

# Donegal Age Friendly Strategy

## Straitéis Aoisbhá Dhún na nGall





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# RÉAMHFHOCAL / FOREWORD



Tá lúchair orm mar Chathaoirleach ar Chomhairle Chontae Dhún na nGall an dara Straitéis Aoisbhá don Chontae a chur os bhur gcomhar.

Tá sé aitheanta go bhfuil tionchar mhór ag an áit ina gcónaíonn muid ar an saol a chaitheann muid agus is mar gheall ar an saol a chaitheann muid agus is mar gheall ar sin tá sé mar aidhm againn Dún na nGall a fheabhsú mar áit le héirí níos sine ann, áit go dtig le daoine aosta fanacht ina dtithe féin agus ina bpobail féin, saol slaintiúil agus gníomhach a chaitheamh agus bheith ina pháirt lárnach dá bpobail áitiúil.

As life expectancy increases, so too does the need to ensure that Donegal becomes a great place in which to grow old. It is clear that the percentage of Donegal's ageing population is growing therefore we must be preparing now for the challenges that this will bring to us in future.

Donegal County Council, together with its partners on the Age Friendly Alliance are committed to continuing to develop our communities to meet our agreed vision of making County Donegal a great place in which to grow old, the specific actions aimed at older people contained in this strategy will contribute to our goal and improve our local communities for everyone's benefit. Often it is the very simple things that will improve the lives of older people, be it accessible buildings, a community alert group, social participation opportunities or a helping hand from neighbours. These simple things benefit a whole community both young and old.

This strategy aims to build on the achievement since the launch of the first Donegal Age Friendly Strategy in 2015, the strategy contains priority activity identified by the alliance and key stakeholders that represent older people including the Older Person's Council, Donegal PPN and the Joint Policing Committee.

I would like to thank the chair of the Age Friendly Alliance, Donegal County Council Chief Executive, Seamus Neely, members of the Alliance and our Social Inclusion Unit for their continued support and assistance with bringing together the second Donegal Age Friendly Strategy.

**Seamus Ó Domhnaill**  
Cathaoirleach, Donegal County Council

# RÉAMHFHOCAL / FOREWORD

Comhaontas Aoisbhá Dhún na nGall / Donegal Age Friendly Alliance



Is ábhar áthais do Chomhaontas Aoisbhá Chontae Dhún na nGall bheith ag cuir an dara straitéis a thacaíonn le daoine breacaosta os chomhair an Pobail.

Our previous strategy launched in 2015 contained 21 practical actions across the eight themes of the World Health Organisation agreed framework. The vision of Donegal Age Friendly Alliance remains to meet the changing needs of a population that will see a higher proportion of older people in it in the future, positive actions taken now will ensure a better quality of life for older people, in the present time and in the future.

Working collaboratively with our Alliance partners over the past four years, we have made great strides in raising awareness of the age friendly approach to local, regional and national development and in implementing practical improvements locally in making our county age friendly and a better place in which to grow old, particularly in the areas of health, transport and social inclusion.

Not all necessary improvements can be achieved locally and that is why our collective effort nationally, through Age Friendly Ireland is an important opportunity for influencing positive age friendly policy implementation at Government and Departmental level.

I would like to acknowledge the work of all the Alliance partners and thank them for their effort and ongoing commitment. I would also wish to thank everyone who took part in the consultations that informed the development of the strategy, in particular to Donegal Older Persons Council. Their work and commitment has been central to what we have achieved so far and their commitment and engagement will be vital to ensuring that improvements are made and that real benefits are delivered.

**Seamus Neely**

Chief Executive, Donegal County Council, and  
Chairman of Donegal Age Friendly Alliance

# RÉAMHFHOCAL / FOREWORD

Comhairle Daoine Scothaosta Dhún na nGall / Donegal Older Persons Council



*The Steering Committee of Donegal Older Persons Council at their AGM in January 2019*

The Donegal Older People's Council represents the voice of older people in County Donegal. It is a key stakeholder group of the Donegal Age Friendly County Programme and aims to ensure consistency of services, supports and outcomes of the Donegal Age Friendly Strategy.

Our members attend the Age Friendly Alliance Board and we would like to thank our colleagues in all the agencies for all their hard work.

We look forward to continuing to work to achieve even more in the 2019 to 2021 Donegal Age Friendly Strategy. We have contributed to achieving a number of actions over the past two years including intergenerational activity and tailoring health services to the needs of older people. We are very much looking forward to hosting the National Convention of Older Persons Councils in May 2019.

Members of the Donegal Older People's Council attend the annual National Conventions of Older People's Councils as well as having a member attend the regular National Network of Older People's Council meetings in Dublin.

We hope you enjoy reading the Donegal Age Friendly Strategy and welcome your suggestions and ideas for improving life in our county.

Tilly Hyndeman and Frank Campbell,  
Joint Chairs, Donegal OPC

# RÉAMHRA / INTRODUCTION

This is the second Age Friendly Strategy for County Donegal. The Age Friendly County Programme was launched nationally in 2011. The Age Friendly programme in Donegal is hosted under the leadership of Donegal County Council Chief Executive Seamus Neely, is supported by Age Friendly Ireland and operated within the World Health Organisation framework.

The Age Friendly Cities and Countries Programme is active in all 31 local authority areas, aiming to make Ireland a truly great place in which to grow old. The programme is built on the recognition of the valuable role that older people can and should play in shaping their communities for the better by asking them to participate in the decision making process and being responsive to their suggestions.

The vision of Donegal Age Friendly Alliance is that the county becomes a wonderful place for us to live and to grow older. As a nation we are living longer healthier lives, it is expected the population aged 65 or over will rise to 1.4 million people by 2041, the challenges faced by individuals and by society magnify as we get older, the Age Friendly process assists us in dealing with those challenges by being an enabler for policy implementation and a vehicle for lasting change.

Our vision of becoming a wonderful place for us to live and to grow older can only be achieved by actions that require a collaborative, whole of society response. Our Alliance, and progress to date in implementing our first strategy is a excellent example of cross sector collaboration and we will continue this model of work in implementing this new strategy.

This strategy has been developed by Donegal Age Friendly Alliance in consultation with older people. The alliance is a multi agency group, chaired by the Chief Executive of Donegal County Council, Seamus Neely, which oversees the development of policies and initiatives that result in the implementation of age friendly actions, which in turn assist in achieving the overall aim of making Donegal a better place in which to grow old. It is made up of senior personnel across multi sector agencies that promote a positive approach to ageing, including representatives of Donegal Older Persons Council and Donegal Public Participation Network.



*The launch of the first Donegal Age Friendly Strategy in May 2015*

# RÉAMHRA / INTRODUCTION

## The members are:

- Donegal County Council – Chief Executive
- Donegal County Council – Director of Services
- Donegal County Council – Cathaoirleach
- Donegal County Council – Elected Members
- An Garda Síochána – Chief Superintendent
- Health Service Executive – Area Manager
- Health Service Executive – Service Manager
- Donegal Education Training Board - Community Education Facilitator
- Letterkenny Institute of Technology – President
- Letterkenny Institute of Technology – Head of School of Science
- Local Link Donegal - Manager.
- Inishowen Development – Chief Executive Officer
- Donegal PPN – Older Persons Representatives
- Donegal Older Persons Council - Older Persons Representatives

An Age Friendly county has been described by Age Friendly Ireland as a county that recognises the great diversity among older people and promises their inclusion in all aspects of life. It recognises that if you design with an older person in mind you will universally support all people of all ages and build a sustainable Ireland for all.

All the representative agencies and stakeholders that make up the Donegal Age Friendly Alliance have contributed to this strategy and have given commitments, as individual stakeholders and collectively as a group, to improve the quality of life of the current population of older people in Donegal and for future generations.



*Consultation meeting in Gort a Choire as part of the preparation of this Strategy*

**The Donegal Age Friendly Strategy builds on existing international and national strategies and frameworks, including:**

- World Health Organisation: Global Age Friendly Cities: A Guide, 2007
- Dublin Declaration 2011

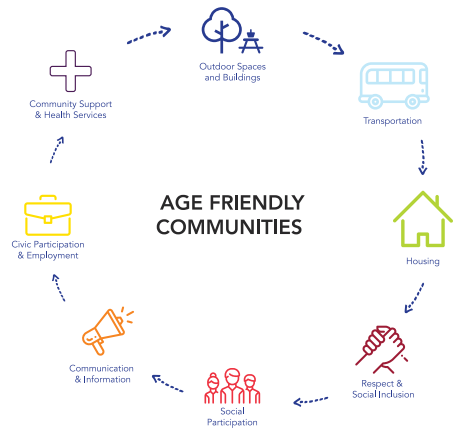


# RÉAMHRA / INTRODUCTION

- Rebuilding Ireland, 2016
- A Programme for Partnership government, 2016
- Donegal County Development Place, 2018-2024
- National Positive Ageing Strategy, 2013
- Healthy Ireland, 2013
- Donegal Local Economic and Community Plan, 2016-2022

Our ambition to be Age Friendly means that Donegal will:

- Be a great place to live, work and grow older
- Ensure essential services are accessible and delivered effectively and efficiently
- Have easily accessible public buildings, shops and services
- Incorporate older persons views into significant decision making processes
- Promote a positive attitude to ageing and address stereotypes about older people
- Create opportunities for older people to engage socially in their communities



Donegal is home to a population of 159,192 persons. Although the population decreased by -1.2% (1,945 persons) over the period 2011 – 2016, it grew by 8.1% (11,928 persons) over the last 10 years.



Located on the Border Region, County Donegal is the 4th largest County in the State with a land mass of 4,861sq kms or 6.9% of the total area of the State. The County is magnificently bounded by the Atlantic Ocean on the south west, west and north and shares its borders with Counties Derry, Tyrone, Fermanagh and Leitrim.

Of the 24,989 persons aged 65 years and over in County Donegal in 2016, 28% or 6,576 older

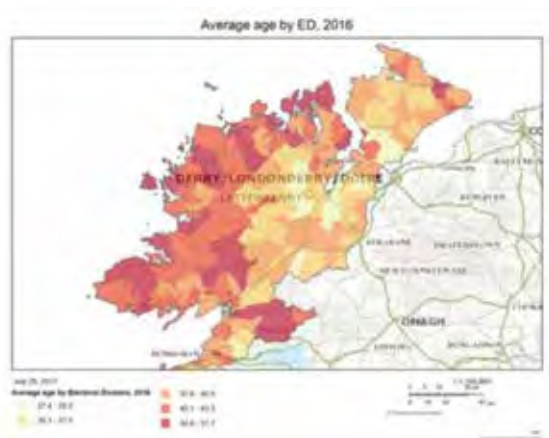
# RÉAMHRA / INTRODUCTION



persons were living alone. This highlights the importance that improved transport, service provision and measures to combat rural isolation are in the effort to make County Donegal a better place in which to grow old.

Without exception the average age in each County in Ireland has increased over the 2011-2016 period. This figure is consistently higher in the rural areas compared to average ages found in the urban areas across Ireland. Donegal average age is up 1.8 from 2011 to 38.5 years. In aggregate urban areas this figure is 36.7 while in the aggregate rural areas this figure is 39.1.

The figure below illustrates the average age across the County. Areas with an average age of 40+ (coloured red & dark orange) tend to occur in the more peripheral areas to the west and north. The areas with a younger average age (between 27-40) (delineated in lighter yellows/oranges) tend to be in the eastern part of the County including Letterkenny & Environs, the border area and Inishowen.



There are 61 settlements in County Donegal ranging in size from just over 100

## RÉAMHRA / INTRODUCTION



*Participants at an intergenerational cookery programme in Donegal Town*

inhabitants to almost 20,000 persons and these settlements are vital in sustaining economic and social vitality and growth in the County. They provide a wide range of services and employment functions which both drive and are supported by their rural hinterlands. The towns have the potential to play a crucial role in regenerating economically stagnant areas of the County and such physical regeneration will have far reaching cumulative benefits to not only the town catchments but to whole areas of the County.

In recent years the perception of ageing has changed for many people. Instead of being seen as a period of decline and “retirement” from life, later life is increasingly seen as a period in which people can continue to develop and to contribute their experience and knowledge to their communities.

Statistics both nationally and globally tell us that populations are ageing as people are living longer, healthier lives. The Department of Health notes by the year 2036, the number of older persons aged 65 and over, living in the state is expected to increase by 250%.

The World Health Organisation and Age Friendly Ireland have been supporting local efforts to address issues that will arise in the future by planning and acting now.

# RÉAMHRA / INTRODUCTION

The Department of Health is leading a joint national programme with the Health Services Executive, Age Friendly Ireland and the Atlantic Philanthropies to develop indicators to measure progress towards the objective of making Ireland a great place in which to grow old.

The Healthy and Positive Ageing Initiative (HAPAI) survey was carried out to provide evidence about the experiences and preferences of older people and to identify the gaps and support needed to allow them to age positively in their local communities. It is intended to inform the development of local strategy in order to help identify priority issues and successes.

Recent research published by Senator Pádraig Ó Ceidigh provides a socio-economic baseline study on the Gaeltacht areas. The Donegal Gaeltacht makes up 30% of the area of the county and therefore its findings provide a good indicator of the rural and coastal needs of the county. The Donegal Age Friendly Strategy is part of a national and international effort to address economic, environmental, social and cultural factors that contribute to active and healthy ageing. Our strategy will contribute to making our communities more supportive of older people by addressing their needs across eight themes:

- Outdoor Spaces and Buildings
- Transportation
- Housing
- Respect and Social Inclusion
- Social Participation
- Communication and Information
- Civic Participation and Employment
- Community Support and Health Services



The ageing of our population from this point onwards will represent one of the most significant demographic and societal developments that Ireland has encountered. The number of people over the age of 65 is expected to increase substantially, reaching 1.4 million by 2040 or about 23% of the total population. Across this same period the number over the age of 80 is set to quadruple. The implications for public policy areas as diverse as housing, health, urban and rural planning, transport, policing, the workplace and the business environment are considerable. From a Donegal perspective the population aged over 65 in 2016 was 24,989, an increase of 35% in the decade since 2006. This upward trend in the county is expected to mirror the national trend seeing a substantial increase in the number and percentage of older people in our county in the future.

## RÉAMHRA / INTRODUCTION

Traditionally Government policy has viewed older people and population ageing as a challenge – something to impact on the sustainability of the public finances due to implications for health, care and pension costs. While these challenges do exist there are also very considerable benefits to



*The signing of the Dublin Declaration which signaled the beginning of the Donegal Age Friendly Programme*

will be in our old age. The Age Friendly Ireland programme recognises that effective, local joint working structures are required to complement national level activity and to support the realisation of the shared visions set out within all key policy frameworks.

be gained from an ageing population. With life-time accumulated expertise, talents and wisdom, older people have a major role to play in making their communities great places for everyone to live and work in.

Ageing, of course, does not start at 65 years of age. Instead it is a lifelong process. The choices that we make when young and middle aged will determine how healthy we

Evidence and experience from around the world clearly shows that to create positive change in health and wellbeing and to enhance the quality of life experience of people across our cities, towns and villages, it takes the involvement of the whole community, the whole of Government, all of society working in unison. A nationwide network of Age Friendly City and County multi-agency, multi-sectoral Programmes is now in place. The National Age Friendly Ireland Programme, hosted by Meath County Council, coordinates this network, through a shared service office, and in doing so brings together, supports and provides technical guidance to the 31 local authority-led, multi-agency Age Friendly City and County Programmes.

Within the framework of the World Health Organization's (WHO) Age Friendly Cities and Communities model local stakeholders are making commitments to shared action plans addressing pillars spanning housing, our health services, built environment, transport, employment and the workplace. The Age Friendly Programme approach recognises that social, economic and environmental factors are interconnected and in doing so supports the implementation of real change in areas like; better public spaces, supports to stay at home, transport that meets needs, safer places, better health services, opportunities to volunteer; making our neighborhoods better places for all.

## RÉAMHRA / INTRODUCTION

Through this strategy, Donegal Age Friendly Alliance aim to implement a suite of actions that allow older people to be involved, heard and included while at the same time being prepared for a future which will see a society with a higher percentage of older people.

This survey was carried out in October 2018 in Donegal, the first of it's kind to be conducted in the County. It obtained the responses of approximately 700 individuals from all age cohorts. It was extremely

well received by the various communities across the county and in particular among our aging population. It was a welcomed opportunity for individuals across the County to give a non bias and self reflective view of the level and quality of services that are provided across the County. It also gives policy makers an opportunity to ascertain what services the public feel they may require for the future. This survey is to become an annual survey that will be conducted by the Research and Policy Unit on behalf of the Local Economic and Development Committee.



*The handover of the ceremonial gavel from the Wicklow OPC to Donegal OPC to signify that Donegal will host the National Convention of Older Persons Councils in 2019*



# OUTDOOR SPACES AND BUILDINGS / FOIRGNIMH AGUS SPÁSANNA LASMUIGH

**“If you design for the young you exclude the old, but if you design for the old you include everyone”**

## Progress to date:

The programme rolled out an Age Friendly Town programme in Letterkenny with a dedicated planner, following extensive desktop research, the establishment of an implementation group, a walkability survey and consultation, an action plan was produced to make Letterkenny a more age friendly town. Implementation is ongoing and a dedicated adult exercise area was provided in the Bernard McGlinchey Town Park in Letterkenny in June 2018.

Training in the area of “ Housing and the Public Realm” has been provided to officials and members of Donegal Council County Council, the purpose of this programme, delivered in 2016 and again in 2018 has been to highlight the importance of age friendliness in delivering public infrastructure and public services, this will assist in informing relevant staff to improve the lives of older people at no or minimal additional cost through deliberate decision making at design stage.



*Launch of Outdoor Gym area in Letterkenny Town Park 2018*

## Research findings:

The Healthy and Positive Ageing Initiative (HAPAI) survey found that of people living in towns and villages

- One in five was dissatisfied with the number of pedestrian crossings and traffic lights.
- More than one in four were dissatisfied with traffic calming measures.

# OUTDOOR SPACES AND BUILDINGS / FOIRGNIMH AGUS SPÁSANNA LASMUIGH

- Two thirds were dissatisfied with the availability of accessible toilets.
- More than two in five were dissatisfied with the availability of seats or resting places.
- One in seven was dissatisfied with general appearance and upkeep of their area.
- More than one in four were dissatisfied with the quality and continuity of pavements.

## WALKABILITY

To ensure our older citizens and the growing number of people who are unable to walk, we will continue to invest in a range of measures to improve the quality of our public spaces and pavements.

### KEY FINDINGS



Source: Positive Ageing in Age Friendly Cities and Counties – Local Indicators for Ireland

## Review and consultation with older people:

In addition to the available research, the review of the previous strategy, as well as general consultation with older people, highlighted the following:

- Public spaces could be more user friendly
- Better lighting, seating and shelter facilities were required
- The absence of footpaths in rural areas limited older peoples ability to get out and about

## What we hope to achieve:

Challenges identified by older people will be addressed by actions such as:

- Continue to improve the age friendliness of Letterkenny by continuing to develop age friendly facilities, such as age friendly parking, accessible facilities and a bus stop close to Letterkenny University Hospital.



Blue Skies at a Historical Walk and Talk about the Spanish Armada as part of Bealtaine 2018. Photograph: Kelly Patri



## OUTDOOR SPACES AND BUILDINGS / FOIRGNIMH AGUS SPÁSANNA LASMUIGH



*Members of Donegal Older Persons Council receiving an Age Friendly recognition award for the Walkability Audit carried out in Letterkenny University Hospital*

- Begin the process of delivering age friendly towns in other parts of the County by carrying out walkability audits in towns in each Municipal District and developing work programmes based on their findings
- Improve the age friendliness of public infrastructure by rolling out specialist training in the areas of housing and public realm to officials in the Local Authority and other public and community bodies
- Develop a partnership with older people to ensure area planning delivers age friendly public infrastructure
- That the libraries of the county will achieve age friendly designations, creating more accessible facilities and an increased use of library and cultural facilities by our older citizens, examples of improved accessibility will include installation of automatic doors, provision of reading glasses and availability of hearing loops.

# OUTDOOR SPACES AND BUILDINGS / FOIRGNIMH AGUS SPÁSANNA LASMUIGH

Further actions are presented in greater detail in the Action Plan on page 42

## Outputs & Outcomes

- Greater accessibility of streets, public spaces and buildings for all ages and capacities
- Generating footfall and greater participation of older people in towns and villages
- Creation of safer and sustainable environments
- Increased awareness surrounding the accessibility needs of older people
- Promote Age Friendly design principles across a multi agency spectrum to ensure that all developments are planned to meet the needs of a diverse range of people
- Further collaboration between stakeholders in providing age friendly public spaces
- The voice of older people will be listened to in planning outdoor spaces
- Increased accessibility to public services by older people
- Promotion of inclusion of older people and reduction in isolation



# TRANSPORTATION / IOMPAR



## Local Link Rural Transport Programme Strategic Plan 2018 to 2022

Local Link Donegal is key in delivering the Local Link Rural Transport Programme Strategic Plan 2018 -2022. Transport is vital for a wide range of economic, social and environmental outcomes. It is important, therefore, that these proposals support our existing and emerging strategies in an integrated way. In keeping with the fundamental role of a Transport Coordination Unit as set out by the National Transport Authority in their strategic plan 2018- 2022, there is opportunity for additional growth and a broadening of the scope of the TCU going forward. Acknowledging a core principle of rural transport is social inclusion, it can be argued that all transport by its very nature is a mechanism to removing barriers to social exclusion and offering independence, choice and opportunity.

To date, Local Link Donegal demonstrates the significant work capacity, knowledge and experience that currently exists within the company to respond to challenging and constantly changing needs and demands of the population. Much of the activity envisaged in this plan is long term and visionary and it is embedded within the various substantial and solid ground work that has already commenced or is currently being delivered.

In particular, exceptional capacity to work collaboratively has been demonstrated in order to maximise resources and widen benefit to reach as many people and places as possible. This has to date and will continue to involve internal county partnerships as well as partnerships with other counties and reaching out to our cross-border neighbours. SITT aims to build on the excellence that has already been established and to continue to exemplify real benefits and change for the people of Donegal.

### Progress to date:

An audit of transport services in County Donegal was produced by Local Link Donegal, shortly after the launch of the original Age Friendly Strategy in 2015 and highlighted both the available services, public and private, and also the areas where gaps existed, and assisted in developing further public

# TRANSPORTATION / IOMPAR

transport route provision during the lifetime of the strategy.

During the period 2016-2018. Local Link introduced several new services in addition to expanding a number of existing services throughout the county.

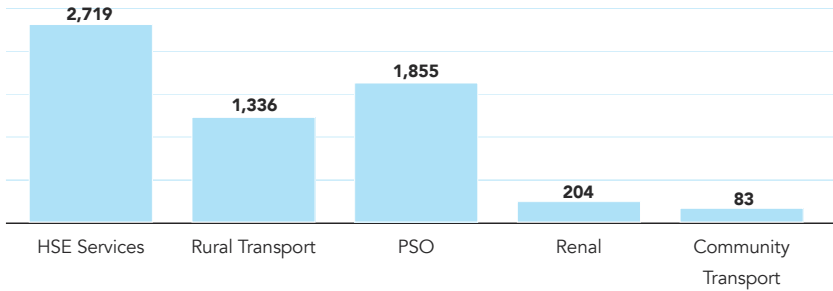
## PSO.

- Carrigans to Letterkenny
- Ballyshannon to Donegal
- Fintown to Dungloe
- Buncrana to Malin
- Cloghan to Letterkenny
- Falcarragh to Dungloe

Additional Schedules:

- Glencolmcille to Donegal Town Service
- Fanad to Letterkenny Service

### 2018 Total Weekly Passenger Numbers : 6,197

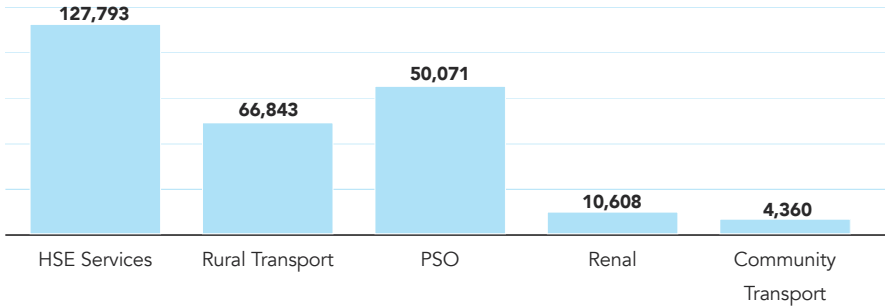


## Evening and Night Services (Under National Review)

- Glencolmcille to Donegal Town
- Fanad to Letterkenny
- Carrigans to Letterkenny
- Burtonport/Dungloe to Letterkenny

# TRANSPORTATION / IOMPAR

2018 Annual Passenger Numbers : 259,675



## Rural Transport Demand Responsive Services (DRT)

- Leghowney to Donegal Town
- The Lower Rosses
- Urris to Buncrana
- Castlefin Rural Friday
- Carrick Altzimers Friday Group
- Maghery to Dungloe

## Community Transport

- Donegal Local Development Company
- Inishowen Development Partnership
- Age Alliance – Donegal County Council.

**SITT/Local Link provide transport services for Older people attending HSE and Community Day Services**



*Launch of New Service Carrigans to Letterkenny September 2017*

## 10 Community Hospital Day Centers

Killybegs, Donegal Town, Ballyshannon, St Joseph’s Stranorlar, Lifford, Carndonagh, Buncrana, Ramelton & Dungloe.

## TRANSPORTATION / IOMPAR

### 18 Community Day Centers

Carrick, Ardara, Ballyshannon, Maghery, Fintown, Cloghan, Letterkenny, Moville, Meevagh, Cresslough, Fanad, Rathmullen, Garten, Arann Mór, Toraigh, Clonmany, Annagry & Manorcunningham.



*Launch of Local Link Service in West Donegal*

The Healthy and Positive Ageing Initiative (HAPAI) survey found that the provision of accessible, affordable and flexible transport schemes is essential to allow older people to avail of essential services.

The research found that 75% of people aged 55-69 had driven themselves in the past week but in the age 70+ category that percentage falls to 58%.

In rural counties an average of 60% of respondents had experiences difficulty in accessing public transport, this has a negative impact on people's ability to get out and about, 28% of people have difficulty socialising, doing essential tasks and/or getting to health or social care appointments due to a lack of transport.

## TRANSPORTATION / IOMPAR

The Socio-Economic Baseline Report of the Gaeltacht has found that the population of the rural areas of the county aged over 65 is higher than the county rate, 15.7% of the population of the county is aged over 65 while that rate rises to 21.7% when the Gaeltacht areas are examined in isolation, highlighting the need for additional supports for older people in rural areas.

### Review and consultation with older people:

In addition to the available research, the review of the previous strategy, as well as general consultation with older people, highlighted the following:

- Transport options could be more co-ordinated with health services and social activities
- Additional transport services would support social participation and availing of essential services
- Additional bus shelters and seating areas are required
- It would be good to have information about all the bus services
- The buses should be able to stop at Letterkenny hospital
- Continue to provide more age friendly parking
- With many services being withdrawn from rural areas such as banking and post offices the need to have available transport into towns is very important



*Local Link attending consulting with local people during the Social Inclusion Older Persons Roadshow, October 2018*



*Launch of Local Link Service Ballyshannon to Donegal Via Rossnowlagh.*



*Accessible Local Link Transport*

# TRANSPORTATION / IOMPAR

## What we hope to achieve:

Local Link Donegal strategy 2019 - 2022 is to provide transport, at a minimum, once a week to all parts of the county for people to be able to access the nearest village or town. This will be achieved by introducing new demand responsive services throughout the county that in turn can link to onward services.

- Secure funding to implement additional demand response transport services on a roll out basis.
- Integrated timetables
  - *At bus stops*
  - *Digital*
  - *Print*
- Accessible transport
  - *Suitable bus types – I.E. low floor, side door entrance*
  - *Driver training in customer services and needs*
  - *Accessible bus stops*
- Secure Community Transport Funding

## Outputs and Outcomes

- Increased supply of transport in all parts of the county
- More connectivity between transport and services
- The provision of more accessible transport
- Promotion of the concept of transport friendly towns





# HOUSING / TITHÍOCHT

## Progress to date

Donegal County Council, An Garda Síochána and Donegal PPN, through the Joint Policing Committee have been actively promoting and strengthening community alert and neighbourhood watch schemes, a network has been established to allow information sharing and collaborative actions as well as a mapping of areas covered by these support schemes to identify uncovered areas.

Social Inclusion stakeholders hold events during Social Inclusion Week each October, aimed specifically at older people, with particular emphasis on crime prevention and safety at home coming into the Winter months and use is made of the Community Smoke Alert Scheme to provide smoke alarms to vulnerable households.



*Consultation event with older people as part of the preparation for the second Donegal Age Friendly Strategy*

## Research findings

The Healthy and Positive Ageing Initiative (HAPAI) survey found that a high percentage of adults who experience housing difficulties require financial help for improving homes.

Several personal, demographic and socio-economic factors increase the likelihood of experiencing difficulty with housing maintenance, including, being over 70, separated or divorced, lower level of household income and fair or poor health.

## HOUSING / TITHÍOCHT

Of the 58,305 permanent & private households in Donegal in 2016 46.5% or 27,138 households were built pre 1991 or before the first building regulations came into force in Ireland.

Recent research by Pobal has indicated that 4.1% of Donegal’s population are over 65 and living alone, compared with a national average of 3.3% and that Donegal has a 25% higher proportion of persons over 65 and living alone than would be expected for its share of the population : 3.3% versus 4.2%



Source: Positive Ageing in Age Friendly Cities and Counties – Local Indicators for Ireland

### Review and consultation with older people:

A person’s home and community is essential to their sense of safety, security and well-being. Feeling secure in one’s environment strongly affects people’s willingness to move about, which affects people’s sense of independence, physical health, social integration and emotional well-being. It is well-documented that older adults wish to “age in their own home”. This requires that, as we age, we can continue to live in a way that is safe, affordable and connected to the community where the supports and services we need are available.

In addition to the available research, the review of the previous strategy, as well as general consultation with older people, highlighted the following:

- Shortage of people to do small chores, including repairs and maintenance
- Lack of small, accessible grants to do home alterations
- Lack of grants to improve energy efficiency and for insulation and in particular to tackle dampness
- More support needed for people coming out of hospital
- Affordable integrated housing for the elderly close to services would be welcome
- Some people would consider downsizing but it doesn’t seem to be an option at present
- Most people are happy in their own houses and in their own communities and do not want to move

## HOUSING / TITHÍOCHT

- Could anything be done to make older people feel safer in their own homes, especially in Winter?
- Older people like to find out what is going on their area through methods such as word of mouth, radio or parish bulletins



*The Fire Service information stand at the Social Inclusion Information event for older people in Stranorlar in October 2018*

### What we hope to achieve:

Challenges identified by older people will be addressed by actions such as:

- Widen the impact of available grant schemes for older peoples homes through seeking additional funding and making the schemes more accessible and useable for applicants
- Collectively promote already existing supports to widen their impact, eg: seniors alert scheme and the smoke alarms scheme
- Through the collaboration of Donegal County Council HSE, ALONE and other stakeholder to develop "Housing with Supports" and "Supportive Housing" schemes in each municipal district

## HOUSING / TITHÍOCHT

to widen the spectrum of housing options available to older people

- Deliver more suitable housing for older people in the future through the implementation of universal design principles
- Concept of Retirement Village Model to be explored and developed.
- Planning and creating neighbourhoods that are more age friendly, in terms of accessibility and their location close to essential services
- Deliver innovative models of supports to older people to allow them to continue living in, and actively contributing to, their own communities.
- Develop skills in technology to improve quality of later life

### Outputs and Incomes

- Provision of social housing for older people that link into health and other essential services
- To empower older people to live more autonomously than ever before;
- At the click of a button to offer older people instant interaction with loved ones and friends;
- Build confidence in older people by technology adoption;



# RESPECT AND SOCIAL INCLUSION / MEAS AGUS CUIMSIÚ SÓISIALTA

## Progress to date

A specific action in the first Donegal Age Friendly Strategy was the establishment of a forum for older people that would allow the voices of older people to be heard on decision making bodies.

Donegal Older Persons Council was established in 2016 and has proved a successful addition to the Age Friendly effort in the county. Donegal Older Persons Council operates through an executive committee that draws membership from the community sector, seldom heard voices and older persons champions, the Older Persons Council secretariat is also linked into Donegal Public Participation Network



*Donegal Age Friendly Co-ordinators and members of Donegal Older Persons Council with Minister for Health, Simon Harris, TD, at the OPC Convention in Wicklow, October 2018*

During the development phase of Donegal Older Persons Council two key roles have emerged, engagement with service providers to provide improved services for older people, with particular emphasis on health and wellbeing services, and, direct involvement in rolling out projects such as intergenerational initiatives.

Age Friendly training has been provided to frontline staff of Donegal County Council to assist in delivering services to older people that are appropriate, sensitive, respectful and socially inclusive.

Donegal Age Friendly Alliance has recognised that older people's social inclusion positively contributes to their self esteem. Respect and social inclusion have positive health impacts while

# RESPECT AND SOCIAL INCLUSION / MEAS AGUS CUIMSIÚ SÓISIALTA

social non participation is one of the risk factors of poor mental health, both the first strategy and this strategy have highlighted social inclusion and social participation as key priority areas.

## Research findings

The Healthy and Positive Ageing Initiative (HAPAI) survey found that very few adults aged 55 or older are engaged in any type of training or education, nationally, an average of 11.2% of adults are engaged in training or education programmes. 41% of adults over 55 experienced difficulties accessing essential services such as postal services, full banking services, public transport, shops or Garda stations.

15% of adults over 55 feel isolated some of the time and 2.9% feel isolated all of the time, in the 70+ age bracket those percentages rise, with 18% feeling isolated some of the time and 3.5% all of the time.

Over 9% of respondents perceive negative attitudes towards older people taking part in community activities.

Recent findings by the Research and Policy Unit of Donegal County Council have indicated that 21.9% of the population aged 15 years and over, had finished their education with no formal or primary education in 2016 compared to 26.1% in 2011. In numerical terms this equates 21,333 persons in 2011 and 26,361 persons in 2016. The average in the State in 2016 was 13.3%.

## Review and consultation with older people:

The review of the previous strategy undertaken by the Alliance Board and the agencies who provide services and supports to Older People and the consultation events with older people identified a number of issues such as:

- Many people suffer from rural isolation in Donegal
- Lack of retirement planning to help transition to non working life
- Some older people found it very hard to transition from full time employment to retirement, having family responsibilities and social outlets is helpful
- Older people are aware of the difficulty of maintaining positive mental health in older age as a lot of them may be living on their own, they depend on the support of others to call into them
- Lack of awareness amongst policy makers and service providers as to how best to provide services to older people

## RESPECT AND SOCIAL INCLUSION / MEAS AGUS CUIMSIÚ SÓISIALTA

- There are a lack of opportunities to fully engage in the community post retirement
- Older people feel many activities are based in the larger towns

### What we hope to achieve:

It is an ambition of this Strategy that we can live in a county where the positive experiences of respect, esteem, status and social inclusion are more widely realised. The challenges identified by older people will be addressed by actions such as:



*Attendees at the Social Inclusion Information event for older people in Stranorlar in October 2018*

- Continuing to strengthen the participation role of older people through the further development of Donegal Older Persons Council to allow older people to shape and influence decisions that directly affect them.
- Support the sector to strengthen its capacity to contribute to civil society
- Widen the implementation of Age Friendly principles through awareness raising and training for service providers who deal directly with older people
- Promoting the use of Plain English when older people are dealing with public services, also encourage the use of Irish in Gaeltacht areas as well as facilitating the participation of minority communities
- Shape services to fit the needs of older people
- Implementing a number of pilot Age Friendly Businesses Towns, which will improve accessibility of shopping and service areas for older people.
- Provision of additional services that support health and wellness, for example the Tovertafel "Magic Table" a series of interactive light games specifically designed for people with mid- to late-stage dementia, currently available in the Central Library and in Leabharlann Pobail Ghaoth Dobhair and is due to be rolled out through the library network in the county during the lifetime of this strategy
- Delivering an intergenerational project that actively addresses older peoples stereotypes

*Further actions are presented in greater detail in the Action Plan on page 47*

# RESPECT AND SOCIAL INCLUSION / MEAS AGUS CUIMSIÚ SÓISIALTA

## Outputs and Outcomes

- Donegal County Council and the other Age Friendly Alliance members will operate in accordance with Age Friendly principles when dealing with older people
- Older people will have more positive experiences and outcomes in their use of services by Donegal County Council and the other Age Friendly Alliance members
- Communication methods will be age proofed
- Opportunities, skills and confidence will be provided to Donegal Older Persons Council to influence, shape and participate in decision making processes that affect them
- Reduction in the stereotype image of older people and ageing
- To continue to grow a culture of multigenerational respect
- Increased interaction and engagement between younger people and older people
- An increased awareness of the personal impacts of dementia
- More inclusivity of older people
- Promotion of vibrant, inclusive and sustainable communities





# SOCIAL PARTICIPATION / RANNPHÁIRTEACHAS SÓISIALTA

## Progress to date

Social Participation is strongly connected to good health and well being. In its simplest form Social Participation can be summarized as “things to do and places to go” but it is much more than that. Participating in various social and leisure activities provides health and wellbeing benefits that are well documented.

Groups who run activities such as Active Retirement, Mens Sheds and Community Gardens continue to provide vital opportunities for social participation by older people, such activities receive limited funding from Alliance stakeholders through sources such as SICAP, the Development Fund Initiative and the Community Enhancement Fund.

The network of ten Family Resource Centres in the county offer many social participation opportunities. These include community gardens, men’s sheds, women’s groups and 55+ social groups. They have exercise classes, dancing, keep fit and walking groups. They host Carer’s and Family Support groups and Social Prescribing. Some run care and



*Participants in craft courses in Cara House FRC, Letterkenny*

## SOCIAL PARTICIPATION / RANNPHÁIRTEACHAS SÓISIALTA

repair services and meals on wheels. Their Education Courses, taking place during daytime or in the evenings may include Computers, iPads, Spanish and Irish as well as a variety of arts and crafts.

During 2018 Alliance stakeholders have delivered a range of intergenerational initiatives allowing groups of young people and older people to work collectively on themes of common interest to deliver innovative outputs, to date intergeneration activities have occurred on themes including wellbeing, shared culture, cookery, physical activity and accessibility needs.

The Donegal Intergenerational Choir, Ceol le Chéile, has developed into a flagship social participation project on a national level, there have been over 120 participants ranging from seven year old children to people in their late eighties, the common linking factor is music and song but their involvement in the project has brought wide ranging health and wellness benefits to participants, young and old.

### Research findings

The Healthy and Positive Ageing Initiative (HAPAI) survey found that there was room for improvement in the provision of promotion and development of opportunities for engagement and participation of older people in arts, cultural, spiritual, leisure, learning and physical activities in their local communities.

The research identified a number of barriers to participating including:

- The available activities don't interest me
- Costs are too high
- People have negative attitudes about older people being involved in activities
- Difficulty getting to venue where the social activity is happening.

### Review and consultation with older people:

Social participation and social support are strongly connected to health and well-being throughout life. Opportunities to participate in economic, political, social, cultural, leisure and spiritual activities in the community allow older people to continue to exercise their competence, enjoy respect and esteem, and to maintain or establish supportive and caring relationships. Participation and engagement fosters social integration and are key to health and wellbeing.

## SOCIAL PARTICIPATION / RANNPHÁIRTEACHAS SÓISIALTA



*Members of the Donegal Intergenerational Choir, Ceol le Cheile, during the launch of One Donegal Social Inclusion Week, October 2018*

The review of the previous strategy and consultation with Older People highlighted the following:

- More daytime activities for older people needed
- Sports and recreation opportunities to be aimed more at older people
- A lot of the opportunities to do stuff is based in the bigger towns
- The choir has been great but we need things like that in all areas
- Support communities to identify and establish community gardens
- The mens sheds have been very good in getting men out of the house
- Need for more ongoing education, technology and lifelong learning opportunities
- More accessible (e.g. transport) social and recreation opportunities needed
- More awareness required of the social activities and events that are available

## SOCIAL PARTICIPATION / RANNPHÁIRTEACHAS SÓISIALTA



*Blooming Marvellous! 'The Past In The Present' Reminiscence session in Annagry Day Centre.*

*Photograph: Donegal County Archives*



*Ceol le Chéile performing in An Grianan Theatre in July 2018*

- Older people do make use of services that are available in the county such as Friday clubs and the Good Morning service. Further supports would be welcome such as befriending services and walking clubs for senior citizens
- People who attended consultation events were, by their own admission, in a position to avail of social events that were available locally, but many older people were unable to participate and more should be done to cater for people with difficulties such as mobility or vision issues.

### **What we hope to achieve:**

Donegal will be a county with a vibrant economic, social and cultural life that is attractive to older people in terms of the opportunities it offers for engagement, participation and contribution. A number of the challenges identified will be addressed with actions such as:

- Further provision of intergenerational projects throughout the county
- Increased opportunities for participation in lifelong learning, social, cultural and recreational activities
- Increase accessibility of libraries for older people

*Further actions are presented in greater detail in the Action Plan on page 48*

# SOCIAL PARTICIPATION / RANNPHÁIRTEACHAS SÓISIALTA

## Outputs and Outcomes

- Increased participation of older people in community activities
- Enhanced intergenerational interaction which will reduce stereotypes and will promote a culture of multi generational respect
- Facilitate access for older people to participate in social activities which they have identified as being of interest to them
- Reduce incidences of loneliness and isolation among older people
- Older people will lead longer, healthier and more fulfilling lives
- Encourage younger older people to introduce physical activity into their daily lives thus producing better health outcomes



# COMMUNICATION AND INFORMATION / EOLAS AGUS CUMARSÁID

## Progress to date

Three thousand copies of a 32 page information guide to services for older people in County Donegal were disseminated widely, the publication provides vital, easily presented information on the issues of importance to older people, including entitlements, health, housing, safety & security and transportation.



No matter how developed the society, word of mouth is the principal and preferred means of communication for older people, whether through informal contacts with family and friends or through more formal contacts with clubs, associations, public meetings, community centres and places of worship. Print and broadcast media are the most important sources of information. Donegal Age Friendly Alliance recognises this fact and attempts to respond to it in the actions that are being implemented.

## Research findings

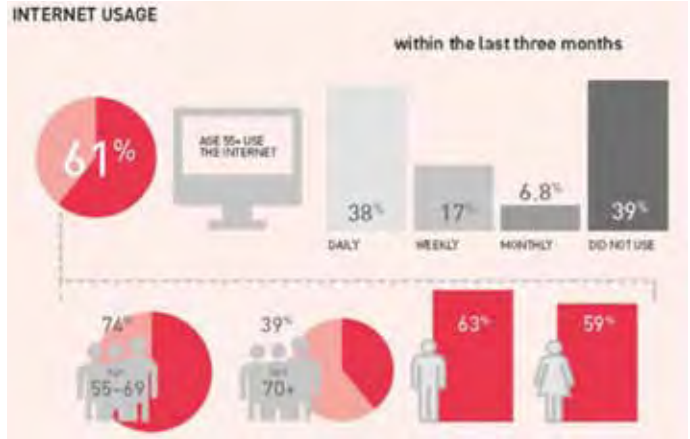
The Healthy and Positive Ageing Initiative (HAPAI) survey found that, nationally 61% of people aged over 55 have used the internet in the past 3 months and 38% of respondents use the internet on a daily basis.

Recent research by Pobal has found that in Donegal 2.2% of the population have no access to the internet which is lower than the national average of 3.5% and that the county has a 36% lower proportion of people without internet access than would be expected for its share of the population : 3.3% versus 2.1%

## COMMUNICATION AND INFORMATION / EOLAS AGUS CUMARSÁID

The Socio-Economic Baseline Report of the Gaeltacht has found that the rate of houses with broadband access stands at 70.7% nationally, is at 62% in County Donegal but that rate falls to 52.6% in the Donegal Gaeltacht, indicating that up to half the homes in the most rural parts of Donegal do not have broadband access.

The Socio-Economic Baseline Report of the Gaeltacht also found that the level of people



Source: *Positive Ageing in Age Friendly Cities and Counties – Local Indicators for Ireland*



Health service outreach for older people at the Social Inclusion Older Persons Roadshow, October 2018

## COMMUNICATION AND INFORMATION / EOLAS AGUS CUMARSÁID

with no formal education or only primary level education stands at 24% in the Donegal Gaeltacht, in comparison with the national rate of 17.2%

### Review and consultation with older people:

The review of the previous strategy and the consultation with older people highlighted that there was:

- Poor uptake of benefits or services to which people were entitled
- A lack of information in general and of information about services in particular
- A lack of knowledge as to how and where to locate information
- A lack of broadband and a familiarity with computers
- A lack of classes on how to use computers and the internet
- Some older people prefer to communicate in person or by phone than online
- Local radio is an important source of information for older people
- Older people are not well informed on changes to services
- A need to use plain English in forms and in communication

### What we hope to achieve:

A number of the challenges identified by older people will be addressed with actions such as :

- Increasing awareness of the importance of communicating effectively with people using accessible language
- Respond to the information deficit of older people through a range of measures, making use of methods of communication that are easily accessible by older people, e.g., in person, in print and on radio



*Launch of Plain English Guide and Social Inclusion Handbook in 2017*



## COMMUNICATION AND INFORMATION / EOLAS AGUS CUMARSÁID

- Make use of information technologies to support older people to live independently in their own communities
- The hosting of a conference dealing with the issue of loneliness among older people and how to respond to it.

*Further actions are presented in greater detail in the Action Plan on page 50*

### Outputs and Outcomes

- Happier, healthier and better prepared older people
- Promoting participation in older years and independent living
- Greater understanding by front line staff of the challenges, stereotypical images and concepts of ageing while engaging with an older person



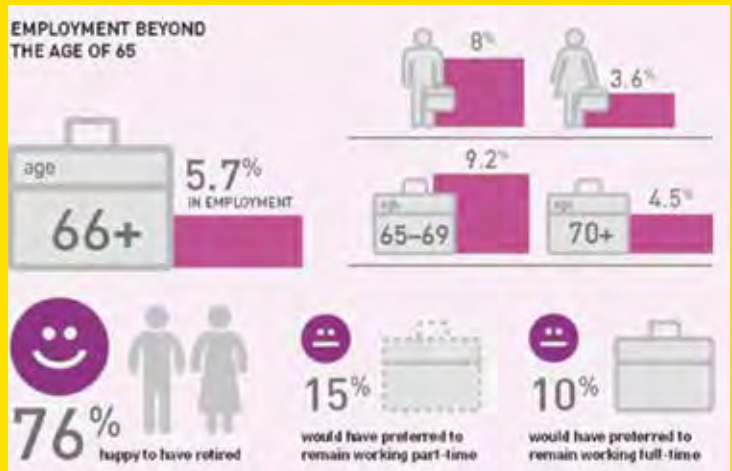
# CIVIC PARTICIPATION AND EMPLOYMENT / FOSTAÍOCHT AGUS RANNPHÁIRTEACHAS SAORÁNAIGH

## Progress to date

Engagement has begun with chambers and business networks in various towns around the county to roll out the Age Friendly Business Programme, an initiative which will result in better experience for older people in shopping and accessing services

Older people do not stop contributing to their communities on retirement. Many continue to provide unpaid and voluntary work for their families and communities

The World Health Organisation advises that an Age Friendly community provides options for older people to continue to engage in the political process and contribute to their communities by way of either employment or voluntary work. Therefore it is important to provide older people with opportunities to continue in employment or to work as a volunteer in their communities.



Source: *Positive Ageing in Age Friendly Cities and Counties – Local Indicators for Ireland*

## Research findings

The Healthy and Positive Ageing Initiative (HAPAI) survey found that, nationally, 45% of respondents retired earlier than 66, of those who retired 26% would have preferred to have worked on, of that

## CIVIC PARTICIPATION AND EMPLOYMENT / FOSTAÍOCHT AGUS RANNPHÁIRTEACHAS SAORÁNAIGH



*Members of the public attending the road safety information stand at the Social Inclusion Roadshow in Stranorlar in October 2018*

26%, 60% of people would prefer to have worked part time and 40% would have preferred full time work.

### **Review and consultation with older people:**

The review of the previous strategy and the consultation with older people highlighted the need for:

- Better consultation on all aspects that affect the lives of older people
- More opportunities to contribute to business and enterprise
- Improved planning for retirement
- More opportunities for older people to volunteer post retirement

## CIVIC PARTICIPATION AND EMPLOYMENT / FOSTAÍOCHT AGUS RANNPHÁIRTEACHAS SAORÁNAIGH



Visitors to 'Showbands' temporary exhibition in Donegal County Museum, Summer 2018  
Image Credit Donegal County Museum

### What we hope to achieve:

- Promote the concept of active citizenship for older people, allowing them to positively influence their own communities
- Older people to have more opportunities to contribute in their own communities, through additional work and volunteering opportunities
- Retain a wealth of life skills and support young community and enterprise workers
- Increase the connectiveness of older people through targeted programmes to bridge the digital divide



The Donegal Intergenerational Music Initiative – Ceol le Chéile

## CIVIC PARTICIPATION AND EMPLOYMENT / FOSTAÍOCHT AGUS RANNPHÁIRTEACHAS SAORÁNAIGH

- Roll out of the age friendly business recognition programme throughout the county
- Delivery of a start your own business programme aimed at older people

### Outputs and Outcomes

- Create opportunities for older people to engage in volunteering activities
- A more digitally literate older generation
- Genuine skills exchange between less active older people and younger practitioners in community and enterprise development
- A more Age Friendly community through the engagement of older people in planning and decision making for provision of essential services
- Additional support for community events through promotion of volunteering opportunities
- Further opportunities for older people to engage in entrepreneurial activities



# COMMUNITY SUPPORT AND HEALTH SERVICES / TACAÍOCHT DON PHOBAL AGUS SEIRBHÍSÍ SLÁINTE

## Progress to date

The establishment of the Donegal Older Persons Council and the engagement of the HSE in the Age Friendly Alliance has allowed for meaningful discussion in relation to the improvement of health services for older people. A walkability audit was conducted at Letterkenny University Hospital that highlighted a number of issues from the perspective of older people that the hospital management have responded to and Age Friendly parking spaces have recently been launched at the main hospital building and at St Conals campus.

## Research findings

The Healthy and Positive Ageing Initiative (HAPAI) survey found that, nationally, of the respondents aged over 55, 70% rated their health as good or very good and 30% rated their health as fair, bad or very bad.



*At the launch of the Age Friendly parking at Letterkenny University Hospital campus in April 2018, left to right, Sean Murphy, General Manager, LUH; Mary McGowan, Co-Chair, Donegal Older Persons Council; Cllr Gery McMonagle, Cathaoirleach, Donegal County Council, Co-Chair, Gráinne Hynes, Donegal Older Persons Council and Liam Ward, Director of Community & Planning, Donegal County Council*

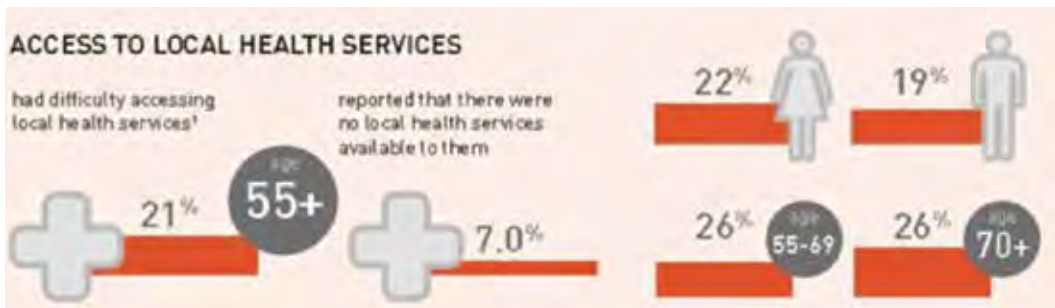
## COMMUNITY SUPPORT AND HEALTH SERVICES / TACAÍOCHT DON PHOBAL AGUS SEIRBHÍSÍ SLÁINTE

20% of those over the age of 55 currently smoke, 40% are former smokers while 20% have never smoked.

The rate of weekly alcohol consumption in rural Ireland is around 25%.

Over half of all those surveyed do at least 150 minutes of moderate physical activity every week.

Recent research by Pobal has indicated that 1.8% of the population in Donegal are in bad or very bad health, higher than a national average of 1.6% Donegal has a 12% higher proportion of people in bad or very bad health than would be expected for its share of the population : 3.3% versus 3.7%



Source: Positive Ageing in Age Friendly Cities and Counties – Local Indicators for Ireland

The Socio-Economic Baseline Report of the Gaeltacht has found that, in 2016, 1.8% of the population of Donegal rate their health as bad or very bad, that figure rises in the Donegal Gaeltacht to 2,3%.

### Review and consultation with older people:

Older people want services that would allow them to tend to their health and personal care needs in their own homes and communities. The achievement of positive healthcare outcomes in any village or town is often dependent on the quality of the community-led and community-based supports that are available. These include the availability of healthy environments, facilities and social activities

There is a need for a wide range of community-led and community-based supports (e.g. help with housekeeping, shopping, meal preparation, personal hygiene, visits from doctors and other service providers) that often need to be part or wholly funded by the Public Health Service.

## COMMUNITY SUPPORT AND HEALTH SERVICES / TACAÍOCHT DON PHOBAL AGUS SEIRBHÍSÍ SLÁINTE



*Officials from the HSE at their information stand at the Social Inclusion Week Older Persons Roadshow in October 2018*

The review of the previous strategy and the consultation with older people highlighted a number of health related issues

- Independent living is preferred by a lot of older people
- Waiting times for ambulances in rural areas can be too long
- Older people are very reliant on family members to get to appointments
- It is very difficult having to travel out of the county for hospital appointments
- It can be slow to get GP and hospital appointments but public health nurses and first responders provide great services

### **What we hope to achieve:**

- To continue to facilitate influence of available older persons health services through ongoing engagement between the Health Service Executive and Donegal Older Persons Council
- Additional support to carers through a wider roll out of available support programmes
- Further roll out of essential services such as frailty, falls prevention and befriending
- Allow for additional availability of health promotion and improvement opportunities for older people



# COMMUNITY SUPPORT AND HEALTH SERVICES / TACAÍOCHT DON PHOBAL AGUS SEIRBHÍSÍ SLÁINTE

## Outputs and Outcomes

- Create opportunities for older people to engage in health improvement activities in their own communities
- A healthier older generation
- More availability of essential services that older people and their families rely on.
- A more Age Friendly community through the engagement of older people in planning and delivering health services
- Safeguarding of older people

# ACTION PLAN

## THEME 1 - OUTDOOR SPACES AND BUILDINGS

Actions	Lead Agency	Support Agency	Timeframe
<p>1.1 Continue to develop Letterkenny as an Age Friendly town, Letterkenny was identified as a pilot area of rolling out the first Donegal Age Friendly Strategy resulting in initiatives such as the outdoor gym and age friendly parking. It is proposed to continue this process during the term of the second strategy</p>	Donegal County Council	All Age Friendly stakeholders	Years 1 – 3
<p>1.2 Roll out the Age Friendly town initiative to each Municipal District by initiating walkability audits in towns throughout the county and developing a work programme based on their findings</p>	Donegal County Council	All Age Friendly stakeholders	Years 1 – 3
<p>1.3 Continue to participate in the national agenda to influence and implement policy which will result in the development of age friendly communities and environments</p>	Donegal Age Friendly Alliance	Age Friendly Ireland	Years 1 – 3
<p>1.4 Deliver a continuing programme of Age Friendly training in relation to Housing and the Public Realm to relevant personnel within Donegal County Council and other Age Friendly stakeholders including health, approved housing bodies and the private sector</p>	Donegal County Council	Age Friendly Ireland; Centre of Excellence in Universal Design (CEUD); An Garda Síochána; Housing Agencies	Years 1 – 3
<p>1.5 Public works done by the Local Authority and other Age Friendly stakeholders will take sustainability, accessibility and universal design principles into consideration</p>	Donegal County Council	All Age Friendly stakeholders	Years 1 – 3
<p>1.6 Work towards the national objective of having library facilities achieving age friendly status, an incremental achievement of this goal will result in more accessible facilities for older people and an increased use of library and cultural facilities by our older citizens. The Central Library and Leabharlann Phobail na Rosann will be the first designated age friendly public libraries</p>	Donegal County Library Services	Age Friendly Ireland: LGMA	Years 1 – 3
<p>1.7 Plan and deliver Age Friendly facilities in public spaces including accessible toilet facilities, age friendly parking, age friendly seating, age friendly signage and recreation facilities</p>	Donegal County Library Services	All Age Friendly Stakeholders and regional and national funding sources	Years 1 – 3

## THEME 1 - OUTDOOR SPACES AND BUILDINGS

Actions	Lead Agency	Support Agency	Timeframe
<p>1.8 Enhance existing public realm infrastructure to improve the accessibility and permeability of our public areas for older people</p>	<p>Donegal County Council</p>	<p>All Age Friendly stakeholders</p>	<p>Years 1 – 3</p>
<p>1.9 Develop a developmental partnership with older people to ensure masterplanning processes deliver public spaces, places and linkages that are age friendly, ensuring that older people are a consultative body in the delivery of Age Friendly environments through their engagement in Local Area Plans, County Development Plan and the National Development Plan</p>	<p>Donegal County Council</p>	<p>All Age Friendly stakeholders</p>	<p>Years 1 – 3</p>

## THEME 2 - TRANSPORTATION

Actions	Lead Agency	Support Agency	Timeframe
2.1 Local Link to identify areas of transport need, consult locally and make applications for new routes – PSO or DRT	Local Link Donegal	Community agencies – i.e. Family resource, CDPs and Development partnerships	Years 1 – 3
2.2 Ensure all public transport, where possible, is accessible.	Local Link Donegal	NTA	Years 1 – 3
2.3 Review existing services and amend as necessary pre a re-tendering process with a view to reducing rural isolation while expanding geographical coverage	Local Link Donegal	NTA	Years 1 – 3
2.4.1 Audit bus stops and places of rest with a view to developing more facilities and enhancing existing facilities. Possible to combine facility auditing with walkability auditing and area planning consultations.  2.4.2. Further develop the Buncrana Model of “A transport friendly town” new bus shelters, signage and integrated timetables.	Local Link Donegal	All Age Friendly Stakeholders, with ALONE taking a lead support role  Donegal County Council (Roads Directorate)	Years 1 – 3
2.5 Increase the number of accessible/low floor transport vehicles for ease of access for people with mobility issues.	Local Link Donegal	NTA	Years 1 – 3
2.6 Further delivery of the Age Friendly parking programme. Through making use of available funding streams it is proposed to deliver two projects in each MD during the lifetime of this strategy	Donegal County Council	All Age Friendly Stakeholders	Years 1 – 3
2.7 Provision of further transportation services to Out Patient clinics which are being held outside the county, for example; Galway or Dublin	Health Service Executive	Local Link Donegal	Years 1 – 3
2.8 Scope and identify transport deficits and black spots for inclusion in the Letterkenny Town development plan including access to Letterkenny University Hospital.	Cara House	All Age Friendly Stakeholders	Years 1 – 3

## THEME 3 - HOUSING

Actions	Lead Agency	Support Agency	Timeframe
3.1 Continue to seek additional support to meet of maintenance needs of ageing housing through additional funding to be provided into schemes such as the Housing Aid for Older People Scheme	Donegal County Council	Department of Housing Planning & Local Government; Housing Agencies	Years 1 – 3
3.2 Support older people in accessing available supports such as the seniors alert scheme, housing adaptation grants, warmer homes scheme and the smoke alarm for vulnerable households scheme	Donegal County Council	ALONE; Donegal Local Development CLG; Family Resource Centres; Community & Voluntary groups; Donegal Older Persons Council; Donegal PPN	Years 1 – 3
3.3 A tangible initiative to be launched by the Fire Service with a focus on older people as being a vulnerable group for fire safety	Donegal County Council	Other Age Friendly Stakeholders	Years 1 – 3
3.4 Work towards providing more age friendly housing units within the housing stock of the county that meets Universal Design principles	Donegal County Council	Department of Housing Planning & Local Government; Housing Agencies	Years 1 – 3
3.5 Over the lifetime of this strategy to commission at least one “Housing with Supports” or “Supportive Housing” schemes in each of the five municipal districts in the county	A collaborative project to be delivered by ALONE, Donegal County Council and the Health Service Executive	Private housing sector	Years 1 – 3
3.6 Local Area Plans for towns – seek to plan for the strengthening of neighbourhoods in urban areas to unlock infill or brownfield development opportunities that have the potential to provide housing for older people that is central to essential service provision Possible use of the town centre living initiative that is rolling out under the Department of Rural & Community Development / Rural regeneration grant that is encouraging communities to promote town centre living and use of brownfield sites	Donegal County Council	Department of Rural & Community Development; Age Friendly Ireland; Donegal Age Friendly Alliance	Years 1 – 3
3.7 Expand the number of community alert and neighbourhood watch schemes and encourage the involvement of older people in them.	An Garda Síochána	Muintir na Tíre; Donegal Older Persons Council; Donegal PPN ALONE	Years 1 – 3

## THEME 3 - HOUSING

Actions	Lead Agency	Support Agency	Timeframe
3.8 Provide a basic technology training programme that helps to keep older people connected and assist in their assessing online services	LYIT	Donegal Local Development CLG; Inishowen Development Partnership; Family Resource Centres; Library Service	Years 1 – 3
3.9 Events that promote personal home safety and security to be provided in libraries and community centres during the Bealtaine festival, Social Inclusion Week and at other times during the year		Donegal Local Development CLG; Library Service	Years 1 – 3
3.10 Roll out the Bconnect Technology solution to 50 older people throughout Donegal. ALONE's BConnect service connects organisations and individuals with the knowledge, training and technology they need to support people to live independently at home. This befriending service will increase efficiency of services for older people in the county and prevent duplication of services.	ALONE	All Age Friendly Stakeholders	Years 1 – 3
3.11 Continue to expand Community Policing Units and encourage increased engagement between older people and front line community Gardaí	An Garda Síochána	Age Friendly Stakeholders as required	Years 1 – 3
3.12 Roll out a programme that will see the provision of assistive technology equipment to support people with early onset of Dementia	Health Service Executive	ALONE	Years 1 – 3
3.13 Facilitate the roll out of a property marking scheme that will see roadshow events being held throughout the county where people can bring their property and have their eircode imprinted on it, this will increase the possibility of property being identified and returned and act as a deterrent against theft	Donegal County Council	An Garda Síochána Donegal JPC Donegal PPN	Years 1 - 2

## THEME 4 – RESPECT AND SOCIAL INCLUSION

Actions	Lead Agency	Support Agency	Timeframe
4.1 Further development of the Donegal Older Persons Council, both in relation to participation in the delivery of the Age Friendly Strategy and delivery of actions. To support their contribution at national level in the National Network of Older Peoples Councils and to raise the profile of the OPC in the county	Donegal Older Persons Council	Donegal Age Friendly Alliance; Donegal County Council	Years 1 – 3
4.2 Roll out of Age Friendly awareness and recognition training to public service bodies, and in particular front line services, to ensure they adopt the Age Friendly Recognition Programme and commit to embedding an ethos of age friendliness and universal access	Donegal County Council	Donegal Age Friendly Alliance; Age Friendly Ireland	Years 1 – 3
4.3 An initiative around reducing stereotypes and raising awareness of older people through positive intergenerational engagement	Donegal County Council	Donegal Older Persons Council Donegal Youth Council	Years 1 – 2
4.4 Provide Community Leadership training that will include awareness of the need to build capacity of older people to support more active civic and social inclusion.	Donegal ETB	Donegal Local Development CLG, Inishowen Development Partnership	Years 1 – 3
4.5 Day dementia training for family carers to be rolled out through out the county and within the generic carers programme a session titled 'Understanding Dementia' will also be included.	Health Service Executive	All Age Friendly Stakeholders	Years 1 – 3
4.6 Age Friendly Stakeholders to support and encourage use of plain English through links with NALA and other relevant agencies	Donegal Age Friendly Alliance	All Age Friendly Stakeholders	Years 1 – 3



## THEME 5 - SOCIAL PARTICIPATION

Actions	Lead Agency	Support Agency	Timeframe
5.1 Enhance the voice of older people on decision making, to positively influence policies and actions that affect older people such as community participation, local planning policy and community safety	Donegal OPC	Donegal PPN Donegal County Council Donegal Local Development CLG	Years 1 – 3
5.2 Deliver a programme of intergenerational activity on themes of common interest, allowing older people to engage with young people on activities such as music, sport, horticulture and local history in a way that brings enjoyment, participation and personal benefits	Donegal County Council	Donegal OPC, Donegal youth groups, Healthy Ireland Creative Ireland Peace IV, Donegal Local Development CLG, Inishowen Development Partnership	Years 1 – 3
5.3 Increase opportunities for participation in social, cultural and community activities	Donegal County Council	Donegal Local Development CLG Inishowen Development Partnership; Family Resource Centres; Community & Voluntary Groups ALONE; Donegal ETB	Years 1 – 3
5.4 Develop and deliver a range of activities aimed at older people during Social Inclusion Week each October	Donegal County Council	Donegal Local Development CLG, Inishowen Development Partnership; ALONE	Years 1 – 3
5.5 Continue to support local community led activities that provide social participation opportunities for older people in their own communities such as Community Gardens and Men's and Women's Sheds	Donegal Age Friendly Alliance	Donegal Local Development CLG, Donegal Local Development CLG, Donegal ETB, Family Resource Centres; Community & Voluntary Groups; ALONE	Years 1 – 3
5.6 Increase the number of older people participating in learning opportunities, particularly those who are socially disconnected	Donegal ETB	Family Resource Centres; Community & Voluntary Groups	Years 1 – 3
5.7 Use data from existing research to identify areas that could be targeted for intensive promotion of education, for example, digital skills courses.	Donegal ETB	Age Friendly Alliance stakeholders as required	Years 1 – 3
5.8 Continue to provide support for the development of physical activity and sports programmes which target the participation of older adults.	Donegal Sports Partnership	Age Friendly Alliance stakeholders as required	Years 1 – 3
5.9 Explore the Cultural Companions initiative with a view to piloting in Donegal	Donegal County Council	Age Friendly Alliance stakeholders as required	Years 1 – 3

## THEME 5 - SOCIAL PARTICIPATION

Actions	Lead Agency	Support Agency	Timeframe
5.10 Ensure that a range of cultural events are available free of charge to older people to encourage social participation	Donegal County Council	Age Friendly Alliance stakeholders as required	Years 1 – 3
5.11 Deliver a comprehensive Bealtaine programme each May that encourages participation in culture and creativity by older people	Donegal County Council	Age Friendly Alliance stakeholders as required	Years 1 – 3
5.12 Provide a programme of volunteering opportunities for older people	Donegal Volunteer Centre	Age Friendly Alliance stakeholders as required	Years 1 – 3

## THEME 6 – COMMUNICATION AND INFORMATION

Actions	Lead Agency	Support Agency	Timeframe
6.1 Produce and disseminate a “winter ready” pack	Donegal County Council	Donegal OPC Donegal Local Development CLG; ALONE	Year 1
6.2 Deliver a series of seminars and roadshow type events on topics of specific interest to older people, including isolation, future planning, fire hazard awareness and road safety	Donegal Age Friendly Alliance	Social Inclusion Measures Implementation Group, Donegal Local Development CLG, ALONE, Health Service Executive; Family Resource Centres; Community & Voluntary Groups	Year 1
6.3 As part of the national Age Friendly Ireland shared service a national website will be developed which will be a single point of collective information for all citizens to access, providing up to date and essential information on all services relating to older people at both national and local level. This will ensure that all services in Donegal will be accessible and current.	Donegal County Council	Age Friendly Ireland All Stakeholders across public, statutory, private and NGO sectors	Year 1
6.4 Host a conference for older people on the theme of Loneliness and Isolation	ALONE	Donegal Age Friendly Alliance	Year 2
6.6 An expansion of the befriending and support co-ordination service to all areas of Donegal	ALONE	Other Age Friendly stakeholders as required	Years 1 – 3
6.7 The roll out of the mPower initiative which aims to enable older people to live safely and independently in their own homes supported by modern infrastructure to assist healthy ageing	HSE	ALONE and other Age Friendly stakeholders as required	Years 1 – 2

## THEME 7 – CIVIC PARTICIPATION AND EMPLOYMENT

Actions	Lead Agency	Support Agency	Timeframe
7.1 Promote concept of active citizenship and value of volunteering, encourage people of all ages to become more involved in and contribute to their own communities	Donegal Volunteer Centre	Inishowen Development Partnership: ALONE; Other Age Friendly Stakeholders as required	Years 1 – 3
7.2 Ensure that the voice of older people is represented on decision making structures that have an impact on the overall objective of making Donegal a great place in which to grow old	Donegal OPC	Donegal PPN Donegal County Council: Other Age Friendly Stakeholders as required	Years 1 – 3
7.3 Identify opportunities for older people to use their life skills to promote community development and economic growth, as well as retain indigenous skills within the county	Donegal Age Friendly Alliance	Donegal ETB Other Age Friendly Stakeholders as required	Years 1 – 3
7.4 Design and deliver community based digital skills training to include for example, social media and effective use of devices such as tablets and mobile phones  Ensure that courses are offered from beginner (first engagement) level. Ensure that equipment (iPads, laptops, etc.) are provided on an outreach basis	Letterkenny Institute of Technology and Donegal ETB	Age Action Ireland; Donegal County Council	Years 1 – 3
7.5 Design and deliver a Senior “Start Your Own Business Programme” for retired people with good levels of expertise.	Local Enterprise Office, Donegal	Age Friendly Stakeholders	Year 1 - 2
7.6 Identify the opportunity to deliver an “Age Friendly Business Recognition” Programme promoting age friendly initiatives and incentives.	Local Enterprise Office	Age Friendly Stakeholders	Year 2 - 3

## THEME 8 – COMMUNITY SUPPORT AND HEALTH SERVICES

Actions	Lead Agency	Support Agency	Timeframe
8.1 To continue to improve essential health service provision that directly affects the lives of older people through continuous engagement between the OPC and the HSE	Donegal Older Persons Council in conjunction with the Health Service Executive	Other Age Friendly stakeholders	Years 1 – 3
8.2 Programme of health promotion and wellbeing for older people	Health Service Executive	Donegal Local Development CLG, Inishowen Development Partnership; Family Resource Centres; Community & Voluntary Groups	Years 1 – 3
8.3 Safe Guarding of Older People / Vulnerable Adults through education programmes	Health Service Executive	Safe Guarding Team CHO 1	Years 1 – 3
8.4 Additional awareness and use of frailty clinics that are held in various locations throughout the county by falls link nurses in conjunction with the Falls Coordinator referrals are made by GPs PHNs or self referral to local falls clinic in community hospitals.	Health Service Executive	Falls Prevention Officer	Years 1 – 3
8.5 Continence Care	Health Service Executive	Continence Care Advisor	Years 1 – 3
8.6 Be-Friending Service for Older Persons	ALONE / CARA House	ALONE / CARA House	Years 1 – 3
8.7 Additional support to families through the work of the Carers Development Officer in a variety of forms. Examples include education and training which is delivered within the 7 week Generic Carers Programme and the 5 week Stroke carers programme.  Carers Support Groups located in different areas of the County and house calls can provide family carers, especially those who are restricted in leaving the home with support and information specific to their individual needs.	Health Service Executive	Carers Development Officer	Years 1 – 3
8.8 Continue to Financially Support the 23 Day Centres including the Island Centres and Social Centres throughout the County.	Health Service Executive	Voluntary Organisations	1 To 3 Years
8.9 Develop a programme to promote the mental wellbeing of older people	Health Service Executive	Donegal Age Friendly Alliance	1 To 3 Years
8.10 Develop a range of initiatives to combat loneliness and depression in Older People	Health Service Executive and Donegal Age Friendly Alliance	Other Age Friendly Stakeholders as required	1 To 3 Years

**THEME 8 – COMMUNITY SUPPORT AND HEALTH SERVICES**

<b>Actions</b>	<b>Lead Agency</b>	<b>Support Agency</b>	<b>Timeframe</b>
8.11 Provide older people with information, advice and support to prevent and reduce the harm caused by alcohol and other drugs	Alcohol Forum	HSE and other Age Friendly Stakeholders as required	Years 1 – 3
8.12 Develop and deliver training and support materials for Health and Social Care professionals, community and voluntary groups and carers working with older people, that increases skills and knowledge to better support older people and prevent and reduce harm from alcohol	Alcohol Forum	HSE and other Age Friendly Stakeholders as required	Years 1 – 3



