

National Updates

New Telehealth/Telecare Blog on agefriendlyhomes.ie

What is Assistive Technology? A Simple Guide

Assistive Technology



Louise Edmonds

Hello and welcome! My name is Louise Edmonds, Regional Age Friendly Programme Manager, Age Friendly Ireland, and through this blog I will bring you some of the latest information on assistive technology, up and coming devices plus gadgets that can support people to live independently. Over the coming months we will have an opportunity to discuss the many types of technology supports available. It's a complex area ranging from panic buttons, video door entry, smart systems, telehealth, security devices and much more so I hope to bring you information that will outline the functions of various elements of technology and what it has the capacity to do.

The first in a series of blogs have been uploaded to agefriendlyhomes.ie. The blogs are written by our own East Regional Age Friendly Programme Manager Louise Edmonds.

The blogs will focus on the theme of Telehealth and Telecare. The first blog serves as a simple guide on all things 'Assistive Technology', from what it is to what are its many benefits.

[To read the first blog, click here to visit agefriendlyhomes.ie/blog](https://agefriendlyhomes.ie/blog)

Ulster Bank Withdrawal Update



As flagged by Ulster Bank on 28th March 2022, we have now formally begun writing to current and deposit account customers, on a phased, rolling basis, to give them six months' notice to Choose a new provider, and Move and Close their Ulster Bank accounts.

These letters/ emails are being issued in tranches, to help to facilitate orderly account switching and new account opening across the industry and to avoid a single closure date for customers and the industry. Customers are not obliged to take any action until they receive their letter or email from us; our branches will remain open throughout this Choose-Move-Close process, to ensure that all customers will have in-branch support available to them, should they require it.

To view options available to personal customers and the full range of extensive supports please visit Ulster Bank's customer hub [here](#).

This is an important step in the phased withdrawal of Ulster Bank and we recognise that for our customers, especially those who have banked with us for decades, choosing and moving to a new provider requires effort, time and support. We are taking a responsible and prudent approach which includes regular monitoring and evaluation of the progress throughout this process.

<https://agefriendlyireland.ie/wp-content/uploads/2022/04/Ulster-Bank-Customer-Brochure.pdf>



Tobacco Endgame, Nobody Left Behind Conference Save the Date: 31st May 2022

The HSE Health and Wellbeing, Tobacco Free Ireland Programme invites you to register your interest to attend our upcoming conference; Tobacco Endgame, Nobody Left Behind. The event will explore the key elements and strategies for a Tobacco Free Ireland. It will be an all-day event and will be held at the Aviva Stadium on World No Tobacco Day, **Tuesday 31st May**.

Please complete this survey to register your interest to attend - <https://www.smartsurvey.co.uk/s/A8241K/>

Please note: Completion of this survey does not guarantee you a place at the conference. Formal invitations to register for the conference will issue shortly.



ICOPE (Integrated Care for Older People) Report Launch Event

WHO developed the [ICOPE approach](#) to support transformation of health and social care systems to deliver integrated and person-centred care for older people. The new report summarizes the findings of the first phase of a pilot research programme, from the implementation experiences across nominated Member States. It focuses on enablers, barriers, and strengths for implementation. The findings can support governments, health and care

workers and other service providers to implement ICOPE as part of efforts towards universal health coverage.

The launch event included presentations and panel discussions with representatives from Ministries of Health and health and care workers. It also highlighted older people's perspectives of integrated care.

Kindly find the attached report: **ICOPE implementation pilot programme: findings from the 'ready' phase**

And the link. <https://agefriendlyireland.ie/wp-content/uploads/2022/04/ICOPE-implementation-pilot-programme-findings-from-the-ready-phase.pdf>



ValueCare Project: Research Assistant Opportunity

The Research Assistant role (part-time) for the ValueCare Project in the Cork / Kerry ICPOP (Integrated Care for Older People) Hubs has been readvertised this week and will also be advertised on ActiveLink.

The role will focus on participant recruitment (i.e. older adults in the Hub), data collection and training participants to use the app in their home setting. The role requirements and salary have both been broadened. Here is the link and the full job description is attached below: <https://www.universityvacancies.com/university-college-dublin/research-assistant-ucd-school-medicine-21839>



HSE Updates

COVID-19 vaccines
second booster doses are available to

- Everyone aged 65 years and older
- People aged 12 years and older, who are immunocompromised

People aged 65 years and over are now eligible for their second COVID-19 booster vaccine. Those with a weak immune system aged 12 and over can also get their second booster, when it is due. Those who are due their second COVID-19 booster vaccine can:

- [Book a booster appointment online at HSE vaccination centre.](#)
- Participating GPs and Pharmacies will begin giving second boosters in the coming weeks
- Visit <https://www.hse.ie/eng/> for more information

The HSE encourages everyone in these two groups who has already had their first booster to get their second booster dose when they become eligible. This second booster will give you the best protection from serious illness caused by COVID-19.

When is mask-wearing advised?



- You should consider wearing a mask in crowded indoor settings, particularly on public transport
- Masks should continue to be worn in all healthcare settings
- Anyone who wishes to continue wearing masks should not be discouraged from doing so



#LayerUp #ForUsAll
gov.ie/covid19 hse.ie/covid19



National Patient Representative Panel

The HSE is looking for volunteers to join our National Patient Representative Panel. We want to make sure that the views and experiences of people who have used health services in the past are at the heart of our design, planning and delivery of health services. We are looking for volunteers to share their patient experiences to help us improve our health services. The time you give really depends on the time you have available.

For full information please see the attached leaflet and [our webpage](#)



Facing into Change Workshops

DCU Age Friendly University (AFU) is delighted to partner with Innovate Communities to offer free workshops on Facing into Change.

This is particularly suitable for people who are about to or recently retired living in Dublin 9 however those living in adjacent communities are also welcome.

The focus of the programme explores questions such as:

What is our outlook on life as we get older? As we approach retirement, do we intentionally face change and make things happen in our own lives and those around us, or just wait and let things happen? What are *my* needs and preferences at this point?

These are the questions that a short but impactful learning programme organised by Innovate Communities and DCU's Age-Friendly University will address. It will involve two busy half-day sessions working in a supportive group that will help you focus on the change you would like to see in your own life and in your community. An individual coaching session within a few weeks of the workshops will help you create an action plan to start to make these changes happen.

The programme is funded by Community Foundation Ireland and is free of charge. An information session which will take place on Monday, May 9th 10.30 – 12pm in Purcell House, All Hallows College, Gracepark Road, Drumcondra will provide an opportunity to hear more information from the programme presenters about the content of the programme.

You can book a place at this information session by going to [Eventbrite](#) or calling Grainne Reddy (grainne.reddy@dcu.ie) 01 700 5454.



Join global dialogues on digital technologies for healthy ageing at the upcoming WSIS Forum 2022

How do we work together to ensure that digital technologies are used and developed in ways that respond to the needs of older people and their families, caregivers, and communities?



2-6 May: Join global dialogues on the topic at the UN-organised World Summit on the Information Society (WSIS) Forum 2022, during a special track on [Information and Communication Technologies \(ICTs\) for Older Persons](#).


Topics covered include:

- Technology in health and social care
- Social isolation and loneliness
- The future of work
- Artificial intelligence and ageism
- Digital knowledge sharing and collaboration
- High-level Dialogue on ICTs and healthy ageing

Discover the full line-up of events

The Healthy Ageing 50 – Leaders transforming the world to be a better place to grow older



 **Decade of healthy ageing** **Healthy Ageing 50**

A call for 50 leaders transforming the world to be a better place to grow older

Nominations open until **15 June 2022** in English, French, or Spanish.

Nominations can be made in any of the following **categories**:

- > Combatting Ageism
- > Age-friendly Environments
- > Integrated Care
- > Long-term Care

Selected leaders will be announced by a **high-level UN panel** in October 2022.

Nominate yourself, or someone you know: bit.ly/HA-50

We are looking to name and honour 50 leaders who have contributed to fostering healthy ageing in their respective area of work, whether within administrations, organisations, universities, businesses, local communities, and more. We want to find leaders who do the following:

- Have found new ways to improve the lives of older people, their families or communities.
- Engage locally and nationally, promoting coherence across government policies.
- Lean on business, ensuring that industries help foster healthy ageing for all and not just for a select few.
- Reimagine the future, not only by harnessing new technologies and trends but also by drawing on experiences and lessons of older generations.
- Promote and integrate deeply one or more of the following ways of working essential to realising the Decade's objectives:
 - o Putting older people, their families and communities at the centre, ensuring that their views inform every step of the design and delivery of activities;
 - Nurturing leadership and building capacity to take appropriate action integrated across sectors;
 - Connect with their peers and stakeholders, recognizing that to make a difference in older people's lives we need to cut across existing sectors and disciplinary boundaries to provide a joined-up response;

- Support innovation to accelerate implementation, recognising that systems and requirements are frequently designed for past generations and not current or future ones; and
- Are responsive, improving or harnessing data, research, and knowledge to drive their activities.

Deadline and Announcement

The deadline for nominations is 15 June 2022.

The Healthy Ageing 50 will be announced at a virtual event on 1 October 2022 (TBD). All nominees will be advised of the outcome prior to this event.

For questions, please contact: healthyageing50@decadeofhealthyageing.org

National Survey on Wellbeing and Social Inclusion



How's it going? That's the title of the online national survey on wellbeing and social inclusion that the National Disability Authority (NDA) that launched on 12th April. The NDA is an independent statutory body that provides information and advice to government regarding policies and practices relevant to the lives of disabled people.

How's it going?

Are you happy in your community?

Is your health good?

Is life a little tough for you right now?

Do you feel left out?

If you are over 18, visit www.howsitgoing.ie to take our survey and help us better understand how things are going for people living in Ireland.

Your response will be completely anonymous

Survey is available in English, Irish, Irish Sign Language, Polish and Romanian

Email ie-pba-howsitgoing@ipsos.com or call (01)4389000 for phone or Easy to Read options

This survey on wellbeing and social inclusion is funded by the National Disability Authority

This survey is important because it's likely that for some of the people that you support life is not going great. We know you want to help those people and so do we. We need data to pinpoint the specific groups that are feeling left out of Irish society and finding life tough. This will help to ensure that policies and resources can be targeted as effectively as possible. So, we would really appreciate it if you could encourage people to tell us how it's going for them.

The survey is available at www.howsitgoing.ie

All persons aged 18 or over and living in Ireland are eligible to participate. So please also encourage your family/friends and neighbours to tell us how things are going for them. There is also an option to complete the survey by phone or in an Easy Read format.

If you have any questions or need any more information drop us a line at research@nda.ie



ExWell Weekly Zoom

Please join our weekly Zoom today **Friday April 29th at 5 pm** and, as usual, please share this invite with anyone you feel might enjoy or benefit from hearing about ExWell.

The schedule is:

5.00 pm: Welcome

5.05 pm: The Environment and Chronic Disease. *Dr Emmett Byrne*

5.25 pm: Q&A and discussion

5.40 pm: General Discussion. *Danny Fagan*

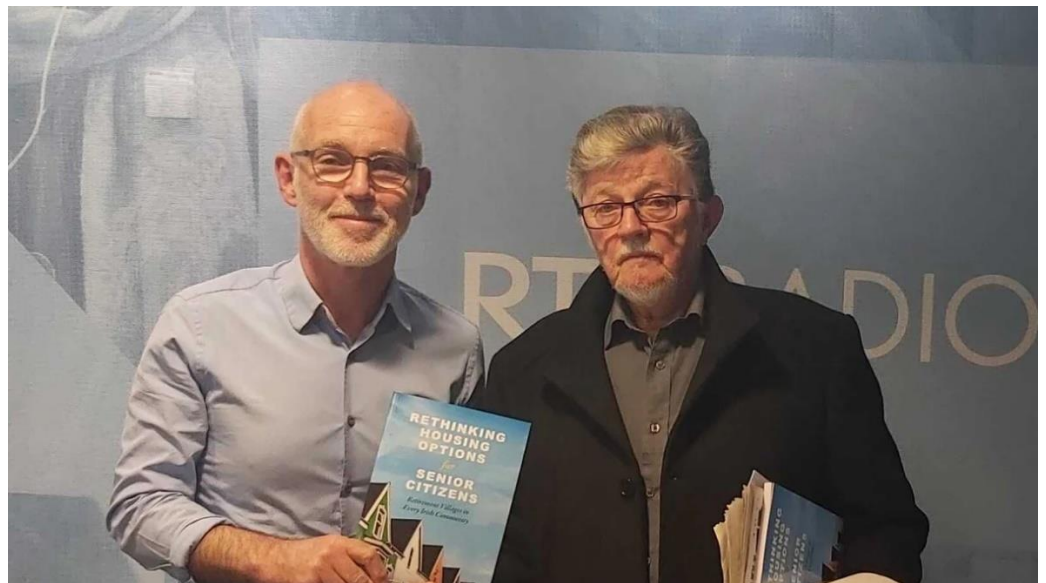
Here is the link for the meeting. **5.00 pm tomorrow Friday April 29**

<https://us06web.zoom.us/j/87583061631?pwd=WStJYUozbjNJc0VtZlZ5QkQ3STZnQT09>



Pat O'Mahony on Retirement Villages

On The Ray D'Arcy Show this week, Pat O'Mahony gave an wonderful interview on how he wants Ireland to embrace Retirement Villages. He joined Ray in studio to tell him more about his research and his vision.



Pat believes older people have a lot to offer their communities but, currently, there is no mechanism through which their skills, experience and wisdom can be cost-effectively harnessed, to the benefit of both the retirees and the wider society. He also sees the provision of an elder-friendly housing option at central locations in every community as critical to the quality of life of many older people.

Pat has a new book on how and why retirement villages should be established in every Irish community, called 'Rethinking Housing Options for Senior Citizens'.

To listen to this very interesting interview, please click on the link below:

<https://www.rte.ie/radio/podcasts/22090026-retirement-villages/>

Local Updates



Bealtaine Workshops

Ballads & Beyond

This Bealtaine, why not join singer songwriter Ger Wolfe for a series of three online workshops exploring the world of popular ballads and beyond? Come along and sing your heart out in this online singing session while at the same time learning the background to some favourites from the deep well of song. This is a series of three workshops throughout May.

Full event details and booking: <https://www.eventbrite.ie/e/ballads-beyond-tickets-311841776147>

Jigmap

Join artist Claire Halpin for these mixed media workshops to explore image, picture, collage, painting and composition. Over three workshops we will experiment using found printed materials in different ways – transforming, reversing, cutting, repeating, layering and drawing and painting to create your own artworks.

Full event details and booking: <https://www.eventbrite.ie/e/jigmap-mixed-media-collage-workshop-tickets-291204509527>

Any questions regarding the events can be directed to me at arts@ageandopportunity.ie

Full Bealtaine Festival 2022 programme: <https://bealtaine.ie/wp-content/uploads/2022/04/Bealtaine-Digital-Programme-06.04.22.pdf>



Waterford Leads the Way in Closing the Digital Divide

During the early part of Covid-19, [Waterford City and County Council](#), [Waterford Libraries](#), [Waterford Wexford Education Training Board](#), [Waterford PPN](#), [Waterford Area Partnership](#) and the [Waterford Older People's Council](#), the [HSE](#) and the [Disability Federation of Ireland](#) worked together to find a solution in closing the digital divide in the community by training people in using their mobile phones, tablets and technology.

Waterford PPN carried out surveys to identify support and training needs. Two booklets have now been published online. The first produced by [Richard Torney](#) of the Older People's Council is to help anyone who would like to know where the broadband connection points and free Wi-Fi points across the City and County area along with sites where training is available, with an accompanying map showing locations.

This live publication "Get Connected: WIFI Hotspots and other Services" is available on Waterford Libraries website and is regularly updated. Richard Torney, Waterford OPC said, "we know that lots of people, older and younger, need help in using devices and online services. Those of us who have received training know that sometimes just understanding a simple tap of a

button can make all the difference. I'd encourage everyone to look at the booklets and look for some help to make it easier to get online."

The second booklet "A Beginners guide to staying digitally connected" was produced by [Nicola McCarthy Hanlon](#) of WWETB as part of the collaborative project. Nicola has been rolling out training across the county and this guide has proven to be invaluable during and after training and is available on Waterford Libraries [website](#).

Links to two documents - [Get Connected - Waterford City & County Library Service \(waterfordlibraries.ie\)](#)



Dementia Cafes

Setting Up a Dementia Cafe

What is Dementia?

Dementia is not a specific disease but is rather a general term for the impaired ability to remember, think or make decisions that interferes with doing everyday activities. Alzheimer's disease is the most common type of dementia but there are other types. Though dementia mostly affects older adults, it is not a part of normal aging and it can also affect younger people. Dementia is caused by changes in the brain. These happen because of the disease. Dementia gets worse as the brain cannot work properly. There are reasons why a person might be more likely to get dementia. These risks are getting older, genes, injury and lifestyle. Dementia affects people differently. Some people need a lot of help whilst others may not need help for a long time after they have been diagnosed. There are currently about 64,000 people living with dementia in Ireland according to The Alzheimer's Society of Ireland.

What is a Dementia Cafe?

A dementia cafe is a community group for those living with dementia that enables them to meet others in the same situation. It usually takes place in a local community space, like a church hall or a community centre. The dementia cafe brings people together. It helps to create a supportive community for people living with dementia and their carers. Meeting others and sharing experiences can help to counter the isolation that dementia can often involve. Whilst socialising is an important part of the dementia cafe experience there is another benefit and that is access to information and education about different aspects of dementia from trusted professionals and experts by experience.

The dementia cafe meetings are usually held once a month, at the same time and in the same place. For example, one cafe might be held at 11am on the first Monday of every month or say 7pm on the first Wednesday of every month. The cafe meetings normally run for about two hours whereas virtual meetings might run for one hour. People are free to come and go as they wish. There is no pressure to stay. As people don't need to book in advance, there is also no pressure to attend. Information is provided on many aspects of dementia care and support. People learn from sharing experiences with one another, guest speakers and informal chats with health and social care professionals. The types of speakers can include Occupational Therapists,

Physiotherapists, Dementia Advisers, Geriatricians, Carers, People living with dementia, Solicitors and Social Workers.

The dementia cafe brings people together, creating a supportive community for people living with dementia and carers. It facilitates the development of new friendships and social networks, countering the isolation that dementia can often involve. The dementia cafe is a community resource, and so attendees are connected with other people in the wider community, including health and social care professionals and voluntary organisations.

The virtual cafes that are being run at the moment are essentially the same as the face-to-face cafes. Both include time for chatting, a speaker and a sharing of information. Both are run by a voluntary steering committee and hold meetings once a month. The only difference is that the face-to-face dementia cafe meeting is held in a venue and the virtual dementia cafe is held online.

The Irish Dementia Cafe Network

The Irish Dementia Cafe Network was launched in Ireland by the Minister for Mental Health and Older People, Mary Butler and Miriam O'Callaghan on 17 September 2020. The Dementia Cafe network was commissioned by the National Dementia Office (HSE) and was funded through the Department of Health. This network brings together all of the dementia cafes around Ireland under one umbrella whereby we adhere to set guidelines and standards and share information and resources. The first dementia cafe was set up in 2011 and has since grown to some 26 cafes. The members of the Dementia Cafe Network are the co-ordinators and committee members of the various cafes around the country. Those who are currently running cafes can join the network and benefit from ongoing support and training. For others who may be thinking of setting up a cafe please contact us. We run workshops and provide support and guidance for those who are planning to set up a cafe.



Get involved!

You can visit our website at <https://dementiacafe.ie/cafe-finder/> and check to see if there is a cafe in your locality. There are cafes being run in many major towns and cities around Ireland. There are also plans for new cafes to open

this year and we are hoping to expand further and have a cafe in every county in Ireland.

If you would like to attend a cafe meeting please check with the local co-ordinator to make sure that there is a face-to-face meeting running or a virtual meeting.

If you are interested in getting involved in any way or in setting up a dementia cafe in your local area then we can offer you support so please contact Michelle at michelle@engagingdementia.ie.



The Community Dementia Friendly Choir

BUD Music Project

Ballyfermot Understanding Dementia Music Project

Do you know somebody in Ballyfermot who has dementia or memory loss that would like to join a community choir?

A new community choir is being established particularly for people with Dementia or memory loss and their families, friends or neighbours.

THURSDAY 5TH MAY @2.15PM

The choir will take place every Thursday at 2.15pm thereafter

Location: Ballyfermot Family Resource Centre.

(Directed by Eamon Sweeney from Kylemore College)

Places in the Choir are free but limited to 30 and you must register to get involved.



For more information or to register please contact:

Miriam Flynn, Dublin City Council, Ballyfermot Area Office PH: 01 222 4664

Frances Gallagher, Ballyfermot Family Resource Centre PH: 01 626 4147



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



International
Federation on
Ageing

IFA Global Cafe | In Conversation with Dr Jennifer Nuzzo on "Global Impact of Pandemic on Routine Immunization"



ifa GLOBAL CAFÉ
In Conversation with Dr Jennifer Nuzzo:
Global Impact of Pandemic on Routine Immunization
Professor of Epidemiology and Inaugural Director of the
Pandemic Center, Brown University School of Public Health
Senior Fellow for Global Health at the Council on Foreign Relations
📅 29 April 2022 ⌚ 07:00 - 08:00AM EDT

The International Federation on Ageing held a Global Cafe event this morning called – **In Conversation with Dr Jennifer Nuzzo on "Global Impact of Pandemic on Routine Immunization"**.

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>

Useful Contacts and Info

Age Friendly Ireland Shared Service Office Telephone: **046 9097413**

Or Email: agefriendlyireland@meathcoco.ie

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

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

Website: www.agefriendlyireland.ie / www.agefriendlyhomes.ie

HSE Advice Line: Callsave 1850 24 1850

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