

National Updates

Colm Markey MEP - European Parliament Visit

We were delighted to host Colm Markey MEP - European Parliament, Tuesday afternoon in Meath County Council. He was interested to hear about our successful Healthy Age Friendly Homes Prog - supporting older people to continue living independently in their own homes <http://bit.ly/3zmVNOZ>



Minister Heather Humphreys at the Granard Agricultural Show

On Saturday July 16th, Mary Carey, Longford Healthy Age Friendly Homes Coordinator, hosted a shared stand with Longford County Council and An Garda Síochana.

Minister Heather Humphreys Officially opened the Show and Mary met with her and gave her an update on the Healthy Age Friendly Homes Programme and spoke about the role of the Coordinators. She was extremely interested in the Programme.



Third Telehealth/Telecare Blog new live on agefriendlyhomes.ie



Hello and welcome to my 3rd blog on technology/technical devices and this month I will focus on Tunstall Emergency Response Ltd., who are working in Ireland since 1994.

Tunstall Emergency Response is one of the markets leading providers of telehealth care solutions in Ireland. Their solutions support older people and those with long term needs, to live independently while effectively managing their health and well-being.

The third of our blogs has been uploaded to agefriendlyhomes.ie this week. The blogs are written by our own East Regional Age Friendly Programme Manager Louise Edmonds. The blogs focus on the theme of Telehealth and Telecare. The third blog focuses on the Tunstall PanPan Smartwatch, a device which is seeing a huge uptake across all age groups in supporting a healthy and safe lifestyle.

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

Agefriendlyhomes.ie – Information on Housing for our Ageing Population



Living well in later life is important for all of us. Older people's expectations are changing. The 'new old' are healthier, more active, and more technologically engaged. To meet these changing expectations requires a wider mix of age friendly housing options and healthcare supports to suit diverse lifestyles. This website provides resources, guidance and links to other sources of information to support people to live well as they age. Here you will find information on new and existing homes, grants and funding, healthcare, design information, technology, public realm, regulations, policy and research. It is now also home to our weekly Telehealth Blog.

[You can view the website by clicking here](https://agefriendlyhomes.ie)

Be Summer-Ready



How to prepare you, your home and your business for summer. The Government of Ireland's initiative to provide information to the general public on issues which may affect them during the summer months in Ireland. You can find a brief summary below with the full document attached as well.

- Keep your living space cool. This is especially important for infants, older people or those with chronic health conditions or those who can't look after themselves.
- Keep windows that are exposed to the sun closed during the day, and open windows at night when the temperature has dropped.
- Close curtains that receive morning or afternoon sun.
- Turn off non-essential lights and electrical equipment – they generate heat

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

For more information, please see below:

<https://www.gov.ie/en/campaigns/9e76d-be-summer-ready/>
<https://www.gov.ie/en/publication/e3b9f-people-with-disabilities/>



Research Project: Climate Change in Rural Ireland: Older People's Perspectives



Are you aged over 55 years?

From a rural or agricultural background?

Maynooth University and Age Friendly Ireland Research Manager would like to hear your thoughts of climate change on older people in rural Ireland

If interested in taking part, please contact Adrienne at:
Adrienne.mccann@mu.ie for further information

Or

You can complete the survey here:

<https://maynoothuniversity.onlinesurveys.ac.uk/climate-change-in-rural-ireland>

Dr Adrienne McCann is a researcher and part-time farmer, concerned with how climate change will impact older people living in rural Ireland or from traditional agricultural areas.

This study aims to explore the older person's perspective of climate change, and how proposed changes may impact life in rural Ireland, particularly on agricultural practices and rural living.

National Age Friendly Ireland Programme
A Shared Service Function of Local
Government





Banking Securely: Strong Customer Authentication (SCA)

Bank of Ireland has provided Age Friendly Ireland with information on enhanced banking security.

Strong Customer Authentication (SCA) is an additional layer of security for online card purchases/payments. This change is being introduced due to European regulation and it will help protect against fraud and make your online transactions more secure.

Strong Customer Authentication uses a two factor authentication which means that you need two things before you make an online payment using your bank card:

- 1) Either a smartphone/tablet or a Physical Security Key (PSK)
- 2) Your banking PIN number

When you shop online and go to complete a transaction, you may need to approve the transaction using the two factor method. For most customers, this will mean receiving a notification to approve the payment in the Bank of Ireland Mobile app.

If you don't have a smartphone or you are unable to use the Bank of Ireland mobile app, another option is to ask your bank for a Physical Security Key (PSK). This is a small handheld device that generates a new passcode each time you use your card for online purchases to confirm it is really you who is making a payment.

If you would prefer to use a Physical Security Key, contact Bank of Ireland and they can provide it for you.

There are also supports available for customers who wish to use the mobile banking app. Bank of Ireland has a video series call 'The Next Step' which gives an introduction to online banking.

https://personalbanking.bankofireland.com/financial-wellbeing/support-centre/financial-inclusion/your-next-step-device/#tabpanel_mobile

Many older people are using online banking. Among Bank of Ireland customers, 64% of people aged between 61 and 74 are registered for online banking, and 44% of those aged 75 and over are registered for online banking.

Dedicated phone line: Customers over 65 and carers who are unable to come into a branch can call a dedicated helpline provided by the Bank's Vulnerable Customer Unit: 1800 946 146 (9.30 am-4.30 pm Mon-Fri).



Dementia Understand Together July Update

Updates:

- **World Brain Day July 22nd**

World Brain Day takes place on July 22nd and the theme this year is '**Brain Health for All**'. Registration can now be made [HERE](#) for the **Webinar: 'Brain Health for All: Reflections in the Theme of World Brain Day 2022'** which is

organized by the Neurological Association of Ireland. The webinar will feature presentations by Dementia: Understand Together, the Alzheimer Society of Ireland, IPPOSI, EFNA and FutureNeuro.

- **World Alzheimer Month September**

This year's theme, 'Know Dementia, Know Alzheimer's,' continues on from the 2021 campaign, which focused on diagnosis, the warning signs of dementia, the continued effect of COVID-19 on the global dementia community and more. The international campaign will have a special focus on post-diagnostic support. We will share the Alzheimer Society's calendar of events, our campaign activity and a partner pack with social media assets over the next month. If you are planning anything within your organisation or community please let sinead.oreilly@hse.ie know and we will share this information on our social page.

Community Champions

Community champions across the country are continuing their local activities to make their communities inclusive. We are currently linking in with 7 counties to learn more about their initiatives and see how we can support them best. These counties are Meath, Wexford, Tipperary, Mayo, Kerry, Cork and Sligo. If you are interested in joining other champions in these counties to network and share best practice, you can contact Sinead at Sinead.oreilly@hse.ie

These are some recent initiatives.

- On Wednesday July 13th, Age Friendly Ireland had the pleasure of accompanying Wicklow's Age Friendly Programme and their Older People's Council on a walkability audit of the wonderful Beyond The Trees, Avondale House and Forest Park, tourist attraction in Co. Wicklow. This was the first time an audit of a tourist attraction was carried out. If you are interested in organising a walkability audit of your town, attraction or space, you can contact your local Age Friendly Ireland coordinator.
- After their recent Dementia Awareness evening with over 130 participants, the Bantry Dementia Alliance including local council members, town planners and architects participated in the Dementia Inclusive Design training. This was the foundation for a town walkability audit which took place on July 5th.
- The Tipperary Alliance recently held an Age Friendly Dementia Inclusive expo in Thurles with 60 exhibitors including Dementia Advisers and Memory Technology Resource rooms with 2 auditorium with talks over the day. Over 250 people visited the different stands, networked and looked at ways to support people living with dementia.

Resources

- **Dementia Elevator Programme**

The Elevator programme is an online training tool for retailers, financial services and transport providers. Together with DCU we are in the process of updating the programme and creating short practical video content to

highlight how we can support people living with dementia and their families. The programme will be re-introduced and available in September.

- **Dementia Awareness Training**

Together with our partner the Alzheimer Society of Ireland we are continuing to hold dementia awareness sessions.

If your organisation or community would like to avail of this training programme which can be held online or face to face you can contact learninganddevelopment@alzheimer.ie

- **Schools' Programme**

The Alzheimer Society of Ireland are launching the schools programme "Creating a Dementia-Inclusive Generation" in September. If your school is interested in knowing more about this programme please contact cathryn.oleary@alzheimer.ie

eventbrite



Living Well with Arthritis and Related Conditions course consists of 6 weekly 2.5-hour long sessions, preceded by 1 hour introductory session the week before the course starts. The introductory session includes Zoom preparation and other practical arrangements. To take part in the course participants should have basic computer skills, a laptop or tablet to participate in the course, and an internet connection. It is not recommended to undertake the course on the phone.

Introductory session - Monday 12th September 3pm-4pm

The course sessions- Monday from 19h September 3pm-5.30pm

Participants receive Living Healthy Life with Chronic Conditions book and participant's handouts by post after they attend the introduction and confirm their further attendance of the course.

One day before each session participants receive a reminder with Zoom link for joining the session.

Access to Zoom also available through the link on your EventBrite confirmation email (email received when you register for the course).

Any questions - call 01 6470206

Click Here for more information and how to register:

<https://www.eventbrite.ie/e/living-well-with-arthritis-online-monday-from-12th-september-3pm-tickets-381658329337?aff=eand>



**Feeling too old for Technology?
We are here to help you!**

Together We Can!

Who are we?
We are master's students from UCD Michael Smurfit Business school and we are here to help you with the recent trends in technology. We aim to reach out to older people and guide them with internet tips and tricks that would benefit them in daily life.

Learning Session Includes:
Internet Browsing Tips & Tricks
Online Shopping Guide
Telecommunication
Application

Event Details:
Date: 26/07/2022
Time: 12:00-12:30 pm
Join Here: <https://ucd-ie.zoom.us/j/63937853139?pwd=U01Fb1ozUWZuc3VXNlFKd1psdTB3Zz09>

For more information
neha.jadhav@ucdconnect.ie
bhakti.shirke@ucdcoonect.ie

Logos: UCD Michael Smurfit Graduate Business School, INTERNET, LIDL, TESCO, and a stylized 'S' logo.

Participate in the UCD Study: What are your views on 'Ageing in place' in cities?

Researchers at University College Dublin are seeking to explore middle-aged and older adults' **Experiences within Urban Areas and Public Spaces**. We are interested in the views of anyone aged **55 years or older**. We are curious

about people's perspectives on cities that could support healthy ageing and their general perceptions of their local environments, taking into account any issues and challenges they may encounter in cities and environments. The acknowledged views will be used to identify any difficulties that people may be experiencing and accessing places.

We will be holding **virtual / in – person focus groups** (or one-to-one interviews if you prefer) in the coming weeks, and hope that some members of Age Friendly Ireland might be interested in taking part.

If so, please email the researcher directly sean.greene@ucdconnect.ie to find out more details.



ExWell Zoom

Dear ExWell Participants and Friends,

Please join our weekly Zoom on **Friday July 22nd at 5 pm**. This week we will hear from one our recent intern students about his research project, as well as discussing Tremor.

As usual, please share this link with anyone you feel might enjoy or benefit from hearing more about ExWell

The schedule for Friday is:

4.00 pm: Long Covid Zoom link is

<https://us06web.zoom.us/j/81621087240?pwd=emRHYS8zTFhZL3hDVEpjYVUxTWxodz09>

5.00 pm: Welcome

5.05 pm: Coronary Artery Disease *Dr Noel McCaffrey*

5.25 pm: ExWell Updates *Danny Fagan*

5.35 pm: Q & A / General Discussion

6.00 pm: Close

The link for the meeting is below:

Join Zoom Meeting

<https://us06web.zoom.us/j/84547242751?pwd=Tmo3dDExTTJCamNnNGRuN3FidE9lZz09>

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 us at agefriendlyireland@meathcoco.ie for inclusion in our weekly newsletter

International Updates



IFA Global Cafe | In Conversation with Jordan Evans on Disrupting Ageism through Art and Creativity



The International Federation on Ageing held a Global Cafe event this morning called – **In Conversation with Jordan Evans on Disrupting Ageism through Art and Creativity**

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