



Cavan Age Friendly Strategy

2017 - 2019



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Department of Community & Enterprise
Cavan County Council
Courthouse
Cavan

Glossary of Terms

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

Foreword

The aspiration to develop Cavan as an age friendly county is based on a desire to be inclusive and a recognition of the contribution that older people make to our community. Being age friendly means supporting older people to articulate their needs and creating conditions for them to actively participate in shaping their own social and physical environments. It means creating a type of community that values people as they age and ensures they remain central to the community as they grow older.

Our first Age Friendly County Strategy laid the foundations for age friendly work in Cavan in terms of strengthening our Alliance, establishing our Older People's Council and embedding the age friendly approach in the thinking of public, community and private sector groups.

For this new strategy, we wish to further expand on the work and challenge ourselves in new directions. We are committed to bringing age friendly principles into capital projects, educational initiatives, community safety projects, sporting organisations and the business community.

Cavan is an age friendly county at heart, striving to embrace all aspects of its community and to be responsive to particular needs. We look forward to working with our partners in implementing this strategy which will create lasting, practical, positive changes for the whole of our community and in particular are valued older members.

Tommy Ryan

**Chairperson
Cavan Age Friendly Alliance**



Vision

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

Cavan Age Friendly Alliance Members

Cavan County Council; An Garda Síochána; Strategic Policy Committee for Housing, Community, Social and Cultural Development; The Netwell Centre, Dundalk Institute of Technology; Health Service Executive (HSE); Gaelic Athletic Association (GAA) Cavan County Board; Cavan and Monaghan Education and Training Board (ETB); Cavan Older People's Council, Cavan Chamber of Commerce.

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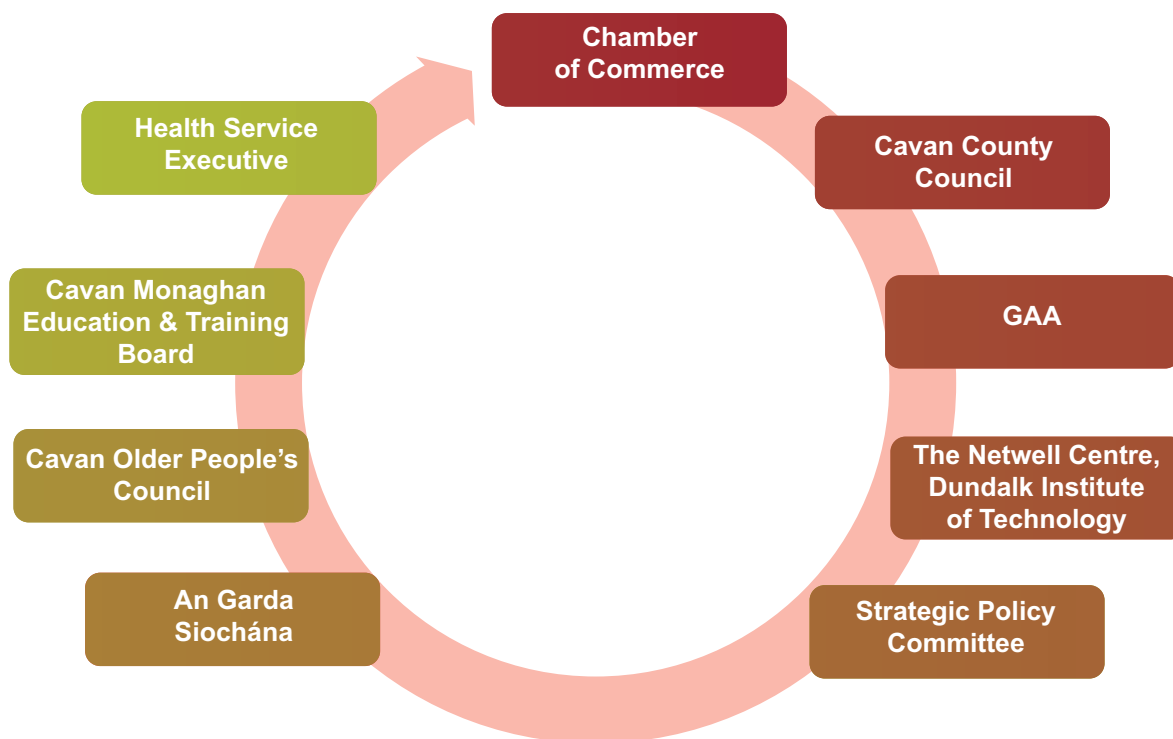
Introduction

This new strategy outlines commitments for County Cavan to develop further as an age friendly county over the three year period 2017-2019. Its development has been informed by:

1. A review of the first Cavan Age Friendly County strategy, 2013 - 2016
2. New research findings from the Healthy and Positive Ageing Initiative [HaPAI], and
3. Consultation with the Cavan Older People's Council and Cavan Age Friendly Alliance members.

What is the Age Friendly Alliance?

The Cavan Age Friendly Alliance was established in 2012 as a partnership between public sector agencies, older people's representatives and other organisations that support age friendly ideals.



What do we mean by ‘age friendly’?

When we talk about being an age friendly county, we mean that we want older people’s to feel included in the life of the county, be able to access services with ease and contribute to decision-making about issues that affect them. We want to improve older people’s quality of life by enhancing services, creating dialogue and addressing barriers.

An age-friendly county is one where we can all:

1. Stay living in our own homes and communities
2. Get to where we want to go, when we want
3. Be enabled by the built and social environment
4. Feel and be safe at home and out and about
5. Have the information we need to lead full lives
6. Be truly valued and respected
7. Participate in social, economic and public life
8. Continue to learn, develop and work



Responding to the needs of older people means building a society that is accessible to everyone. Universal design of buildings and public spaces is essential to accommodate the entire community – people of all ages and abilities.

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

Glenn Millar, Director of Education and Research, Canadian Urban Development Institute

National and International Context

This local strategy has been developed with reference to the national Positive Ageing Strategy which outlines Ireland's vision for ageing and older people and the national goals and objectives required to promote positive ageing. It is an over-arching cross-departmental policy that will be the blueprint for age-related policy and service delivery across Government in the years ahead.

Cavan's Age Friendly work is delivered in the context of a national Age Friendly Programme, formerly led by Age Friendly Ireland.¹ This in turn is situated within the context of the World Health Organization's Age Friendly Cities and Communities Programme. The WHO framework sets out eight broad themes for age friendly programming, as outlined in the diagram below. Actions in the Cavan Age Friendly Strategy are colour coded to reflect each theme of the WHO Programme.

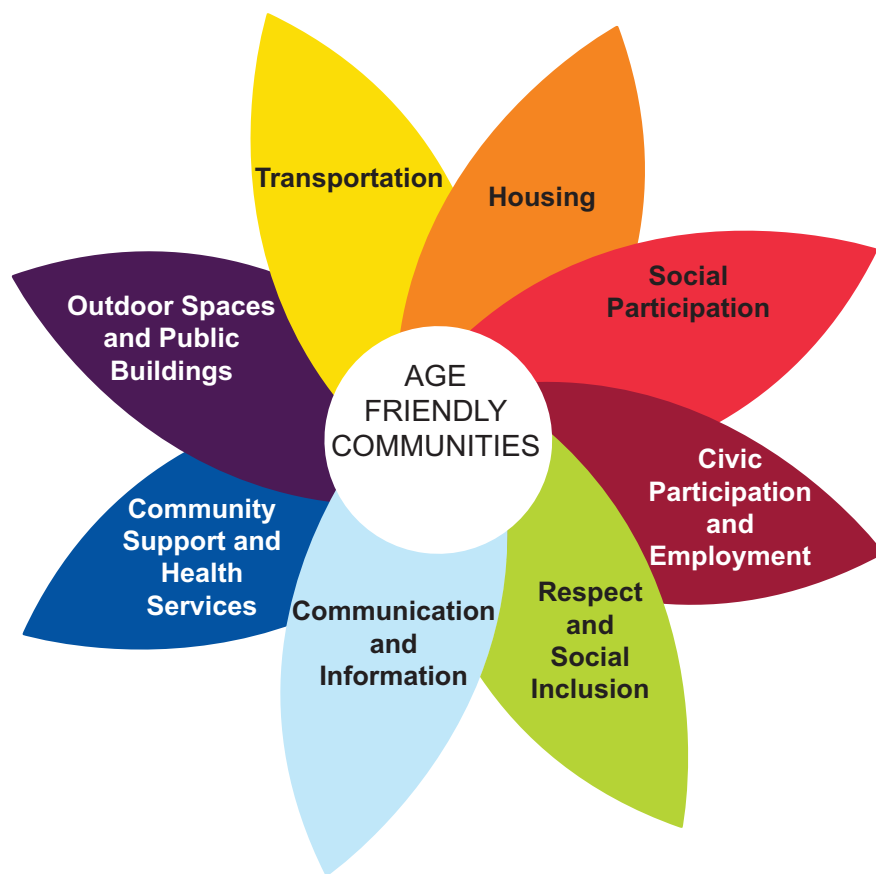


Diagram 1 World Health Organization Age Friendly Themes

¹ Age Friendly Ireland was funded by Atlantic Philanthropies to deliver a national support service up until the end of 2016. The Local Government Management Agency is currently considering models to support the ongoing development of the programme.

What we have achieved so far

The first Cavan Age Friendly Strategy was implemented between 2013 and 2016. A review of this strategy found that the vast majority of its actions had been implemented. Notable success stories included:

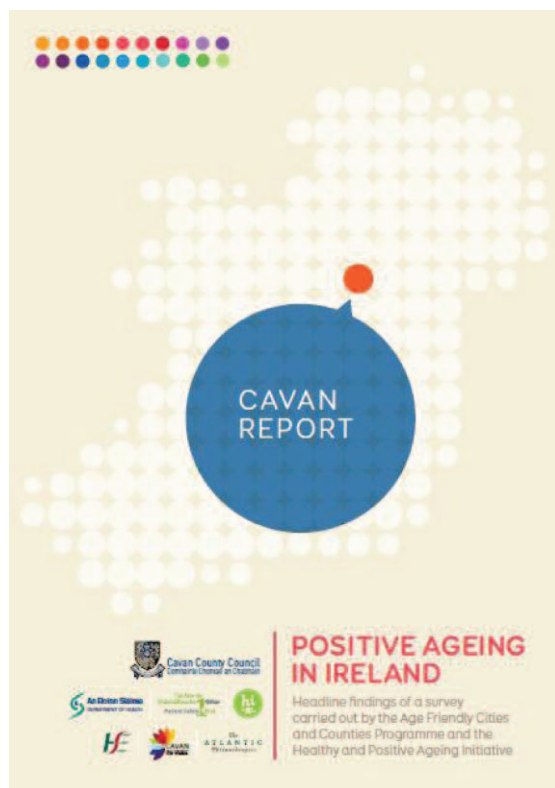
- Establishment of the Cavan Older People's Council
- Improved information and communication through an age friendly website, drop-in centre and newsletters
- Training for public sector staff in age friendly issues
- Involving older people in the arts through Bealtaine events, library programmes and other creative activity such as intergenerational workshops
- A range of information technology training for older people
- Improvements in transport including mapping routes, bus shelters, route alterations and a pilot urban loop in Cavan Town
- Development of recreational space including walks, parks and a bowling green
- Ongoing consultation with older people and walkability audits
- Age Friendly Business Initiative with 26 businesses taking part. Cavan Chamber of Commerce received national recognition for this scheme through the Age Friendly Awards in 2015.
- Enhanced links with An Garda Síochána through the older people's register and Crime Prevention Ambassadors Programme
- Delivery of the GAA Social Initiative in Cavan that encouraged the involvement of older men in the community
- Support for the development of Men's Sheds in different locations around the county through CMETB
- Improved delivery of health services including a programme for the management of frail elderly, a programme to reduce falls in residential units and delivery of home care packages, as well as ongoing support for day care centres, meals on wheels etc.
- Development of Cavan town as an 'Age Friendly Town'

How we developed the 2017-2019 Strategy

This new strategy was developed in consultation with our Age Friendly Alliance and Older People's Council. It is based on the review of the first strategy, and new research from the Healthy and Positive Ageing Initiative (HAPAI).²

HaPAI Study

The Healthy and Positive Ageing Initiative was a survey carried out in a number of counties to assess the health and wellbeing of older people. Five hundred older people were interviewed in Cavan in 2015, giving a representative sample of older people in the county. Its findings are referenced throughout this document to show how actions have been developed in response to an identified need or issue.



² HAPAI is a joint initiative between the Department of Health, the HSE's Health and Wellbeing programme, Age Friendly Ireland and Atlantic Philanthropies.

Planned Activity 2017-2019

This section outlines our commitments to new and continuing age friendly projects and services over the next three year period.

How we plan to deliver this strategy

We will deliver this strategy by assigning each action to a lead agency and by regular reporting on progress to the Cavan Age Friendly Alliance.

Activity planned within this strategy is designed to have 'SMART' objectives; this means that they are specific, measurable, achievable, realistic and timebound.

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

We will maintain strong links with the Cavan Older People's Council to ensure the work progresses according to the wishes of older people.



An Garda Síochána

An Garda Síochána has an excellent track record in County Cavan for participating in the Age Friendly County Programme and delivering actions under this banner. The policing service was responsible for delivering the pilot Crime Prevention Ambassadors Programme in the region, as well as setting up an Older People's Register. They will enhance their supports for older people over the coming years.

Aim	To enhance older people's sense of safety and security in their communities.
Objective	We will engage with older people in the community and provide crime prevention information.
Action	<ul style="list-style-type: none">• Support Muntir na Tire to roll out a Crime Prevention Ambassadors Programme.• Community Gardaí / Crime Prevention Officer to attend meetings of older people's groups to raise awareness around crime prevention to dispel the fear of crime.• Gardaí will liaise with older people in the county through the Cavan Older People's Council and the Older People's Drop-in Centre. The OPC will have a seat on the Joint Policing Committee.• Improve engagement with persons who are victims of crime because of their age, through the Divisional Victims Service Office.• Update the Gardaí's Older People's Register for County Cavan.• Develop Community Alert as a community crime prevention and reduction initiative for rural areas, operating as a partnership between the local community, An Garda Síochána and Muntir na Tire.• Dedicated Garda appointed to each Community Alert Group.

Progress indicator

- Support the delivery of 1 Crime Prevention Ambassadors Initiative. 18 volunteers recruited as Ambassadors onto the scheme.
- Community Gardaí / Crime Prevention Officer to provide safety demonstrations to older people's groups.
- Garda representative to attend at least one meeting of the Cavan Older People's Council and the Older People's Drop-in Centre per year.
- Number of older victims of crime engaged with by the Divisional Victims Service Office.
- Carry out a review of the Older People's Register in 2017.

Outcome

We anticipate that as a result of these actions, older people in Cavan will feel safer in their communities and more able to participate socially.

WHO Theme: Social Participation

WHO Theme: Communication & Information

HaPAI survey findings:

- The majority of older people surveyed in Cavan feel safe in their communities but 12% have had an experience that left them concerned for their own safety.
- 20% of women do not feel safe out and about at night.
- 32% of older people found Garda services difficult to access.

Business Community

The Chambers of Commerce in County Cavan have previously engaged with the Age Friendly Business Programme and businesses are becoming increasingly aware of the needs of their older customers. They have demonstrated a capacity to change how they deliver their services to cater for older customers. The Chamber of Commerce commits to continuing this approach for the 2017-2019 strategy.

Aim

- To improve access to shops and services for older people.

Objective

- We will engage with local businesses to increase their understanding of how to deliver age friendly services.

Action

- Continue to engage with businesses in the Age Friendly Business Recognition Programme. Include a focus on community services.
- Explore opportunities for new business services related to an ageing population (eg home care supports, personal alarms etc).
- Encourage business to make toilet facilities available to older people.
- Support the Bank of Ireland's Enterprise Town Initiative in 2017.
- Explore opportunities to link in with the Town Teams established through Cavan County Council to promote the Age Friendly Business Scheme.

Progress indicator

- Engage with 10 additional businesses every year in the Age Friendly Business Recognition Programme.

Outcome

We anticipate that as a result of the Age Friendly Business Programme, older people will have better access to shops and services locally. This will include better access to community-run services such as community centres and sports facilities.

WHO Theme: Social Participation

WHO Theme: Communication & Information

HaPAI survey findings:

- 32% found banks difficult to access.
- 32% found community centres / social venues difficult to access.
- 68% of 55-69 year olds were dissatisfied with availability of accessible toilets.

Cavan County Council

Cavan County Council has led the Age Friendly County Programme and chairs the Age Friendly Alliance in Cavan. Projects delivered with support from the local authority have included sports and recreational space, information provision, and policy development through conferences and regional networking.

The local authority will commit to delivering various actions under this strategy, including:

- Increase access to parks and walks throughout the county.
- Age friendly training for public sector staff and elected members.
- Age friendly emphasis in review of the County Development Plan.
- Develop age friendly actions under the Town Teams Programmes. Develop one 'Age Friendly Town' in each Municipal District.
- Inclusive library, arts and heritage programming including Bealtaine Arts Festival events.
- Support for householders to remain in their homes and sustain independent living as they get older, through the provision of the Housing Aid for Older People Grant Scheme, the Housing Adaption for Persons with a Disability Scheme and the Mobility Aids Housing Grant Scheme.
- Support the provision of older person's housing through approved housing bodies.
- Environmental information talks at older people's events to inform them about environmental good practice and energy efficiency.
- Ensure all new roads and transport projects are developed to be Age Friendly by following accessibility guidelines.
- Cavan Sports Partnership to continue to deliver the Sports Inclusion Programme specifically targeting older people to encourage involvement in sporting activities.
- Increase the number of Outdoor Recreational Gyms within the county.
- Continue to operate the Smoke Alarm Scheme on behalf of the Department of Environment, Community & Local Government.
- Utilise funding streams such as CLAR, Town and Village Renewal and LEADER for age friendly developments.
- Cavan County Council will consider An Garda Síochána's 'Crime Prevention through Environmental Design' principals in the upgrading and design of new developments within the county.

Corporate Section

Corporate Services of Cavan County Council has supported age friendly work through the provision of customer service and age friendly training. This approach will be continued with a renewed commitment to improving staff awareness of age friendly issues across the organisation.

Aim	<ul style="list-style-type: none">• To increase awareness of the age friendly approach and prevent age discrimination.
Objective	<ul style="list-style-type: none">• We will target public sector staff to ensure they are aware of the age friendly agenda and responsive to older people's needs.
Action	<ul style="list-style-type: none">• Deliver Age Friendly training for public sector staff and elected members.
Progress indicator	<ul style="list-style-type: none">• 50 people receiving training each year.

Outcome

Older customers of Cavan County Council will receive excellent customer service from staff who are cognisant of their issues and needs.

WHO Theme: Respect and Social Inclusion

HaPAI survey findings:

- 7% of over 55s said they experienced negative attitudes or behaviours towards them as an older person.



Community & Enterprise and Fire Services

Community and Enterprise and the Fire Services collaborate on implementing Smoke Alarm schemes for older people. We will commit to continuing to provide this service and promote it widely to reach the most vulnerable households.

Aim	<ul style="list-style-type: none">• To support older people to remain safely within their own homes.
Objective	<ul style="list-style-type: none">• The Fire Service will support older people with safety information and smoke alarms.
Action	<ul style="list-style-type: none">• Continue to operate the Smoke Alarm Scheme on behalf of the Department of Environment, Community & Local Government. Under the scheme the council will identify vulnerable households, including older people and people with disabilities, where no smoke alarms are fitted. The council will arrange for the supply of two ten-year self-contained smoke alarms.• Fire safety talks and information provided to older people's groups.
Progress indicator	<ul style="list-style-type: none">• One smoke alarm scheme implemented each year.

Outcome Older people in Cavan will be safer in their homes as a result of fire safety products and information.

WHO Theme: Housing

HaPAI survey findings:

- 26% of those aged 55 and over have problems with the upkeep of their homes.
- 14% of those aged 55+ would like non-financial help with housing maintenance.

A recurring theme in consultations with older people in Cavan is the need for additional community space in Cavan Town for older people’s meetings and events. Cavan County Council has made a commitment in the Local Economic and Community Plan to seek to develop a community hub in the town.

Aim • To increase the availability of meeting and events spaces accessible to older people’s groups.

Objective • We will explore funding opportunities to seek to develop a community hub building in Cavan town.

Action • Identify a suitable site / building and apply for funding to develop it as shared community space.

Progress indicator • Community hub developed in Cavan Town.

Outcome

Suitable community space provided within Cavan Town to serve the needs of older people and the wider community.

WHO Theme: Outdoor spaces and buildings

HaPAI survey findings:

- 32% of over 55s said that they found it difficult to access a community centre / social venue.

Cavan County Council has recently set up a 'Town Team' Programme which will support the development of local towns by bringing various stakeholders together. The Town Teams will be led by people who are active in business and community life within the town, who will work in partnership with retailers, consumers, citizens, local communities and the local authority to devise, promote and deliver a vision for their town. They will prepare a rejuvenation plan for their town. Town Teams will be encouraged to develop age friendly actions as part of these local plans, to support them to develop as 'age friendly towns'.

Aim • To ensure that development in towns is responsive to the needs of older people.

Objective • We will embed Age Friendly principles in our Town Team Programmes.

Action • Develop specific age friendly actions under the Town Teams Programmes.

Progress indicator • At least one age friendly project in each Town Team programme.

Outcome

Older people will have better access to services and supports in local towns and will have a better quality of life as a result of consideration of their needs in Town Team plans.

WHO Theme: Outdoor spaces and buildings

HaPAI survey findings:

- 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.

The Cavan Sports Partnership was established in 2008 with a vision of promoting and supporting sport at a local level in County Cavan. The key aim of Cavan Sports Partnership is to increase participation in sport and physical recreation and ensure that local resources are used to best effect.

Aim	<ul style="list-style-type: none">• To support increased participation amongst low participation groups (including older people), as per the Sports Partnership Strategic Plan.
Objective	<ul style="list-style-type: none">• 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.
Action	<ul style="list-style-type: none">• Deliver programmes to older people such as Gentle Exercise, Pilates, Yoga, Stretch and Tone, Chair-based exercises, Line Dancing and more.• Continue to promote and support the 'Go for Life Games' initiative within the county.• Support local groups with information and training needs (ie walking groups in communities and provide training for walking leaders).
Progress indicator	<ul style="list-style-type: none">• Work with 10 local community groups in the county through our Active Adults programme.

Outcome:

Older people in Cavan will have opportunities to become more fit and healthy and will have greater socialisation opportunities with their peers.

WHO Theme : Social Participation

WHO Theme: Community Support and Health

HaPAI survey findings:

- Many people reported that essential and social / recreational services were not available within a 15 minute walk from their home.
- The most frequently reported reason for not taking part in social activities was that the social activities available do not interest them.
- Only 59% of people aged 70+ in Cavan reported that their health was good or very good.

Planning Section

The Planning Department of Cavan County Council has previously been involved in age friendly work, being represented on the steering committee for the Cavan Age Friendly Town project, undertaking training in 'Lifetime Homes' and 'Housing and the Public Realm' and preparing an Age Friendly Lifetime Adaptable Homes Leaflet.

Aim	<ul style="list-style-type: none">• To improve the quality of life for older people.
Objective	<ul style="list-style-type: none">• We will incorporate age friendly principles as an important cross cutting theme in the County Development Plan.• Ensure communities are designed with safety and crime prevention in mind.• Plan for the future housing needs of older people within Cavan town.
Action	<ul style="list-style-type: none">• Age friendly policies are embedded and threaded throughout the County Development Plan utilising the Age Friendly Guidelines developed through Age Friendly Ireland.• Planning will consider An Garda Síochána's 'Crime Prevention through Environmental Design' in future planning.• Conduct a housing needs assessment of Cavan town so as to plan for the likely future needs in terms of housing tenure along with the town's changing demographics.
Progress indicator	<ul style="list-style-type: none">• Preparation of the draft Development Plan reviewed by the Age Friendly Section.• Housing needs assessment carried out for Cavan Town.

Outcome

Older people will benefit from improvements in the physical and built environment and enhanced planning that takes account of their needs.

WHO Theme: Outdoor spaces and buildings

HaPAI survey findings:

- 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.

Roads Section

The Roads Section of the local authority is responsible for developing the road network.

Aim	<ul style="list-style-type: none">• To ensure that older people can use our roads and footpaths with ease.
Objective	<ul style="list-style-type: none">• We will upgrade and improve roads and footpaths.
Action	<ul style="list-style-type: none">• Ongoing improvements and repairs to existing footpath infrastructure within County Cavan.• Improvement to pedestrian facilities as part of Cavan Town's 'Active Travel Towns' Programme.• Ongoing maintenance and improvement of the County's rural roads network in isolated areas.• Ongoing upgrade of public lighting infrastructure in towns and villages throughout the county.
Progress indicator	<ul style="list-style-type: none">• 45 Roads to be improved in 2017, 41 in 2018. Footpath improvements to tie in with the age friendly projects in each Town Team programme. This will include walkability studies. Energy usage for public lighting infrastructure to be reduced by 20% by 2020.

Outcome

Older people will be able to move around the county safely on a well maintained road and footpath network.

WHO Theme: Outdoor spaces and buildings

HaPAI survey findings:

- 21% aged 55-69 were dissatisfied with the quality and continuity of paths and pavements.

Cultural Sector

The Arts Office, County Museum and Theatre are all involved in inclusive programming and events for older people, especially around the Bealtaine festival. Further work in this area will be continued under this new strategy.

Aim	<ul style="list-style-type: none">• To enhance older people's access to the arts and cultural sector.
Objective	<ul style="list-style-type: none">• We will deliver specific programming for older people and ensure older people have access to general programming.
Action	<ul style="list-style-type: none">• Deliver events for the Bealtaine Festival.• Cavan County Museum Programming targeting older people including recording/interviewing their stories as part of social history projects, drama, exhibitions, lectures and musical events.• Monitoring older people's participation in libraries and other cultural programming.• Encourage older people to engage with and participate in Heritage Week in County Cavan.• Capital development for the arts sector to take account of older people's needs eg Town Hall to incorporate a lift, loop, audio headset for exhibitions, etc.• Encourage older people to volunteer in the arts and cultural sector.• Supporting older people's groups with venues for exhibitions.• Develop a specific project with older people annually using arts and culture as a method of engagement. This could take the form of a photography portrait project of older people and help challenge stereotypes.

- Work in nursing homes and community centres to bring arts / culture to the community.
 - Work with an older people's group for Culture Night.
 - Ensure that an Age Friendly perspective is incorporated into the development of the new Culture Strategy for County Cavan and Cruinniú na Cásca (meeting at Easter).
 - Use Plain English in arts / culture programming and ensure all communication is accessible.
 - Specific promotion of arts and cultural events to older people's groups and networks.
- Progress indicator**
- 1 programme of events each year for Bealtaine.
 - 1 specific arts project with older people annually.

Outcome:

Older people in Cavan will have opportunities to enrich their lives through access to the arts, heritage and cultural service.

WHO Theme: Social Participation

HaPAI survey findings:

- 36% aged 70+ said that the social activities available to them do not interest them.
- 23% aged 55+ feel lonely some of the time.

Library Services

Library Services have played a crucial role in supporting older people's groups throughout the county and have specifically supported the Older People's Council with meeting space and project work.

Aim	<ul style="list-style-type: none">• To include older people in the delivery of library services.
Objective	<ul style="list-style-type: none">• We will sustain library programmes and resources relevant to older people.
Action	<ul style="list-style-type: none">• Deliver block book loaning scheme to nursing homes.• Run classes targeted at older people in areas such as creative writing, poetry workshops, story telling.• Provide meeting space for groups and support the Older People's Drop in Centre(s) in terms of providing a venue and facilities.• Provide age friendly resources and equipment (for example, audio books, zoomtext). Host monthly coffee mornings for people with a visual impairment.
Progress indicator	<ul style="list-style-type: none">• Number of nursing homes participating in book loaning scheme• Number of classes run during the year.

Outcome:

More user-friendly library services made available to older people.

WHO Theme: Social Participation

WHO Theme: Communication & Information

HaPAI survey findings:

- 23% aged 55+ feel lonely some of the time
- Over 1 in every 3 adults (36%) aged 70+ in County Cavan said that the social activities available in their local area do not interest them.

Environment Section

The Environment Section will help to support older people to live comfortably in their own homes and to be environmentally responsible.

Aim	<ul style="list-style-type: none">• To ensure that older people are comfortable and are able to manage living in their own homes.
Objective	<ul style="list-style-type: none">• We will support older people to remain in their homes with advice on environmental issues and energy efficiency.
Action	<ul style="list-style-type: none">• Cavan County Council (Environment Section) will provide presentations on the maintenance of septic tank / wastewater treatment systems to older people.• Cavan County Council will provide talks on energy efficiency / meter reading / interpreting energy bills to older people.
Progress indicator	Provide talks / attend events as requested.

Outcome

Older people within the county will be kept up to date on relevant environmental and energy efficiency information.

WHO Theme: Housing

WHO Theme: Communication & Information

HaPAI survey findings:

- 26% of people aged 55+ 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.

Housing Section

Housing is an essential service and critically important to ensure that older people are safe, healthy and independent. The Housing Section will have an important role in age friendly work through the schemes it implements and specific project work.

Aim

- To support householders to remain in their homes and sustain independent living as they get older.

Objective

- We will continue to support older people to remain within their own homes by operating the various schemes of housing grants for older people through the Department of Housing, Planning, Community and Local Government.

Action

- Continue to operate, make information available and support older people to access the following grant schemes:
 - Housing Aid for Older People Grant Scheme
 - Housing Adaptation for Persons with a Disability Scheme
 - Mobility Aids Housing Grant
- Explore and review with the HSE the process of how people being discharged from the hospital access the Council's Housing Grants.

Progress indicator

- Number of grants provided under each scheme
- Review completed on the housing needs of those being discharged from the hospital.

Outcome

Older people will be supported to have good quality housing and to stay living in their homes for longer.

WHO Theme: Housing

HaPAI survey findings:

- 21% aged 55+ would like help for adaptations or physical improvements to their house.
- Among the over 55s very small numbers (3%) reported that their home does not have a downstairs toilet or bathroom facilities.
- 10% have problems with housing conditions (such as rot in windows and floors or damp and leaks in walls or roof).

Aim	• To provide housing for older people in need of suitable accommodation and who would otherwise be unable to afford their own.
Objective	• We will support the provision of older person's housing through approved housing bodies.
Action	• Administer funding to Voluntary Housing Schemes to develop new housing projects.
Progress indicator	• 20 Voluntary Housing Units supported through Cavan County Council over three years.

WHO Theme: Housing

Outcome

As a result of local authority age friendly actions, older people will receive more inclusive services, have better access to information and facilities, be able to avail of a broader range of activities/events, be able to move around the built environment with ease, and be able to live more comfortably in their own homes.

HaPAI survey findings:

- 24% of people aged 55+ would consider moving to an adapted type of housing.
- 14% of those between the ages of 55 and 69 said that they would like to live with a few other older people.

Cavan Gaelic Athletic Association (GAA)

Cavan GAA County Board has been a supporter of the age friendly process in the county, running a 'Social Initiative' and other actions such as providing free tickets and transport for older men to attend matches and drama performances. Through their Health and Wellbeing Committee, the GAA has been involved in mental health initiatives.

Aim	<ul style="list-style-type: none">• To address loneliness and isolation among older people.
Objective	<ul style="list-style-type: none">• We will increase opportunities for older people to engage with the GAA community and encourage a community awareness of older people.
Action	<ul style="list-style-type: none">• Increase awareness around the 'Keep the Home Fire Lit' initiative.• Annual excursion for older people to Kingspan Breffni Park.• Work with the two clubs (Killygarry GAA & Cavan Gaels) piloting the Healthy Clubs Initiative within the county to ensure older people are included within the activities of these clubs through this initiative. Promote this model to other clubs within the county.• Walkability Study of Breffni Park in conjunction with the Cavan Older People's Council.
Progress indicator	<ul style="list-style-type: none">• Distribute information on the 'Keep the Home Fire Lit' campaign.• Six older people from each GAA club to attend the annual excursion to Kingspan Breffni Park.• Number of supports / activities provided for older people, through the GAA Healthy Clubs Initiative.

Outcome

We anticipate that as a result of these GAA actions, older people in Cavan will be more connected with their local communities and will experience lower levels of loneliness and isolation. They will have increased opportunities to develop a healthy and active lifestyle.

WHO Theme: Social Participation

HaPAI survey findings:

- 12% of those aged 55+ meet socially less than once a month or never.
- 6% aged 55-69 or 13% aged 70+ cannot get to the venues where social activities are happening.
- 23% of those aged 55+ said they feel lonely some of the time.



Cavan Monaghan Education & Training Board (CMETB)

CMETB has had a strong age friendly focus, for example, supporting a local network of men's sheds and delivering training to older people groups. Responding to the findings of the HaPAI survey, CMETB commits to increase the range of courses on offer through adult and community education and continue to support the developing network of men's sheds in County Cavan. They will deliver targeted courses based on local suggestions from older people.

Aim	<ul style="list-style-type: none">• To increase lifelong learning opportunities for older people.
Objective	<ul style="list-style-type: none">• We will deliver a wide range of community and adult education opportunities to older people in Cavan.
Action	<ul style="list-style-type: none">• Review and extend programming available through Adult and Community Education to make it more attractive to older people.
Progress indicator	<ul style="list-style-type: none">• A target of 700 older people participating in Adult and Community Education programmes every year.

Outcome

Older people in Cavan will have enhanced opportunities to access a wider range of adult and community education supports locally. There will be an increase in the numbers of older people accessing educational opportunities in the non-formal sector.

WHO Theme: Social Participation

WHO Theme: Civic Participation & Employment

HaPAI survey findings:

- 1 in 5 people in Cavan experienced a barrier to lifelong education in Cavan in the past 12 months.
- 10% said there were no courses available that interested them.
- Only 6% were in informal education or classes and 2% were in formal education.

CMETB will continue a focus on men's sheds by providing information on funding supports and education/training. Men's Sheds are an important way of helping men to feel connected in their communities, providing both a social space for them to meet and opportunities for them to develop skills and contribute to their communities.

Aim

- To address isolation amongst older men.

Objective

- We will support older men to engage with their communities at local level and develop skills.

Action

- Support Men's Sheds to develop capacity and skills.

Progress indicator

- Provide training opportunities and funding to these sheds.
- Increase in numbers accessing men's sheds.

Outcome

Older men will have more opportunities to connect and learn with their peers locally. Older men will have reduced levels of loneliness and isolation through being involved in men's sheds.

WHO Theme: Social Participation

WHO Theme: Community Support and Health

HaPAI survey findings:

- 23% aged 55+ feel lonely some of the time.

CMETB will seek to set up a Failte Isteach Project within County Cavan through PEACE IV funding.

Fáilte Isteach is a community project with volunteers welcoming new migrants through conversational English classes. Failte Isteach utilises the skills, talents and expertise of volunteers and harnesses their desire to contribute positively to society.

Aim	<ul style="list-style-type: none">• Involve older people in the delivery of a local Failte Isteach Project.
Objective	<ul style="list-style-type: none">• We will promote diversity and help to generate a sense of community at local level.
Action	<ul style="list-style-type: none">• Set up a Failte Isteach project within the county and encourage older people to volunteer within the programme.
Progress indicator	<ul style="list-style-type: none">• Number of older people recruited to participate within the project.

Outcome

Increased opportunities for older people to tackle isolation and loneliness through increased social participation opportunity. Older people will be recognised and valued for the contribution they make to the community through this project.

WHO Theme: Social Participation

HaPAI survey findings:

- 23% of those aged 55+ said they feel lonely some of the time. Just over 1 in 4 people aged 55 to 69 (28%) and 1 in 7 people aged 70+ (14%) volunteer at least once a month.
- 5.7% of those aged 55 and over who volunteer occasionally said that they would prefer to increase the amount of time they spend volunteering.

Cavan Monaghan Transport Co-ordination Unit (CMTCU)

CMTCU has been closely connected with age friendly work in Cavan, adjusting services based on needs identified by older people and providing transport to specific older people's events. Actions in the 2017-2019 strategy will be as follows:

Aim	<ul style="list-style-type: none">• To help older people to access supports and services locally.
Objective	<ul style="list-style-type: none">• We will provide local transport options to ensure that older people remain mobile within their communities.
Actions	<ul style="list-style-type: none">• Utilise the Department of Transport 'Once Off Community Transport Fund' for older people's groups, active retirement groups for field trips etc.• CMTCU will act as a central point of contact for bookings for all HSE transport services in Cavan and Monaghan to ensure efficiencies in how transport for appointments is co-ordinated.• Cavan Town Shuttle Bus.• Review and seek to expand the volunteer car scheme.
Progress indicator	<ul style="list-style-type: none">• Increase in number of passengers.• Introduction of new services.

Outcome

Older people in Cavan will have greater mobility and better access to services and social activities.

WHO Theme : Transportation

HaPAI survey findings:

- 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.

Cavan Older People's Council (OPC)

Cavan Older People's Council has been a leader in implementing projects to support the inclusion of older people in the county. During the first strategy these included intergenerational work in schools, the weekly 'drop in' centre with information talks, and many other activities.

Aim	<ul style="list-style-type: none">• To increase intergenerational work in the county.
Objective	<ul style="list-style-type: none">• We will widen the intergenerational projects out to the whole county. We will work with new schools, Comhairle na nÓg and Foroige clubs and encourage older people's groups in the county to take part.
Action	<ul style="list-style-type: none">• Deliver intergenerational projects in the county.
Progress indicator	<ul style="list-style-type: none">• Number of Older People's groups participating.• Number of Comhairle na nÓg members and Foroige clubs participating.• Number of schools in the county participating.

Aim	<ul style="list-style-type: none">• To improve the amount of information available to older people about local services, issues and events.
Objective	<ul style="list-style-type: none">• We will deliver information in a targeted way to older people through events, printed material and online.
Action	<ul style="list-style-type: none">• Run the Drop in Centre in each Municipal District.• Regular newsletter to members.• Keep Cavan Age Friendly website up to date.
Progress indicator	<ul style="list-style-type: none">• Amount of newsletters being distributed.• Numbers attending the drop in centre.• Views on the Cavan Age Friendly website.

Aim	<ul style="list-style-type: none"> • Increase the capacity of the members of the Older People’s Council.
Objective	<ul style="list-style-type: none"> • Capacity building training to be delivered by Breffni Integrated Ltd. to increase the capacity of the Council members and to make the members more aware of their role and responsibilities. Public speaking training to be delivered to increase the confidence of the Council members.
Action	<ul style="list-style-type: none"> • Provide training to the OPC members.
Progress indicator	<ul style="list-style-type: none"> • Number of Older People’s Council members trained.

Outcome

Older people will be better informed, more visible and more active in their local communities

WHO Theme: Communication & Information

WHO Theme: Social Participation

WHO Theme: Civic Participation & Employment

HaPAI survey findings:

- 72% of people aged 70+ did not use the internet in the past three months.
- 43% of people aged 55-69 did not use the internet in the past three months.
- 1 in 10 people aged 55+ had difficulty accessing information about health or social care.
- Only 4.4% of those aged between 55 and 69 offered their views as an older person in an official capacity.
- The top three sources of information for over 55’s in County Cavan are: Word of Mouth (98%), National TV (97%) and Local Radio (97%).
- 9.6% of those aged between 55 to 69 years of age have difficulty getting information about local events and activities, 9.8% have difficulty getting information about health or social care.

Health Service Executive (HSE)

The HSE established the Cavan Monaghan Age Friendly Health Subgroup under the first Cavan strategy. They have delivered information talks for older people on health services. They were involved in implementing national programmes to improve health outcomes such as a programme for the management of the frail elderly, prevention of falls, and chronic disease management. The HSE provides ongoing support to community initiatives such as Meals on Wheels and Day Care centres.

Actions in the 2017-2019 plan will be as follows:

Aim	<ul style="list-style-type: none">• To improve linkages between relevant groups in order to bring enhanced communication and co-ordination of health services for older people.
Objective	<ul style="list-style-type: none">• We will re-invigorate the Cavan Monaghan Age Friendly Health Subgroup.
Action	<ul style="list-style-type: none">• Regular meetings of the Cavan Monaghan Age Friendly Health Subgroup.• Specific project work including an information provision initiative to promote health services through local radio and other means.• Information provision via Public Health Nursing and improved linkages to ensure that older people have information on schemes, grants and initiatives available to them (eg smoke alarm scheme, training courses).• Work with the Housing Section of Cavan County Council to streamline housing adaptation grants for older patients being discharged (through Occupational Therapy).• Develop an information booklet/directory of HSE services of relevance to older people.• Relevant training provided to the Homecare Staff in the areas of safeguarding, dementia awareness, basic life support etc.
Progress indicator	<ul style="list-style-type: none">• Number of meetings of the Age Friendly Health Subgroup• Level of engagement• Information initiatives

Aim	<ul style="list-style-type: none"> • To make Cavan General Hospital an age friendly environment.
Objective	<ul style="list-style-type: none"> • We will work with the hospital to increase their awareness of the age friendly approach and support them to make service improvements.
Action	<ul style="list-style-type: none"> • Carry out a 'walkability' audit of Cavan General Hospital with support from Cavan Older People's Council. • Introduce 'Age Friendly Hospital Ambassadors' initiative so that older people are supported during busy clinic times.
Progress indicator	<ul style="list-style-type: none"> • 1 walkability audit. • Documentation of service changes as a result of audit recommendations. • 1 pilot Hospital Ambassadors Programme.

Aim	<ul style="list-style-type: none"> • To implement HSE programmes that support the social inclusion, health and independent living of older people in Cavan.
Objective	<ul style="list-style-type: none"> • We will deliver a range of packages and supports for older people and older people's groups.
Action	<ul style="list-style-type: none"> • Reconfiguration of beds in Lisdarn Unit to facilitate early discharge. • Home care and home help packages. • Supports for social services groups. • Transport to appointments (through Local Link). • Healthy Ireland actions focusing on older people. • Improve 'diversional therapy' activities in four residential units (Lisdarn, Sullivan, Virginia, Ballyconnell) through links with County Museum, Arts Office, CMETB etc.
Progress indicator	<ul style="list-style-type: none"> • Number of older people supported.

Outcome:

Older people will be supported to have good access to health care supports.

WHO Theme: Community, Support and Health

HaPAI survey findings:

- Four most common health conditions in Cavan are arthritis, high blood pressure, high cholesterol and diabetes.
- 50% of adults aged 70+ do at least 150 minutes of moderate physical activity per week.
- 11% of people aged 55 and over currently smoke.
- 8% reported personal incapacity or ill health.



Conclusion

We are committed to implementing this strategy to advance the inclusion and participation of older people in the life of the community over the next three years. In covering broad areas such as transport, health and wellbeing, education, public space, business services and community supports, we hope to have an impact at many levels.

As a strategic document, this plan will be monitored at quarterly meetings of the Cavan Age Friendly Alliance and on an annual basis through an annual report. We intend to provide tangible and quantifiable information on outcomes and will continue to engage with the Cavan Older People's Council to ensure the voice of older people informs delivery at every stage.



Appendix I

Cavan Age Friendly Alliance Membership

Cllr Madeleine Argue

Mr Rodd Bond

Ms Evelyn Brady

Ms Gemma Brady

Mr Colm Colgan

Mr Eoin Doyle

Mr Seamus Donohoe

Mr Bob Gilbert

Chief Superintendent Christopher Mangan

Mr Liam McCabe

Ms Rose Mooney

Mr Tommy Ryan (Chair)

Strategic Policy Committee for Housing, Social and Cultural Development

The Netwell Centre, Dundalk Institute of Technology

Cavan Older People's Council

Cavan Monaghan education and Training Board

Cavan Chamber of Commerce

Cavan County Council

Cavan Older People's Council

Cavan Older People's Council

An Garda Síochána

Cavan Gaelic Athletic Association

Health Service Executive

Cavan County Council



Appendix II Cavan Older People's Council Members

(May 2015 - May 2017)

Name	Surname	Representing	Role on OPC
Carole	Beattie	Cavan Alzheimer's Association	Secretary
Mary	Gilroy	CAMCAS	
Evelyn	Brady		
Mary	Sheridan	St. Vincent de Paul	
Ann	McKiernan		
Ann	O'Donoghue		
Cathal	Flood		Treasurer
Bob	Gilbert		Chair
Frances	O'Callaghan	Positive Age	
Helena	O'Reilly	HSE Local Health Office	
Iris	O'Callaghan	Breffni Integrated Ltd	
Ann	Lynch		
Geraldine	Clarke	Cavan Family Carers Network	
Elizabeth	Coyle		
Eileen	Johnston		
Seamus	Donohoe		
Marion	Fay		
Larry	Carty		
Marie	Tierney		

