

National Updates



Sláintecare.



**Healthy Age Friendly  
Homes Programme**



**Meet the Team – Healthy Age Friendly Homes Coordinators**

As mentioned last week, we will introduce you to each Local Coordinator and provide you with updates on the programme at a local and national level.

Our first local coordinator we would like to introduce you too is the Healthy Age Friendly Homes Coordinator for Longford.



Hello, my name is Mary Carey and I have been visiting older persons in County Longford for the last 16 months. I have carried out 250 home visits to date. During my visit with the older person, we go through an assessment which covers areas such as Housing, Health, Technology and Social Supports and this allows me to identify any areas of help that you may have. I will then create a support plan for you to assist you to meet these needs. I love my role and feel that I have made a positive impact on the people I have visited. I am grateful that I can help people in any way at all. I am looking forward to continuing my role and also excited to meet new people along the way.

Last week I spoke at an Age Friendly Information Day which was being held in Longford engaging with local older people and informing them of the Healthy Age Friendly Homes programme and how it may benefit them. I received several more requests to visit older people in the Longford area as a result, and I will be visiting these people in the coming weeks.

If you are in the Longford area and would like to get in touch with Mary and learn more about the programme locally, you can contact her on **087-9807487** or Email [mary.carey@meathcoco.ie](mailto:mary.carey@meathcoco.ie)

If you would like more information on the Healthy Age Friendly Programme you can visit <https://agefriendlyireland.ie/category/healthy-age-friendly-homes-programme/introduction/> or phone our national office at **046 909 7417**



## Join Our Free Online Age Friendly Business Training



**Could you use a few more customers? How about  
1 million more...**

**Did You Know . . . There are three quarters of a million older people (65+), living and shopping in Ireland and this is anticipated to grow to 1.5 million by 2051.** Older people account for up to 50% of all consumer spending in the EU. They have the time to shop, they like to shop, and they are loyal customers. They will come back to you again and again if you make the consumer experience comfortable and pleasant for them.



Are you doing everything you can to capture and retain this powerful customer base?

Age Friendly Ireland Business Recognition Programme are now offering a number of open online training dates – not specific to a town or company – which everyone is welcome to attend. Please do tell your colleagues and fellow business owners about the opportunity, we would love to have them on board.

## Age Friendly Ireland Business Recognition Training Online

- **Tuesday 16<sup>th</sup> November 10am-12pm**  
via Zoom
- **Tuesday 18<sup>th</sup> January 10am-12pm**  
via Zoom

Age Friendly Ireland Business Recognition online training are now offering a number of open training dates – not specific to a town or company – which everyone is welcome to attend. Please do tell your colleagues and fellow business owners about the opportunity, we would love to have them on board.



### Age Friendly Business Recognition Open Training

**Wednesday 16<sup>th</sup> November 10am-12pm**

Join Zoom Meeting

<https://us02web.zoom.us/meeting/register/tZAvd--qqT8pHdZNeOqBJdc17YFAJi-JAQ1>

### Age Friendly Business Recognition Open Training

**Wednesday 18<sup>th</sup> January 10am-12pm**

Join Zoom Meeting

[https://us02web.zoom.us/meeting/register/tZAsdumoqD0sE9YKp\\_LL3dmuIBv3zP2Y12KL](https://us02web.zoom.us/meeting/register/tZAsdumoqD0sE9YKp_LL3dmuIBv3zP2Y12KL)



## Fuel Poverty in the Midlands Region: Older Person's Perspectives



**Maynooth University**  
National University of Ireland Maynooth

**Are you aged over 55 and live in the Midlands region?**



Have your voice heard on fuel poverty and implications for older people here:

<https://maynoothuniversity.onlinesurveys.ac.uk/fuel-poverty-midlands>

Maynooth University and Age Friendly Ireland are undertaking a study on **fuel poverty** in the Midlands to identify the extent of fuel poverty, how many older people are affected and how those most at risk can be better supported.

For further information contact: [Adrienne.Mccann@mu.ie](mailto:Adrienne.Mccann@mu.ie) or 087 355 4932



## National Age Friendly Ireland Programme

A Shared Service Function of Local Government



comhairle chontae na mí  
meath county council

## Maynooth University Research Week

Are you curious about how digital technology can help you better understand health information, make informed decisions and manage your health and wellbeing every day? Do you want to get involved in shaping the new healthcare system that brings benefits to all citizens?



### Digital Health Cluster

Are you interested in health and technology?

We want to hear your opinion!



You are invited to take part in this interactive experience by coming to the Innovation Value Institute (IVI) at Maynooth University (MU). You will get a chance to talk to our experts and interact with the newest and most fascinating technologies used in healthcare. You will also have the possibility to express your opinions and discuss ideas on the future of people-driven health and wellbeing.

This activity is related to the ongoing research on Digital Health Transformation for Person Empowerment at IVI and it is carried out in collaboration with the MU School of Business and Lero – the SFI Research Centre for Software.

**When:** Wednesday October 26<sup>th</sup> 2022 and Thursday October 27<sup>th</sup> 2022.

**Where:** IVI seminar room (no. 238, 2nd floor, Eolas Building), Maynooth University, Maynooth.

Walk in and join at any time from 10:00 to 17:00 (free tea/coffee).

For further information please contact Dr Marco Alfano at [marco.alfano@mu.ie](mailto:marco.alfano@mu.ie)

This event is part of the Maynooth University Research Week

<https://www.maynoothuniversity.ie/news-events/are-you-interested-health-and-technology-we-want-hear-your-opinion>



Maynooth University are pleased to announce that [Research Week 2022](#) begins on **Monday, 24<sup>th</sup> October 2022**.

**Research Week 2022** is a celebration of research undertaken by our professors, lecturers, postdoctoral researchers, and undergraduate and postgraduate students across the University. This is an opportunity to learn more about the research undertaken by your colleagues and students across campus and about the value and impact of Maynooth research.

The programme includes a series of research talks, seminars, 3 Minute Thesis, Maynooth Sparks competition, poster presentations, exhibitions, and many other events both in person and online.

We would ask you to try and promote the week, in particular to all undergraduate and postgraduate students and if possible, to take some time to attend events throughout the week. The week is also an

opportunity to showcase Maynooth research to the broader world, so please add your comments using #MUResearch up to and during the week itself to help continue the thought-provoking conversations and emerging research being presented over the course of the week.

This year's schedule is packed with exciting topics, which we hope you enjoy.

## Nothing about us, without us: Perspectives in Public and Patient Involvement (PPI) in Research

**When:** Wednesday, October 26, 2022 - 09:30 to 11:45

**Where:** Hybrid event MS Teams/ Maynooth University, Room 1.37, First floor, Iontas building.



This series of 'lightning talks' aims to share what Public and Patient Involvement means for the people involved at both a personal and professional level. We will hear from PPI contributors, their families and researchers on why PPI is so essential for both enriching and increasing relevance in research for those impacted by it most.

Speakers include PPI contributors Mary Sweeney and her son Conor, Mandy Daly introduced by Dr Lorna Lopez, researcher's Dr Cassandra Dinius, Carmen Elise Pocknell, Dr Rebecca Maguire, Dr Fiana Ní Ghrálaigh.

All welcome, but it will be especially relevant to researchers who might be new to PPI and are curious about what's involved.

To attend online, please register [here](#)

For any further questions please contact Rebecca at [Rebecca.clinton@mu.ie](mailto:Rebecca.clinton@mu.ie).



An Roinn Sláinte  
Department of Health

### Minister Butler welcomes recommendations to address the critical shortage of care workers in Ireland

Minister of State for Mental Health and Older People, Mary Butler, published the Report of the Strategic Workforce Advisory Group on Home Carers and Nursing Home Healthcare Assistants.

Minister Butler commented: "I established the cross-departmental Strategic Workforce Advisory Group in March 2022 to examine strategic workforce challenges in publicly and privately provided front-line carer roles in home support and nursing homes, and to develop recommendations to urgently address these. I am delighted to publish this very timely report and I

	<p>strongly endorse the Group’s recommendations. The report provides a comprehensive overview of the complex challenges that are affecting the recruitment and retention of care workers and makes wide-ranging recommendations to address these."</p> <p>Read more here:  <a href="https://www.gov.ie/en/press-release/50f96-minister-butler-welcomes-recommendations-to-address-the-critical-shortage-of-care-workers-in-ireland/#">https://www.gov.ie/en/press-release/50f96-minister-butler-welcomes-recommendations-to-address-the-critical-shortage-of-care-workers-in-ireland/#</a></p>
	<p style="text-align: center;"><b>Free Virtual Event: Universities as Age-friendly Partners</b></p> <p>Join us <b>on Tuesday, October 25<sup>th</sup> at 11 am ET</b> for a conversation on universities as age-friendly partners.</p> <p>Institutions of higher learning can play an important role in addressing the global affordable housing crisis, reducing loneliness, addressing ageism, and enriching the lives of students and older adults alike.</p> <p><b>We are excited to be joined by:</b></p> <ul style="list-style-type: none"> <li>• Althea Pestine-Stevens, Program Manager, <a href="#">Age-Friendly North Jersey</a></li> <li>• Raza Mirza, Assistant Professor University of Toronto, and Director, National Partnerships and Knowledge Mobilization, HelpAge Canada</li> </ul> <p style="text-align: center;"><a href="#"><b>Register Today!</b></a></p>
 <p>An Roinn Tithíochta,  Rialtais Áitiúil agus Oidhreacht  Department of Housing,  Local Government and Heritage</p>	<p style="text-align: center;"><b>Working smoke alarms - the first line of defence for the family home</b></p>  <p>Knowing what to do when your fire alarm goes off was the central message from Minister for Housing, Local Government and Heritage, Darragh O’Brien, who officially launched National Fire Safety Week 2022 in Dublin Fire Brigade’s Training Centre in Marino.</p> <p>National Fire Safety Week, (17<sup>th</sup> – 23<sup>rd</sup> October), jointly run with the Northern Ireland Fire and Rescue Service, seeks to raise awareness among the public of measures to prevent fires, particularly in the home. This year’s National Fire Safety Week theme is "Working Smoke Alarms Save Lives – Have you a plan if yours goes off?"</p>



This week's emphasis on fire safety is being mirrored north and south as Fire Services both here and in Northern Ireland are urging the public to engage with the necessity to have a working smoke alarm and to have a plan in case it goes off. In Northern Ireland, the campaign is operating under the theme of "Safer Together".

Reported data finds that chimney fires (including flues, soot and hot ashes) are the top cause of fire, accounting for more than 50% of fires in domestic buildings.

#### **Advice**

- public to have their chimneys and flues cleaned regularly,
- use a spark guard and
- ensure the fire is safely burned down before going to bed
- overloaded sockets are a common cause of fire
- use high quality extensions, repair or replace faulty appliances

#### **Routine Fire Safety Check**

Walk around your house with a view to keeping your home safe and secure.

- Unplug all unnecessary electrical appliances.
- Turn off all unnecessary gas appliances.
- Make sure all candles and naked flames are extinguished.
- Place a spark guard in front of any open fire.
- Empty all ashtrays.
- Are all escape routes completely clear of obstructions?

<https://www.gov.ie/en/press-release/64fe5-working-smoke-alarms-the-first-line-of-defence-for-the-family-home/>

#### **Fire Safety Tips - Fire Safety Week**

**RSVP** *live*

### **Philomena Begley still 'young at heart' as she celebrates 80th birthday**



Philomena Begley has said she's still "young at heart" and doesn't feel her age as she celebrates her 80th birthday today.

<https://www.rsvplive.ie/news/celebs/philomena-begley-says-shes-still-28292010>




**Smart Healthy Age-Friendly Environments (SHAFE)** foster healthy ageing, independent living and participation in society for all. You can learn to implement SHAFE! It does not matter if you are a caregiver, a volunteer or if you want to start your own business: everyone can implement SHAFE. Everyone can become a so-called SHAFE facilitator. Are you wondering how?



Well, here we show you how to do it.

On the website of Hands-on SHAFE you will find under LEARN, several learning modules. The modules are available in 6 different languages each: English, German, French, Polish, Portuguese and Dutch. The training modules address different topics that may be important for you or your target group. Many things you will probably already know, others may be new to you. The modules are designed so that you can use the content directly for practical work.

 [www.hands-on-shafe.eu](http://www.hands-on-shafe.eu)



### SMART

First, you will see the SMART modules. SMART will give you basic knowledge on how to use mobile phones. SMART will also show you how to make your home safe and what technical options are available for your home. These modules you can use to learn SMART for yourself or to support others.

### HEALTHY

Then you will see the HEALTHY modules. Here you find everything you can learn about health and wellbeing, lifestyle and therapies. But also how to deal with dementia, chronic diseases or other impairments. Very important to know.

### BUILT

The building of your house and your living environment can be learned in the BUILT modules. Accessibility of houses, public spaces and buildings. Mobility is another topic within the BUILT modules. Very practical if you want to improve the house of your parent or want to advice for the neighbourhood.

### BUSINESS

If you are interested to create your own business with SHAFE products and services, we advise you to go to the BUSINESS modules. SHAFE products and services can be: caregiving, crafting, home support, transport, digital advice and everything else you can further think of. You can also use the BUSINESS modules for another kind of business.



## GENERAL

At last we offer some GENERAL modules. Here you will get to know the end users of SHAFE and receive tips for successful communication. If you have successfully followed several modules of Hands-on SHAFE you will receive a personal online certificate. We invite you to login and learn!

### BACKGROUND

The Smart Healthy Age-Friendly Environments (SHAFE) concept was launched in 2017 by Carina Dantas (at present CEO of SHINE2Europe) and Willeke van Staalduinen (CEO AFEdeMy). SHAFE was approved as Thematic Network by the European Commission in 2018. The Network delivered a Joint Statement with 170 partner organisations. SHAFE is executed in several EU projects. COST Action NET4Age-Friendly ([www.net4age.eu](http://www.net4age.eu)) is the current network with over 300 partners from 46 countries.

Hands-on SHAFE is co-funded by the Erasmus+ Programme of the European Union, Key Action 204 Adult Education programme.



Co-funded by the  
Erasmus+ Programme  
of the European Union

The European Commission's support for this project and the production of this publication does not constitute an endorsement of the contents, which reflect the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein.

Hands-on SHAFE is realized by 6 organisations from 6 EU countries:



AFEdeMy, Academy on  
age-friendly environments  
in Europe BV, Netherlands  
(coordinator)



TU Dublin, Ireland



Cáritas Diocesana de  
Coimbra, Portugal



ISIS Institut für Soziale  
Infrastruktur, Germany



airelle, France

Warsaw University  
of Technology

Politechnika Warsaw,  
Poland

The **Hands-on SHAFE** project has been developing online learning materials to facilitate independent living. Please join our Teams meeting at 12:30pm on the 28<sup>th</sup> of October. We will show examples of the materials that we have developed in the project.



We have developed materials under four headings.

### SHAFE General

Introduces the idea of Smart Healthy Age Friendly Environments (SHAFE) and covers some general topics about active and healthy ageing.



### HEALTHY

Describes ways in which health and wellness can help us to live an active and healthy and independent life.



### BUILT

Focuses on how homes and outside environments can be adapted to make them more liveable as we age.



### SMART

Considers how mobile technology and smart home devices can assist with staying healthy, connected and with living independently.



Register here:

<https://www.eventbrite.ie/e/hands-on-shafe-age-friendly-learning-materials-tickets-442987416287>

To Register Click the link Here:

<https://www.eventbrite.ie/e/hands-on-shafe-age-friendly-learning-materials-tickets-442987416287>



## Exwell Weekly Zoom

Dear ExWell Participants and Friends,

Please join us tomorrow **Friday Oct 21<sup>st</sup> at 5 pm** for our weekly Zoom. This week we will be discussing headache.

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

### The schedule is as follows

5.00 pm: Welcome

5.05 pm: Headache *Noel McCaffrey*

5.25 pm: ExWell Updates *Danny Fagan*

5.35 pm Q&A / Discussion. *All*

The link for the meeting tomorrow at 5pm is:

<https://us06web.zoom.us/j/85746150581?pwd=cZlrRmFXaWZSYkVOeXVWRzB2NzduZz09>

## Local Updates



## Older People's Council Open Event

Older People's Council Open Event took place on Wednesday 19th October in the Ardboyne Hotel in Navan. Guest speakers on the day were from Crime Prevention, Dementia and Wills Planning for the Future.

Clr Nick Killian made a powerful open address about the programme.



Meath Age Friendly Programme Manager Áine Bird, explained all about the Age Friendly programme and Ita Healy, Chair of the Older People's Council in Meath addressed how vital the Older People's Council is to the programme.



Loads of fantastic organisations took part sharing lots on vital information either through presentations or at their stand such as Meath Local Sport Partnership, Meath Partnership, Alzheimer Society of Ireland, Active Retirement, An Gard Síochána, Meath Library and Third Age Ireland.

### Chair Pilates – Dunboyne



Chair Pilates can help loosen and stretch muscles, reduce stress, and improve circulation—all from the comfort of your chair! If you struggle with flexibility, chair yoga is the class for you! The classes are a combination of breathing exercises with yoga poses which are all easy to replicate at home.

- **Cost is €20 for 5 weeks.**
- **Dunboyne Community Centre on 25th October at 10.30am**

To book contact **Luke @ 0469067887** or email [luke.condie@meathcoco.ie](mailto:luke.condie@meathcoco.ie)



## Drogheda Lions Club Tea Dance



Age Friendly Louth were happy to support the Drogheda Lions Club Tea Dance which recently took place in the D -Hotel Drogheda.



The tea dance was held in the afternoon of the 2<sup>nd</sup> of October and over 200 older people from Drogheda and the surrounding area took part in the event.



The tea Dance was back after a two year break due to Covid 19 and continues to be one of the most popular Age Friendly events in Drogheda.

# Report Launch



by Mary Butler, Minister  
for Older People and  
Mental Health



You are warmly invited to the launch of Waterford Older People's Council's report on "*Combatting Self-Ageism: Advocacy through the Arts*" Project. The report confirms it is time to reframe how we think, feel and act about ageing in Ireland today. Artistic, creative and musical contributions from project participants will be showcased on the day.

Friday, 28th  
October,  
12pm

Garden Room, Waterford Medieval  
Museum, The Mall, Waterford

RSVP: [waterfordopc2019@gmail.com](mailto:waterfordopc2019@gmail.com)

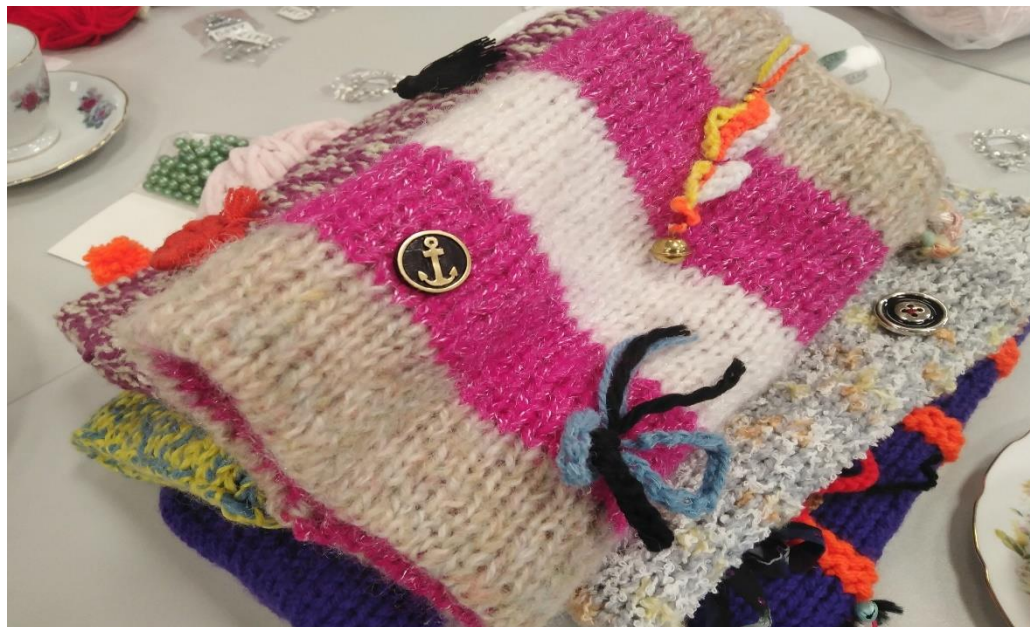
## Fidget Mufflers



I had the great pleasure of meeting with a group of women from the Drumcondra area who meet every Wednesday in St.Pat's. The group are knitting "fidget mufflers" for people with dementia attending the Mater. The

muffler has beads and buttons inside that people can fidget with and is of therapeutic value. The group are very welcoming if anyone is interested in joining. They are also looking for spare wool, buttons, beads or charms - which can be dropped to the Interfaith Centre on the Glasnevin Campus.

All modules are up and running for Semester, and we have a few new projects in the pipeline to share when plans are finalised.



### Cavan Older People's Council AGM



Cavan Older People's Council hosted their AGM at Cavan Crystal Hotel on Thursday 20<sup>th</sup> October 2022. The event was open to older people from across the county to attend. A new Cavan Older People's Council Executive Committee was elected at the AGM. The Executive Committee will represent the voice of older people in Cavan, supporting the work of the Cavan Age Friendly Programme.



*Photo above: Mairéad Cranley, Regional Manager Age Friendly Ireland addressing the AGM*

The Older People's Council represents older people on many important structures such as the Cavan Age Friendly Alliance, Joint Policing Committee and Public Participation Network as well as national structures. The Older People's Council is made up of older people nominated from each Municipal District. They will be involved in carrying out various projects and activities such as the co-ordination of weekly information sessions for Older People, conducting Age Friendly Walkability Audits and organising events on topics of interest to Older People.



*Photo: Cathaoirleach Cllr John Paul Feeley & Outgoing Cavan Older People's Council Chairperson Mr Bob Gilbert*

The AGM was opened by Cathaoirleach of Cavan County Council Cllr John Paul Feeley and was hosted by Outgoing Chairperson of Cavan Older People's Council Bob Gilbert. There were speakers from various organisations including Louise Edmonds & Mairead Cranley from Age Friendly Ireland, Linda Flynn from MABS and Lisa Fortune from the Housing Grants section of Cavan County Council.



*Photo above: The Castlemanor Choir*

The audience were entertained by the fantastic Castlemanor Choir and there was a raffle with several prizes from businesses in Cavan Town who have been officially recognised as Age Friendly. Several organisations based within County Cavan also had information stands at the event in order to promote their work to those in attendance.



## 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](mailto:agefriendlyireland@meathcoco.ie) before 1pm Thursday for inclusion in our weekly newsletter.

Don't forget we are on **social media** so why not follow us for all the up to date information and live updates on all things Age Friendly happening around the country 😊

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

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

## International Updates



### IFA Global Cafe | In conversation with Dr. Andrzej Klimczuk "Social Innovations: From Silver Economy to Creative Ageing"



**ifa** Global Café  
in conversation with experts

"Social Innovations: From Silver Economy to Creative Ageing"

FRIDAY  
21 OCTOBER 2022

7:00 A.M.  
Eastern Daylight Time

**DR ANDRZEJ KLIMCZUK**  
ASSISTANT PROFESSOR | SGH WARSAW  
SCHOOL OF ECONOMICS, POLAND

The International Federation on Ageing held a Global Cafe event this morning called: **In conversation with Dr. Andrzej Klimczuk "Social Innovations: From Silver Economy to Creative Ageing"**

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](mailto:agefriendlyireland@meathcoco.ie)

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

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

Website: [www.agefriendlyireland.ie](http://www.agefriendlyireland.ie) / [www.agefriendlyhomes.ie](http://www.agefriendlyhomes.ie)

**HSE Advice Line:** Call save 1850 24 1850

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