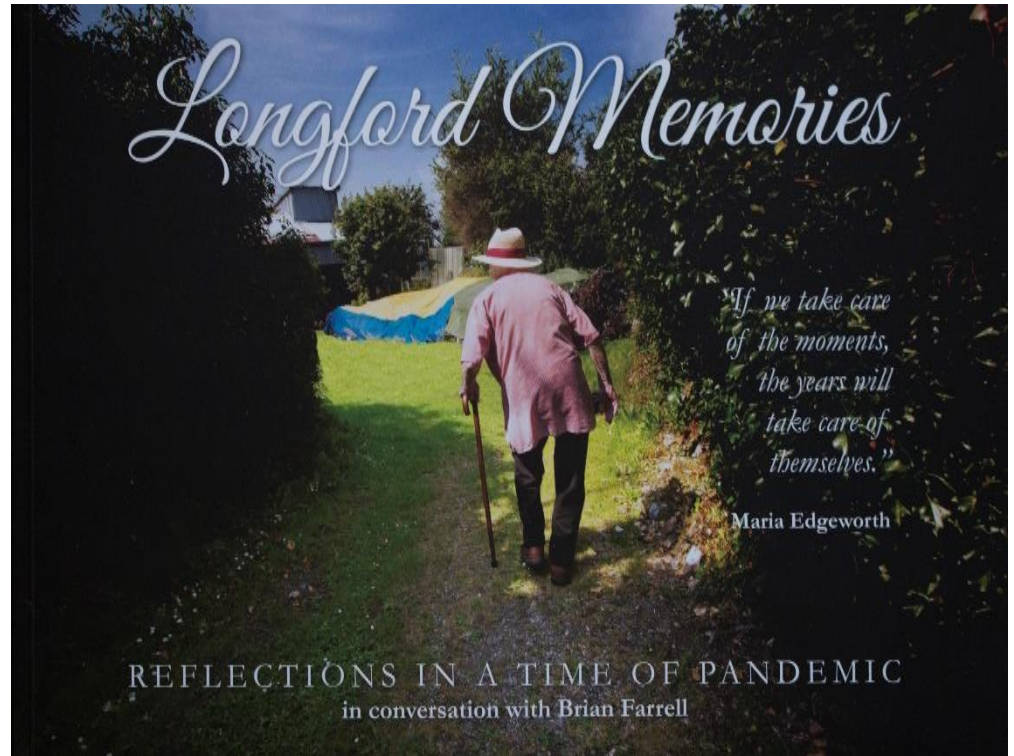
OÉ Gaillimh
NUI Galway

Local Updates



Longford Memories: reflections in a time of Pandemic

The resilience, generosity of spirit and positive outlook of people over 70 in Longford has been captured in an inspiring book commissioned by Age Friendly Longford called 'Longford Memories, Reflections in a Time of Pandemic' with grant support from Creative Ireland.



Photographer and storyteller, Brian Farrell interviewed 30 older people from across the county in their own homes and captured their thoughts and memories as they emerged from “cocooning”.

The book has been a sellout and has been enjoyed not just by Longford people at home and abroad but by anyone who enjoys a good story. Among those featured in the book is Kitty Hughes, Chair of the National Network of Older People’s Councils

If anyone would like a copy please email library@longfordcoco.ie.



Community Engagement Initiatives with An Garda Siochana in Monaghan

The Community Department partnered with An Garda Siochana (Cavan/Monaghan Division) on a number of community engagement initiatives in Monaghan over the Christmas period.

The main aim of the initiatives was to provide reassurance to vulnerable members of our community by a person to person visit and to support people in hard to reach areas through high visibility.

A focused Age Friendly initiative saw the provision of Christmas Cards and small gifts to older people across Monaghan. The project was launched by Minister for Rural and Community Development Ms. Heather Humphreys on Monday 20th December 2021 at Monaghan Garda Station, which members of the Community team attended.



The final initiative will see the delivery of LED candles in February to older members of our community, some of whom are living in isolated areas in County Monaghan. The Gardai will also deliver crime prevention information including advice in relation to unexpected callers.

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 Dr Siobhan O'Sullivan on "Ageing in Place in Rural Ireland"

GLOBAL CAFÉ
In Conversation with Dr Siobhan O'Sullivan:
Ageing in Place in Rural Ireland
 Lecturer in Social Policy at University College Cork
 📅 21 January 2022 ⌚ 07:00 - 08:00AM EST

The International Federation on Ageing held a Global Cafe event this morning called - In Conversation with Dr Siobhan O'Sullivan on "Ageing in Place in Rural Ireland".

A recording of this event will be available on the Federation’s website <https://ifa.ngo/ifa-global-cafe/> and <https://drbarometer.com/community/resource-library>



IFA invites you to participate in the expert meeting “Influencing Adult Pneumonia Vaccination Policy in Europe”.

Older adults and those with chronic comorbidities are increasingly at-risk of pneumonia infection, which can result in hospitalization, diminished functional ability, frailty and even death. Pneumococcal pneumonia is the most common cause of community-acquired pneumonia in Europe, and preventable with vaccination, yet coverage is well below targets.

In a time where health systems remain burdened due to the COVID-19 pandemic, a call for action is needed to prioritize the prevention of pneumonia amongst older people and at-risk adults. Join experts in this meeting to raise the importance of adult pneumonia vaccination as an investment in health prevention and promotion and gain consensus on actions needed to improve adult pneumonia vaccination, strengthen health systems, and foster healthy ageing.

Date: Thursday 20 January 2022
Time: 8:00-11:00 am (Eastern Standard Time)

A recording of this event will be available on the Federation’s website <https://ifa.ngo/>

| | |
|---------|--|
| 8:00am | Setting the Scene for Action on Adult Pneumococcal Pneumonia |
| 8:15am | The Burden of Pneumococcal Pneumonia |
| 8:45am | Influencing Adult Pneumonia Vaccination Policy Findings - Panel Discussion |
| 9:45am | Recognizing Inequities and Investing in Health Promotion and Prevention to Strengthen Health Systems - Dialogue on Transforming Evidence to Action |
| 10:45am | Closing Remarks |

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](#) Q&A phone HSE Live 1850 24 1850

How to Prevent



- Wash** your hands well and often to avoid contamination
- Cover** your mouth and nose with a tissue or sleeve when coughing or sneezing and throw away tissue
- Avoid** touching eyes, nose, or mouth with unwashed hands
- Clean** any objects regularly touched regularly and surfaces and so on
- Stop** visiting friends, or meeting with or staying with or visiting other people
- Distance** yourself at least 2 metres from any other people who might be coughing

Symptoms

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

For daily updates visit

www.gov.ie/health/covid-19
www.hse.ie



Useful Contacts

Age Friendly Ireland Shared Service Office Telephone: 046 9097413

Or Email: rlavy@meathcoco.ie

Twitter: [@agefriendlyirl](https://twitter.com/agefriendlyirl)

Facebook: [Age Friendly Ireland](https://www.facebook.com/Age-Friendly-Ireland)

HSE Advice Line: Callsave 1850 24 1850

Call from 8am – 8pm Monday to Friday and 10am to 5pm Saturday and Sunday