

National Updates



Sláintecare.



Healthy Age Friendly  
Homes Programme



Healthy Age Friendly Homes

Healthy Age Friendly Homes Acorn Training workshops



Healthy Age Friendly Homes held 2 Acorn (Age Friendly- Smart Tablet) induction workshops in Limerick (Dooradoyle Library and Watch House Cross Library) as part of a technology pilot project rolled out by the Programme. The training was delivered by expert Laura Corbett, Cliffrun Media and assisted by Jillian Robinson, Healthy Age Friendly Homes Coordinator for Limerick City and County.

We assisted users having some issues with navigating the Acorn device and gave simple instructions/ guidance on how to use it. There was plenty of laughing and fun as participants learned how to navigate the world of the internet! Tutorials on how to use email, take photos, use web browsers and apps were all covered.

Image from Dooradoyle session L-R: Laura Corbet (Cliffrun media), Elizabeth Clancy (HAFH participant), Jillian Robinson (HAFH Coordinator), Gerry Carmody (HAFH participant), Catherine Bowes Kelly (Age Friendly Limerick), Noel Mason (HAFH participant) and Jim Hickey (Limerick Older Persons Council)

We downloaded Apps like the libraries Borrowbox and had a tutorial on how to use it from library staff. One of the participants was delighted with the Borrowbox app, as an avid reader she is looking forward to using her tablet to download books from home and she was amazed that there are audiobooks available also. Another participant was shown how to use the devises companion app and she is keen to use the Tablet to connect with her daughter who is living in America. Both workshops were very well received being both informative and fun.



*Image from Watch House Cross Session*

*L-R: Jillian Robinson (HAFH Coordinator), Alan Wallace (HAFH participant), Laura Corbet (Cliffmun Media), Theresa O'Brien (HAFH participant)*

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 9248817 / 046 9248825**

## **Participate in the Maynooth University Study: Old and Alone: Analysing Ireland's growing 'elder orphan' population.**

**Researchers at Maynooth University's Department of Geography are seeking to explore older adults' experiences of aging alone in Ireland and seeks to understand the importance of health and wellness in older age.** In particular, we are interested in talking to people who can be defined as 'elder orphans', living alone and with no immediate family care support around them.

We are interested in the views of anyone aged 55 years or older, who fit the definition of elder orphans. We wish to find out more about peoples' experiences of their care and support needs, how these are or are not met and their general perspectives of their local environments, taking into account any issues and challenges they may encounter.

The acknowledged views will be used to document a range of difficulties, but also positive things that people may be experiencing and the role place and where you live, impacts on their health and wellbeing as you age. The aim of the interviews is to identify knowledge that will feed into a doctoral study, but also help inform future thinking on policy in this area.

**We will be holding one to one interviews, either in person or online, in the coming weeks, and hope that some members of Age Friendly Ireland might be interested in taking part.**

**If so, please contact the researcher directly to find out more details and to make arrangements to meet and talk**

[sadhbh.gorman.2021@mumail.ie](mailto:sadhbh.gorman.2021@mumail.ie)





Rialtas na hÉireann  
Government of Ireland

## Check the Register



comhairle chontae na mí  
meath county council

**YOUR VOICE MATTERS AND YOUR VOTE IS IMPORTANT**

[checktheregister.ie](http://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](http://www.checktheregister.ie)  
Call 046 9097000 or email [registerofelectors@meathcoco.ie](mailto:registerofelectors@meathcoco.ie)



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>

## HSE Health and Wellbeing - Communication Resources




**HSE TALKING HEALTH & WELLBEING PODCAST**

A series about promoting health and wellbeing

Listen to the podcast



Please find information on HSE Talking Health and Wellbeing Podcast, along with the main HSE Health & Wellbeing Communication channels.

### Stay up to date with HSE Health and Wellbeing:



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Cumann Lucht Bainistíochta Contae agus Cathrach  
County and City Management Association

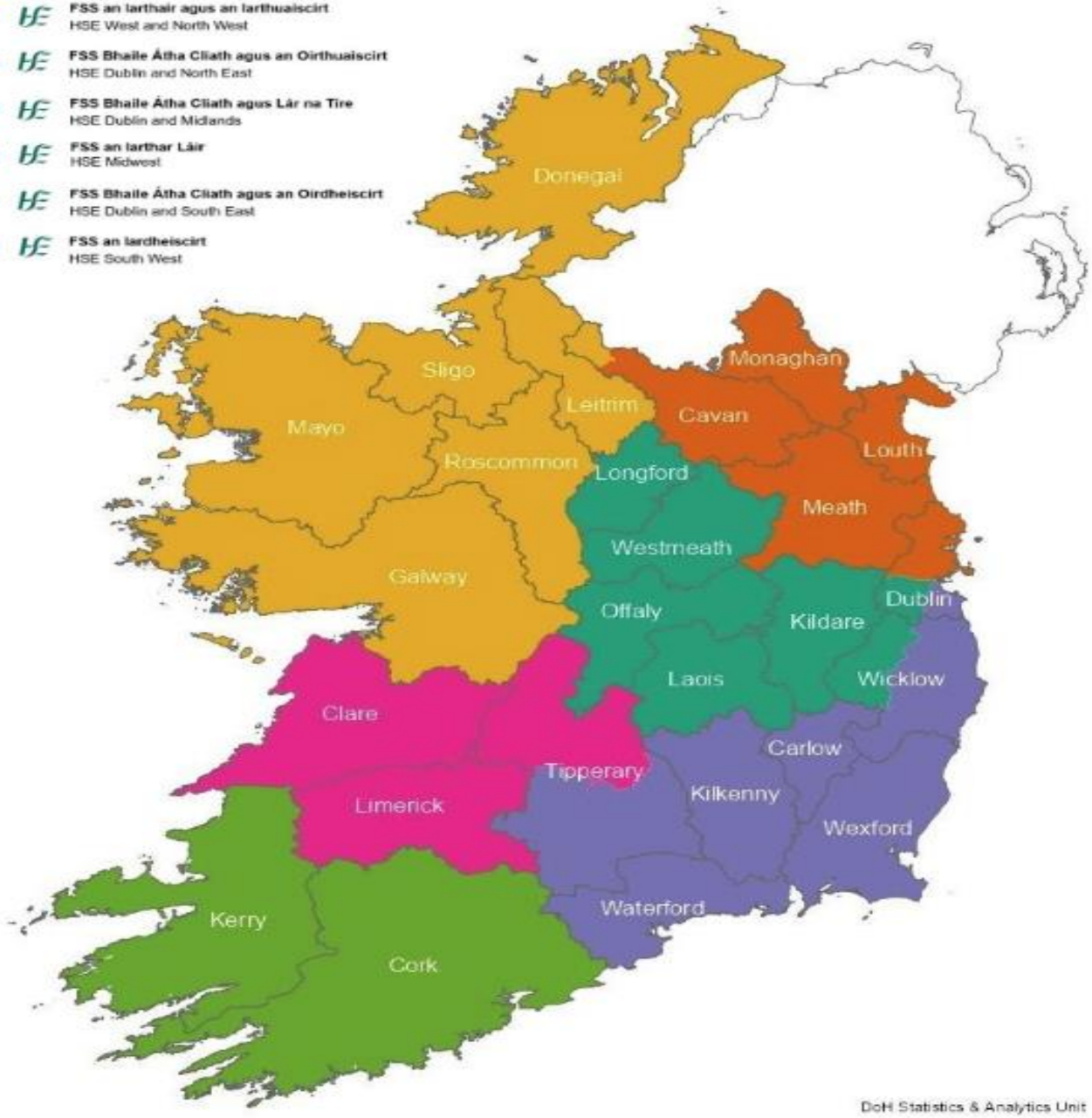


## HSE Health Regions Implementation Plan

The Government published the HSE Health Regions Implementation Plan and approved the recruitment of the 6 Regional Executive Officer posts to lead these regions. Health Regions offer an exciting opportunity to shape the future of health and social care and will allow us to deliver safer, better care that is planned and funded in line with local and regional needs. This plan sets out the direction of travel for the Health Regions implementation over the next 18 months.

### Map of HSE Health Regions and County Boundaries<sup>4</sup>

- FSS an Iarthair agus an Iarthuaiscirt  
HSE West and North West
- FSS Bhaile Átha Cliath agus an Oirthuaiscirt  
HSE Dublin and North East
- FSS Bhaile Átha Cliath agus Lár na Tíre  
HSE Dublin and Midlands
- FSS an Iarthar Láir  
HSE Midwest
- FSS Bhaile Átha Cliath agus an Oirdheiscirt  
HSE Dublin and South East
- FSS an Iardheiscirt  
HSE South West



DoH Statistics & Analytics Unit

<sup>4</sup> West county Wicklow continues to be aligned with Kildare for health services, and a small portion of west county Cavan continues to be aligned with Sligo/Leitrim for health services, in recognition of existing patient flow patterns.

Following this publication, the Health Regions Programme Team in collaboration with HSE Communications has developed a presentation for your information. This presentation is designed to keep you up to date on the current status and future phases of implementation of the Health Regions Programme.

I encourage you to review and circulate the [plan](#) and [presentation](#) to your colleagues so that all organisations become aware of the challenges and milestones in our pursuit of more integrated patient centred services at a local level.

We will continue to update you as the programme progresses and further detail can be found on the [Health Regions web page](#).

## Policing Authority Newsletter Summer 2023



The Policing Authority published its **Assessment of Policing Performance 2022**, an evaluation of the Garda Síochána's performance over the course of that year.

Policing performance is assessed primarily against the Authority's Statutory Performance Framework - consisting of the Garda Síochána statement of strategy, Policing Priorities and Annual Policing Plan.

This is the latest in a series of bi-annual reports assessing Garda Síochána performance. These reports are provided to the Minister for Justice, the Garda Commissioner, and other stakeholders, and made publicly available through the Authority's website.



[Read Now](#)

## Nursing Homes Ireland presents Music Speaks



Music Speaks is a very special and unique performance delivered by nursing home residents and staff for Nursing Homes Week 2023. Nursing Homes Week is the annual celebration of nursing home care in Ireland. Over 100 residents and staff from 30 nursing homes across Ireland sing and perform in the Music Speaks performance, showcasing their talents. The performance commenced the Music Speaks festival, a series of events and activities hosted by Nursing Homes Ireland to mark Nursing Homes Week celebrations in 2023.

Click here to view the performances [HERE](#)



An Ghníomhaireacht  
Tithíochta  
The Housing Agency

## Launch of Implementation Plan and Awareness Campaign for National Housing Strategy for Disabled People

New awareness campaign to be rolled out to increase visibility of National Housing Strategy for Disabled People.



The Implementation Plan for the National Housing Strategy for Disabled People 2022 – 2027 was launched in June by Minister of State for Local Government and Planning, Kieran O’Donnell, T.D., and the Minister of State with responsibility for Disability, Anne Rabbitte, T.D. The Plan will deliver on the primary objective of the National Housing Strategy for Disabled People 2022 – 2027, which is ‘to facilitate disabled people to live independently with the appropriate choices and control over where, how and with whom they live, promoting their inclusion in the community’.

<https://www.housingagency.ie/news-events/press-release-launch-implementation-plan-and-awareness-campaign-national-housing>



Audiology Services would like to announce that their Sligo Clinic has moved to Upper Pearse Road, Eircode F91 E7YF (5 doors up from Markievicz Park).

They look forward to meeting existing and new patients at this 'Age Friendly' clinic.



## Ageing population means elderly are now 'purpose' of health system — Dr Henry



Interesting interview with Dr Colm Henry in the Irish Examiner this week. The HSE’s Chief Clinical Officer maintains that older people are now the purpose of healthcare and not the problem, a change which must be acknowledged by everyone in the system. Dr Henry also said the idea that over-65s can only be treated by specialist geriatricians must be “openly refuted” as the population in Ireland has changed’.

*File photo: Sam Boal / Photocall Ireland*

Click [Here](#) for full article.

## National Advocacy Service for People with Disabilities (NAS) & the Patient Advocacy Service: Launch of Annual Report 2022



We are delighted to launch the 2022 Annual Reports of the National Advocacy Service for People with Disabilities (NAS) and the Patient Advocacy Service.

Each Annual Report presents the key activities, statistics, and achievements of both Services in 2022, and highlights the continued trend of a growing demand for independent advocacy services in Ireland. In 2022, the National Advocacy Service for People with Disabilities (NAS) saw its waiting list grow 55% from 161 in January 2022 to 250 by December 2022. This figure has continued to grow in 2023 with numbers increasing to 262 by June 2023. NAS provided advocacy support in 3,576 pieces of work, which is an almost 50% increase in the services casework since 2015. Despite this, NAS has not received an increase in funding for any new permanent posts since 2011. 2022 saw a continued growing demand for the Patient Advocacy Service with 1,859 contacts, which represents a 54% increase in contacts compared to 2021. Also in 2022, the Patient Advocacy Service extended its remit to people living in Private Nursing Homes, providing advocacy to patients and residents in all Public Acute Hospitals & Nursing Homes.

Joanne Condon, National Manager for NAS, said:

“2022 continued the trend of a growing demand for advocacy services in Ireland. We have seen a substantial increase in our waiting lists and this demonstrates a clear need for increased funding for advocacy services for people with disabilities. Many of the people on NAS waiting lists are experiencing active human rights violations and need the support of an Advocate to ensure they have an active role in determining what happens in their lives. They must be able to access advocacy support at the time they need it most.

Advocacy is about supporting and empowering people to communicate their wishes, secure their human rights and represent their interests. Never before has Advocacy been so to the forefront in an Irish Context with recent commencement of the Assisted Decision Making (Capacity) Act, a focus on human rights in the UNCRPD and a shift to a human rights-based approach in health and social care practice. It is therefore reassuring to see the growing demand for Independent Advocates.”

Georgina Cruise, National Manager of the Patient Advocacy Service, said:

“The Patient Advocacy Service is going through a period of sustained growth – as demonstrated by the growing demand highlighted in the report. Patient Advocacy is an important element in the delivery of a modern Healthcare system and the Patient Advocacy Service is an integral part of delivering this in Ireland. The extension of our remit to private nursing homes demonstrates our continuing growth and we will continue to focus on developing the organisation to sustain this growth into the future.”

**You can find both Annual Reports at the links below:**

[Patient Advocacy Service Annual Report 2022](#)

[National Advocacy Service \(NAS\) for People with Disabilities Annual Report 2022](#)

## Ukulele Classes



Another round of ukulele classes are starting in Hollyhill Library from September 6th



# Free Ukulele Classes for Beginners

*For adults aged 55+*

Ukulele provided

Friendly and relaxed atmosphere, no experience needed



Every Wednesday for 6 weeks  
starting September 6  
10:00 am - 11:20 am in Hollyhill Library.

Places are limited. To book your place please contact Hollyhill Library at 021 492 4928/021 492 4945







## Bunclody Library Events

### Digital Ambassador Drop in Clinic Thursday 31<sup>st</sup> August 7.00 – 8.00pm

Drop in to the library and learn how to familiarise yourself with your digital device (phone, tablet, laptop etc.). Learn about the range of online resources accessible through Bunclody Library and become more confident using your device.

**No booking required!**

### Home Energy Saving Kits

Home Energy Saving Kits are now available to borrow from Bunclody Library. The kits contain 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](mailto:bunclodylib@wexfordcoco.ie) for further details.

### Digital Radon Monitors

Do you want to test your home for radon? Digital radon monitors are available to borrow for a period of 4 weeks from Bunclody Library, all you need is your library card!.

For more information please telephone 053 9375466.

## 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 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 Ms. Peggy Edwards, Founder of Grandmothers Advocacy Network, and Dr. Paula Rochon, Founding Director of Women's Age Lab.**

**ifa Global Café**  
in conversation with experts

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

**"GENDERED AGEISM: THE DOUBLE WHAMMY OF INTERSECTING DISCRIMINATION AND HOW TO ADDRESS IT."**

**Ms. Peggy Edwards**  
Founder of Grandmothers Advocacy Network

**Dr. Paula Rochon**  
Founding Director of Women's Age Lab

**25 August 2023** **07:00 AM EDT**

The International Federation on Ageing held a Global Cafe event this morning called: In conversation with Ms. Peggy Edwards, Founder of Grandmothers Advocacy Network, and Dr. Paula Rochon, Founding Director of Women's Age Lab, on "Gendered Ageism: The double whammy of intersecting discrimination and how to address it."

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