

# Cavan Age Friendly Strategy

**2022  
2024**

Making Cavan a great place to grow old





**Comhairle Contae  
an Chabháin**  
Cavan  
County Council

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Department of Community & Enterprise  
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## Glossary of Terms

<b>AFA</b>	Age Friendly Alliance
<b>AFCC</b>	Age Friendly Cities and Counties
<b>AFI</b>	Age Friendly Ireland
<b>CCC</b>	Cavan County Council
<b>CCLD</b>	Cavan County Local Development Company
<b>CDP</b>	County Development Plan
<b>CMETB</b>	Cavan Monaghan Education and Training Board
<b>CMTCU</b>	Cavan and Monaghan Transport Co-ordination Unit
<b>CSO</b>	Central Statistics Office
<b>CSP</b>	Cavan Sports Partnership
<b>DOH</b>	Department of Health
<b>GAA</b>	Gaelic Athletics Association
<b>HaPAI</b>	Health and Positive Ageing Initiative
<b>HSE</b>	Health Service Executive
<b>LCDC</b>	Local Community Development Committee
<b>LEADER</b>	Liaisons Entre Actions de Developpement de l'Économie Rurale
<b>LECP</b>	Local Economic and Community Plan
<b>LEO</b>	Local Enterprise Office
<b>MD</b>	Municipal District
<b>OPC</b>	Older People's Council
<b>PEACE</b>	PEACE IV European cross border funding programme
<b>PPN</b>	Public Participation Network
<b>SICAP</b>	Social Inclusion Community Activation Programme
<b>SIU</b>	Social Inclusion Unit (in Cavan County Council)
<b>WHO</b>	World Health Organisation

## Executive Summary

As in all counties in Ireland, the population of older people living in County Cavan is increasing. The 2016 Census counted 10,464 people aged 65 years or older residing in the County, an increase of over 30% in a 10-year period from 2006. Older people now represent 13.7% of the total population of County Cavan. Over the next 30 years, the number of people in Ireland over the age of 55 will double and the number over 80 will quadruple. It is essential that we as a County plan to meet the needs of our ageing population. Since 2011, Cavan County Council has been leading the response to our county's ageing population through the implementation of the Cavan Age Friendly Programme.

The Cavan Age Friendly Programme was established under the auspices of the World Health Organisation's (WHO) Age Friendly Cities and Counties Programme. Central to this approach is the voice of older people. The Age Friendly Programme aims to ensure that older people,

- have a real say in what happens in their lives and what happens in the areas in which they live;
- enjoy good health, good services, and live in a safe environment; and
- are able to participate fully in everything that is going on in their local communities and county

(Ireland's National Age Friendly Cities and Counties Programme)

Cavan County Council demonstrated its commitment to becoming an Age Friendly County by signing the Dublin Declaration in 2011. Following this, the Cavan Age Friendly Programme was formally established with the formation of the Cavan Age Friendly Alliance and the Cavan Older People's Council.

The Older People's Council identify priority areas of need, raise issues of importance and inform and influence the decision-making process of the local Age Friendly Programme.

The Cavan Age Friendly Alliance brings key actors - Cavan County Council, Health Service Executive, An Garda Síochána, Cavan GAA, Cavan County Local Development Company, Cavan Monaghan Education and Training Board, Local Link, the business community and the Older People's Council – together, to work collaboratively, with the interests and needs of older people and an ageing population at their core. The Alliance operates under the leadership of the local authority Chief Executive and has responsibility for the implementation of the County Cavan Age Friendly Strategy.

This, County Cavan Age Friendly Strategy 2022 to 2024 is Cavan's third strategy. It sets out the strategic direction towards our goal of creating an Age Friendly County. The strategy is underpinned by the needs of older people, as voiced by older people in County Cavan during

consultation carried out in the development phase. It has also been informed by a review of demographic data and consultation with stakeholders. Consultation data has been collated and analysed to targeted actions. Actions are presented under the eight themes of the WHO's Age Friendly Cities and Counties Programme framework:

1. Outdoor spaces and public buildings
2. Transport
3. Housing
4. Respect and social inclusion
5. Social participation
6. Communication and information
7. Civic participation and employment
8. Community Support and Health Services

This strategy outlines the collective response of Cavan Age Friendly Alliance to our ageing population which aims to create a physical and social environment that enables our older residents to live in their homes for as long as possible, maintain their health, and be able to fully participate and be an integral part of the community in which they live. The actions outlined aim to provide pleasant and safe outdoor spaces and public buildings, access to affordable transport; housing options as people age; quality community and health services; educational and volunteer opportunities; and opportunities to engage in social activities and events for people of all ages. Essentially this strategy strives further towards making Cavan an Age Friendly County.





# Foreword

**As Chief Executive of Cavan County Council and Chairperson of Cavan Age Friendly Alliance it gives me great pleasure to present the third Cavan Age Friendly Strategy. This strategy will build on the progress made to date in making Cavan an Age Friendly County; a county where older people lead healthy and active lives, and where they are given opportunities to participate fully in community life while being valued and respected by others.**

The voice of older people has informed the development of this strategy, providing a true appreciation of what we need to work on over the next three years. Consultations with older people and consideration of the HaAPI research have provided Age Friendly Alliance partners with detailed information on the needs of older people. Members have developed actions that are specific and targeted towards addressing these needs and ultimately bringing about changes required to make the physical, social and cultural environments of our county age friendly.

Over the lifetime of this strategy, I, together with all other lead agencies would like to express our commitment to delivering on the actions outlined, but furthermore to embedding the Age Friendly ethos across service provision. As Chief Executive of Cavan County Council I am committed to ensuring that Age Friendly principles are embedded in the work programmes of Cavan County Council and in policies such as the County Development Plan and the Local Economic and Community Plan. This will provide for expanding our approach towards addressing the needs of our growing older population as we plan ahead for the next 6 years.

At the time of development of this strategy the world is experiencing a period of unprecedented change brought on by the impacts of the ongoing Covid19 pandemic. It is undoubtedly a challenging time, impacting

on the lives of everyone but unfortunately, it's impact is being hardest felt by our older people and those who are most vulnerable in our communities. It is likely that the changes brought about by the pandemic will cause challenges for the implementation of this strategy. We will however continue to adapt and respond to the changing needs and endeavour to provide supports where needed.

On an encouraging note, it is also worth highlighting the positive outcomes we have witnessed which have arisen from responses to the challenges we have faced. This is particularly evident in areas such as health care, where we are witnessing an acceleration in changes planned for older people services and health care supports.

The prompt response of local agencies and the voluntary sector in providing vital supports to older people are another example of the positive response to the challenges faced during the pandemic. The pandemic has also helped to focus attention on areas which require attention such as the need to form a stronger network of older people's groups in the county and the need to develop programmes to provide supports to older people.

To date, our greatest strength has been in working together. In our commitment to continue to work together we can overcome

the challenges and grasp the opportunities we will continue to face.

Finally, I would like to thank the older people in the county who contributed to the research which informed the development of this strategy. I would also like to thank the Age Friendly Alliance members and Cavan Older People's Council for their commitment in ensuring that activity planned under this strategy is responsive, progressive and innovative. I look forward to collaborating with all stakeholders over the next three years to ensure that this strategy is successfully implemented; as we continue on the road to making Cavan, "a great place in which to grow old".



**Mr Tommy Ryan**

Chief Executive

Cavan County Council

Chairperson, Cavan Age Friendly Alliance

## A message from the Older People's Council

We cannot underestimate what has been achieved in the previous two strategies. We are seeking to build on that success in this our third Age Friendly Strategy. Thanks to the dedication and commitment of those who contributed to drawing up this document, we have what older people truly believe is a strategy that will help to make Cavan the best county in which to grow old. The approach in this strategy extends far beyond concerns about health and social care, as it takes into account the changes to the physical, social, and economic environment needed to promote independence and a higher quality of life. While we still have a way to go this strategy is another giant step to achieving our Age Friendly Goals.



**Bob Gilbert**  
Chairperson Cavan OPC

## VISION

**Our vision is to create a county that is a great place for older people to live**



**Pictured: An Taoiseach Leo Varadkar, Alana Officer (WHO), Tommy Ryan (CE, Cavan County Council).**

Alana Officer from the World Health Organisation and An Taoiseach Leo Varadkar formally presenting Tommy Ryan, Chief Executive of Cavan County Council with an affiliation certificate to mark achieving the Local Authority's membership of the World Health Organisations Global Age Friendly Network

# Introduction

This, the third Age Friendly Strategy for County Cavan will build on the progress made since 2012, in developing Cavan into an Age Friendly County and realising our vision of making Cavan a great place in which to grow old. As life expectancy increases, we must embrace the challenges and opportunities that our ageing population presents and create communities that cater for the varying needs of older people. We must foster and encourage active ageing but also ensure that supports and services are available for those who need them. By responding directly to the particular issues that most affect older people living in County Cavan we are creating an Age Friendly County and in turn making it a better place to live for all. The changes we make can improve everyone's quality of life, from young to old.

## What is Age-Friendly?

Age Friendly is a dedicated approach to facilitating the inclusion of older people in our communities.

The World Health Organisation defines an "age-friendly" community as one in which all organisations, and everyone from all walks of life:

- recognises diversity among older people
- promotes the inclusion of older people
- values their contribution to community life
- respects their decisions
- anticipates & responds flexibly to ageing-related needs & preferences.

## Why create an 'Age Friendly' County

In creating an Age Friendly County, we are preparing for the increasing ageing of our population by paying increased attention to the environmental, economic and social factors that influence the health and well-being of older adults. An Age Friendly County therefore is a county 'that recognises the great diversity among older people and promotes their inclusion in all areas of community life. It is a county that respects their decisions and lifestyle choices and anticipates and responds to related needs and preferences' (Age Friendly Ireland).

## An Age Friendly County is a place

1. Where all older people have a say in how their county develops.
2. Good local transport that takes you where you want to go when you want to go.
3. Well-lit public spaces, level footpaths, plenty of pedestrian crossing points, access to clean toilets and comfortable public seating in your town/village.
4. Access to good quality healthcare either in your home or at the local health centre.
5. Opportunities to socialise and stay in touch with friends, family and neighbours.
6. Opportunities to stay working, set up a business, pursue further education or volunteer.
7. A sense of feeling safe in your home and when out and about.
8. Knowing what services are available and what social activities are held in your city/county.





**“Making a county age-friendly is one of the most effective policy approaches for responding to demographic ageing”.**

World Health Organisation (2002)  
Policy Framework on Active Ageing

# Setting the Context

## International Context

Population ageing is evident in global population statistics which show a demographic trend that signifies an increasing proportion of older people in the population in almost every country of the world.

## World Health Organisation’s Global Age Friendly Programme

In response to population ageing at a global level the World Health Organization’s (WHO) global Age Friendly programme was established in 2007. The aim on this programme is to encourage countries all over the world to become age friendly - to become places which encourage active ageing by optimising opportunities for people to live healthily, to feel secure and to have their participation in society enabled, overall enhancing quality of life as people age.

## Active Ageing

The WHO recognises that active ageing is dependent on “a variety of influences or determinants that surround individuals, families and nations. They include material conditions as well as social factors that affect individual types of behaviour and feelings. All of these factors, and the interaction between them, play an important role in affecting how well individuals age”.

## Determinants of Active Ageing



## Eight themes of Age Friendly Programming

Reflecting on each of the determinants of active ageing, the World Health Organisation developed a framework of eight themes which encompass the elements within a city/county's structures, environment, services and policies which determine how age-friendly a place is. The themes are outlined in the diagram below. Actions in the Cavan Age Friendly Strategy are colour coded to reflect each theme of the WHO Programme.

## WHO Age Friendly Themes and Outcomes



**1. Outdoor spaces and buildings:** paying attention to the built environment can make the difference between someone participating in life, and them being isolated at home. Accessible public transport, level pavements, places to sit, the removal of trip hazards, good street lighting and public toilets are all vital components to encouraging older people to stay engaged with their local community.

**2. Housing:** Nearly all of us want to age in place. We want to grow old in a safe, comfortable, secure, affordable, and interesting community. Many of our homes were not, however, built with the needs of older people in mind. Age Friendly communities create the opportunities to establish a broad range of housing options which enable older people to stay independent for as long as possible.

**3. Social participation:** Social connection - feeling part of a network of family, friends and community - is one of the main determinants of health and wellbeing. In Age Friendly communities older people can participate in the social and cultural life of the communities through a diverse range of affordable, accessible, inclusive events and activities.

**4. Transportation:** With older people less likely to drive, affordable, accessible public transport is crucial to an age-friendly community. Good transport links help everyone, whatever their age, to access vital services such as doctors and social and cultural amenities, so that they can be involved in city life, stay independent and keep up social connections.

**5. Respect and social inclusion:** Everyone wants to feel valued. Intergenerational activities are a great way for young and old to learn from one another, recognise what each has to offer and, at the same time, feel good about themselves.

**6. Civic participation and employment:** An age-friendly community should provide opportunities for people to participate in public life and contribute to their communities, through paid or voluntary work. Evidence shows doing so increases social contact and good health.

**7. Communication and information:** Information today is delivered in ways few could have imagined a decade ago - and many still don't know how to use. Age-friendly communities recognise that not everyone has a smartphone or Internet access and that information needs to be disseminated through a variety of means.

**8. Community support and health services:** At some point, nearly every person of every age gets hurt, becomes ill or simply needs some help. While it's important that care be available nearby, it's essential that residents are able to access and afford the services required.

## **National Context**

The National Positive Ageing Strategy was officially launched in 2013 by Minister Frances Fitzgerald. This strategy formally recognises, at a national level, the need for all sectors of society to plan properly for individual and population ageing in Ireland. The visions of the National Positive Ageing Strategy is as follows:

“Ireland will be a society for all ages that celebrates and prepares properly for individual and population ageing. It will enable and support all ages and older people to enjoy physical and mental health and wellbeing to their full potential. It will promote and respect older people’s engagement in economic, social, cultural, community and family life, and foster better solidarity between generations. It will be a society in which the equality, independence, participation, care, self-fulfilment and dignity of older people are pursued at all times.”

Ireland’s population has been getting steadily older since the 1980s. The 65+ age group increased by 19% between 2011 and 2016. Today, average life expectancy for men in Ireland is 76.8 years and for women is 81.6 years, and life expectancy at the age of 65 is rising faster here than anywhere else in the EU. While this is a huge triumph of medicine, the challenge for society is to ensure that this is not just expansion of life years, but expansion of quality life years.

This trend is set to continue, so it is crucial now to plan and prepare for the needs of greater numbers of older people in our communities. The national Age Friendly Programme in Ireland is set in the context of the World Health Organisation’s global Age Friendly movement. Ireland’s Age Friendly Cities and Counties Programme has been leading internationally in rolling out the programme.

In April 2019, Ireland became the first country in the world to have full membership with all 31 Local Authorities participating in rolling out the Age Friendly Programme. This was formally recognised by in December 2019 with all 31 Local Authorities being presented with charters by the WHO and An Taoiseach in recognition of Ireland’s work in delivering on the aims and ambitions of the WHO Global Network of Age Friendly Cities and Communities, and to formally acknowledge the membership of each local authority led Age Friendly Programme in Ireland to this network.



## Age Friendly Ireland

Nationally, the Age Friendly Programme is led by Age Friendly Ireland. Age Friendly Ireland is a shared service of local government hosted by Meath County Council. The shared service manages the National Age Friendly Programme, affiliated to the World Health Organization's Age Friendly Cities and Communities Network. The national programme is operated through a team-based framework of 31 local Age Friendly Programmes hosted in local government.

The National Age Friendly Shared Service supports cities, counties, towns, villages and rural communities across Ireland to prepare for the rapid ageing of our population by paying increased attention to the environmental, economic and social factors that influence the health and well-being of older adults. Age Friendly Programmes work to provide walkable streets, housing and transportation options, access to key services and opportunities for older people to participate in community activities. By doing so, these communities are better equipped to become great places, and even lifelong homes, for people of all ages.

Local Age Friendly Programmes are informed by a positive ageing perspective and seek to enhance and improve the lives of older people across the country by giving them a voice in the decision-making processes that affect their ability to live full and active lives. Initiatives focus on areas such as housing, transport, caregiving, community engagement, volunteering, social inclusion and combating isolation among older citizens.

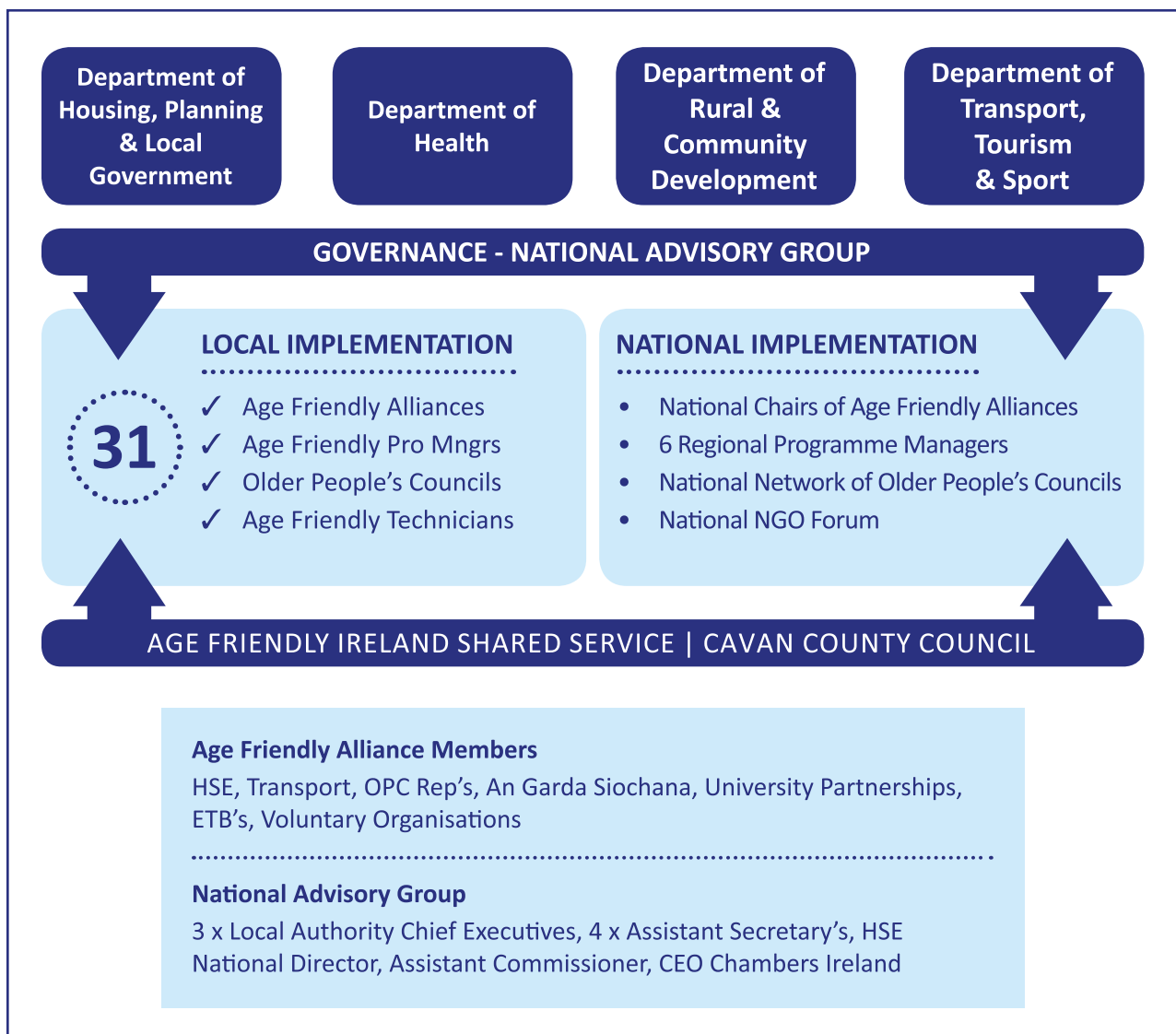
### **Cavan Age Friendly Programme**

Each local Age Friendly Programme operates with the same structure which relies on an active Older People's Council, an Age Friendly Alliance, an Age Friendly Programme Manager, an Age Friendly Housing Technical Advisor and interdepartmental group within the local authority.

Cavan's Age Friendly Programme is delivered in the context of a national Age Friendly Programme, formally led by Age Friendly Ireland. Cavan County Council demonstrated its commitment to being an Age Friendly County by signing the Dublin Declaration in 2011. The Dublin Declaration on Age Friendly Cities and Communities was initially developed in association with the World Health Organization's (WHO) Global Network of Age-friendly Cities, the Ageing Well Network and the International Federation on Ageing. The aim of the Declaration is to solicit support for a range of actions that will improve the quality of life of older people, strengthen and sustain their systems and services and promote a culture of innovation that will foster growth and development.

The Cavan Age Friendly Programme was established in 2012 with the formation of Cavan's Age Friendly Alliance. Since its establishment, the Alliance have made significant progress in improving key areas of infrastructure, services, and communication for older people in Cavan. Consultation with older people in development of age friendly strategies ensure that actions undertaken are aimed at addressing issues affecting older people. Cavan Age Friendly Alliance have to date implemented two Age Friendly Strategies, the first from 2013 to 2016 and the second from 2017 to 2019.

## Age Friendly Ireland - Programme Structure



### What we have achieved so far

Reviews of the two previous Age Friendly Strategies for the county (2013-2016 and 2017-2019) found the vast majority of their actions have been implemented. Notable success stories included.

- The establishment of the Cavan Older People's Council (OPC).
- Improved information and communication through an age friendly website, drop-in centres and newsletters.
- Training for public sector staff in age friendly issues.
- Increase in activities by Cavan Older People's Council such as the Older People's Drop-in Centre, Intergenerational Activities with Schools, Newsletters, Creative Writing Workshops

etc. The OPC won a LAMA Award for their play the 'Best Years of Our Lives Have Yet to Come' and were also shortlisted for a Chambers Ireland Award.

- The Cavan Alzheimer's Society completed work on an extensive Sensory Garden at the day care centre beside the Sullivan Centre which was part funded by the HSE and Cavan County Council. They received a National Age Friendly & Recognition Award through Age Friendly Ireland for this project.
- Development of Cavan town as an 'Age Friendly Town'.
- Improvements in transport including mapping routes, bus shelters and the establishment and expansion of the Local Link's Cavan Town Shuttle Bus Service.
- Ongoing consultation with older people and active involvement of older people in Age Friendly Walkability Audits taking place within the county including Breffni Park, Cavan General Hospital and Cootehill Town.
- Enhanced links with An Garda Síochána through the older people's register and Crime Prevention Ambassadors Programme. The Crime Prevention Guard delivers information talks to Older People's Groups on Crime Prevention and Safety.
- Delivery of the GAA Social Initiative GAA annual excursions and 'Keep the Home Fires Lit' campaign.
- Support for the development of Men's Sheds in different locations around the county.
- An integrated older persons frailty group has been established with membership from Community Services, Acute Services and Services for Older Persons. This development is about person-centred co-ordinated care and seeks to help older people avoid going into emergency departments.

### **Cavan Age Friendly Alliance**

Cavan Age Friendly Alliance is a high-level cross-sector group, chaired by the Chief Executive of Cavan County Council. The member agencies of the Age Friendly Alliance form a strategic partnership to develop and oversee the Age Friendly Strategy. Members include the Local Authority, Elected Members, the Health Service Executive, Cavan and Monaghan Education and Training Board, An Garda Síochána, GAA, Cavan Chamber of Commerce, Cavan County Local Development Company and TFI Local Link Cavan Monaghan. The Cavan Age Friendly Alliance meets four times each year.

### **Current members of the Cavan Age Friendly Alliance:**

- Chairperson: Mr Tommy Ryan, Chief Executive, Cavan County Council
- Director of Services, Cavan County Council: Mr Brendan Jennings
- Health Service Executive – Older People’s Services: Ms Rose Mooney
- An Garda Síochana Chief Superintendent: TBC/ Inspector: Niall McKiernan
- Cavan Monaghan Education & Training Board: Ms Angela Kelly
- Cavan Gaelic Athletic Association: Mr Liam McCabe
- Cavan Older People’s Council: Mr Bob Gilbert
- Cavan Older People’s Council: Ms Carole Beattie
- Cavan Older People’s Council: Ms Elizabeth Coyle
- Cavan County Local Development: Ms Iris O’Callaghan
- Cavan Chamber: Ms Deirdre Meagher
- TFI Local Link Cavan Monaghan: Mr Pdraic Smyth
- Elected Members Cavan County Council: Cllr Carmel Brady & Cllr Brendan Fay
- Health Service Executive - Health Promotion and Improvement: Ms Caoimhe Rudden

### **Cavan Older People’s Council**

The Older People’s Council is a representative group of older people established by the Local Authority as part of the development of the Age Friendly Programme. Older People’s Councils have a two-tier structure with a wide membership representing all older people in the community, and an Executive Committee elected by the full membership at the Older People’s Annual General Meeting. Each of the local Older People’s Councils nominates a representative to sit on the National Network of Older People’s Councils (usually the Chair). This National Network convenes three times annually to discuss policy issues of national significance and seeks to work in partnership to resolve issues identified by older people that cannot be resolved at local level.

At a local level, the Older People’s Council identify priority areas of need, raise issues of importance and inform and influence the decision-making process of the local Age Friendly Programme. They also lead actions within the Age Friendly Strategy. Representatives of Older People’s Councils participate, alongside representatives of the relevant member agencies, on the local Age Friendly Alliance. Cavan Older People’s Council Executive Committee comprises six representatives from each of the three Municipal Districts in the County together with co-opted members from relevant organisations who represent the voice of older people. The key purpose of the Older People’s Council is to provide the authentic voice of older people representing the diversity that exists among our ageing population.

### **Members of Cavan Older People’s Council Executive Committee:**

- Ms Ann Lynch
- Ms Ann O’ Donoghue
- Ms Elizabeth Coyle
- Ms Mary Sheridan
- Mr Bob Gilbert (Chair)
- Ms Mary Farrell
- Ms Lillie Brady

- Ms Mary Matthews
- Mr Thomas Smith
- Ms Ann McKiernan
- Mr Noel Reilly
- Mr Brian Daly
- Mr Francis Geraghty
- Mr Seamus Duffy
- Mr Seamus Watters
- Mr Brian McDermott
- Ms Una O'Connor

**Co-opted Members:**

- Carole Beattie - Cavan Alzheimer’s Association
- Iris O’Callaghan - Cavan County Local Development Company
- Brigid Finnegan - Cavan Family Carers’ Network
- Frances O’Callaghan - Positive Age
- Helena O’Reilly - Local Health Office
- Kathleen Maughan - Cavan Traveller Community
- Teresa Mongan - Cavan Traveller Community
- Tinko Tinev - Cavan Cross Cultural Communities
- Seamus Herron - Community Garda, An Garda Síochana

## Demographic profile of County Cavan’s Older Population

**Populations & Projections**

The total population of County Cavan increased by 19% over the ten-year period from 2006 (64,003) to 2016 (76,176). When we look at the number of older people (those aged 55+) living in the county it is evident that the population of older people is increasing. In 2006 the population aged 55+ living in County Cavan was 14,278. This had increased to 18,845 in 2016, showing a percentage increase of 32% in the population of 55+ in a ten-year period. People aged 55+ make up 25% of the county’s population.

**Population (55 +) increase in County Cavan from 2006 to 2016**

County	2006	2011	% Change	2016	% Change
Cavan	14,278	16,340	14.4%	18,845	15.3%

Population predictions indicate that this trend is likely to continue. In 2013 the central statistics office published its regional population projections (2016-2031). The number of old persons (65 years and over) will almost double in every region over the life-time of the projections.

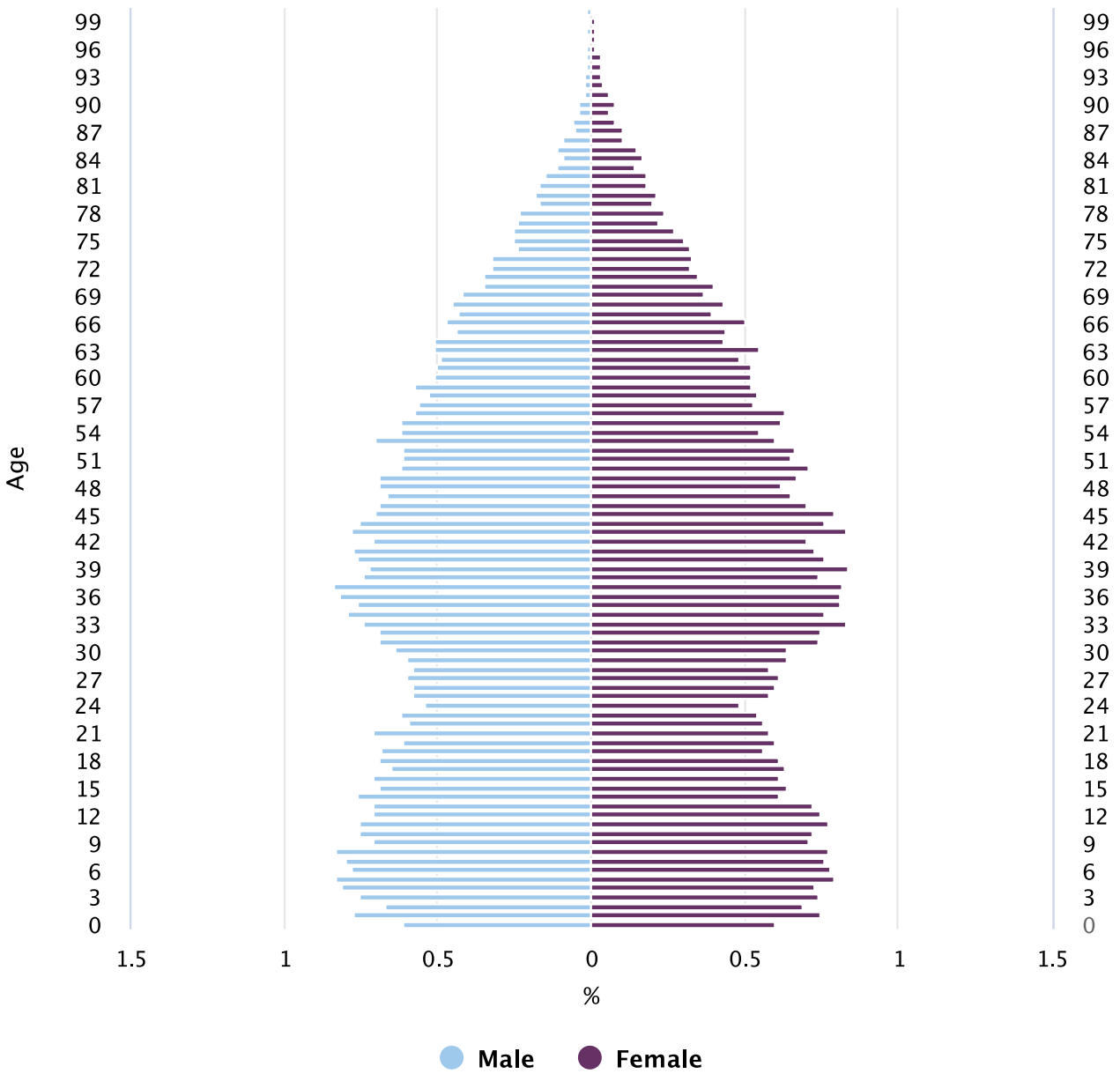


## Regional Population Projections 2016 - 2031

The following graph shows County Cavan's population by age and gender. Rural counties such as Cavan share similar features, with fewer young adults and proportionally more older people.

Regional Population Projections 2016-2031							
Regional Authority area	Population 2011	Natural Increase	Internal Migration	External Migration	Total Increase	Population 2031	Average Annual Increase
	Thousands						%
Border	516	49	-22	-9	18	533	0.2
GDA	1,795	298	92	11	401	2,197	1.0
Dublin	1,262	188	47	23	257	1,519	0.9
Mid-East	534	110	45	-11	144	678	1.2
Midland	284	39	-21	7	25	309	0.4
Mid-West	378	43	-10	-1	32	410	0.4
South-East	499	58	-16	9	51	550	0.5
South-West	662	80	-18	8	71	733	0.5
West	441	31	-6	-10	15	456	0.2
State	4,575	598	0	15	613	5,188	0.6

## Population of males and females by age for Cavan, 2016



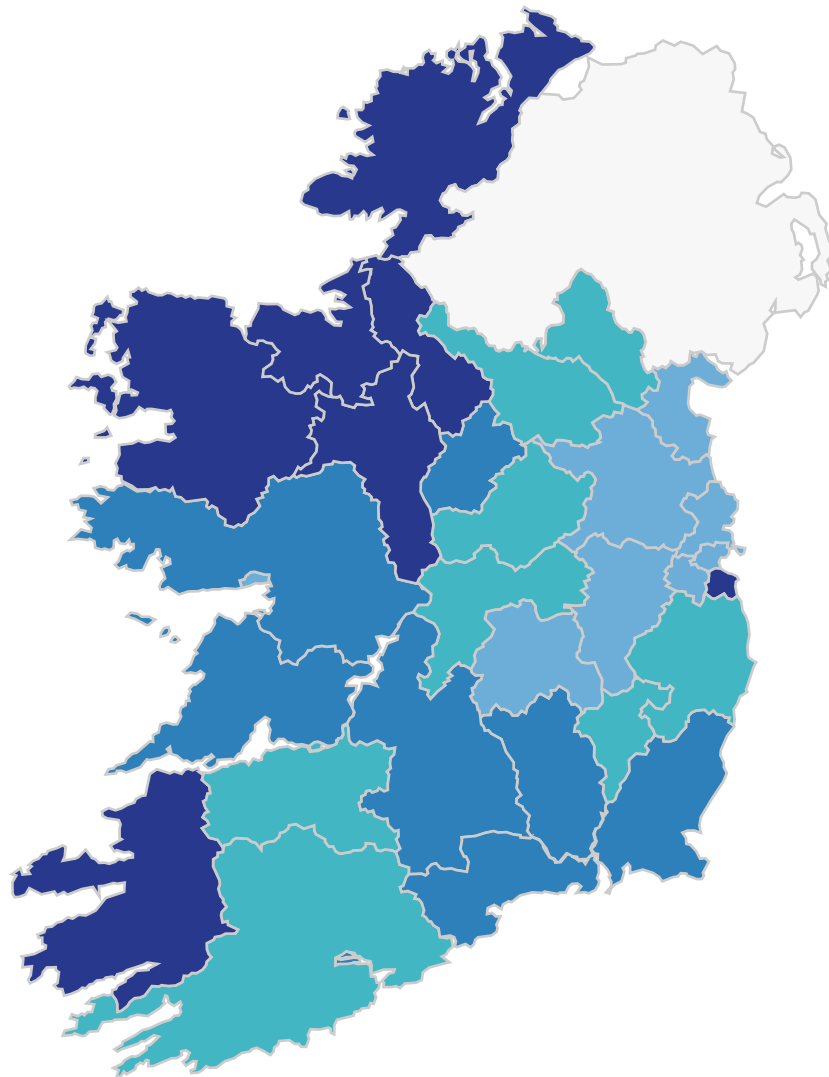
Source: CSO Ireland

The average age of the national population in 2016 was 37.4, up from 36.1 in 2011, a rise of 1.3 years. The average age in Cavan was 37.2 in 2016, having increased from 36 in 2011.

## Old Dependency ratio, by county, 2016

### Old Dependency

In 2016, County Cavan had an average Older Age Dependency Rate of 21.8, this has risen from 19.8 in 2011, showing a total increase of 2% in old age dependency.



● 13.50 - 19.50

● 19.60 - 22.10

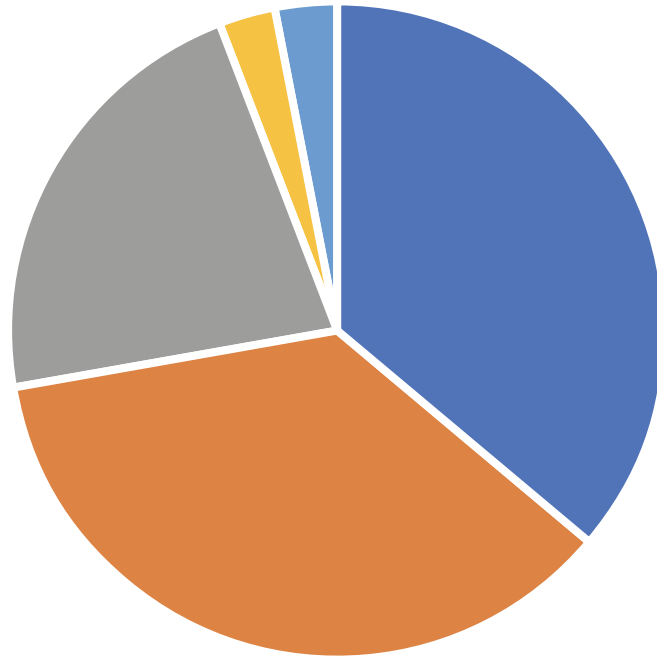
● 22.20 - 24.10

● 24.20 - 28.50

## General Health of those 55+ living in County Cavan

### General Health

There are 18,845 people 55+ living within County Cavan. The vast majority (7,382) reported that their health was 'Very Good'.



● Very Good ● Good ● Fair ● Bad and Very Bad ● Not Stated

A total of 4,869, age 55+ reported their health as being 'Fair, Bad and Very Bad'.

### Carers

There are 1,069 people 55+ years acting as Carers. This makes up approximately a third of all carers within County Cavan (3,131). Carers 55+ within County Cavan fall in under the following age categories:

### Carers by Age Group

Age Group	No. of Carers
55 – 59 Years	369
60 – 64 Years	220
65+	480

## Disability

5,017 people aged 55+ reported to have a disability of some sort. The disabled person can have many Disabilities. In Cavan 2,512 people indicated they had a difficulty with pain or breathing or any other chronic illness or condition.

## Living Alone

There are 4,016 people 55+ years living alone, this rose from 3,510 in 2011. The majority are found within the following ED's.

### Older People (55 +) Living alone by Electoral Division

Electoral Division	Number
Cavan Urban & Rural	519
Virginia	238
Bailieborough	222
Cootehill (Urban & Rural)	212
Kingscourt	150
Belturbet Urban	146
Ballyjamesduff	123

Independent living is a positive feature of ageing but older people living alone are likely to require additional supports as they age.

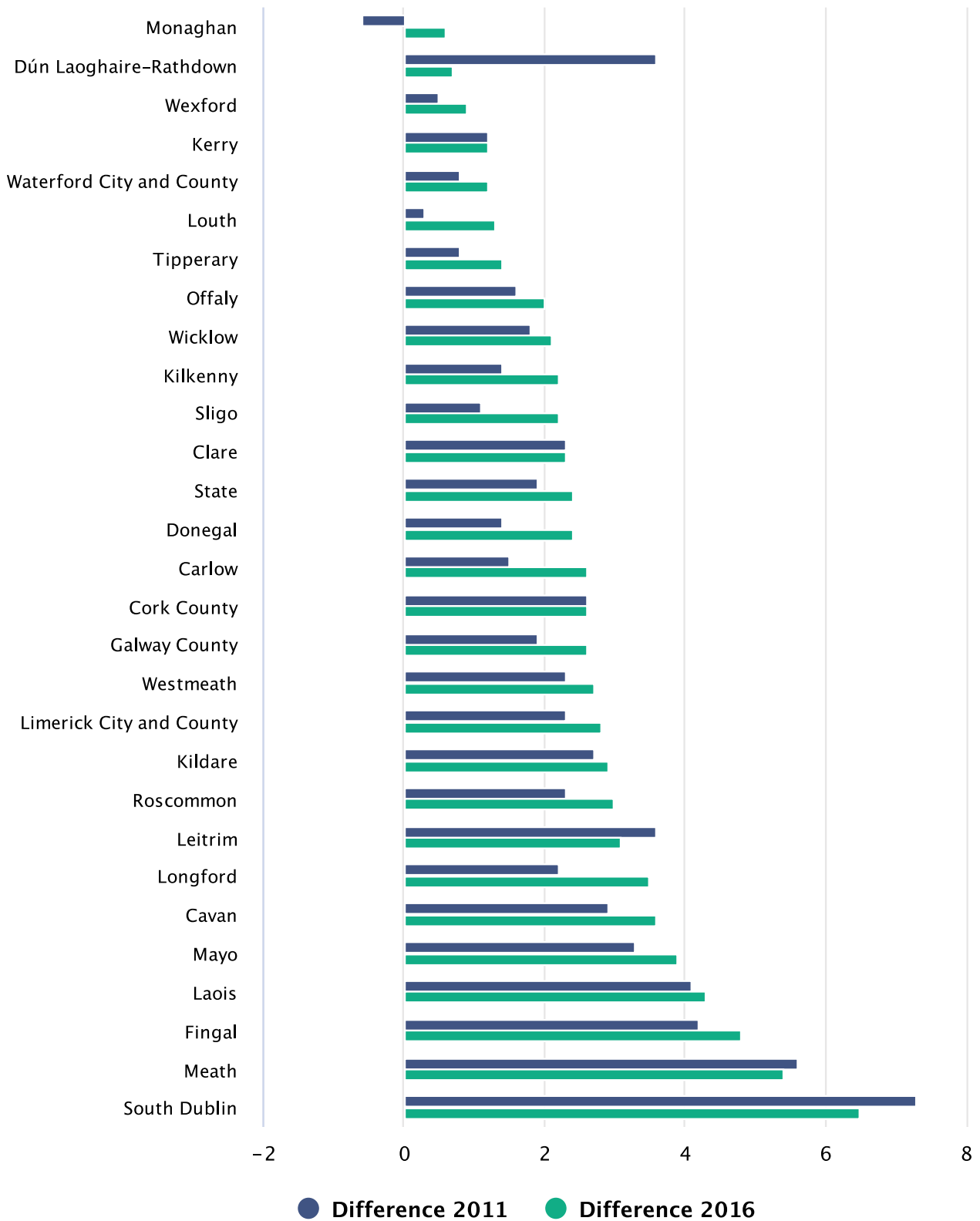
## Older Rural Population

The difference in average age between rural and urban areas increased between 2011 and 2016. In 2016 the average age of the population living in rural areas was 2.4 years older than the population in urban areas, compared to a difference of 1.9 years in 2011.

County Cavan has a rural population which is 3 years older than its urban counterpart.



## Average Age Difference between rural & urban areas of each county, 2016



Source: CSO Ireland

## Internet Use

It is difficult to get information on the number of those 55+ who use the internet, the Census information does not break it down by age. However, within County Cavan 17,061 people indicated that they had access to the internet and 6,318 reported that they had no internet access at all. Lack of internet access would be expected in the more rural areas which have a higher proportion of older people. However this is still a high proportion to not have access particularly given that so many services are accessible on-line.

It is also noted that 17,286 people 55+ have a personal computer while 8,761 do not.

## Why the Local Authority is ideally placed to lead

Local government are mandated to provide a forum for the democratic representation of the local community. Local authorities are empowered through prescribed functions to represent the interests of the community, by establishing and communicating the views of the community and facilitating and promoting involvement in local government. The Government's policy document on local government reform, Putting People First - Action Programme for Effective Local Government, and the Local Government Reform Act 2014, strengthen this role considerably and establish local authorities as leaders of economic, social and community development in their areas. The vision for Local Government is set out as: - the main vehicle of governance and public service at local level - leading economic, social and community development, delivering efficient and good value services, and representing citizens and local communities effectively and accountably. To this end, they provide for new Local Community Development Committees within local authorities, as well as six-year Local Economic and Community Plans (LECP), to bring about a more strategic joined-up approach to local development and community development in their respective areas.

The inclusion of the following strategic action in the LECP sets out the commitment of statutory agencies, elected representatives, community and voluntary groups and business interests to work collaboratively in pursuing the shared objective, to make Cavan an Age Friendly County:

Objective 11.2 Continue an integrated response to the needs of older people and pursue Age Friendly County commitments\*

*\* Cavan Local Economic and Community Plan 2016 - 2021*

Central to the success in delivering strategic commitments is interagency working. Local authorities play a key role in bringing together local agencies to plan services collaboratively and to develop ways of improving outcomes for people living in the county.

The term 'interagency working' is often used interchangeably with other terms such as 'joined-up', 'partnership', 'multi-agency' or 'integrated' working, although there have been attempts to draw clear distinctions between these (e.g. Percy Smith, 2005; CAAB, 2009; Owens,

2010). A useful distinction made by Frost (2005) is between the following four levels of partnership working, starting with the least joined-up:

- Cooperation: Services work together toward consistent goals and complementary services, while maintaining their independence.
- Collaboration: Services plan together and address issues of overlap, duplication and gaps in service provision towards common outcomes.
- Coordination: Services work together in a planned and systematic manner towards shared and agreed goals.
- Integration: Different services become one organisation in order to enhance service delivery. 'Interagency working' is usually defined as more than one agency working together in a planned and formal way, and so is closer to a collaborative rather than an integrated model of working.

Elected Members play an important representational role in representing the needs of the electorate of County Cavan. As a key point of contact for people across our County they can provide information on behalf of their older constituents as well as inform people about age friendliness and what it might mean in terms of improvements to infrastructure, housing and transport links within their area.

### **Local Authority Implementation Structure**

There are a number of mechanisms that need to be employed to ensure that the staff members of the Local Authority are in a position to deliver the Age-Friendly Programme. Within the Local Authority the development of a high-level cross departmental group meeting with the Age-Friendly Coordinator, is seen as key to assessing progress on the strategy and also building awareness and understanding, in addition to achieving results. The Municipal District structure allows for local implementation and review and also ensures a good geographic and rural/urban mix of projects.

### **The Added Value of an Age-Friendly Strategy for County Cavan**

Cavan County Council and Cavan County Development Board launched the Cavan Age Friendly County initiative on March 2012. County Cavan has been to the forefront of developing an Age Friendly County having already developed and implemented successfully on two previous Age Friendly County Strategies. The work is underpinned by the work of a variety of community and voluntary organisations, and of key agencies, all providing essential programmes and services for and with older people. The work programme based on this new strategy gives recognition to this work, will highlight innovative good practice and develop new innovative programmes.

With this new strategy it is hoped that there is now the potential for greater interagency collaboration and coordination. Having a strategy provides an opportunity to challenge attitudes towards ageing, which is a priority issue in fostering age equality and inclusion. The

Age-Friendly Alliance and the Older People's Council are structures which enable older people to participate in decision-making and ensure that they are in a strong position to influence decisions that affect their lives. The strategy also offers for greater potential in communication, for information-sharing between service providers leading to improved services, meeting gaps in provision and providing greater value for public money.

## How we developed the 2022-2024 Strategy

Both the Older Persons Council and the Alliance were instrumental in the consultation process. The research and consultation process included the following elements;

- A comprehensive review of the previous two Age Friendly Strategies
- Detailed analysis of the demographic profile of the county based on the most recent Census information available.
- A consultation process was carried out for the purpose of informing the development of this strategy. This included questionnaires completed by hand and questionnaires completed on-line. Group discussions with the Older People's Council also provided for the identification of needs and development of actions to be implemented by the Older People's Council.
- Findings from the Healthy and Positive Ageing Initiative (HaPAI) research surveys were examined in detail. Throughout the strategy, feedback from the HaPAI survey is included under the eight individual themes to highlight where key actions could address the current barriers facing older persons.
- One to one meetings were held with Alliance members to assess the feedback received and to develop actions in response to the findings and issues raised through the consultation process.

### Outcomes-based Planning

The Age Friendly Alliance will seek to ensure that this strategy achieves measurable outcomes for older persons that demonstrate improvements in their quality of life. An outcomes-based planning approach based on the framework developed by Age Friendly Ireland will be used in this strategy.

This approach begins with the end in mind and then determines the actions and activities which will best achieve that end. As learned from our previous strategy, beginning the planning process with broad outcomes, it is evident that no one agency on its own can improve these outcomes. Progress requires various agencies to contribute and work collaboratively to deliver an effective strategy. This approach brings the needs of the older person right to the core of the planning process and ensures their views, opinions and experiences are included.

Interagency working and outcomes-based planning complement each other because outcomes-based approaches emphasise the importance of interagency working and collaboration, both between different agencies and between agencies and the communities that they serve. Key features of such an approach are:

- Outcomes-based accountability (sometimes also called results-based accountability). This involves deciding what overall outcomes are sought for older people and what quantifiable improvements in their welfare and well-being ('indicators') would be required to achieve them.
- Community collaboration. This is based on the idea that responsibility for improving the well-being of older people should be shared between different organisations, services and individuals within a community.
- Participation by older people in deciding on desirable outcomes.
- Innovative financial strategies, which may involve pooling resources and using funds more flexibly, rather than funding strictly within agency boundaries.

# Planned Activity 2022 to 2024

## 1. Outdoor Spaces and Buildings

The outside environment and public buildings have a major impact on the independence, mobility and quality of life of older people and affects one's ability to "age in place", in the community in which they choose to live.

Paying attention to the built environment can make the difference between someone participating in life, and them being isolated at home. By being age friendly in the public realm, older people are supported to participate within social places, to walk their town, village or city, to access their park and through this activity to continue to engage with local shops and businesses and contribute to the local economy. Level pavements, places to sit, the removal of trip hazards, good street lighting and public toilets are all vital components to encouraging older people to stay engaged with their local community. Development works must therefore take account of the needs of an ageing population.

### Issues identified by older people

- Lack of safe places to walk was reported as being a problem in some areas. Older people feel there is a need for outdoor recreations spaces, with even footpaths.
- More seating in public areas such as along streets and walking areas, as well as in large stores or where there are queues.
- More hand rails, ramps and larger print on signage.
- Additional seating in public spaces/recreational areas, as well as seating dedicated to older people for e.g. in bus stations and cafes.
- Access to toilet facilities.
- Bus shelters at public bus stops.
- It was noted that various parts of the road can be dangerous - need for more footpaths, better placed pedestrian crossings and traffic calming measures.
- Problems with lack of dipped kerbs which are a particular issue for those who have mobility problems or wheelchair users.
- Those who drive reported the need for age friendly car parking spaces.
- Need for community centre / community facilities in some areas.

## Healthy and Positive Ageing Initiative (HaPAI): Headline Findings from Cavan Survey

### Access to services

- 32% of over 55s said that they found it difficult to access a community centre / social venue.
- 12% aged 55-69 were dissatisfied with the general appearance and upkeep of their locality.
- 30% were dissatisfied with availability of seats or resting places.
- 31% aged 55-69 were dissatisfied with the effectiveness of traffic calming measures.
- 28% were dissatisfied with the timing of pedestrian crossings and traffic lights.
- 21% aged 55-69 were dissatisfied with the quality and continuity of paths and pavements.
- As County Cavan is a mostly rural area, many people in the survey reported that services were not available in their local area (10-15 minutes' walk from their home).

### Actions

1.1	Incorporate Age Friendly principles in all capital projects, including those funded through Urban/Rural Regeneration Schemes, Town and Village Renewal Schemes, Tourism and other capital grants. Conduct walkability studies where necessary	Cavan County Council
1.2	Development of Age Friendly Town(s) in each municipal district - to include walkability studies to be used in enhancement of public realm.	Cavan County Council
1.3	Embed Age Friendly principles in our Town Team Programmes - develop specific age friendly actions under the Town Teams Programmes.	Cavan County Council
1.4	Age Friendly Housing and Public Realm training to be delivered to Planning, Housing, Roads, technical staff.	Cavan County Council - Corporate Services Section
1.5	Capital development for the arts sector to take account of older people's needs. To include, supporting the establishment of the National Storytelling Centre within the county at the County Museum.	Cavan County Council - Cultural Sector
1.6	Embed the Age Friendly ethos throughout all sections of the County Development Plan - this includes public realm, infrastructure, housing and community facilities.	Cavan County Council - Planning Section



1.7	Embed the Age Friendly ethos in the Local Area Plan for Cavan Town and Environs and the County's Town and Village Plans.	Cavan County Council - Planning Section
1.8	Incorporate, in the County Development Plan, supportive policies and objectives of the 'Crime Prevention through Environmental Design' approach.	Cavan County Council - Planning Section
1.9	Support the carrying out of Walkability Audits on key GAA Parks within County Cavan.	Cavan GAA
1.10	Progress work to make Cavan General Hospital an Age Friendly Hospital, ensuring implementation of the findings from the Age Friendly Walkability.	HSE
1.11	Work towards implementing Age Friendly Primary Care Centre Guidelines in Primary Care Centres in county Cavan.	HSE
1.12	Provide Age Friendly Parking in appropriate locations in Towns in each Municipal District.	Cavan County Council - Roads Section
1.13	Ongoing upgrade of public lighting infrastructure in towns and villages throughout the county.	Cavan County Council - Roads Section
1.14	Upgrade footpaths where possible - ensuring accessibility and using age friendly surfaces.	Cavan County Council - Roads Section

### Expected outcomes

- Older people will benefit from improvements in the physical and built environment and enhanced planning that takes account of their needs.
- Older people will be enabled to spend more time in their local town as they will be supported through provision of required practical supports.
- Older people will feel safe out and about in their local community building their confidence to engage and participate more thereby reducing loneliness and isolation.

- Increased awareness surrounding the accessibility needs of older people.
- Development in the County will incorporate age friendly principles, ensuring that all developments are planned to meet the needs of a diverse range of people.

## 2. Transport

Good transport systems help everyone, whatever their age, to access vital services such as doctors and social and cultural amenities, so that they can be involved in community life, stay independent and keep up social connections. One of the most common causes of social isolation is limited access to transport. Being able to move about the city determines social and civic participation and access to community and health services.

People who depend on others for help with transport tend to prioritise essential outings, such as grocery shopping and medical appointments, and neglect their social and leisure needs. Older people can experience difficulties in getting around whether it be through availability and frequency of transport, physical barriers or knowing what is available. Transportation, including accessible and affordable public transport, is a key factor influencing active ageing. Access to inclusive public transport can help older people to avail of goods, services, employment and other activities, as well as being a passport to independent living and full participation in society.

### **Issues identified by older people**

- Rural transport Local Link services are greatly appreciated and used where available however, Local Link Services are not available in all areas of the County.
- Not all Bus Éireann routes suit the needs of people living in Cavan.
- It is difficult to know what services are available overall, including those provided by private operators - need better information on transport services, routes and stops.
- Transport should be organised to bring older people to social events.
- More Bus Shelters needed with seating provided.
- Transport services to hospitals in Dublin are a very important service and should be coordinated to take appointment times into consideration.

### **Healthy and Positive Ageing Initiative (HaPAI): Headline Findings from Cavan Survey Access to services**

- 20% of people aged 55+ who are not current drivers reported that lack of transport causes difficulty for socialising or essential tasks.
- 45% of people aged 55+ rated public transport as poor or very poor.
- 18% reported that there was no public transport within a 15-minute walk of their house.
- 6% aged 55 to 69 and 13% aged 70+ said they can't get to where social activities are happening.

## Actions

2.1	Incorporate Age Friendly principles in delivery of Road Safety schemes in urban environments - to include traffic safety measures, pedestrian crossings and universally accessible footpaths.	Cavan County Council - Roads Section
2.2	Progress development of a bus shelter policy for the county - to plan for development of bus shelters in suitable justifiable locations ensuring safety, accessibility and provision of age friendly seating.	Cavan County Council - Roads Section
2.3	To assist older persons in Cavan drive safer for longer through development and roll out of an awareness campaign and education initiative 'Safer Road for Older People'.	Cavan County Council - Roads Section
2.4	Maintain road signage to ensure visibility for road users in accordance with national design standards.	Cavan County Council - Roads Section
2.5	Review and enhance where possible, the current Local Link public transport service levels in Cavan Town, C1, C2 and C3 in conjunction with the National Transport Authority's 'Connecting Ireland' Plan.	Local Link
2.6	Continue to provide Local Link Demand Responsive Transport (DRT) services in rural areas of County Cavan and extend routes to cater for those wishing to avail of the service.	Local Link
2.7	Continue to develop new Demand Responsive Routes where need is identified.	Local Link

## Expected Outcomes

- Older people in Cavan will have greater mobility and better access to services and social activities.
- Older people who drive will be supported in doing so for as long as they are able to do so.
- Reduction in the level of isolation felt by older persons resulting from lack of transport.

### 3. Housing

Nearly all of us want to remain living in our own homes, as part of the community which we call home. We want to grow old in a safe, comfortable, secure, affordable, and interesting community.

Many of our homes were not, however, built with the needs of older people in mind. It is possible to age at home even when one's health declines and care needs arise. Doing so is possible if a house is designed or modified for ageing in place and if a community includes housing options for varying life stages and financial circumstances. There is a link between appropriate housing and access to community and social services in influencing the independence and quality of life of older people. It is clear that housing and support that allow older people to age comfortably and safely within the community to which they belong are universally valued.

#### **Issues identified by older people**

- People want to remain living in their own homes for as long as possible.
- People commented on the need for a greater presence of the Gardai as it offers reassurance and a feeling of being safe in their home and community.
- Older people are happy in their own homes & appreciate the services & supports they receive. It was suggested that people need additional home help in terms of help with housework/maintenance/small jobs.
- People welcomed the expansion of the Meals on Wheels service in the county as it supports people in living in their own home especially those living alone.
- It was reported that more home help, for longer hours is needed to assist those living alone or caring for an elderly spouse/partner.
- Advice and help on adapting houses as people age and/or installing appropriate technology to facilitate older people to help themselves.
- People's responses also refer to the need for more information on available supports and services to enable them to remain living at home.

#### **Healthy and Positive Ageing Initiative (HaPAI): Headline Findings from Cavan Survey Access to services**

- 26% of those aged 55 and over have problems with the upkeep of their homes.
- 26% of people aged 55+ were unable to keep their homes adequately warm in the last 12 months.

- 14% of those aged 55+ would like non-financial help with housing maintenance.
- 21% aged 55+ would like help for adaptations or physical improvements to their house.
- 10% have problems with housing conditions (such as rot in windows and floors or damp and leaks in walls or roof).
- 14% of those between the ages of 55 and 69 said that they would like to live with a few other older people.
- Among the over 55s very small numbers (3%) reported that their home does not have a downstairs toilet or bathroom facilities.

## Actions

3.1	Continue to review and update the Gardaí's Older People's Register for County Cavan as a means of supporting engagement with older people.	An Garda Síochana
3.2	Continue to provide high visibility policing in all areas of County Cavan, focusing on supporting older/vulnerable members of our communities.	An Garda Síochana
3.3	Continue support for Community Alert Groups in the county, identifying training and support needs, and responding to this need while also identifying and supporting the re-establishment of dormant groups.	An Garda Síochana
3.4	Continue to operate the Department of Environment, Community & Local Government's Smoke Alarm Scheme in conjunction with the Fire Service Section, to support older people to remain safely in their homes.	Cavan County Council - Community, Enterprise & Tourism
3.5	Incorporate units suitable for older people in the provision of social housing units.	Cavan County Council - Housing Section
3.6	Where funding is made available by the Department, incorporate a universal design approach in design and construction of social housing units, to ensure the needs of older people now and in the future are being met - future proofing social housing developments to ensure we build lifetime homes and environments in Co. Cavan.	Cavan County Council - Housing Section

3.7	Aim to provide social housing units suitable for older people in locations in close proximity to services (new constructions/regeneration/vacant homes).	Cavan County Council - Housing Section
3.8	Ensure the principles of Crime Prevention through Environmental Design are incorporated in the design and construction of all future social housing units/developments.	Cavan County Council - Housing Section
3.9	Process applications efficiently, make information available and assist older people in accessing the housing grant schemes: (a) Housing Aid for Older People Grant Scheme, (b) Housing Adaptation for Persons with a Disability Scheme, (c) Mobility Aids Housing Grant.	Cavan County Council - Housing Section
3.10	Administer funding to Approved housing bodies to develop new projects under the CAS to develop units to meet demand and the accommodation needs of older people.	Cavan County Council - Housing Section
3.11	Ensure properties allocated to older people are suitable to meet their accommodation need, in locations where services can be accessed easily.	Cavan County Council - Housing Section
3.12	The principle of 'rightsizing' will continue to be considered in processing social housing transfer applications.	Cavan County Council - Housing Section
3.13	Raise awareness of the importance of incorporating universal design and lifetime homes in existing and future housing development - to include Age Friendly Housing Training for Architects/developers, production and distribution of information leaflet, provision of information at pre-planning consultations.	Cavan County Council - Planning Section
3.14	Include policies/objectives for lifetime/adaptable homes in the County Development Plan 2022 to 2028.	Cavan County Council - Planning Section
3.15	Establish a countywide home repair and home maintenance programme.	CCLD



3.16	HSE Occupational Therapists will continue to liaise with the CCC - Housing Section of Cavan County Council regarding Housing Adaptation Grants for older people being discharged from hospital/being cared for at home.	HSE
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**Expected Outcomes**

- Older people are supported in living in a safe and secure environment in their own home.
- Suitable housing options will be available for older people.
- Planning, design, and delivery of future housing developments will reflect an understanding of Age Friendly principles.
- Access for older persons to housing grants and information assisting them in carrying out adaptations necessary to continue living in their own homes.
- Older people will be provided with a low-cost option for home repairs and maintenance required to enable them live comfortably and safely in their own homes.

## 4. Respect and Social Inclusion

Everyone wants to feel valued. The extent to which older people participate in the social, civic and economic life of the community is also closely linked to their experience of inclusion. Respect and feelings of social inclusion often have an impact on an older person's health and wellbeing and their levels of social, civic and economic participation.

Intergenerational activities are a great way for young and old to learn from one another, recognise what each has to offer and, at the same time, feel good about themselves. Age Friendly programmes counter ageism and prejudice through promoting age awareness and informing the general public about the rights, needs and potential of the diversity of older people, and highlighting their social, economic and cultural contributions to the community.

### Issues identified by older people

- 43% said older people are respected and valued within their communities for their past and present contributions, 57% said that they are not.
- Some people highlighted the need for service providers to be more patient with older people.
- A number of respondents suggested staff training was required in order to make staff aware of the needs of older people.
- It was raised that banks in particular are not user friendly - more discretion is needed when dealing with customers.
- Lack of interaction with older people has a deteriorating effect on wellbeing and mental health.
- More Inter-generational Activities needed between young and older people to help break down prejudices and develop understanding.
- More information should be provided on active older people's groups in the county and more groups should be formed where there currently is none.

### Healthy and Positive Ageing Initiative (HaPAI): Headline Findings from Cavan Survey Access to services

- Most people aged 55+ in Cavan have never personally experienced negative attitudes or behaviour towards them as an older person.
- 7% of people aged 55+ said they experienced negative attitudes or behaviours towards them as an older person.

- The 3 most common sources of negative attitudes were from, financial services sector (4.2%), younger people (1.8%) and families (1.8%).
- 9% aged 55 to 69 and 6% aged 70+ said people have negative attitudes to older people being involved in social activities.
- The service reported as being most difficult to access included, Gardai (32%), Community Centre/social venues (32%), banking services (32%).

## Actions

4.1	Deliver Age Friendly Training to Local Authority staff and elected members.	Cavan County Council - Corporate Services Section
4.2	Deliver Dementia Awareness training to all front-line staff in the County Council.	Cavan County Council - Corporate Services Section
4.3	Establish links with Town Teams to assist and encourage engagement of businesses with the Age Friendly Business Recognition Scheme.	Cavan County Council - Community, Enterprise & Tourism
4.4	Actively seek funding opportunities to develop and implement Age Friendly / initiatives for Older People in the County.	Cavan County Council - Community, Enterprise & Tourism
4.5	To ensure older people are represented with relevant programming and participatory opportunities as part of culture night and other national festivals.	Cavan County Council - Cultural Sector
4.6	Seek to increase and broaden the membership of the OPC.	Cavan Older People's Council
4.7	Ensure the OPC is represented on as many committees / boards as possible as the representative voice of older people. This will be completed by working closely with the PPN & Age Friendly Alliance.	Cavan Older People's Council

4.8	The OPC will continue to make submissions and participate in the consultative processes on key developments taking place within the County.	Cavan Older People's Council
4.9	Promote Dementia Friendly Communities in conjunction with Dementia Ireland.	Cavan Older People's Council
4.10	Raise awareness around Safe-Guarding of Older Vulnerable People within the Community.	Cavan Older People's Council
4.11	Develop intergenerational activities using creative and innovative approaches - arts, drama, culture, IT, dance, skills and knowledge sharing, etc, working with schools and youth groups. Continue inter-generational activities with local schools through pen-pal initiatives, on-line activities and school visits where possible.	Cavan Older People's Council

### Expected outcomes

- Older customers of Cavan County Council will receive a high level of customer service from staff who are cognisant of their needs.
- More opportunities for personal growth and community participation for older people and recognition across the wider society of the valuable contribution they make to our communities.
- Increased interaction and engagement between young and older people bringing about better understanding between the generations.

## 5. Social Participation

Social participation is strongly connected to a person's good health and wellbeing throughout life. Participating in leisure, social, and cultural activities in the community, as well as with the family, allows older people to maintain or establish supportive and caring relationships. It fosters social integration and is the key to staying informed.

Conversely, a lack of such social networks can have very negative impacts in terms of both health and wellbeing. The health risks of poor social integration are understood to be comparable with those of smoking, high blood pressure and obesity. Loneliness and social isolation increase the risk of depression and mental health difficulties, as well as cognitive decline. In Age Friendly communities older people can participate in the social and cultural life of the communities through a diverse range of affordable, accessible, inclusive events and activities.

### Issues identified by older people

- 90% of respondents stated that they would like to see more activities for older people within their area.
- The types of activities people said they would enjoy included, guest speakers on interesting topics, entertainment/music/concerts, drama/plays, outdoor activities - walking clubs.
- Some activities/classes can be very expensive.
- Need for more outdoor activities for older people.
- It was suggested that more Men's Sheds' and 'Hens Sheds' are needed.
- Extra funding for activities/ workshops would be great /room rental needed.

### Healthy and Positive Ageing Initiative (HaPAI): Headline Findings from Cavan Survey Access to services

- 25% of people aged between 55 and 69 years participate in a community group at least weekly, this falls to 16% for those aged 70+.
- 68% of people aged 55+ meet socially at least once a week, with 12% of people meeting people socially less than once a month or never.
- 23% of those aged 55+ said they feel lonely some of the time, with 2.1% saying they often feel lonely.
- 24% aged 55 to 69 and 36% aged 70+ said the social activities available in their area don't interest them.

- 52% aged 55 to 69 and 48% aged 70+ said they don't have interest in attending social activities.
- 6% aged 55 to 69 and 13% aged 70+ said they can't get to where social activities are happening.
- 9% aged 55 to 69 and 6% aged 70+ said people have negative attitudes to older people being involved.
- 11% aged 55 to 69 and 6% aged 70+ said the cost of social activities are too high.

## Actions

5.1	Develop initiatives to have one day each week dedicated to older people in towns/villages, designed around encouraging older people to shop locally by installing priority queues, seating, one to one assistance, and discounts, - also enabling older people to stay active and engage socially in their local town.	Chambers of Commerce
5.2	<p>Undertake the delivery and co-ordination of activities in order to increase participation in sports and physical activity amongst older people in their local communities:</p> <ul style="list-style-type: none"> <li>• Deliver programmes to older people such as Gentle Exercise, Pilates, Yoga, Chair-based exercises, Line Dancing, Outdoor Activities and online class.</li> <li>• Continue to promote and support the 'Go for Life Games' initiative within the county.</li> <li>• Support local groups with information and training needs (i.e. walking groups in communities and provide training for walking leaders).</li> </ul>	Cavan County Council - Cavan Sports Partnership
5.3	Establish local networks of older people's groups by identifying and mapping active groups, support re-establishment of inactive groups and establishment of new groups where none exist at present.	Cavan County Council - Community, Enterprise & Tourism/Cavan County Local Development

5.4	Deliver events for the Bealtaine festival in conjunction with Age and Opportunity, the national organisation that promotes active and engaged living as we get older.	Cavan County Council - Cultural Sector
5.5	Support the establishment of a local storytelling group under the guidance of Story Tellers of Ireland.	Cavan County Council - Cultural Sector
5.6	Cavan County Museum programming targeting older people including carrying out interviews and recording their stories as part of social history projects, drama, exhibitions, lectures, and musical events.	Cavan County Council - Cultural Sector
5.7	Seek funding for the development of annual project(s) specifically with older people, using arts and culture as a method of engagement. Roll out project(s) when funding is secured.	Cavan County Council - Cultural Sector
5.8	Work in nursing homes and community centres to bring arts/culture to the community.	Cavan County Council - Cultural Sector
5.9	Encourage older people to engage with and participate in Heritage Week in County Cavan.	Cavan County Council - Heritage Section
5.10	Develop additional Age Friendly Libraries by rolling out the Age Friendly Libraries Programme to branch libraries.	Library Service
5.11	Continue to provide Library programming which fosters social interaction e.g. craft group/reading group meetings. Programming also encourages creative expression through art / drama workshops.	Library Service
5.12	Lifelong learning opportunities are presented via the library network in partnership with the CMETB, the HSE, Citizens Information etc with health information sessions, money matters clinics, computer training courses. The Library Service also provides opportunities to explore cultural interests with performances, lectures etc.	Library Service
5.13	Continue to provide Online services, with a range of e-books, e-audiobooks, online newspapers and magazines, training courses and language learning available 24/7 from the comfort of one's own home.	Library Service

5.14	GAA to continue to deliver on an annual excursion for older people.	Cavan GAA
5.15	Continue to deliver a wide range of community and adult education opportunities to older people in Cavan, focusing on providing classes requested by older people in their own locality.	CMETB
5.16	Continue to support older men to engage with their communities at local level by supporting Men's Sheds to develop capacity & skills.	CMETB
5.17	Seek to assist older people's organisations to gain access to capacity building training events which will assist in achieving their goals.	Cavan Older People's Council

### Expected outcomes

- Increased participation of older person in social, economic and community activities.
- Older people will be accessing social activities which they have identified as being of interest to them.
- Reduction in feelings of loneliness and isolation among older persons.
- Older persons will lead enriched and more fulfilled lives supporting their health and wellbeing.



## 6. Communication and Information

Staying connected to events and people and having access to timely, practical information is vital for active ageing. Lack of awareness of what is on offer, or how to access it, prevents many older people from accessing useful services or resources. A reliable flow of accessible information about community news, activities and opportunities keeps older people active and involved, and is critical for those who have few formal or informal networks to call on. Information today is delivered in ways few could have imagined ten and twenty years ago - and many still don't know how to access it.

As more and more services and information move exclusively online, it is vital to make sure that older people stay connected. Age-friendly communities recognise that not everyone has a smartphone or Internet access and that information needs to be disseminated through a variety of means.

### Issues identified by older people

- 53% of people said Communication is good and they hear what's happening in their areas, 47% said they didn't feel communication was good.
- The most common sources of information selected included, local radio, local newspaper, mass/church leaflets, notice board at GP surgery, marts, community halls.
- 54% of people use WhatsApp, with only 26% saying they use Facebook/Instagram/Twitter to hear about what's happening.
- Not enough information available on services that are available.
- People feel dealing with service providers such as banks, telecom, insurance companies is very difficult.
- 'Technology is now a major source of information and support for older people for shopping, entertainment and social connections with family and friends.
- Age friendly technology should be made available to all older people and certified installers available to set up, train and support to older people to use this equipment in their own home.'
- Need more information on what's on and available in the county/locality.
- 'A weekly information sheet advising people what on in their area.'
- Application forms can be complicated and unclear - 'A lot of form filling to access services'.

- The need for more information on health and wellbeing for older people was highlighted.
- While some people indicate a good level of knowledge and appreciation of locally run facilities and services, other older people are unsure of what is available and where to go for information.
- ‘No health service to speak off unless you are sick and go to GP. No information as to your wellbeing’.

### **Healthy and Positive Ageing Initiative (HaPAI): Headline Findings from Cavan Survey** **Access to services**

- Less than half (45%) of people aged 55 and over in County Cavan get information from the internet.
- The top 3 sources of information for over 55’s in Cavan are, word of mouth (98%), national TV (97%), local radio (97%).
- 72% of residents aged 70+ and 43% of those aged 55 to 69 do not use the internet.
- 16% aged 70+ and 38% aged 55 to 69 said they use the internet every day or almost every day.
- 10% of people aged 55+ said they have difficulty accessing information about health and social care and difficulty getting information about local events and activities.

### **Actions**

<b>6.1</b>	‘Supporting Safer Communities’ initiative- An Garda Síochana will hold information clinics and provide talks to older people’s groups on, Crime Prevention, Security, supporting victims of crime and information on recent crime trends such as bogus callers/fraud telephone and online.	An Garda Síochana
<b>6.2</b>	An Garda Síochána will appoint a dedicated Garda with responsibility for older people in every sub district.	An Garda Síochana
<b>6.3</b>	Seek funding to deliver and roll out initiatives aimed at promoting the use of technology by older people.	Cavan County Council - Community, Enterprise and Tourism

<b>6.4</b>	Update and maintain the Age Friendly Cavan website and expand communication via social media.	Cavan County Council - Community, Enterprise and Tourism
<b>6.5</b>	Use Plain English in arts/culture programming and ensure all communication is accessible.	Cavan County Council - Cultural Sector
<b>6.6</b>	Specific promotion of arts and cultural events to older people's groups and networks.	Cavan County Council - Cultural Sector
<b>6.7</b>	Cavan County Council will provide presentations on the maintenance of septic tank / wastewater treatment systems, energy efficiency and climate change to older people.	Cavan County Council - Environment Section
<b>6.8</b>	Explore how the Age Friendly and Climate Change agendas can support each other, including training, sharing of information on climate change and joint actions and initiatives.	Cavan County Council - Environment Section
<b>6.9</b>	Continue to provide Library Stock Collection in many different formats including large print and audio (talking) books which are often used to provide an alternative to persons with visual impairments etc.	Library Service
<b>6.10</b>	Raise awareness of services available through printed timetables and across the website ( <a href="http://www.localinkcm.ie">www.localinkcm.ie</a> ) and social media channels.	Local Link
<b>6.11</b>	Support and promote any new and emerging campaigns which better the lives of older people.	Cavan Older People's Council
<b>6.12</b>	Map all the existing and active Older People's Groups in county Cavan (PPN, Cavan Local Development Organisation).	Cavan Older People's Council
<b>6.13</b>	OPC to continue to improve the amount of information available to older people about services, issues, and events. This will be carried out through the provision of newsletters, utilising, local media and drop-in information sessions.	Cavan Older People's Council

6.14	Host Information Road Shows for older people in each municipal district, one per district per year.	Cavan Older People's Council
6.15	Information provision via Public Health Nursing and improved linkages to ensure older people are provided with information on schemes, grants and supports available to them.	HSE

**Expected outcomes**

- Older people can easily access information about events and services in the local community.
- Increased engagement by older people in events.
- Reduced risk of isolation and loneliness.
- Greater awareness of the work of the Age Friendly Alliance and the Older People's Council in supporting older people across the county.

## 7. Civic Participation and Employment

Older people do not stop contributing to their communities on retirement. Many continue in important unpaid and voluntary roles for their families and communities. Economic circumstances may also require older people to continue in paid work while others would like to continue working and many, in fact, do so. Older people who have access to employment and volunteer opportunities, feel respected for their contributions.

An age-friendly community should provide opportunities for people to participate in public life and contribute to their communities, through paid or voluntary work. Evidence shows doing so increases social contact and good health.

### Issues identified by older people

- 74% of people said as a retired person they are/or would volunteer in their community.
- The most common answers to the types of volunteering people would like to do include, helping in their community, working with young people, working in a healthcare setting, working in charity shop, working on a telephone helpline.
- The need for retirement planning.
- Need for information on the types of volunteering people can do was highlighted.
- Skills and knowledge being lost which could be passed onto younger generations.
- Lack of involvement by younger people of the older people - 'GAA, Town Teams and Tidy Towns generally have no input from or consult with older people when developing plans for the parish, village or town. There is an opportunity now to encourage all these organisations to involve their senior citizens.'

### Healthy and Positive Ageing Initiative (HaPAI): Headline Findings from Cavan Survey Access to services

- In Cavan, 69% of people aged 65+ are retired.
- In Cavan, 13% aged 55–64 are retired, nationally this figure is 17%. Over 65's, 69% of people are retired, nationally the figure is 70%.
- In Cavan, 49% aged 55–64 are employed/self-employed; the national figure is 49%.
- 11% of those aged 65+ are employed or self-employed, nationally the figure is 9%.

- A total of 11% aged 55–64 were unemployed in Cavan at the time of survey.
- 15% of those aged 55 to 64 and 15% of those aged 65+ look after home or family.
- 11% of people aged 55 to 64 and 4.2% aged 65+ reported being permanently sick or disabled.
- 28% aged 55-69 and 14% aged 70+ volunteer at least once a month and 12% volunteer once a week.
- Of those aged 55+ who volunteer weekly, 89% said they were satisfied with the amount of time they spend volunteering, 5.7% said they would prefer to increase the amount of time they spend volunteering.

## Actions

7.1	Cavan Chamber will assist with and promote engagement of businesses in the Age Friendly Business Recognition Programme.	Cavan Chamber
7.2	Host retirement planning seminar(s) for people approaching retirement.	Cavan County Council - Community, Enterprise and Tourism & Corporate Services Departments
7.3	Increase volunteering opportunities for older people within County Cavan and supports provided to older people through volunteering. Work with local sports clubs (GAA, Rugby, Soccer etc) Cavan Sports Partnership will promote the need for 55 + years volunteers to help with coaching, facilitating events and training. Intergenerational days will be organised to help strengthen club ties across generations.	Cavan County Council - Cavan Sports Partnership
7.4	Encourage older people to volunteer in the arts and CCC - Cultural Sector with the help of a Participation Officer.	Cavan County Council - Cultural Sector
7.5	Support older people's groups by providing venues for exhibitions/ cultural related activities.	Cavan County Council - Cultural Sector

7.6	Continue to avail of volunteers to deliver the Fáilte Isteach conversational English classes project within the county.	CCLD
7.7	Develop and roll out a Community Leadership Training in order to give older People the skills they need to volunteer within the Community.	CMETB
7.8	Promotional campaign on educational opportunities and classes available for older people and those approaching retirement.	CMETB
7.9	Promote the services and opportunities available through the Volunteer Office in County Cavan to Older People's Groups. (C&E, OPC)	OPC
7.10	Raise awareness around volunteer opportunities and the valuable role volunteers provide within the community.	CCLD
7.11	Create volunteer roles which will reflect older people's interests.	CCLD

### Expected outcomes

- Increased opportunities for older people to engage in volunteering activities.
- Increased awareness within organisations and communities of the valuable contribution older people can make in supporting social and community activities.
- A more positive culture around ageing and participation.
- Opportunities for sharing of knowledge and experience.

## 8. Community Support and Health Services

Community support services and Healthcare are vital to maintaining health and independence in the community. It is essential that sufficient, good quality, appropriate and accessible care is provided. Quality community-based health services - including preventative screening, mental health services and advice on healthy eating - can keep older people healthy and reduce their use of in-patient and out-patient hospital services.

People want to remain in their own homes and their own communities for as long as possible but often need supports to do so. It is this connectivity with family, with community, with friends and neighbours that contributes to positive mental and physical health.

### Issues identified by older people

- A number of respondents highlighted a need for easier access to their GP and hospital appointments, saying waiting times are too long.
- 'Waiting times are contributing greatly to a deterioration in wellbeing'. It was suggested to have priority/specific times for older people in GP surgeries/Primary Care Centres.
- 'Currently older people only attend when their condition is chronic' - risk of illnesses with few symptoms not being treated.
- People welcomed the expansion of the Meals on Wheels service in the county as it supports people in living in their own home and for those living alone.
- Access to other health related services was suggested as need particularly in rural areas.
- 'Easier access to health checks like blood checks, heart checks, blood pressure, eye and dental checks, twice yearly. A qualified nurse adequate to do initial checks and if necessary to forward the patient for further treatment'.
- Home visitation in this context refers to a broad range of services provided by voluntary and community organisations, as well as by HSE.

### Healthy and Positive Ageing Initiative (HaPAI): Headline Findings from Cavan Survey Access to services

- 80% of people aged 55 to 69 and 59% of people aged 70+ reported as having good or very good health.
- 11% aged 55+ smoke daily, the figure nationally is 14% (TILDA, 2014).



- 35% of people aged 55 to 69 and 56% of people aged 70+ in Cavan have a longstanding illness or health problem, 15% of these people are severely limited in their everyday activities because of this health problem.
- 18% of people aged 70+ need assistance with personal care, 22% need assistance with housekeeping and 19% need assistance with mobility (92 to 96% of people receive this assistance).
- 68% aged 55 to 69 and 50% aged 70+ report doing at least 150 minutes of moderate physical activity per week. Nationally the figures is 45%.

## Actions

8.1	Access Healthy Ireland funding to deliver health initiatives for older people.	Cavan County Council - Community, Enterprise & Tourism
8.2	Development of a Homebound service - regular book deliveries to an individual's home, or to a nursing home or care setting.	Cavan County Council - Library Service
8.3	Establish a meal on wheels network to ensure the service is countywide (Supported by the HSE).	CCLD
8.4	Administer Section 39 funding on behalf of the HSE to non-acute/ community agencies in the county for the provision of older people's services including, day support, personal assistance, therapies, physical activities and social supports.	CCLD
8.5	Promote social prescribing locally by increasing awareness and participation in health and well-being programmes that are available across County Cavan.	CCLD
8.6	Local GAA will continue to support Older People living in their communities through reinvigoration of the 'Keep the Home Fires Lit' initiative.	Cavan GAA
8.7	Promotion of the Age Friendly Programme at a local level through Health and Wellbeing Programmes in all clubs including running initiatives for older people as part of club Health and Wellbeing plans.	Cavan GAA

8.8	Project work including an information provision initiative to promote health services through local radio and other means with focused attention on physical, mental health, bone, frailty and nutrition (especially post-covid).	HSE
8.9	Bi-monthly meetings of Cavan/Monaghan Integrated Care Programme for Older People Steering Group will continue and will provide regular updates to the Alliance.	HSE
8.10	Improve 'diversional therapy' activities in four residential units (Lisdarn, Sullivan, Virginia, Ballyconnell) through links with County Museum, Arts Office, CMETB etc.	HSE
8.11	Agree alternative pathways for older people to reduce hospital admissions and provide alternative ways to access healthcare in community-based settings.	HSE
8.12	Develop and implement alternative models of day care aimed at supporting people at home.	HSE
8.13	Promote positive mental health in older age - Cavan Connecting for Life Suicide Prevention Action Plan.	HSE

### Expected outcomes

- Improved health services for older persons which are responsive to needs.
- Provision of activities to support the wellbeing of older people at various stages of ageing.
- Supports are made available in the community, enabling older people to remain living in their own homes for as long as possible.

## Implementation, Monitoring and Review

This Strategy sets out the direction to further develop Cavan as an Age Friendly County where the inclusion of older people is promoted, valued and actively encouraged in all areas of community life. In order for the strategy to be successful it is vital that it is a living document with constant implementation, monitoring and evaluation. Therefore, the monitoring and evaluation will have to be robust and rigorous and done on a phased basis to ensure that the progress is made, and outcomes achieved.

Lead agencies, as outlined above, have committed to taking responsibility for implementing the actions in this strategy. Agencies will work both independently and in collaboration to ensure the ensure efficient and effective delivery. An annual implementation plan will be prepared within the first two months of each year, which will detail partner agencies, expected outputs and timeframes for achievement of effective outcomes.

Implementation will be monitored by way of updates to be provided by each agency at quarterly meetings of the Age Friendly Alliance. The Cavan Older Persons Council will be an inherent part of this monitoring process and will provide feedback on delivery of actions ensuring to inform Alliance members of concerns or issues emerging as well as detailing what is working well. The Alliance will engage in a structured way with older people to listen to their opinions, concerns and needs, and use this information in the development and evaluation of their services to ensure that the needs of older people are being met.

To ensure transparency in this work and to evaluate outcomes, we commit to compiling annual progress reports and other communications about activity under this strategy.

## Implementation Plan for County Cavan Age Friendly Strategy 2022-2024 Actions listed by Lead Agency

Lead Agency: An Garda Síochána						
Action No.	Action	Age Friendly Theme	Supporting Agency/ies	Planned Activity	How will progress be measured?	Timeline
3.1	Continue to review and update the Gardaí's Older People's Register for County Cavan as a means of supporting engagement with older people.	Housing				
3.2	Continue to provide high visibility policing in all areas of County Cavan, focusing on supporting older/vulnerable members of our communities.	Housing				
3.3	Continue support for Community Alert Groups in the county, identifying training and support needs, and responding to this need while also identifying and supporting the re-establishment of dormant groups.	Housing				
6.1	'Supporting Safer Communities' initiative – An Garda Síochána will hold information clinics and provide talks to older people's groups on, Crime Prevention, Security, supporting victims of crime and information on recent crime trends such as bogus callers/fraud telephone and line.	Communication and Information				
6.2	An Garda Síochána will appoint a dedicated Garda with responsibility for older people in every sub district.	Communication and Information				

<b>Lead Agency: Cavan Chamber</b>						
<b>Action No.</b>	<b>Action</b>	<b>Age Friendly Theme</b>	<b>Supporting agency/ies</b>	<b>Planned Activity</b>	<b>How will progress be measured?</b>	<b>Timeline</b>
5.1	Develop initiative to have one day each week dedicated to older people in towns/villages, designed around encouraging older people to shop locally by installing priority queues, seating, one to one assistance, and discounts, - also enabling older people to stay active and engage socially in their local town.	Social Participation				
7.1	Cavan Chamber will assist with and promote engagement of businesses in the Age Friendly Business Recognition Programme.	Civic Participation & Employment				

<b>Lead Agency: Cavan GAA</b>						
<b>Action No.</b>	<b>Action</b>	<b>Age Friendly Theme</b>	<b>Supporting agency/ies</b>	<b>Planned Activity</b>	<b>How will progress be measured?</b>	<b>Timeline</b>
1.9	Support the carrying out of Walkability Audits on key GAA Parks within County Cavan.	Outdoor Spaces & Buildings				
5.14	GAA to continue to deliver on an annual excursion for older people	Social Participation				

<b>Lead Agency: Cavan GAA</b>						
<b>Action No.</b>	<b>Action</b>	<b>Age Friendly Theme</b>	<b>Supporting agency/ies</b>	<b>Planned Activity</b>	<b>How will progress be measured?</b>	<b>Timeline</b>
8.6	Local GAA will continue to support Older People living in their communities through reinvigoration of the 'Keep the Home Fires Lit' initiative.	Community support and Health Services				
8.7	Promotion of the Age Friendly Programme at a local level through Health and Wellbeing Programmes in all clubs including running initiatives for older people as part of club Health and Wellbeing plans.	Community Support and Health Services				

<b>Lead Agency: Cavan County Council Cavan Sports Partnership</b>						
<b>Action No.</b>	<b>Action</b>	<b>Age Friendly Theme</b>	<b>Supporting agency/ies</b>	<b>Planned Activity</b>	<b>How will progress be measured?</b>	<b>Timeline</b>
5.2	We will undertake the delivery and co-ordination of activities in order to increase participation in sports and physical activity amongst older people in their local communities:  <ul style="list-style-type: none"> <li>• Deliver programmes to older people such as Gentle Exercise, Pilates, Yoga, Chair-based exercises, Line Dancing, Outdoor Activities and online class.</li> </ul>	Social Participation				

**Lead Agency: Cavan County Council (CCC)  
Cavan Sports Partnership**

Action No.	Action	Age Friendly Theme	Supporting agency/ies	Planned Activity	How will progress be measured?	Timeline
	<ul style="list-style-type: none"> <li>• Continue to promote and support the 'Go for Life Games' initiative within the county.</li> <li>• Support local groups with information and training needs (ie walking groups in communities and provide training for walking leaders).</li> </ul>	Social Participation				
7.3	<p>Increase volunteering opportunities for older people within County Cavan and supports provided to older people through volunteering. Work with local sports clubs (GAA, Rugby, Soccer etc) Cavan Sports Partnership will promote the need for 55 + years volunteers to help with coaching, facilitating events and training. Intergenerational days will be organised to help strengthen club ties across generations.</p>	Civic Participation & Employment				

Community, Enterprise and Tourism Section (CCC)						
Action No.	Action	Age Friendly Theme	Supporting agency/ies	Planned Activity	How will progress be measured?	Timeline
1.1	Incorporate Age Friendly principles in all capital projects, including those funded through Urban/Rural Regeneration Schemes, Town and Village Renewal Schemes, Tourism and other capital grants. Conduct walkability studies where necessary.	Outdoor Spaces & Buildings				
1.2	Development of Age Friendly Town(s) in each municipal district - to include walkability studies to be used in enhancement of public realm.	Outdoor Spaces & Buildings				
1.3	Embed Age Friendly principles in our Town Team Programmes – develop specific age friendly actions under the Town Teams Programmes.	Outdoor Spaces & Buildings				
3.4	Continue to operate the Department of Environment, Community & Local Government's Smoke Alarm Scheme in conjunction with the Fire Service Section, to support older people to remain safely in their homes.	Housing				
4.3	Establish links with Town Teams to assist and encourage engagement of businesses with the Age Friendly Business Recognition Scheme.	Respect and Social Inclusion				



## Community, Enterprise and Tourism Section (CCC)

Action No.	Action	Age Friendly Theme	Supporting agency/ies	Planned Activity	How will progress be measured?	Timeline
4.4	Actively seek funding opportunities to develop and implement Age Friendly / initiatives for Older People in the County.	Respect and Social Inclusion				
5.3	Establish local networks of older people's groups by identifying and mapping active groups, support re-establishment of inactive groups and establishment of new groups where none exist at present.	Social Participation				
8.1	Access Healthy Ireland funding to deliver health initiatives for older people.	Community Support and Health Services				
7.2	Host retirement planning seminar(s) for people approaching retirement.	Civic Participation & Employment				
6.3	Seek funding to deliver and roll out initiatives aimed at promoting the use of technology by older people.	Civic Participation & Employment				
6.4	Update and maintain the Age Friendly Cavan website and expand communication via social media.	Cavan County Council - Community, Enterprise and Tourism				

<b>Corporate Services Section (CCC)</b>						
<b>Action No.</b>	<b>Action</b>	<b>Age Friendly Theme</b>	<b>Supporting agency/ies</b>	<b>Planned Activity</b>	<b>How will progress be measured?</b>	<b>Timeline</b>
1.4	Age Friendly Housing and Public Realm training to be delivered to Planning, Housing, Roads, technical staff.	Outdoor paces & Buildings				
4.1	Deliver Age Friendly Training to Local Authority staff and elected members	Respect and Social Inclusion				
4.2	Deliver Dementia Awareness training to all front-line staff in the County Council.	Respect and Social Inclusion				

<b>Cultural Services (CCC)</b>						
<b>Action No.</b>	<b>Action</b>	<b>Age Friendly Theme</b>	<b>Supporting agency/ies</b>	<b>Planned Activity</b>	<b>How will progress be measured?</b>	<b>Timeline</b>
5.9	Encourage older people to engage with and participate in Heritage Week in County Cavan.	Social Participation				
1.5	Capital development for the arts sector to take account of older people's needs. To include, supporting the establishment of the National Storytelling Centre within the county at the County Museum.	Outdoor Spaces & Buildings				

Cultural Services (CCC)						
Action No.	Action	Age Friendly Theme	Supporting agency/ies	Planned Activity	How will progress be measured?	Timeline
4.5	To ensure older people are represented with relevant programming and participatory opportunities as part of culture night and other national festivals.	Respect and Social Inclusion				
5.4	Deliver events for the Bealtaine festival in conjunction with Age and Opportunity, the national organisation that promotes active and engaged living as we get older.	Social Participation				
5.5	Support the establishment of a local storytelling group under the guidance of Story Tellers of Ireland	Social Participation				
5.6	Cavan County Museum programming targeting older people including carrying out interviews and recording their stories as part of social history projects, drama, exhibitions, lectures, and musical events.	Social Participation				
5.7	Seek funding for the development of annual project(s) specifically with older people, using arts and culture as a method of engagement. Roll out project(s) when funding is secured.	Social Participation				
5.8	Work in nursing homes and community centres to bring arts/culture to the community.	Social Participation				

<b>Cultural Services (CCC)</b>						
<b>Action No.</b>	<b>Action</b>	<b>Age Friendly Theme</b>	<b>Supporting agency/ies</b>	<b>Planned Activity</b>	<b>How will progress be measured?</b>	<b>Timeline</b>
6.5	Use Plain English in arts/culture programming and ensure all communication is accessible.	Communication and Information				
6.6	Specific promotion of arts and cultural events to older people's groups and networks.	Communication and Information				
7.4	Encourage older people to volunteer in the arts and CCC - Cultural Sector with the help of a Participation Officer.	Civic Participation & Employment				
7.5	Support older people's groups by providing venues for exhibitions/cultural related activities.	Civic Participation & Employment				<b>Timeline</b>

<b>Environment Section (CCC)</b>						
<b>Action No.</b>	<b>Action</b>	<b>Age Friendly Theme</b>	<b>Supporting agency/ies</b>	<b>Planned Activity</b>	<b>How will progress be measured?</b>	<b>Timeline</b>
6.7	Cavan County Council will provide presentations on the maintenance of septic tank / wastewater treatment systems and energy efficiency to older people.	Communication and Information				
6.8	Explore how the Age Friendly and Climate Change agendas can support each other, including training, sharing of information on climate change and joint actions and initiatives.	Cavan County Council - Environment Section				

Housing Section (CCC)						
Action No.	Action	Age Friendly Theme	Supporting agency/ies	Planned Activity	How will progress be measured?	Timeline
3.5	Incorporate units suitable for older people in the provision of social housing units.	Housing				
3.6	Where funding is made available by the Department, incorporate a universal design approach in design and construction of social housing units, to ensure the needs of older people now and in the future are being met - future proofing social housing developments to ensure we build lifetime homes and environments in County Cavan.	Housing				
3.7	Aim to provide social housing units suitable for older people in locations in close proximity to services (new constructions/regeneration/vacant homes).	Housing				
3.8	Ensure the principles of Crime Prevention through Environmental Design are incorporated in the design and construction of all future social housing units/developments.	Housing				
3.9	Process applications efficiently, make information available and assist older people in accessing the housing grant schemes: (a) Housing Aid for Older People Grant Scheme, (b) Housing Adaptation for Persons with a Disability Scheme, (c) Mobility Aids Housing Grant	Housing				

Housing Section (CCC)						
Action No.	Action	Age Friendly Theme	Supporting agency/ies	Planned Activity	How will progress be measured?	Timeline
3.1	Administer funding to Approved housing bodies to develop new projects under the CAS to develop units to meet demand and the accommodation needs of older people.	Housing				
3.11	Ensure properties allocated to older people are suitable to meet their accommodation need, in locations where services can be accessed easily.	Housing				
3.12	The principle of 'rightsizing' will continue to be considered in processing social housing transfer applications.	Housing				

Cavan Library Service (CCC)						
Action No.	Action	Age Friendly Theme	Supporting agency/ies	Planned Activity	How will progress be measured?	Timeline
5.1	Develop additional Age Friendly Libraries by rolling out the Age Friendly Libraries Programme to branch libraries.	Social Participation				
5.11	Continue to provide Library programming which fosters social interaction e.g. craft group/reading group meetings. Programming also encourages creative expression through art / drama workshops.	Social Participation				
5.12	Lifelong learning opportunities are presented via the library network in partnership with the CMETB, the HSE, Citizens Information etc with health information sessions, money matters clinics, computer training courses. The Library Service also provides opportunities to explore cultural interests with performances, lectures etc.	Social Participation				
5.13	Continue to provide Online services, with a range of e-books, e-audiobooks, online newspapers and magazines, training courses and language learning available 24/7 from the comfort of one's own home.	Social Participation				
6.9	Continue to provide Library Stock Collection in many different formats including large print and audio (talking) books which are often used to provide an alternative to persons with visual impairments etc.	Communication and Information				
8.2	Development of a Homebound service - regular book deliveries to an individual's home, or to a nursing home or care setting.	Community Support and Health Services				

Roads Section (CCC)						
Action No.	Action	Age Friendly Theme	Supporting agency/ies	Planned Activity	How will progress be measured?	Timeline
1.12	Provide Age Friendly Parking in appropriate locations in Towns in each Municipal District.	Outdoor Spaces and Buildings				
1.13	Ongoing upgrade of public lighting infrastructure in towns and villages throughout the county.	Outdoor Spaces and Buildings				
1.14	Upgrade footpaths where possible - ensuring accessibility and using age friendly surfaces.	Outdoor Spaces and Buildings				
2.1	Incorporate Age Friendly principles in delivery of Road Safety schemes in urban environments - to include traffic safety measures, pedestrian crossings and universally accessible footpaths.	Transport				
2.2	Progress development of a bus shelter policy for the county - to plan for development of bus shelters in suitable justifiable locations ensuring safety, accessibility and provision of age friendly seating.	Transport				
2.3	To assist older persons in Cavan drive safer for longer through development and roll out of an awareness campaign and education initiative 'Safer Road for Older People'.	Transport				



<b>Roads Section (CCC)</b>						
<b>Action No.</b>	<b>Action</b>	<b>Age Friendly Theme</b>	<b>Supporting agency/ies</b>	<b>Planned Activity</b>	<b>How will progress be measured?</b>	<b>Timeline</b>
2.4	Maintain road signage to ensure visibility for road users in accordance with national design standards.	Transport				
2.1	Incorporate Age Friendly principles in delivery of Road Safety schemes in urban environments - to include traffic safety measures, pedestrian crossings and universally accessible footpaths.	Transport				

<b>Planning Section (CCC)</b>						
<b>Action No.</b>	<b>Action</b>	<b>Age Friendly Theme</b>	<b>Supporting agency/ies</b>	<b>Planned Activity</b>	<b>How will progress be measured?</b>	<b>Timeline</b>
1.6	Embed the Age Friendly ethos throughout all sections of the County Development Plan – this includes public realm, infrastructure, housing and community facilities.	Outdoor Spaces & Buildings				
1.7	Embed the Age Friendly ethos in the Local Area Plan for Cavan Town and Environs and the County's Town and Village Plans.	Outdoor Spaces & Buildings				
1.8	Incorporate, in the County Development Plan, supportive policies and objectives of the 'Crime Prevention through Environmental Design' approach.	Outdoor Spaces & Buildings				

Planning Section (CCC)						
Action No.	Action	Age Friendly Theme	Supporting agency/ies	Planned Activity	How will progress be measured?	Timeline
3.13	Raise awareness of the importance of incorporating universal design and lifetime homes in existing and future housing development - to include Age Friendly Housing Training for Architects/developers, production and distribution of information leaflet, provision of information at pre-planning consultations.	Housing				
3.14	Include policies/objectives for lifetime/adaptable homes in the County Development Plan 2022 to 2028.	Housing				

Lead Agency: Cavan County Local Development Company						
Action No.	Action	Age Friendly Theme	Supporting agency/ies	Planned Activity	How will progress be measured?	Timeline
3.15	Establish a countywide home repair and home maintenance programme.	Housing				
7.6	Continue to avail of volunteers to deliver the Failte Isteach conversational English classes project within the county.	Civic Participation & Employment				
7.1	Raise awareness around volunteer opportunities and the valuable role volunteers provide within the community.	Civic Participation & Employment				

**Lead Agency: Cavan County Local Development Company**

<b>Action No.</b>	<b>Action</b>	<b>Age Friendly Theme</b>	<b>Supporting agency/ies</b>	<b>Planned Activity</b>	<b>How will progress be measured?</b>	<b>Timeline</b>
7.11	Create volunteer roles which will reflect older people's interests.	Civic Participation & Employment				
8.3	Establish a meal on wheels network to ensure the service is countywide. (Supported by the HSE)	Community Support and Health Services				
8.4	Administer Section 39 funding on behalf of the HSE to non-acute/community agencies in the county for the provision of older people's services including, day support, personal assistance, therapies, physical activities and social supports.	Community Support and Health Services				
8.5	Promote social prescribing locally by increasing awareness and participation in health and well-being programmes that are available across County Cavan.	Community Support and Health Services				

**Lead Agency: Cavan Monaghan Education and Training Board**

<b>Action No.</b>	<b>Action</b>	<b>Age Friendly Theme</b>	<b>Supporting agency/ies</b>	<b>Planned Activity</b>	<b>How will progress be measured?</b>	<b>Timeline</b>
5.15	Continue to deliver a wide range of community and adult education opportunities to older people in Cavan, focusing on providing classes requested by older people in their own locality.	Social Participation				
5.16	We will continue to support older men to engage with their communities at local level by supporting Men's Sheds to develop capacity and skills.	Social Participation				
7.7	Develop and roll out a Community Leadership Training in order to give older People the skills they need to volunteer within the Community.	Civic Participation & Employment				
7.8	Promotional campaign on educational opportunities and classes available for older people and those approaching retirement.	Communication and Information				

**Lead agency: Health Service Executive**

<b>Action No.</b>	<b>Action</b>	<b>Age Friendly Theme</b>	<b>Supporting agency/ies</b>	<b>Planned Activity</b>	<b>How will progress be measured?</b>	<b>Timeline</b>
1.10	Progress work to make Cavan General Hospital an Age Friendly Hospital, ensuring implementation of the findings from the Age Friendly Walkability.	Outdoor Spaces & Buildings				
1.11	Work towards implementing Age Friendly Primary Care Centre Guidelines in Primary Care Centres in county Cavan.	Outdoor Spaces & Buildings				
3.16	HSE Occupational Therapists will continue to liaise with the Housing Section of Cavan County Council regarding Housing Adaptation Grants for older people being discharged from hospital/being cared for at home.	Housing				
6.15	Information provision via Public Health Nursing and improved linkages to ensure older people are provided with information on schemes, grants and supports available to them.	Communication and Information				
8.8	Project work including an information provision initiative to promote health services through local radio and other means with focused attention on physical, mental health, bone, frailty and nutrition (especially post-covid)	Community Support and Health Services				

Lead agency: Health Service Executive						
Action No.	Action	Age Friendly Theme	Supporting agency/ies	Planned Activity	How will progress be measured?	Timeline
8.9	Bi-monthly meetings of Cavan/Monaghan Integrated Care Programme for Older People Steering Group will continue and will provide regular updates to the Alliance.	Community Support and Health Services				
8.1	Improve 'diversional therapy' activities in four residential units (Lisdarn, Sullivan, Virginia, Ballyconnell) through links with County Museum, Arts Office, CMETB etc.	Community Support and Health Services				
8.11	Agree alternative pathways for older people to reduce hospital admissions and provide alternative ways to access healthcare in community-based settings.	Community Support and Health Services				
8.12	Develop and implement alternative models of day care aimed at supporting people at home.	Community Support and Health Services				
8.13	Promote positive mental health in older age - Cavan Connecting for Life Suicide Prevention Action Plan.	Community Support and Health Services				

<b>Lead Agency: Local Link</b>						
<b>Action No.</b>	<b>Action</b>	<b>Age Friendly Theme</b>	<b>Supporting agency/ies</b>	<b>Planned Activity</b>	<b>How will progress be measured?</b>	<b>Timeline</b>
2.5	Review and enhance where possible, the current Local Link public transport service levels in Cavan Town, C1, C2 and C3 in conjunction with the National Transport Authority's 'Connecting Ireland' Plan	Transport				
2.6	Continue to provide Local Link Demand Responsive Transport (DRT) services in rural areas of County Cavan and extend routes to cater for those wishing to avail of the service.	Transport				
2.7	Continue to develop new Demand Responsive Routes where need is identified	Transport				
6.10	Raise awareness of services available through printed timetables and across the website ( <a href="http://www.locallinkcm.ie">www.locallinkcm.ie</a> ) and social media channels	Communication and Information				

<b>Lead Agency: Cavan Older People's Council</b>						
<b>Action No.</b>	<b>Action</b>	<b>Age Friendly Theme</b>	<b>Supporting agency/ies</b>	<b>Planned Activity</b>	<b>How will progress be measured?</b>	<b>Timeline</b>
4.6	Seek to increase and broaden the membership of the OPC	Respect and Social Inclusion				

### Lead Agency: Cavan Older People's Council

Action No.	Action	Age Friendly Theme	Supporting agency/ies	Planned Activity	How will progress be measured?	Timeline
4.7	Ensure the OPC is represented on as many committees / boards as possible as the representative voice of older people. This will be completed by working closely with the PPN and Age Friendly Alliance.	Respect and Social Inclusion				
4.8	The OPC will continue to make submissions and participate in the consultative processes on key developments taking place within the County.	Respect and Social Inclusion				
4.9	Promote Dementia Friendly Communities in conjunction with Dementia Ireland.	Respect and Social Inclusion				
4.1	Raise awareness around Safe-Guarding of Older Vulnerable People within the Community.	Respect and Social Inclusion				
4.11	Develop intergenerational activities using creative and innovative approaches– arts, drama, culture, IT, dance, skills and knowledge sharing, etc, working with schools and youth groups. Continue inter-generational activities with local schools through pen-pal initiatives, on-line activities and school visits were possible.	Respect and Social Inclusion				
5.17	Seek to assist older people's organisations to gain access to capacity building training events which will assist in achieving their goals. (C&E, OPC)	Respect and Social Inclusion				



### Lead Agency: Cavan Older People's Council

Action No.	Action	Age Friendly Theme	Supporting agency/ies	Planned Activity	How will progress be measured?	Timeline
6.11	Support and promote any new and emerging campaigns which better the lives of older people.	Respect and Social Inclusion				
6.12	Map all the existing and active Older People's Groups in County Cavan (PPN, Cavan Local Development Organisation, FRS'S)	Communication and Information				
6.13	OPC to continue to improve the amount of information available to older people about services, issues, and events. This will be carried out through the provision of newsletters, utilising, local media and drop-in information sessions.	Communication and Information				
6.14	Host Information Road Shows for older people in each municipal district, one per district per year.	Communication and Information				
7.9	Promote the services and opportunities available through the Volunteer Office in County Cavan to Older People's Groups. (C&E, OPC)	Civic Participation & Employment				











# Cavan

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