

National Updates

Fingal Vintage Picnic



Yesterday Fingal Older People’s Council hosted a Vintage Picnic in Swords Castle. This arts, creativity and music festival for the over 55s was packed full of workshops, activities, food, dancing and music including a performance by the Blanchardstown Ukulele Group and The Swing Cats. There was a great turnout on the day.

Well done to all involved!



Tips for Travelling on Public Transport

The National Transport Authority and 'As I am', an autism support charity, have developed some really handy resources to help people travelling on public transport. These resources are useful to people with different abilities and indeed anyone who is not familiar with public transport.

There are different videos that show you:

- How to plan a journey
- How to use a LEAP top up app
- How to use TFI LEAP card



There is also a Public Transport Resource Pack with schedules, a visual guide for going on the train, bus and DART, a Travel Safety Plan template and other information.

<https://www.transportforireland.ie/prepare-me-as-i-am/> (Be sure to enable cookies to view the videos!)



Many thanks to Naomi Rooney in the National Transport Authority for providing this information.

Free Transport Passes and Seat Reservations



Older People's Councils have queried why some Free Travel Pass holders have not been given a seat on certain bus routes. The National Transport Authority explains that this is because on certain bus services there is a seat reservation charge.

The main difference is whether the bus is operated as a public service or whether its run by a private operator.

Passengers on Public Service Operators (such as Dublin Bus, Bus Eireann, Irish Rail, Luas and Go Ahead) in contract with the National Transport Authority are boarded on a **first-come first-served** basis, regardless of payment method. Passengers with

online tickets do not have any priority over cash/leap/Free Travel Pass (FTP) paying customers as there is no seat reservation system in place on these services.

There is an exception with Irish Rail. Irish Rail have a number of seats that can be reserved by all passengers with valid tickets, including Free Travel Pass holders. When that allocation of seats is full a charge of €2.50 is applied for all passengers. More details here:

https://www.irishrail.ie/en-ie/rail-fares-and-tickets/guide-to-buying-online/booking-a-seat-only-reservation?gclid=EAlaIQobChMI5_qH54Lw_gIVS7DtCh30lweREAAAYASABEgJk1fD_BwE&gclsrc=aw.ds

The Free Travel Pass is run by the Department of Social Protection. All the Public Service Operators, such as Dublin Bus, Bus Eireann, Irish Rail, Luas and Go Ahead are signed up to accepting them.

It is up to Private Bus Operators to decide to sign up to it, or not. They can also decide if they are charging a booking/reservation charge to all passengers and what that charge is.



THU, 11 NOV 21
Reserve your seat with your Free Travel Pass
Take it easy with your Free Travel Pass onboard Expressway.

Expressway (and other Private Bus Operators):

All holders of valid methods of travel, including Free Travel Pass holders, can pre-book or reserve their seat. Customers who have pre-booked their seat on a service are called to board ahead of customers who have not pre-booked a seat on their preferred service. A pre-booked ticket can be a ticket purchased online or from a Ticket Vending Machine (TVM). This includes Free Travel Pass holders who have gone online or to a TVM to reserve a seat on their preferred service. On **Expressway Services it costs €2 euro to reserve a seat.** Different private bus operators charge different amounts.

Customers who have not pre-booked are then boarded on a first-come first-served basis, regardless of whether they are paying with cash/leap/Free Travel Pass, provided there is space left on the coach.

If you wish to reserve your seat on an Expressway Service, there is a helpful video on this link:

<https://www.expressway.ie/service-news/reserve-your-seat-with-your-free-travel-pass>

FraudSMART Top-Tip: Be on high alert for text message scams



FraudSMART is warning Age Friendly Ireland members to be on high alert for text message scams as a recent report shows fraudsters stole nearly €85 million (€84.6m) through frauds and scams in 2022, an increase of 8.8% on 2021. Card fraud accounted for over 95% of fraudulent payment transactions and most of the increase was driven by online card fraud or 'card not present' fraud where a criminal uses the victim's compromised card information to make an online purchase. The report comes as FraudSMART warns consumers to be on high alert as text message fraud, known as smishing, continues to become more prevalent. A recent survey by FraudSMART revealed that this type of fraud is now the dominant channel

for fraud attempts, with 1 in 2 adults having received fraudulent text message in the previous 12 months. These text messages often include a link and sense of urgency requiring immediate action.

Commenting on how consumers can stay alert to text message fraud, Ms

Davenport added: “The truth is any of us can fall victim to fraudsters. Frauds and scams are becoming increasingly more complex and credible and are often undertaken by criminal gangs who run large scale operations. Banks are using a range of measures such as encryption and continuous fraud monitoring to protect their customers and ensure every day payments can be made securely, but fraudsters are increasingly targeting businesses and consumers directly through online channels including emails and social media or by phone, so it is important for us all to know how to protect ourselves.”

“If you receive a text asking you for personal or financial information, whether its purporting to be from your bank, eFlow, the HSE, parcel delivery services or any other company, do not to click on the link, especially if there is a sense of urgency to it. Pause for thought and if in any doubt contact the company independently. Don’t be afraid to ask for help if something goes wrong. Sometimes people who have given their bank details to a fraudster keep that fact to themselves out of embarrassment. If you have shared your bank details and realise that it is a scam, report it to your bank and the Gardaí as soon as possible. FraudSMART also provides a wealth of information and tips so visit the website at fraudsmart.ie to keep up to date on the latest advice.”

What to do if you receive a suspicious text message:

- Do not respond to messages with personal information.
- Do not click on links in text messages, instead log into your service provider account through the official website or app
- A bank will never text/email/phone looking for personal information.
- Contact your bank/service provider/employer directly.
- Never use contact details from a text message, always independently verify.
- Always double check before clicking links or attachments in random or unexpected emails or texts and never give away security details such as PINs or passwords to anyone.

Age Friendly Ireland members can access a wealth of other advice on how to avoid fraud by visiting www.FraudSMART.ie and signing up for email alerts on current risks and trends.



Rialtas na hÉireann
Government of Ireland



comhairle chontae na mí
meath county council

Check the Register

Your voice matters and your vote is important! If you’re already registered to vote, now is the time to check and either confirm or update your details by providing your PPSN, Eircode and Date of Birth.

Visit <http://checktheregister.ie>

YOUR VOICE MATTERS AND YOUR VOTE IS IMPORTANT

checktheregister.ie

"I'm already on the register,
I have been for years!"

Did you know even if you're already
registered, you still need to update your
PPSN, Eircode and/or Date of Birth

To update your details visit www.checktheregister.ie
Call **046 9097000** or email registerofelectors@meathcoco.ie



Rialtas na hÉireann
Government of Ireland

Maynooth PPI Empowerment Group



WOULD YOU LIKE TO BE IN CONTROL OF YOUR HEALTH AND WELLBEING?

If you are 55+, help us to shape research on health and technology by joining our focus group led by Dr. Marco Alfano (Maynooth University) on **Thursday 28th September 2023, 10:30am to 1pm**

Light refreshments and free parking provided

Location: IVI Institute, Eolas Building, Maynooth University.



To register,

CONTACT US

Rebecca Clinton - Public & Patient involvement Officer

Email:

rebecca.clinton@mu.ie

Mobile: 086 3698732



For more information visit our website
ivi.ie/project_category/digital-health



comhairle chontae na mí
meath county council



South Dublin County Council – Housing Customer Care Centre

On Wednesday 12 July Sth Dublin County Council had its official opening of their new Housing Customer care centre. This is where residents living in the South Dublin area can come and apply online for housing adaption grants and housing repairs and maintenance. It is open to all ages and their will be a digital ambassador to support anyone who may feels they require additional support to navigate online services around adaptations and repairs.



SDCC acknowledges not everyone is in a position to feel comfortable with online services, so paper applications remain in place and local coordinator Mary Gillan(Roach) can also visit to a persons home to assist with the application process.



To learn more about the online process to apply for a grant https://www.youtube.com/watch?v=t3P_CAeuWgc or please call 014149000 to book an appointment. Local coordinators work with housing and grants staff in SDCC for the older population want to apply for a grant or repairs that choose not to use an online service.



New Alzheimer's drug offers 'ray of hope' to sufferers



A new drug, that has been found to slow the progression of Alzheimer's, offers a "ray of hope" to sufferers of the disease according to Alzheimer's advocate Helen Rochford-Brennan.

A study published in the Journal of the American Medical Association says that donanemab slows "clinical decline" by up to a third, allowing people with the disease to perform day-to-day tasks including shopping, enjoying a hobby and taking medication.

Ms Rochford-Brennan, who was diagnosed with the disease in 2012, says that while the drug is not a cure, she is optimistic about the effect it could have on the treatment of Alzheimer's.

"I'm optimistic for all of the people that can be able to use this drug. It's not going to help me or people that are diagnosed for a long time. But what it is going to mean is that we want more people diagnosed early," Ms Rochford-Brennan told Miriam O'Callaghan on Prime Time.



Dr Laura O'Philbin from the Alzheimer Society of Ireland

The Alzheimer's Society said that treatments like donanemab could one day mean the condition could be likened to other long-term ailments such as asthma or diabetes.

"This drug is a game changer. It is a leap because for 20 years, there was no new treatment for Alzheimer's disease," Dr Laura O'Philbin, Research and Policy Manager at the Alzheimer Society of Ireland told Prime Time.

Full Article [HERE](#)



Age Friendly Cork County Strategy Survey

The Cork County Age Friendly Team are currently researching and developing the Cork County Council Age Friendly Strategy 2023 – 2028. To date there have been eight in person focus groups around the county to review the previous strategy. The Age Friendly team is collaborating with the Cork County Age Friendly Alliance to agree actions for the Cork County Council Age Friendly Strategy 2023 – 2028. People over 55 years of age are being consulted on the priority actions for the next 5-years.



A Questionnaire can also be completed on-line through this link: <https://forms.gle/X79GDwk5EUPy5psL9> or by contacting the Age Friendly Office agefriendly@corkcoco.ie.





Bunclody Library Events

Adult Book Club – Thursday 3rd August at 7.30pm

Join us for a discussion of Convenience Store Woman by Sayaka Murata. New members are always welcome! Copies of the book are available to borrow in library. No booking required.

Home Energy Kit available now from your local library!

Our Home Energy Saving Kit is now available to borrow from Bunclody Library. This kit contains a range of tools/exercises to help householders make sense of the energy they consume on a daily basis and to identify possible problem areas.

Please contact the library at 053 9375466 or email bunclodylib@wexfordcoco.ie for further details.


Sensory Friendly Hour


Every Saturday from 4-5pm, Sensory Friendly Hour will be observed in Bunclody Library.


We encourage you to come along and relax in the calm environment of the library. No booking required. All welcome!



Carlow Town Bus Service

 Minister Eamon Ryan has launched the first Carlow town bus service

 The new service will commence Sunday, 30 July and will operate two routes, running seven days a week, 18 hours a day

 Now 94% of Carlow town's population will be within an 800-metre walk of a bus stop





Louth County Council launch EU_SHAFE Project Report on Ageism

The challenges faced by older people were highlighted in the EU_SHAFE Project Report on Ageism, which was launched by Louth County Council at an event in the Ardee Civic Offices, Ardee, County Louth on July 19th.

The Ageism Report, launched at the July meeting of Louth Older People's Council, is the result of a survey on ageing and ageism published by Louth EU_SHAFE (Smart Healthy Age Friendly Environments) in December 2022.

The survey was sampled by the Living Lab, Netwell Casala Advanced Research Centre, Dundalk Institute of Technology. There were over 700 responses to the survey, which focused on self-perceptions of ageing, society's attitude to ageing and structural attitudes to ageing.

The report found that while "the majority of people do not see themselves as old when asked directly, they also appear to have internalised the negative narrative that older people lack capacity and that ageing is unattractive."



1. Members of Louth OPC with members of the EU Shafe Steering Committee at the launch of the Report of Ageing & Ageism in Ardee, Co Louth.

The findings also highlighted that "very high percentage of people are subject to jokes, media imagery and assumptions about their capacity on an almost daily basis."

Other results highlighted the stereotype that older people are "unable" to use technology with almost one third of under 34s agreeing. But more than two thirds of over 55s disagreed. The descriptions used to depict older people were also included in the survey, with 47% choosing "Older Person". The least favourite choices were Pensioner, Elderly and OAP.

The report looked at ageing and ageism across services and concludes that there is still a lot of work to be done in this area.

The survey reflected that as people age they experience more discrimination in relation to their age and their access to services, with the banking sector highlighted for difficulties in accessing face to face services.

Data collated as part of the project has been submitted to the research team at the Technological University (TU) Dublin for further analysis.



ii From left to right Grainne Cumiskey Eu Shafe Co Ordinator, Joan Martin CE Louth County Council, Rod Bond, Chair of Louth Alliance, Damon Berry TU Dublin & Joe Grogan Chair Louth OPC.

After the launch Grainne Cumiskey EU Shafe Co Ordinator gave a presentation on the report to the OPC members, many of whom took part in the original survey . It is anticipated there will be an action in the new Louth Local Economic and Community Plan and new Louth Age Friendly Strategy to address ageism and the Age Friendly Programme and specifically the Louth OPC members will be instrumental in overseeing delivery of a suite of ageism awareness issues.

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 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 on all things Age Friendly happening around the country 😊

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

Facebook: Age Friendly Ireland

Instagram: agefriendlyireland

International Updates



IFA Global Café | In Conversation with: Dr Andrew Sixsmith



ifa Global Café
in conversation with experts

“THE FUTURE OF AGETECH”



28 July 2023



07:00 AM EDT

a contribution to the
**Decade
of healthy
ageing**

The International Federation on Ageing held a Global Cafe event this morning called: In conversation with Dr. Andrew Sixsmith on “The Future of AgeTech.”

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: Call save 1850 24 1850

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