



# GALWAY AGE FRIENDLY PROGRAMME

Strategy 2014 - 2019



*Preparation for old age  
should begin not later than one's  
teens. A life which is empty of  
purpose until 65 will not suddenly  
become filled on retirement.*

Dwight L. Moody

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# 1. Executive Summary

## Our Vision

- **Comprehensive and Inclusive Plan**
- **Strong Partnerships**
- **Meaningful engagement & inclusion**
- **Solidarity across generations**
- **Value and respect**

## Strategic Priorities

1. To promote a built and social environment which will enable people of all ages, but particularly the older members of our community, to be engaged and to feel and be safe both at home and out and about.
2. To ensure that as far as possible, older people can get to where they need to go, when they need to do so.
3. To facilitate all members of the community living at home in their own homes and communities for as long as possible.
4. To promote participation in social, economic, cultural and public life for all members of the community.
5. To develop a partnership between the Alliance and NUI Galway, and particularly the University's two most relevant (to this strategy) centres, Project Lifecourse and the Community Knowledge Initiative. This partnership will help to promote the concept of an age-friendly society and an age-friendly University, and thereby make Galway a flagship for the integration of practice and research in the areas of ageing and the family.
6. To promote the concept and the practice of inter-generational activities throughout our community and to create respect across the generations.
7. To work with the Older Persons Council, and other groups representing the older members of the community, by engaging in a two-way process of communication which will enhance progress in relation to the other strategic priorities. Through this process we will also ensure that older adults have the information they need to live full lives.
8. To support and promote all initiatives which will enable people to live healthier and active lives for longer.

## Background

As a member county of Ireland's Age Friendly initiative, the Galway Age Friendly City and County programme was launched on the 27th September, 2011.

This resulting strategy for Galway outlines our collective response to the changing demographic situation across the city and county and reflects our ongoing commitment to the vision of Galway being a great county to **grow up** and **grow old** in. It provides the foundations for a place where everybody as they age are supported, connected and valued for their contribution to community and family life. We hope that this strategy for Galway City and County shows the achievements that can be made through effective partnership, creative thinking and a dedication to making our shared vision for the future a reality. All actions detailed within the strategy, and accompanying action plan, were developed in direct response to the feedback gained through the age friendly consultation process which saw hundreds of older adults from across the city and county have their say in what matters to them.

By releasing this document, Galway is formalising a long term commitment to being part of Ireland's National Age Friendly Cities and Counties Programme (AFCC programme). The AFCC Programme is part of a worldwide, World Health Organisation (WHO) inspired movement which aims to improve the quality of life for all people as they age. As part of this movement, the WHO has developed a set of Guidelines for towns and cities interested in planning to become more age-friendly and the AFCC Programme, under the management of Age Friendly Ireland, has adopted this Framework for the roll out of the national programme in Ireland.

From a national perspective, Age Friendly Ireland is in pursuit of a vision that "every county in Ireland will be a great place in which to grow old" and the achievement of this vision will see Ireland become the first Age Friendly Country in the world.

At the time of the launch of this strategy, the AFCC programme is operational in 20 counties and this broad spread allows for the sharing of information, thoughts, learning and experiences, as well as the creation of national networks around specific issues. The success of the AFCC programme in reaching so many counties is based on an inherent programme structure which sees core individuals and organisations brought together to collectively respond to the needs of the local community. The AFCC structure includes the formation of three core partnership groups;

- Age Friendly Alliance and Implementation Sub-Group
- Older Persons Council
- Business of Ageing Forum

## Document Outline

In this document we present the agreed vision and strategic priorities of the Galway Age-friendly Alliance, placing the age friendly initiative in context – local, national and international – and outlining the rationale for our approach.

In Section 2 we set out the context for developing a co-ordinated response to ageing. Here we outline current population changes at international and national level. We also describe how the Age Friendly Cities and Counties Programme (AFCC Programme) aligns to complimentary initiatives operating within Galway City and County.

In Section 3 we describe the Galway Age-Friendly Alliance, its membership and how it fits into the national Age-Friendly movement. In this section we also describe the constituent components of the Galway Age-Friendly Alliance and the key partners including the Galway Older Persons Council.

In Section 4 we present the agreed Vision and Strategic Priorities for the Galway Age-Friendly Strategy. We also give an insight into the type of actions that organisations are committing to in order to address these strategic priorities. A comprehensive action plan document, which will act as a working guide to the Alliance and key partners, will also be published to compliment this strategy. A summary of our strategic priorities is outlined in Figure 1.

Finally, Section 5 gives a brief indication of the next steps in implementing the Age Friendly Action Plan.

*Old age is like everything else.  
To make a success of it, you've got to start young.*

Theodore Roosevelt



## 2: A Context for Population Ageing

### What do we mean when we say ageing?

Ageing begins from the moment of conception.

Ageing is often seen in broad phases such as entering old age, an active later life, and the onset of dependency and frailty. These phases are not age specific and acknowledge that ageing is an individual experience that differs greatly in terms of people's living needs, interests, circumstances, choices and cultural influences. This is one of the reasons why throughout this document we refer to 'older' rather than 'old' people.

For the purpose of the Galway Age Friendly County Strategy, older people are generally defined as being people aged 55+.

### Why a new focus on older people?

*"If you design for the young you exclude the old,  
but if you design for the old you include everyone."*

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

### International Context

The twentieth century brought great changes in longevity. Globally, average life expectancy at birth has increased by 20 years since 1950 to 66 years and is expected to extend a further 10 years by 2050. In the developed world, the very old (age 80+) are the fastest growing population group. People are experiencing older age differently from their grandparents' generation, enjoying longer lives, better health and more active lifestyles.

The World Health Organisation (WHO) identifies that population ageing is one of humanity's greatest triumphs. It is also one of our greatest challenges. At the beginning of the 21st century, global ageing is putting increased economic and social demands on all countries. At the same time, older people are a precious, often ignored, resource that make an important contribution to the fabric of our societies.

The WHO argues that countries can afford to get old if governments, international organisations and civil society enact “active ageing” policies and programmes that enhance the health, participation and security of older citizens. They stress that the time to act is now. This strategy for Galway has been devised in reference to the WHO Checklist of Essential Features for Age Friendly Cities.

## **An Irish context and policy directive**

In Ireland, the trend towards an ageing population is happening later than in many other European countries. However, despite this slower rate of growth, change is happening. It is predicted that there will be approximately 1.1m people aged 65 years and over living in Ireland by 2036, an increase of almost 250% over the 2006 figure. The greatest increase is anticipated in the over 80 age group where numbers are expected to quadruple from 110,000 to 440,000 in 2041.

Add to this the fact that older people, now and in the future, will encompass a broader spectrum of socioeconomic, physical, ethnic and cultural conditions and capacities, and this means that policymakers and community leaders will need to review and amend their policy and programming tools now to connect with this generation in a way that creates maximum value for all of society.

The Irish Programme for Government 2007-2013 made a commitment to devise a Positive Ageing Strategy for older people and this was launched in April 2013. This strategy, aims to create conditions which support individuals and families to plan and prepare for older age.

## **The Local Context: Building on the achievements of existing programmes and strategies**

From a city and county perspective, there are a number of existing policies in place that detail the huge commitment to improving life for older people in Galway. This Galway Age Friendly strategy does not stand alone and has been developed in such a way as to ensure that it supports existing city and county development plans, local area plans, heritage plans and arts plans to ensure that the city and county’s social, cultural, economic and physical environment is moving towards becoming more age friendly and supporting a healthy and positive experience of ageing.

It is the intention of the Age Friendly Strategy for Galway City and County to build on the success of existing and future plans as developed by all member organisations, who are represented on the Alliance. The Alliance will work in a collaborative partnership to continue to focus on the needs and services of older people in the City and County, through joined up thinking.

We will also work together to secure the remit of Age Friendly into the new structural changes taking place under local government reform, including Local Community Development Committees (LCDCs), Local Economic Offices (LEOs) and in the development of the Local Economic and Community Development Plan for the city and county.

Galway has already successfully positioned itself as a leader in the development of age friendly spaces through the unique creation of an innovation and partnership hub which will support the work of all these partners organisations. At present, there are a number of exciting programmes operating throughout the city and county which support and enhance the visions of the Age Friendly Cities and Counties Programme.



## Active Ageing In Partnership

Active Ageing in Partnership (AAP) is a unique initiative of Active Retirement Ireland, Age and Opportunity and Third Age. It works in cooperation with Age Friendly Ireland and Project Lifecourse in NUI Galway and is funded by the Atlantic Philanthropies. AAP has four high level goals which will help to strengthen the position of Age Friendly in the city and county;

- to develop a cross-sectoral and intergenerational collaborative spirit.
- to support a working group on the human rights of older people alongside the United Nations Convention on Human Rights of people with disabilities.
- to influence policy especially the Positive Ageing Strategy and Healthy Ireland - a framework for improved health and well being.
- to develop a time bound grass roots exploration on civic engagement in four geographical areas called Touchstone Districts, Galway being the pilot location.



## Project Lifecourse and the 3-Cities project

Project Lifecourse involves a broad and in-depth programme of research activities. This includes working with colleagues from the three collaborating research centres on projects focusing on: children and youth, in terms of service evaluation; people with disability, in terms of knowledge exchange initiatives; and older people, in terms of social exclusion and deprivation. The main research focus of Project Lifecourse, is the 3-Cities Project.

The aim of the 3-Cities Project is to engage in a citizen-led and collaborative process to re-imagine and reconstitute services as an integrative means of maximising participation for children and youth, people with disabilities, and older people, in their communities and cities, and in Irish society.

### The 3-Cities Project has five objectives:

- Capture citizen perspectives of children and youth, people with disabilities, and older people on participation and integrate their voices into service design and innovation;

- Provide an overview of existing service infrastructure for supporting participation in the community for children and youth, people with disabilities, and older people in Galway, Limerick and Dublin;
- Critically review existing service infrastructure for participating in the community across Galway, Limerick and Dublin with a view to establishing new directions for conceptualising service provision and best practice;
- Underpinned by a commitment to citizen engagement, develop a shared understanding of the assets and opportunities of community living with children and youth, persons with disabilities, older people and service providers;
- Develop, implement and evaluate an integrative service model for participation that supports and enables children and youth, people with disabilities, and older people;

## Galway Healthy Cities Initiative

Galway Healthy Cities project has been part of a World Health Organisation (WHO) initiative since 2006. The primary goal of the WHO European Healthy Cities Network is to put health high on the social, economic and political agenda of city governments and to enhance the health of the city, its environment and its people through all groups and agencies working together.

The programme recognises that the solutions to health challenges in towns and cities do not lie with the health sector alone but with decisions made by others: in local government, education, urban planners, engineers and those who determine physical infrastructure and access to social and health services. These professionals have to face the challenges of overloaded water and sanitation systems, polluting traffic and factories, lack of space to walk or cycle, inadequate waste disposal, crime and injury.

Urban planning can promote healthy behaviour and safety through investment in active transport, designing areas to promote physical activity and passing regulatory controls on tobacco and food safety. Improving urban living conditions in the areas of housing, water and sanitation will go a long way to mitigating health risks. Building green, inclusive cities that are accessible and age-friendly benefits all urban residents and their health <http://www.galwayhealthycities.ie>. The city based issues raised through the Age Friendly Consultation will be considered and responded to as part of the next phase of planning for the Healthy Cities Programme (2014-2018) and will be reflected in the accompanying strategy document.

## Galway City Dementia Friendly Communities Initiative

The Communities Initiative that will see the development of a consortium of key local agencies that will implement a programme of training and awareness raising actions with local communities and service providers.



Each year in Galway, four key festivals take place which have significant impact on the lives of older people in the community.

### **Bealtaine**

May belongs to the Bealtaine festival, celebrating creativity in older age! Thousands of older people now take part in the Bealtaine festival. From dance to cinema, painting to theatre. Bealtaine showcases the talents and creativity of both first-time and professional older artists. Each year, Age & Opportunity invites local authorities, arts centres, libraries, Active Retirement groups, care settings, community groups, clubs and associations from every part of the country to run Bealtaine events that celebrate creativity in older age.

### **Social Inclusion Week / Community Inclusion Week**

Social Inclusion is about creating a fair and inclusive society. It is about trying to help and encourage people to take part in all aspects of life-social, cultural, economic and political life. Social Inclusion is also about supporting people who may be disadvantaged or marginalised. Social Inclusion Awareness Week is a great opportunity to highlight the work taking place in Galway County and City that tries to improve the quality of life for all.



### **Positive Ageing Week**

Positive Ageing Week is a festival which highlights the positive aspects of ageing and celebrates the contribution older people have made and continue to make to their communities. The central aim of Positive Ageing Week is to dispel the many negative perceptions that surround ageing and to transform attitudes towards ageing and older people. We need to celebrate the fact that we are living longer and that ageing is not a burden but an opportunity.

### **Burning Bright**

Burning Bright was established in 2003 to demonstrate, promote and develop the positive role that arts can play in care settings for older people. It is a process based visual art programme that focuses on igniting the creative spirit in Older people where experienced professional artists work collaboratively with each participant to entice, interest and accommodate them and assist in unlocking their artistic potential. By creating a space of trust, confidence and learning so each participant can make confident, expressive and creative artistic decisions. The focus of the work lies in process, not product and each year high quality work emerges annually and contributes to the County's Bealtaine celebrations for the past ten years with exhibitions in Galway Arts Centre. This project is a good model of partnership with partners including Galway County and City Council's the Galway University Hospitals Arts Trust, Galway Arts Centre, the Community Nursing Units, the Artists, the HSE and the Arts Council.

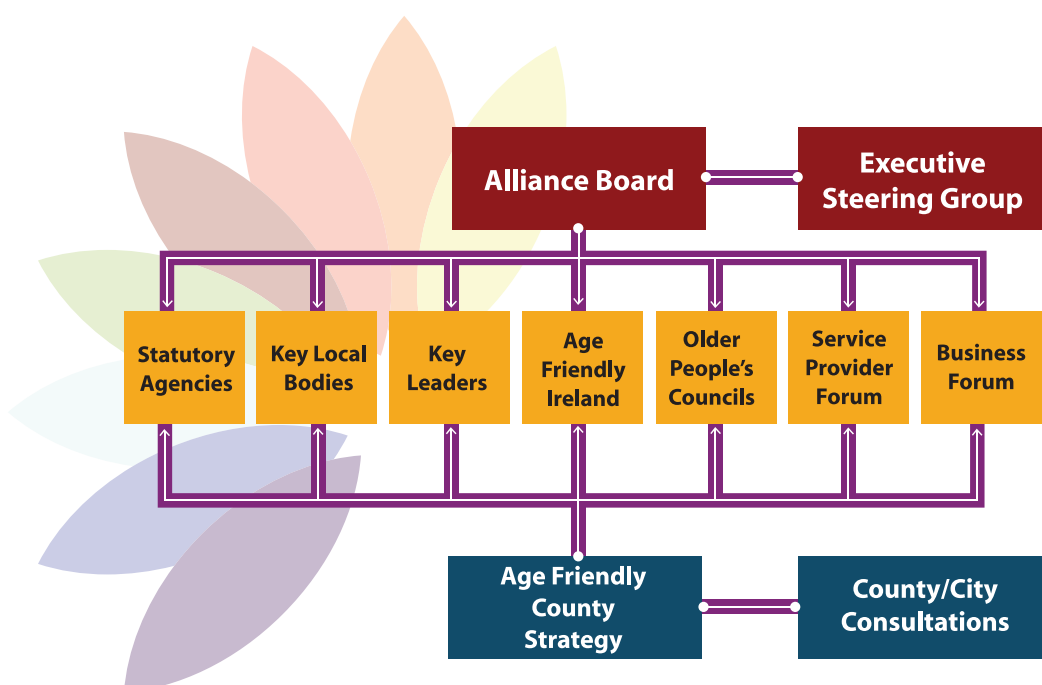


## 3. The Age Friendly Alliance

The success of the AFC programme in reaching so many counties is based on an inherent programme structure which includes the creation of;

- An Age Friendly Alliance and Implementation Sub-group
- An Older Persons Council
- A Business of Ageing Forum

Figure2: A representation of the operational structure of the Alliance



### Galway Age Friendly City and County Alliance

We, the Galway Age Friendly City and County Alliance are the single overarching strategic partnership for the County and City of Galway. Our alliance brings together the statutory, private, voluntary and community sectors, so that different initiatives and services support each other, working together to more effectively meet the needs and aspirations of older people in Galway, through the development and implementation of this Age Friendly Strategy.

Our members include the heads of all key groups and organisations who share a common commitment to make Galway a great place for all its citizens to grow up and grow old in. Members have been selected on the basis of having the influence and resources to be able to develop and deliver this Strategy for Galway.

Our Alliance represents the first ever time that such a wide range of partners have worked together for the benefit of older adults in Galway. We hope that the richness of experience around the table will bring a fresh approach to delivering on the commitments laid out in the action plan for this strategy and to ensure the sustainability of the programme into the future.

The benefits of this partnership alliance structure include:

- The bringing together of partners who do not normally work together to achieve more than they can achieve alone for the older people of Galway
- The coordination and simplification of existing partnerships and strategies where necessary
- The enabling of fresh opportunities to be identified
- The development of a comprehensive and inclusive plan which adequately prepares for meeting the needs of an ageing population
- The development of stronger sustainable partnerships both between key organisations and with the community

The objectives of our Alliance are to:

- Make Galway itself, its rural and urban environments, the best possible place to grow up and grow old in. We aim to make it a desirable location, enjoyed and appreciated by older people and their families for its great quality of life;
- Increase the participation of older people in the social, economic and cultural life of the community, for everyone's benefit;
- Build general support and pride among the people of Galway for being one of the first age-friendly counties in the Western Region, through the successes and high profile of the project;
- Lead the way in demonstrating the processes that are required, the benefits to be gained and lessons to be learned from implementing an 'age-friendly' initiative by sharing and disseminating information as the project develops;
- Encourage others in the western region to develop supports and services which are more responsive, caring, professional and accessible and to do this in partnership with other stakeholders and with local communities themselves.

The Galway Age Friendly Alliance is made up of;

Udaras na Gaeltachta	Galway Older Persons Council	Galway City Council
Galway County Council	An Garda Síochána	The Ageing Well Network
Health Service Executive	Galway Sports Partnership	Galway Rural Development
COPE Galway	Galway City Partnership	NUI Galway
Galway Healthy Cities Network	Galway Roscommon Training Board	Forum Connemara Ltd
Galway County Community and Voluntary Forum	Comhar na nOileáin Teo	

The Galway Age Friendly Alliance is chaired by Dr Iognáid Ó Muircheartaigh, President Emeritus, NUIG

As an Alliance we are supported in the day to day development and roll out of initiatives under the Age Friendly programme by the Implementation Sub-Group. This group encompasses public, private and not for profit agencies involved in the delivery of services to older people. The group review and explore how best to improve the range and quality of those services and aim to make them more responsive to the expressed needs of older people. This group has a key function to ensure the commitments laid out in this strategy are taking place successfully on the ground and has the support of the alliance in developing responses to any barriers that prevent delivery. The chair of this group will become a member of the Alliance in order to ensure information flow.

As an Alliance, we recognise that we cannot achieve our vision for the City and County alone, and we are supported by two key additional bodies;

## Older Persons Council

This is open to all older people in the city or county and comprises Older Peoples Groups, Advocacy Groups, special interest groups and individuals. The Chair and Deputy Chair of the council are also members of the Alliance. This particular group is most crucial to the Alliance in helping to achieve the strategic priorities for the county as it represents the voice of the Older People. The council have advised on the aspirations and needs of Older People in developing and implementing this strategy, have been influential in the development of the action plan for the county and will have a key role to play in monitoring the implementation of the actions committed to by the alliance members. This group also uses its networks to deliver the Age Friendly message and to encourage their peers across the community to become more engaged in actions that will change the future for the next generation.



## Business of Ageing Forum

These forums are designed to stimulate awareness among the business community about how best to grow their customer base by deepening their understanding of older people's needs, preferences, behaviours and attitudes. The forum comprises business leaders from the area who have an interest in responding to those needs and see the opportunities for businesses to benefit from the 'age friendly county initiative'. They explore opportunities across a range of sectors, including leisure, tourism, retailing, financial services, transport, health, communications and volunteering.

## 4. Vision and Strategic Priorities

Following extensive consideration by the partners in the Alliance, and a workshop convened with the Older Persons Council specifically for the purpose of agreeing a strategy, the Alliance has adopted the vision and strategic priorities presented in this section as its declared programme of activity.

In line with each of the agreed strategic priorities, the Alliance has agreed a detailed set of actions which it is confident will enhance the prospects of achieving the agreed strategic priorities. The commitment of organisations across Galway in responding to the needs of older people was so great that over 100 actions were identified. Across some of these priorities, the detailed actions were so many that only a sample of these are presented here.

The full detailed actions will be published on the Galway Age Friendly webpage [www.galway.ie/agefriendly](http://www.galway.ie/agefriendly), at [www.facebook.com/galwayagefriendly](https://www.facebook.com/galwayagefriendly) and will also be available in libraries. Copies can also be requested directly from local Social Inclusion Officers who currently oversee the Age Friendly Programme; Bernie Donnellan, E: [bdonnell@galwaycoco.ie](mailto:bdonnell@galwaycoco.ie) or Sharon Lawless, E: [Sharon.Lawless@galwaycity.ie](mailto:Sharon.Lawless@galwaycity.ie). As well as detailing the actions, this document also includes supporting information to outline how it will be implemented.

### Our Shared Vision

Galway will be a place for all ages that prepares properly for and celebrates individual and population ageing through collaboration and the provision of appropriate services and supports. Galway will promote and respect older peoples engagement in economic, educational, social, cultural, community and family life and foster better solidarity between generations.

The underlying value of this vision will include respect for equality, independence and diversity.



## Strategic priorities 2014 – 2019

In order to make this vision a reality, the Galway Age Friendly Alliance, in partnership with the Galway Older Persons Council have identified 8 strategic priorities:

1. To promote a built and social environment which will enable people of all ages, but particularly the older members of our community, to be engaged and to feel and be safe both at home and out and about.
2. To ensure that as far as possible, older people can get to where they need to go, when they need to do so.
3. To facilitate all members of the community living at home in their own homes and communities for as long as possible.
4. To promote participation in social, economic, cultural and public life for all members of the community.
5. To develop a partnership between the Alliance and NUI Galway, and particularly the University's two most relevant (to this strategy) centres, Project Lifecourse and the Community Knowledge Initiative. This partnership will help to promote the concept of an age-friendly society and an age-friendly University, and thereby make Galway a flagship for the integration of practice and research in the areas of ageing and the family.
6. To promote the concept and the practice of inter-generational activities throughout our community and to create respect across the generations
7. To work with the Older Persons Council, and other groups representing the older members of the community, by engaging in a two-way process of communication which will enhance progress in relation to the other strategic priorities. Through this process we will also ensure that older adults have the information they need to live full lives.
8. To support and promote all initiatives which will enable people to live healthier and active lives for longer.

These strategic priorities, and the actions supporting them, are seen to be strongly supportive and enabling in relation to the vision of the Alliance, and will help to ensure that all members of our community will continue to learn, develop and work throughout their lives, will be truly valued and respected, and that they will lead healthier and active lives for longer.



## Strategic Priority 1

**To promote a built and social environment which will enable people of all ages, but particularly the older members of our community, to be engaged and to feel and be safe both at home and out and about.**

### Why

The term **“built environment,”** simply refers to the sum total of what we design and construct in the places where we live, work and play—from streets and roads to houses, businesses, schools, and parks.

The **social environment,** refers to the immediate physical and social setting in which people live or in which something happens or develops. It includes the culture that the individual was educated or lives in, and the people and institutions with whom they interact.

The creation and modification of our environment can affect the lives of all community members in both negative and positive ways and there is increased recognition of the impact that the environment in which we live has on our physical and mental health. An environment which positively impacts the health and wellbeing of older people, will positively impact the health and wellbeing of the whole community.

### What You Said

- Public safety and litter are of increasing concern and there is a call for a stronger community garda presence and better public lighting.
- Public open spaces need to be developed better with more leisure opportunities and better amenities for older people
- The great work of Tidy Towns was widely recognised with a call for ongoing and increased support for Tidy Town groups around the county.
- The surface condition of roads and footpaths was of great concern to participants with a call to repair broken surfaces and potholes. People also asked for action to be taken about the lack of footpath availability in rural areas and the very real threat that this causes pedestrians.
- Participants were concerned about the lack of availability of disabled parking spaces as well as the need to review current traffic calming measures, specifically crossing times.

## What Are We Going to Do?

### 1. Planning & Policy-related actions

- Galway County Council and Galway City Council will work with Age Friendly Ireland to map out upcoming Local Area Plans and Enhancement Schemes to allow for the timely consideration and inclusion of Age Friendly Planning Principles. Through appropriate training, Galway City Council & Galway County Council will commit to raising awareness among relevant departments, such as planning and engineering, as well as key community organisations such as Tidy Towns Groups, as to the importance of creating age friendly environments for all.
- Supporting reference to the Galway Age Friendly Strategy Document will be incorporated into future City and County development plans and future City and County Corporate Plans to ensure the long-term sustainability of the Age Friendly Programme in Galway.
- Age Friendly principles will be considered and will be taken into account in developing the new Local Economic and Community Plan.
- The Galway Age Friendly Alliance will support the development of Galway City as a Dementia Friendly Community through the Healthy Cities initiatives.
- Galway Older Persons Council will be assisted to participate fully in the Public Participation Network in order to influence the methods of consultation with Older people and to enable older people to influence policy and initiate change.
- Galway County and City Council will continue to consider submissions through the Older Persons Council relating to timing at Traffic Light crossings.
- Galway County Council will seek to provide bus shelters in the County at appropriate locations as identified by older adults, subject to availability of funding.



### 2. Safety-related actions

An Garda Síochána has committed to an extensive programme of actions under this heading, involving a commitment on their part to acknowledging the particular needs of older members of the community. These actions can be viewed in detail in our Age Friendly Action Plan, but they include;

- An annual series of crime prevention events to better inform older people about remaining safe in their homes and communities.

- The promotion and expansion across Galway City and County of the recently launched National Text Alert System in operation by An Garda Síochána nationwide. Galway Older Person's Council will commit to using its networks to encourage new communities to engage with the text alert programme.
- The development of a pilot Trusted Tradesman programme in year 1, supported by Galway Rural Development, Galway County Council, Galway County Community Forum and Age Friendly Ireland.
- Bogus Caller Cards are to be distributed in conjunction with Crime Prevention and Personal Safety advice at every point of contact with older persons such as Neighbourhood watch/Community Alert Meetings.
- The incorporation of presentations from relevant bodies such as Age Action, Age and Opportunity and Galway Older Persons Council as part of the delivery of An Garda Síochána divisional training in Galway, through the Continued Professional Development Programme. This will assist in the implementation of the Older Persons Strategy and will help to ensure a Best Practice Policing Service to all older adults.
- The delivery of a series of road safety talks/initiatives to enhance the safety of Older road users. These needs will be identified through partnership with the Galway Older Persons Council. This initiative is a truly partnership approach involving the Community Forum, Age Action, Galway Older Persons Council & Forum.
- Acknowledgement of the contribution made to the community by older people. Active age retirement groups/ Day Care Centres to be visited by Community Gardaí to help build & maintain strong links with older persons & use these meetings to disseminate Crime Prevention Advice and gather other relevant information.
- When An Garda Síochána are asked to speak with youth groups/clubs and schools, they will invite older members of the community as guest speakers to begin to open dialogues between generations.
- The introduction of high visibility, targeted area patrolling, both mobile and on foot, in neighbourhoods where it is identified that older people reside and gather. An Garda Síochána will work with older people and members of the Age Friendly Programme to identify areas for age friendly patrols.
- Regular routine visits to homes of older or vulnerable persons in the Community especially utilizing Community Gardaí who work on daily basis in the communities of Galway City and County.
- An Garda Síochána Galway will develop a Station / District register of older people (**with consent**) to improve links between Community Gardaí and older people. They will consult with Agencies who work with older persons to help compile the register which will then be maintained in each Garda District in the Galway Division.

### 3. Other Specific Actions

- FORUM Connemara Ltd will expand their essential services such as the implementation of a Social Care Programme with older people in Connemara, the provision of meals on wheels, laundry services, respite breaks, and support to older people groups. FORUM are also committed to operating an essential housing repairs scheme for older and vulnerable people, through the CE programme and the provision of support and assistance to two carers groups through the delivery of carers training in Gaeltacht and non Gaeltacht Connemara. FORUM will also co-ordinate an annual networking event for older people in conjunction with Clifden Arts Festival.

- Galway Rural Development, FORUM Connemara, Comhar na nOiléan Teo and Galway County Council will work in partnership to promote the inclusivity of older people in the Golden Mile Programme.
- Galway Rural Development will develop and deliver an Active Citizenship course for groups and individuals to build capacity of older adults to participate in and influence their community. The Galway County Community Fora will ensure widespread dissemination of information around this course.



## Strategic Priority 2

**To ensure that as far as possible, older people can get to where they need to go, when they need to do so.**

*When older adults need to limit or stop driving, they can experience a drastic decline in mobility. Reduced mobility can put an older person at higher risk of poor health, isolation, and loneliness.*

Liveable communities for all ages

### Why

Considerable research has been done around understanding the social dimensions of transport and mobility and the opportunities that efficient public transport systems present in overcoming social exclusion. The Department of Political Science and Sociology, NUI, Galway published a presentation in 2007 which identified that improved public transport can;

- reduce social exclusion
- improve people's quality of life
- strengthen social networks, reduce isolation and prevent social segregation
- encourage and promote more sustainable uses of time and (public) space

In essence, transport for all ages is closely linked to independence and quality of life. The TILDA study (2011) identified that the attitudes to public transport were linked to location, with the most negative perceptions coming from people in rural areas. Over 70% of the rural population reported the public transport system as poor compared to 20% in Dublin.



### What You Said

*“transport is essential in helping older people maintain a sense of freedom and independence for general health and wellbeing.”*

- It was widely felt that the current service provision to rural areas was inadequate to meet the community transport needs and did not link well with more mainstream routes and public transport options.
- Physical and financial accessibility are two barriers preventing older people from accessing transport systems. Bus shelters are of particular concern with regard to their suitability for older people in terms of a lack of seating and shelter and the safety risks they currently present.
- Participants asked for better publicity of services and also changes to the publication of timetables to make them easier to read and more readily available
- The main request was for an area based survey of needs to be conducted for public transport and for organisations to co-ordinate their services better with transport provision, especially in the healthcare sector.

## What Are We Going to Do?

### 1. Planning & Policy-related actions

- In review of the current Public and Rural Transport Programme, co-ordinating organisations will consider the transport issues highlighted through the Age Friendly consultation process. These issues will be taken into consideration in the development and implementation of the new county transport plan.
- In the process of creating the new transport plan, the older person's council will be engaged through an ongoing consultation process to ensure they are part of the solution around transport issues.

### 2. Safety-Related Actions

- Schemes such as the Bóthar na dTreabh (N6) Multi Modal Corridor Improvement Scheme will maintain as a priority the removal of barrier/obstacles to non-vehicular movement.
- The new RTPI (Real Time Passenger) initiative which is being delivered with the NTA will assist getting information on public transport options in a timely fashion to the users and the scheme will work with the older persons council to try and ensure that older adults are comfortable using the system.

### 3. Other Specific Actions

- Galway County Council will make available to all interested transport providers a recommendation report for making public transport more age friendly, including a checklist for drivers.

## Strategic Priority 3

**To facilitate all members of the community living at home in their own homes and communities for as long as possible.**

### Why

It is a well-documented fact that most older adults wish to “age in place” in their own homes and communities. The main issue is whether they have access to housing that permits them to do so, safely, affordably and with the services and supports they need to maintain their independence.

Communities and planners can help older adults age in place by incorporating the principles of “Universal Design” which is the practice of making minor changes to the design of a home that can have a major impact on its liveability. Universally adapted homes appeal to homebuyers of all ages who may, for example, have a temporary disability or have older family members living with them.

Community groups and businesses also have an inherent role to play in creating community structures which allow older people to remain active and engaged.

### What You Said

- Older people were particularly concerned about the reduction in both home help hours and public grants for aids and supports essential to enable people to stay at home. There is also real fear about the increased waiting list for home help assistance and also the lengthy assessment time for financial support.
- Informal/Family Carers identified that the HSE Carers Department in Galway was an invaluable and vital support service to carers. Carers also highlighted that the local Carers Support Groups were a great source of social support and information.
- Informal/Family Carers requested in particular the need for additional community services, especially, home help, home care packages, community physiotherapy, Chiropody and Public Health Nursing services.
- Staying at home was a key priority for most participants and they asked for an extension of home help hours and increased funding for home adaptation and personal safety equipment. People were very concerned about the lack of support systems in the home for people discharged from hospital.
- People identified the pressure that many carers are under. They identified that the work carers do is not only invaluable to the older person, but also saves money for the state, yet their efforts largely go unnoticed and unrewarded.
- People also identified that they were susceptible to rogue traders and they needed a list of trustworthy people in the local area that they could call on and trust.
- The introduction of a discount scheme in local shops would encourage older people to use towns and villages more which would also improve their social interaction.



## What Are We Going to Do?

### 1. Planning & Policy-related actions

- Age Friendly Ireland will provide advice to Businesses on age friendly principles, as part of the Meet West Event, which will be hosted by Galway City and County Council in 2014.
- The Alliance will establish a Business of Ageing Forum to raise awareness among the business community in Galway city and county to the needs, wants and desires of its older customers. This work will also link in with the dementia friendly communities initiative being developed by Galway City partnership, which includes a similar focus on working with local businesses.
- Galway County and Galway City Council will make available to the public a Best Practice Document on Lifetime Adaptability Guidelines as devised by Age Friendly Ireland and supported by the Older Persons Council.
- Galway County Development Plan 2014-2019 will support the concept of independent living for older people and people with disabilities and will ensure, where possible, that housing for such groups is integrated within the community.
- Galway County Development Plan will support proposals for day/resource centres for people with special needs where appropriate, and will assess such proposals to ensure accessibility.
- Galway County Council will circulate information prepared by community organisations on support services for older people (tenants) living alone in Council housing through the Housing Liaison Officers and Social Workers.
- Galway County Council will work to improve the timing and efficiency of home adaption grant approvals for older people. Grant provision is dependent on available funding.
- Galway County Council will make the services of the Housing Liaison Officers and Social Workers available to older people (tenants) who are experiencing difficulties in a timely manner and will provide additional support mechanisms where applicable.
- The Carers Department, HSE West, Primary Community and Continuing Care (PCCC) Services, Galway will continue to support informal/family carers through the provision of support services, including, a training service, a support group service, an in-home respite service, and an information and advice service.



## 2. Safety-related actions

- The HSE will commit to ensuring that all new Primary Care Centres are developed using age friendly principles.
- An Garda Síochána have launched a Stay Safe at home Campaign which includes a checklist which will cover a range of easy steps to help keep people safer at home. They are also promoting the new Crime Prevention Cards for Callers to homes of older members of the Community.
- Galway County Council Fire Services, together with Galway County Community & Voluntary Forum, Galway Rural Development and Family Resource Centres (FRCs) will continue to identify people who need smoke alarms in the county and will link in with relevant partners in the community to help with the distribution and installation of the smoke alarms.
- An Garda Síochána will promote the recently launched Stay Safe at home Campaign in the community.

## 3. Other Specific Action

- The Age Friendly Alliance will approach the Galway Chamber of Commerce to explore the roll out of the Age Friendly Business programme in a pilot location within the city or county. This pilot scheme will inform the roll out of the initiative countywide and has the potential to link with businesses associated with the Wild Atlantic Way.
- COPE Galway will develop and expand its meals service to ensure more older people can have access to high quality nutritional meals and social support at home.
- In partnership with the GRD Rural Social Scheme, the Headford Solas FRC will continue to deliver the Care and Repair programme throughout Headford.
- Galway Rural Development will provide 8 Carer positions under the Galway Rural Development CE Scheme in collaboration with the Alzheimers Society of Ireland. Carers will be provided with specialized training in Dementia and Alzheimers care to support older adults to stay at home for as long as possible.
- Galway Rural Development, through its management of the RSS and TUS Scheme, will develop a joint pilot project with Older persons service HSE, to support RSS/TUS participants to assist vulnerable older persons living alone with general maintenance and DIY projects.
- Galway Rural Development, through the RSS and TÚS Scheme will provide programme participants to support Older person activities in community projects around the county.
- The HSE West, Community Development Department PCCC Services, Galway will commit to continuing to help to provide financial support through grant aid to Voluntary organisations/ Community Groups to enable older people to remain independent in their own homes and through social events to help prevent loneliness and isolation.

## Strategic Priority 4

**To promote active participation in social, economic, cultural and public life for all members of the community.**

*Anyone who stops learning is old, whether at twenty or eighty. Anyone who keeps learning stays young. The greatest thing in life is to keep your mind young.*

Henry Ford

### Why

Social and Civic participation can take many forms and many government and civic leaders are already moving in the direction of harnessing the experience and talents of their older adults and creating roles for them as community assets and civic allies.

Lifelong learning and participation in cultural and recreational activities are important both for older adults' health and for communities' quality of life and economic competitiveness. Older adults are among the most generous and impassioned patrons of arts programs. They increasingly participate in lifelong learning programs and bring a lifetime of experience to intergenerational programs. (Liveable communities for all).



### What You Said

*“There needs to be a programme to increase the awareness of older people’s skills and make sure they are not lost from society. Help support us to form a body and work as a collective action.”* (participant from Headford)

- There is a need for more social events through the community which not only help to stop social exclusion but also supports ongoing education and technology training which helps keep older people active in the community.
- There needs to be improved awareness about available community facilities for people who are interested in developing a group.
- Policy makers and service providers need to be more aware of the needs of older people and review the way they work to ensure quality and sustainability of service. Specific mention was given to the need for improved consultation methods which give older people a real opportunity to contribute and an ongoing insight into the development of projects and programmes by service providers and planners.
- Intergeneration projects are important because, as well as helping older people to overcome a fear of young people, they also allow generations to learn from each other through swapping skills and experiences which can lead to the formation of great friendships.
- Concerns over men’s participation led to a call for organisations and community groups to develop more projects which encourage men to be more active in the community.
- The opportunity for life long learning was very important to participants, especially around technology which is essential to keep people fully engaged in our rapidly evolving society.
- There is a need for consistent, relevant and well organised consultation which not only capture the voices of those already active and engaged in society but which make every effort to capture the ideas and opinions of the hard to reach.

## What We Are Going to Do?

### 1. Planning and Policy-related actions

- Galway County & City Councils will continue to support the Annual Bealtaine Festival, (Celebrating Creativity as we age). The Arts Office’s will ensure that the needs of older people are catered for in all its programmes and that older people have the opportunity to be involved in the development of the Programme. The Older Persons Council will promote the Annual Bealtaine Festival through the wider network of older people.
- In the Development of the Ballinasloe Library, Galway County Council will have due regard to the needs of older people in the design and build of the project and will take into consideration age friendly planning principles.

- Galway County & City Council will continue to support the Partnership with Galway University Hospitals Arts Trust, Galway Arts Centre, the Community Nursing Units, the Artists, the HSE and the Arts Council in Supporting Burning Bright – A visual Art Programme focussing on igniting the creative spirit, and unlocking artistic potential in Older People in all settings.
- Galway Older Persons Council will be encouraged and facilitated to input to the Local Economic and Community Plan for County Galway in order to highlight issues of relevance to older people.
- Galway Older Persons Council will work with Age and Opportunity to develop a year long training programme to be delivered across the community to address some of the barriers currently preventing some older people from engaging. As well as being available to older adults, this training will also be offered to alliance staff members, local elected members and any other relevant organisations to enhance their knowledge of age friendly principles.
- Galway Older Persons Council are the voice of older adults in the city and county and the age friendly alliance will work to develop structures to ensure that these voices are heard at points of key decision making about the future of Galway.

## 2. Other Specific Actions

- Galway Rural Development under the LCDP Programme will develop and deliver an Active Citizenship course for groups and individuals to build capacity of older adults to participate in and influence their community.
- Galway Rural Development will continue to link in with Age and Opportunity and Age Friendly Ireland in order to promote available Age friendly training courses to the wider community and will organise an annual Older Person's Seminar in collaboration with the Galway Family Resource Centre's during Positive Ageing week in 2014, for 100-120 older persons across County Galway.
- COPE Galway will work to establish additional lunch clubs in the City and County areas.
- COPE Galway will review their current Senior Support Services and will develop new volunteering opportunities for older people.
- Galway City and County Councils will ensure the ongoing involvement of older people in the Galway bid for City of Culture 2020.
- Age and Opportunity, in partnership with Age Friendly Ireland, will offer an intensive phase of training throughout 2014 to both raise awareness of the needs of older people among Alliance organisations and to work with older people through the community to enhance their opportunities for meaningful engagement.

Galway Older Persons Council will

- » set up a Google alert project to allow them to remain informed of all age friendly activities taking place on a national and international basis.
- » undertake to map the current and upcoming training opportunities for older people in the city and county and will also ensure that this information is updated on the Age Friendly Facebook page to assist and support older adults and groups around the city and county.

[www.facebook.com/galwayagefriendly](http://www.facebook.com/galwayagefriendly)

- » encourage all older persons groups to join Galway County Council's Twitter, Facebook and Text Alert Systems. <http://twitter.com/galwaycoco> and [www.facebook.com/GalwayCounty](http://www.facebook.com/GalwayCounty) to share updated current information to older persons Groups.

- » encourage and promote the use of the Calendar of Events (on Galway County Council's website) <http://www.galway.ie/en/Events/> to enable older adult groups to use their networks, in the City and County to highlight all up coming events, encourage participation, and to use the Calendar to promote events.
- All member organisations of the age friendly programme will commit to meeting with representatives of the Older Persons Council annually to offer an update on actions and to take advice on how to improve or expand programmes.
- The Older Persons Council will present their achievements annually to the Alliance.
- Galway County Council Library Service will provide an informal environment for those who wish to learn new skills and will support the development of new programmes to enhance the engagement of older people with the age friendly programme.
- Galway County Council will provide a meeting room for use by the Older Persons Council to facilitate their development and to ensure they have the facilities to meet with other key organisations and individuals.
- Galway Roscommon Education & Training Board (GRETB) will continue to deliver IT programmes, including intergenerational programmes on genealogy and family history, skype-linking the generations, digital history and many more. They will use the Older Persons Council network to publicise these courses.
- The GRETB will support the establishment of new programmes which facilitate intergenerational exchanges and mutual support.
- The GRETB will continue to support Men's Sheds through its Community Education Programme and will co-ordinate with Galway Rural Development, who will continue to support the initiation and development of Men's sheds in County Galway.
- The Galway Volunteer Centre will offer the continuous promotion of older adults participation in volunteering through targeted and open outreach with 'Active Retired Groups'.
- Galway City Partnership will develop Galway City as a Dementia Friendly Community through initiatives such as, training and awareness, developing a pool of volunteers, working with local businesses and local media to raise public awareness around dementia.
- Galway City Museum will make available the education room to older persons groups who wish to carry out projects of a cultural or heritage nature as part of the Cultural Volunteers Programme.
- Galway County Libraries will build on the free membership offered to older adults and will expand current programming to include; hosting coffee mornings, reading groups, providing audio books and computer classes for over 55's, and providing books to nursing homes.

## Strategic Priority 5

**To develop a partnership between the Alliance and NUI Galway, and particularly the University's two most relevant (to this strategy) centres, Project Lifecourse and the Community Knowledge Initiative. This partnership will help promote the concept of an age-friendly society and an age-friendly University, and thereby to make Galway a flagship for the integration of practice and research in the areas of ageing and the family.**

- This is an entirely new initiative based on the growing interest around lifecourse ageing and the success of Galway in positioning itself as a hub for innovation and creation. For this reason, no specific feedback was given on this priority under the Age Friendly Consultation, but it was felt to be an important addition which strengthened this strategy for the city and county.

## What Are We Going to Do?

### 1. Policy-related actions

- NUI Galway will include Ageing and Lifecourse and Volunteering as strategic priorities of the University
- Project lifecourse will provide an enhanced evidence base for the AFC programme
- The University will provide improved educational opportunities throughout the lifecourse
- The University will provide enhanced civic engagement possibilities

### 2. Specific actions

- The university will undertake an audit of its existing age-friendly activities
- With a view to promoting intergenerational activities, the Galway Age Friendly Alliance will explore with the NUI Galway Students Union the possibilities of mutually beneficial projects.
- The Galway Age Friendly Alliance and the University will explore the possibility of collaborating with other educational institutions in the region, and beyond, with a view to promoting the vision of the Alliance.
- The Galway Older Persons Council will support and promote the delivery of intergenerational introductory computing classes provided by NUI Galway such as the Click and Connect Programme.
- Galway Age Friendly programme will work with the Gaisce Programme operating within NUI Galway to pilot an intergenerational programme of shared learning and community projects.

This initiative will look to create partnerships across two of the modules inherent to the Gaisce programme:

- Under Community Involvement we will look to develop a database of projects with the Older Persons Council and other older adult groups in the community and to match these projects with the weekly community hours that Gaisce participants have to complete.
- Under Personal Skills, we will look for opportunities for Gaisce participants to learn new skills from older adults in the community.

## Strategic Priority 6

**To promote the concept and the practice of inter-generational activities throughout our community and to create respect across and between the generations.**

### What You Said

- Policy makers and service providers need to be more aware of the needs of older people and to review the way they work to ensure quality and sustainability of service. Specific mention was given to the need for improved consultation methods which gave older people a real opportunity to contribute and an ongoing insight into the development of projects and programmes by service providers and planners.
- The media stereotype of older people needs changing and organisations need to support older people to develop a more positive profile and find a way to highlight the positive contribution they make to local communities.
- One size does not fit all. Older people have diverse interests and needs; class, socio-economic and health factors influence levels of social inclusion. Many people do not want to be part of a club so other ways of engaging with the community are needed.
- The current older generation are the last chance to ensure that communities keep the history of local places alive and that they would like to take the opportunity to pass this knowledge on to young people in the community.
- Participants identified that they would like the opportunity to increase awareness among young people about how to engage with older people and vice versa – in short create mutual respect across generations.

## What Are We Going to Do?

### An Garda Síochána

- will continue to visit students in Primary and Secondary Schools and assist students to be more aware of the needs of the older adults in their communities and to help promote the Age Friendly Programme.
- will continue to work with young people to make them more aware of the fear that they can cause to older people through noisy group behavior, even though this is not intended.
- will interact with young people through established Garda Youth Programmes, Youth Clubs and Youth Diversion Projects to educate them regarding the needs of older persons and create an awareness with younger people in relation to the needs and fears of older people.

### COPE Galway

- will promote the Keeping Connected guide to ensure that older people's groups have access to this resource.
- Galway Library will continue an oral history project with older people in the Westside library and will consider expanding the project to other libraries.
- Ballybane library hosts a knitting circle and embroidery class. Tuam library is undertaking a Bibliotherapy project with Galway Mental Health.



## Strategic Priority 7

**To work with the Older Persons Council, and other groups representing the older members of the community, by engaging in a two-way process of communication which will enhance progress in relation to the other strategic priorities. Through this process we will also ensure that older adults have the information they need to live full lives.**

### Why

Successful communication and information leads to better community engagement, which in turn provides people with opportunities to have a greater say in what happens in their city and county and to be more active in decision making.

### What You Said

- The Galway directory of services was a great asset to older people and should be continued.
- Radio and local papers are the most effective method of getting a message to older people and it was felt that these should be used more efficiently by organisations.
- Participants asked that any information produced should be easy to read, eye-catching and to the point.
- Increasingly, more and more older people have access to basic mobile phones and it was identified that text alerts can be a great way to pass on short bits of information, as well as building confidence in using this technology.
- Organisations were asked to remember that not everyone has the internet and by putting all information on line they are actually excluding people from accessing services. Any information that is displayed should be in a simple format and easy to follow with plenty of completed examples and step by step guides. If on-line is the only way organisations are willing to display information in the future then participants identified that they need to include an adequate information and training process to accompany this.
- With more and more important information going online, participants recognised the need for them to become more technology proficient and asked for an increase in the delivery of computer courses in the community.
- Many application forms are too difficult to understand. Participants asked for either simplified forms or completed examples to be available. It was also suggested that organisations should be able to coordinate their efforts better so that much of the information in these forms can be shared so they don't have to be filled every time.
- While many are willing to use the internet, current limitations in broadband access prohibit this and there was a call for a better roll out of the broadband programme, especially in rural areas.

## What Are We Going to Do?

### 1. Planning & Policy-related actions

#### Galway Older Persons Council

- » will develop a formal reporting structure to allow issues affecting older adults to be raised at the Galway Age Friendly Alliance level in a structured and considered way.
- » will work with Galway Rural Development, Galway City and County Community Forum Networks to explore ways to encourage older people across the broader community to become engaged in the Age Friendly programme.
- An Garda Síochána will commit to documenting the needs, expectations and key issues arising from regular interaction with older people and statutory and non-statutory agencies. These issues will be presented to the Alliance and Galway Older Persons Council on an annual basis to ensure that policies and programmes remain relevant.

### 2. Other Specific Actions

- An Garda Síochána will engage in ongoing dialogue with the Galway Older Persons Council and wider forum to seek out the needs and expectations of older adults in the Galway division. Findings will inform the Local Policing Plans and service delivery.
- A representative from the Older Persons Council will continue to sit on the Galway County Joint Policing Committee - Community Watch Sub Committee to ensure the continued consideration of issues facing older people.
- The Galway Age Friendly Alliance will commit to meeting with the Older Persons Forum once a year to discuss issues and to explore opportunities for collaboration.
- Galway County Council will continue to provide an extensive range of services and programmes for older people through the public library service.
- The Galway Age Friendly Alliance will use the existing networks of the Disability Federation of Ireland, Galway City and County Community and Voluntary Fora networks to distribute information about the age friendly programme.
- Galway Rural Development will work with the Older Persons Council, to assist and support them in sourcing funding, accessing training and creating community partnerships.
- Galway County Council will make available a best practice document compiled by Age Friendly Ireland with recommendations as to how to best write publications for older adults."



## Strategic Priority 8

**To support and promote all initiatives which will enable people to live healthier and active lives for longer.**

*We've put more effort into helping folks reach old age than into helping them enjoy it.*

Frank A. Clark

### Why?

In order for a particular village or town to succeed, a sense of community must exist. There must be people willing to support the local businesses, rally around TDs and other local politicians and spend time as a group to ensure the community thrives. Without a community, your area is just another place to live.

Turnock (1997) highlighted that the value of assessing and improving community health is evident when looking at life expectancy data. He identified that health improvements are directly responsible for the 30-year increase in life expectancy from 1900 to today. Public health prevention efforts such as social policies, community action and personal decisions are responsible for 25 years of the increased life expectancy. Of the remaining five years, medical treatment advances account for only 3.7 years and clinical preventive services, such as immunizations and screening tests, have increased life expectancy by just 1.5 years.

Community supports and health services matter because they organise and deliver health care at the ground level through private and employed health care professionals and public, private, and nonprofit hospitals. They matter because they ultimately determine whether health care in the towns and villages across Galway is available, efficient, and effective.



### What You Said

- Physical exercise is essential and participants have asked for the provision of more classes tailored specifically to older people and for the introduction of discounts for leisure centres and exercise classes. There was also a request for more exercise opportunities in public spaces.
- There was concern about hospital and GP waiting lists and the stress and anxiety that this can cause people waiting for treatment.
- There was a recognition of the need for better promotion and encouragement of life style changes for the whole community with a stronger focus on health promotion and prevention rather than treatment.
- People want services and programmes to be delivered on an outreach/community basis and the suggestion was offered for each community to have a 'Community Expo Day' to learn about local services and groups.
- Programmes need to be delivered on a community outreach basis, including meals on wheels, care and repair and a range of health services including chiropody.
- With changes to entitlements and the delivery of services, older people are more confused about their entitlements and need better, more co-ordinated information to be available to them and for organisations to consider their needs when developing application processes and information packs.

### What Are We Going to Do?

Galway Sports Partnership, will

- » run activity days for groups in Regional Centres in Galway City & County, a target of 4 sessions including 1 in Galway City.
- » run one activity/information day for representatives from Active Retired Groups from across the County. The day will include light physical activity, 'chair' activities, Nordic Walking and information on general health, nutrition and physiotherapy.
- » pilot a new 'Be Active 55' programme with gymnasiums and leisure centres. The programme entails training gym and leisure centre staff to facilitate persons 55 years and above to use gym and leisure centre facilities throughout the county. Eleven centres in Galway have expressed interest in taking the training to date.
- » run Physical Activity Leaders courses for people who are interested in involving older people in physical activity.
- Since signing up to the Age Friendly programme, Galway County Council has delivered Outdoor Gym Equipment at Renville Park, Oranmore and in Loughrea. A further application was submitted to the Department in March 2014 for;
  - » (a) co-funding for the provision of additional outdoor equipment at Renville Park,

- » (b) co-funding for the installation of outdoor gym equipment at two new sites, one at the Palace Grounds in Tuam beside the Leisure Centre and the other site in Portumna adjacent to the Children's Playground.

These will run as pilot sites and will rely on usage and monitoring by older adults to inform decisions about the role out to other areas of the county. This equipment is suitable for a variety of ages and activity levels and training will be provided in conjunction with the Sports Partnership to ensure that community members get the most from this equipment.

- Ballinasloe Town Council has also applied for funding for the provision of a number of items of adult outdoor gym equipment, for installation on a suitable space in Dunlo Recreational Park.
- FORUM Connemara, in conjunction with Galway Sports Partnership, will organise traditional sports events for the Men's group with most participants being in the 55+ group.
- Galway City Council will promote and follow through on the commitments under the Healthy Cities Initiative, to support health promotion in the City.
- Galway Healthy Cities project will incorporate the age friendly consultation findings and engage with Galway Older Persons council in developing and implementing its action plan for Phase 6 of the WHO Healthy Cities programme (2014-2018). This will include a focus on investing in health through a life course approach and empowering people as a core theme.
- The HSE Health Promotion & Improvement department, in collaboration with Galway Rural Development, will deliver the 'ENGAGE' National Mens Health training programme to a range of services providers including service provided for older men.
- Health Promotion & Improvement will co-ordinate with Galway Rural Development and FORUM Connemara to facilitate the establishment and nurturing of Mens Sheds, encouraging men of all ages to participate.



# 5. Implementing the Plan

## Next Steps for Age Friendly Galway

### Galway: Age Friendly City and County Strategy & Action Plan

The Galway Age Friendly Alliance will publicly release the action plan which accompanies this strategy by end June 2014. The key agencies in the Galway Age Friendly Alliance will jointly plan and oversee the implementation of the actions detailed in the Galway Age Friendly Action plan.

The Galway Older Persons council will assist in monitoring the implementation of these actions, and will be supported in doing so. The Older Persons Council will work with the local Age Friendly Implementation Sub- Group and the alliance to put together an Annual Report, detailing action progress and making recommendations for the next phase of delivery.

This Galway Age Friendly Strategy and the action plan will be published on the Galway Age Friendly webpage [www.galway.ie/agefriendly](http://www.galway.ie/agefriendly), at [www.facebook.com/galwayagefriendly](https://www.facebook.com/galwayagefriendly) and will also be available in libraries. Copies can also be requested directly from local Social Inclusion Officers who currently oversee the Age Friendly Programme.

### Business of Ageing Forum

The Age Friendly Alliance will work to establish a new Business of Ageing Forum to work towards creating a better economic and retail environment for older people. Progress of this will be detailed in the annual report.

### Certification Process

The Age Friendly Alliance will work with the WHO at international level to formally sign up Galway to become an official member of the WHO Global Network of Age Friendly Cities.

### National Programme

The Age Friendly Ireland programme will establish and coordinate a series of national groups to ensure shared learning between counties, including

- Alliance Chairs    Age Friendly Project Officers    Older Persons Council Chairs

#### Inclusion Officers who currently oversee the Age Friendly Programme:

Galway County	Galway City
Bernie Donnellan, Social Inclusion Officer Galway County Council  T: 091 509578 E: <a href="mailto:bdonnell@galwaycoco.ie">bdonnell@galwaycoco.ie</a> or visit <a href="http://www.galway.ie/agefriendly">www.galway.ie/agefriendly</a>  <a href="http://www.agefriendly.ie">www.agefriendly.ie</a>	Sharon Lawless, Social Inclusion Officer Galway City Council  T: 091 536498 E: <a href="mailto:Sharon.Lawless@galwaycity.ie">Sharon.Lawless@galwaycity.ie</a> <a href="http://www.galwaycity.ie">www.galwaycity.ie</a>  <a href="http://www.agefriendly.ie">www.agefriendly.ie</a>





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