



**County Wicklow
Age Friendly
Strategy
2023 – 2027**





Age Friendly
WICKLOW





Foreword

Cathaoirleach Cllr. Tommy Annesley

As Cathaoirleach of Wicklow County Council, I welcome the development and publication of this second Age Friendly Strategy for County Wicklow. As this report highlights there have been many beneficial initiatives and developments undertaken across the county, resulting in improved quality of life of our older citizens, since the signing of the Dublin Declaration on Age Friendly Cities and Communities in 2014.

I would like to acknowledge the work of Wicklow Age Friendly Alliance and Wicklow Older People's Council, on your achievements to date and for your input and commitment to the development and delivery of this ambitious strategy for the period of 2023 to 2027. Given our growing population of older people, your work is more important than ever.

Success depends on effective partnerships and

collaborations among key stakeholders, ensuring that older people in Wicklow receive specific focus when it comes to current and future planning, across all policy areas, supporting older people to age in place.

Finally, I would like to wish all stakeholders and partners every success with the implementation of this strategy and to present our vision for Wicklow Age Friendly Strategy 2023- 2037.

The vision of County Wicklow Age Friendly Strategy is to make County Wicklow a great place to grow old, where older people are respected and valued, living full lives, ageing in place within their communities.



Cathaoirleach Cllr. Tommy Annesley
Wicklow County Council



Foreword

Chief Executive, Brian Gleeson

As Chief Executive of Wicklow County Council and Chair of Wicklow Age Friendly County Alliance, I welcome the development and recognise the importance of this new Age Friendly Strategy for our county.

Statistics tell us that worldwide the number of older people is increasing, a trend which is set to continue, also in Wicklow. People are living longer and more active lives. Therefore we must plan to ensure that older people have the necessary supports and services in place to meet their growing needs, to enhance their wellbeing and quality of life as they age in place.

The Wicklow Age Friendly Programme has been operational for several years and continues to grow from strength to strength. Widespread public and stakeholder consultation has informed the priority needs and shaped the actions to be delivered in implementing this strategy.

I would like to thank and pay tribute to the members of Wicklow Age Friendly County Alliance and the Older People's Council. Your active involvement and hard work in delivering our 2017-2022 strategy has resulted in many positive developments for older people throughout our county. I look forward to continuing with this collaboration as we roll out this strategy from 2023 to 2027.

Finally, I want to acknowledge the severe difficulties brought about by the worldwide COVID 19 pandemic, particularly for the older age groups, and applaud you for your resilience and strength during difficult times. Together with all the parties collaborating to implement this strategy, we look forward to progressing many positive developments which will make our county a great place to live in and to grow old in.

I will leave you with a few of words of wisdom from an older person who took part in our consultation who said: **"We need to plan not only for ourselves but for those who come behind us."** This sentiment underscores the ethos of being age friendly, which is not just about us today, but relates to the legacy we leave behind for generations to come

A handwritten signature in black ink, appearing to read "Brian Gleeson".

Brian Gleeson
Chief Executive



Foreword

Mai Quaid

Chair of Wicklow Older People's Council

Building on the strength of the previous strategy, Wicklow Older People's Council very much welcomes the development of this new Age Friendly Strategy for the period 2023 – 2027. We look forward to being a key partner in its implementation across the county.

Working closely with Wicklow Age Friendly County Alliance, to ensure the voices of older people were heard, this plan represents the needs and priorities identified through our public and stakeholder consultation process. Hence, key priority areas for action within this plan have been shaped by the engagement of older people throughout Wicklow.

This plan will work to improve and increase services and supports, leading to improved quality of life for older people. Taking into account the increasing trend towards

aging in our population, this plan represents an excellent opportunity to ensure accessibility and provision of relevant infrastructure and services to meet growing and diverse needs among older people.

Emerging from a worldwide pandemic places further importance on this plan and on areas of opportunity for re-engagement of older people within their communities, particularly in areas where this has been lost.

I want to take this opportunity to thank my fellow members of Wicklow Older People's Council for your dedication and commitment to representing the voices of older people across the county. I would also like to thank my fellow members of Wicklow Age Friendly County Alliance for listening to their voices, in developing this strategy for the next 5 years, to meet the needs of older people in County Wicklow.

A handwritten signature in black ink that reads "Mai Quaid". The signature is written in a cursive style.

Mai Quaid
Chair of Wicklow Older People's Council



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Chapter 1.

Age Friendly Ireland Programme Background

The Age Friendly Ireland Programme has been operational in Ireland since 2008, affiliated to the World Health Organisation [WHO] global Age Friendly Cities and Communities Programme. Ireland was the first country in the world to have full affiliation to the global WHO programme across all administrative areas. Age Friendly Ireland is a shared service of local government hosted by Meath County Council. The national programme is operated through a team-based framework of 31 Age Friendly Programmes hosted in local government. The National Age Friendly Shared Service supports cities, counties, towns, villages, and rural communities across Ireland to prepare for the rapid ageing of our population. It sets out to achieve this by focusing on environmental, economic, and social factors that influence the health and well-being of older adults. Age Friendly Programmes work to provide walkable streets, housing and transportation options, access to key services and opportunities for older people to participate in community activities. By doing so, these communities are better equipped to become great places, and even lifelong homes, for people of all ages.

Local Age Friendly Programmes are informed by a positive ageing perspective and seek to enhance and improve the lives of older people across the country, by giving them a voice in the decision-making processes affecting their ability to live full and active lives. Initiatives focus on areas such as housing, transport,

caregiving, community engagement, volunteering, social inclusion and combating isolation among older citizens.

Key to the success of the programme is the active involvement of key stakeholders including, the Older People's Council, Age Friendly Alliance, Age Friendly Programme Manager, Age Friendly Housing Technical Advisors, and the Local Authority Interdepartmental Team. The local Age Friendly Alliance is a high-level cross-sector group, chaired by the Chief Executive of the local authority. Key to the success of the Alliance is the representation of members from the Older Person's Council. The member agencies of the local Age Friendly Alliance form a strategic partnership to develop and oversee the Age Friendly Strategy. Members include the Local Authority, the Health Service Executive, the Education and Training Board, An Garda Síochána, the Chamber of Commerce, Citizens Information Service, Local Link Transport, local Partnership Companies, third level education sector and an elected member representing a Strategic Policy Committee.

The Older People's Council is a representative group of older people, established by the local authority as part of the local Age Friendly Programme. The Older People's Council is a two-tier structure with an elected Executive Committee and a wider membership base. Older People's Councils identify priority areas of need, raise issues of importance, influence the decision-making process of the

local Age Friendly Programme, and participate in national level structures. The key purpose of the Older People’s Council is to provide the authentic voice of older people representing the diversity that exists among our ageing population. Older People’s Council representatives are key collaborators and stakeholders who co-design the actions and objectives of the Age Friendly Strategy.



Figure 1. Local Age Friendly Structures

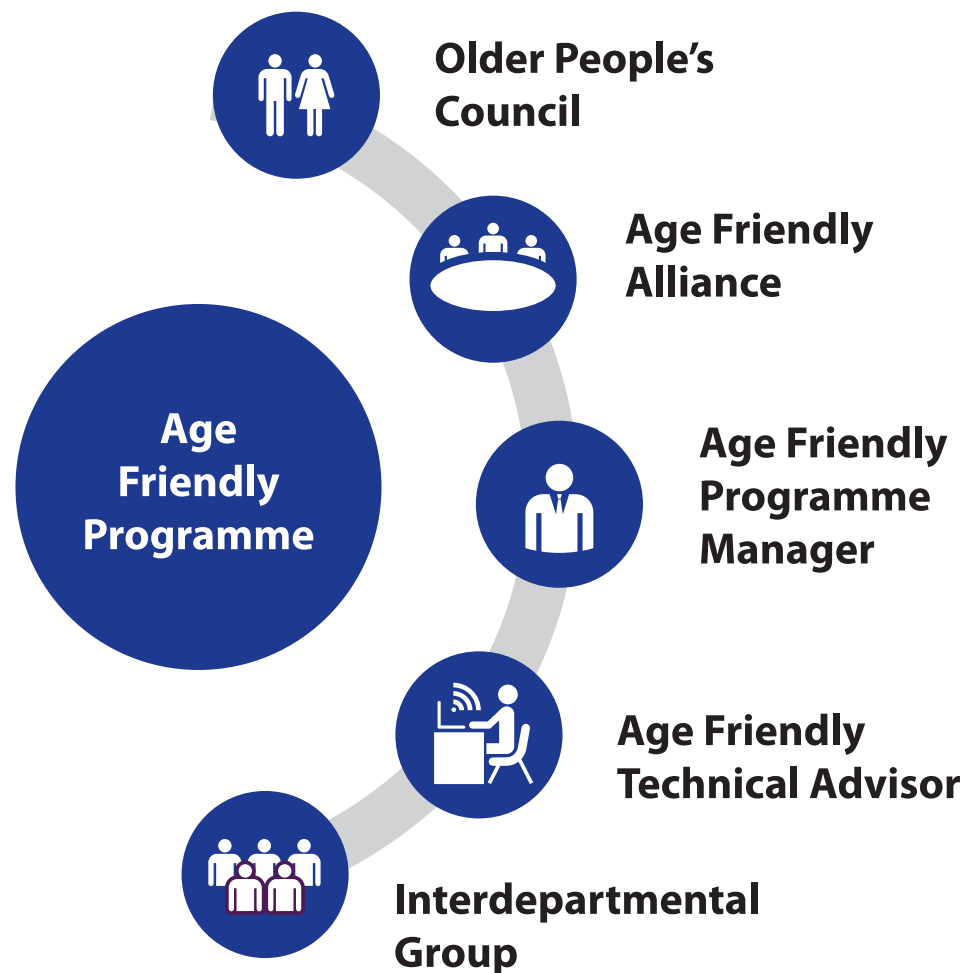


Figure 2. National Shared Service Framework: Age Friendly Ireland

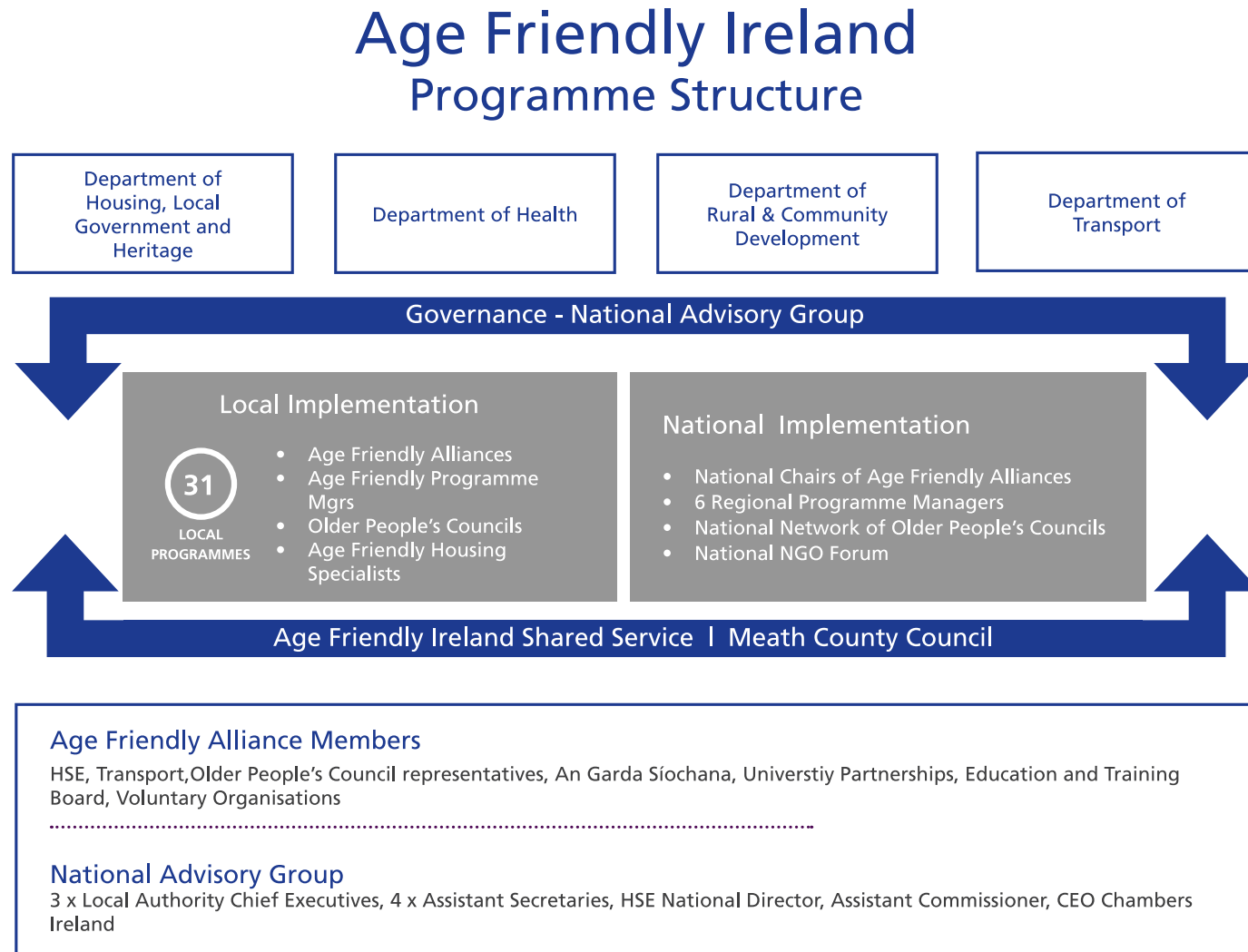


Table 1. Wicklow Age Friendly Alliance Membership

Wicklow Age Friendly Alliance Representation	Member
Wicklow County Council (Chief Executive Officer & Chair of Age Friendly Alliance)	Brian Gleeson
Wicklow County Council (Director, Community, Culture & Social Development)	Michael Nicholson
Kildare Wicklow Education & Training Board (KWETB)	Niamh Maguire (to Sept 2022) Fiona Tuite
Health Service Executive (HSE)	Samantha Seabrooke
Citizens Information Service (CIS)	Martina Cronin
County Wicklow Partnership (CWP)	Brian Carty
Bray Area Partnership (BAP)	Peter Brennan
An Garda Síochána (Wicklow/Wexford Division)	Chief Superintendent Anthony Pettit, Sgt. John Fitzpatrick
Older Person’s Council (Baltinglass Area) - (Chair of OPC)	Mai Quaid
Older Person’s Council (Bray Area)	Margaret O’Toole
Older Person’s Council (Laragh Area)	Pauline Fahy
Transport For Ireland Local Link (TFI) (Carlow, Kilkenny, Wicklow)	Jackie Meally
TFI Local Link (Wicklow)	Frank Quaid
Elected Member (SPC)	Cllr. Pat Fitzgerald

Table 2. Wicklow Older People’s Council Representation and Membership

Wicklow Older People’s Council Representation	Member
Baltinglass Area	Mai Quaid (Chair)
Arklow Area	Gertie Salley
Carnew Area	Pat Brennan
Bray Area	Margaret O’Toole
Bray Area	Peter Prunty
Bray Area	Criona McCarthy
Greystones Area	Pat O’ Riordan
Wicklow Town Area	Pam McDonough
Rathdrum/Laragh Area	Pauline Fahy
Money, Advice & Budgeting Services (MABS)	Deirdre Rice
Citizens Information Service (CIS)	Martina Cronin
Wicklow Home Care Services	Andrea Wilson

1.1. Age Friendly Programme Manager

The Age Friendly Programme Manager provides the following services and supports to the Age Friendly Alliance and Older People’s Council Executive and wider OPC Council.

- Provision of executive role (meetings, notices, minutes, reports, etc)
- Co-ordination & liaising with lead agencies and stakeholders
- Facilitation & Communication

1.2 WHO International Framework

Local Age Friendly Strategies are aligned to the eight ‘Domains’ within the World Health Organisation’s Age Friendly Cities and Communities Framework including.

1. Outdoor Spaces & Buildings
2. Transportation
3. Housing
4. Social Participation
5. Respect & Social Inclusion
6. Civic Participation & Employment
7. Communication & Information
8. Community Support & Health Services





Wicklow Age Friendly County Alliance – Meeting 7th December 2022

Chapter 2.

**Review of Wicklow Age
Friendly Strategy 2017 – 2022**

2.1. Review Process & Methodology.

In advance of preparing this new strategy, a review of Wicklow's 2017 - 2022 Age Friendly Strategy was undertaken during September and October 2021. Given the prevailing COVID 19 restrictions, face to face meetings were not possible, therefore the following methodology was used to conduct the review.

- o Desk review of Age Friendly Strategic Actions – Progress Updates & Reports.
- o Meetings with Age Friendly Programme Manager.
- o Development of a 'Review' questionnaire and circulation to Alliance and OPC members.
- o Feedback via email, postal copy, Zoom, MS Teams and telephone.
- o Collating responses and presenting findings to both the Alliance and OPC membership.

2.2. Wicklow Age Friendly Strategy 2017 - 2022 – Key Achievements

Acknowledging the ambitious targets set out in the first Age Friendly Strategy for Wicklow, both the Alliance and OPC were very positive about the level of progress and work achieved through the 2017-2022 Strategy. The following list highlights some key achievements, See

Appendix 1 for a comprehensive list of all developments achieved through this strategy.



Walkability Survey – Beyond The Trees Avondale

Designated **Age Friendly Parking** – Arklow, Wicklow, Greystones, Civic Amenity sites
Baltinglass Primary Care Centre **Age Friendly Accreditation** – First in Ireland
Age Friendly **Libraries** initiative and accreditation for Arklow, Enniskerry and Blessington
Age Friendly **Housing Specialist/Champion** appointed within LA
Age Friendly **benches** installed in several towns and villages
Age Friendly **accessibility considerations** within projects funded under Town & Village Enhancement Scheme
Production and dissemination of '**Guide to Services**' for older people in County Wicklow
Five '**Walkability Surveys**' including Arklow, Wicklow, Baltinglass, Blessington and Rathdrum
Age Friendly '**Town Initiative**' Arklow
New **Local Link Route** Wicklow Town to Glendalough
Installation of **bus shelters** in Rathdrum, Arklow, Wicklow and Greystones
Planning and Funding secured for new **Age Friendly Housing** units
Approval and relocation of '**Bloom**' **Dementia Garden** to Arklow
Participation in **Intergenerational** 'Time Capsule Project' & Age friendly **Eircode** magnets project
Weekly **Age Friendly** slot on East Coast Radio (Mai Quaid - OPC Chair)
Information seminars and events for **Older People** (Events deferred in 2020/2021 and recommenced 2022)
Contribution to Wicklow's first **Digital Strategy**
Feasibility work undertaken re. establishing **Alzheimer Cafes** in Arklow/Blessington libraries and training
Successful lobbying for **dedicated** Older Persons **Garda Liaison Officers**
Delivery of a range of **support and services** to older people during COVID 19 under the **Community Call Initiative**
Age Friendly recognition for Beyond the Trees Avondale, as Ireland's first **Age Friendly Tourist destination**





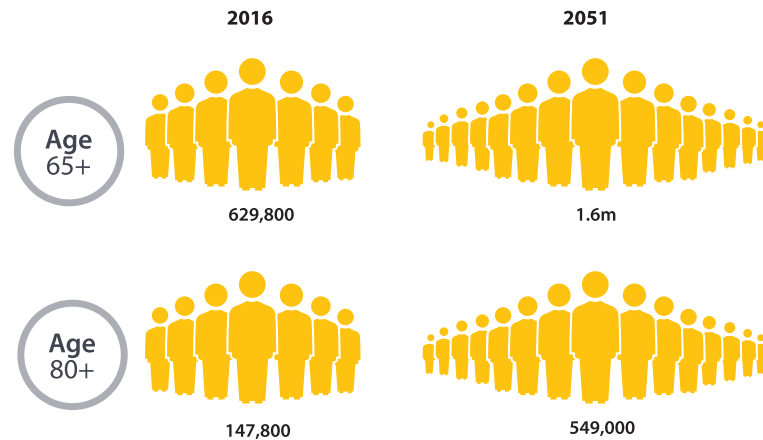
Chapter 3.

Key Demographics

3.1. Overview

Worldwide, the proportion of people aged 60 years and over is growing faster than any other age group. In Ireland, it is projected that the number of people aged 65 years and over will increase significantly from the 2016 census level of 629,800 persons in the state, to between 1.5 million and 1.6 million by 2051, depending on different growth scenarios. This represents over double the current number of people aged over 65, based on the Central statistics Office (CSO) 2016 data. According to predictions (CSO. 2021) the population aged 80 years and over is set to rise dramatically by 2051, increasing from 147,800 (2016) to over 500,000 representing more than a threefold increase. The level of population growth within this age cohort will require additional and significant planning and resources to support people as they grow old.

Figure 3. Population Projections – People Aged 65+



3.2. Wicklow's Ageing Population

The overall population of County Wicklow grew from 136,640 in 2011 to 142,425 in 2016, an increase of 5,785 persons (4.2%) of which 13% were over the age of 65 years. The WHO identifies people aged 55 and over as 'older people'. Interestingly Wicklow reported a significant increase within the 55+ age cohort in 2016, reporting an increase of 17.5%, 5,088 persons since the 2011 census.

The table below details changes among Wicklow's population in the 55+ age cohorts between the 2011 and



2016 census. People in the over 90+ age bracket increased in number by over 54% from 368 (2011) to 567 (2016). Significant increases were also noted in the 70-79 age bracket (1,909), representing an increase of almost 30%. While increases in the county's population over the age of 80 years is in line with global trends, as people live longer lives.

Table 3. Population Increase by Age Groups 2011 – 2016

Age	2011	2016	Number Increase	% Increase
55-60	8,721	9,781	9,781	12.15%
61-69	10,613	12,106	1,493	14.07%
70-79	6,390	8,299	1,909	29.87%
80-90	2,871	3,298	427	14.87%
90+	368	567	199	54.08%
Total	28,963	34,051	5,088	17.57%

3.3. Wicklow's Age Dependency Ratio

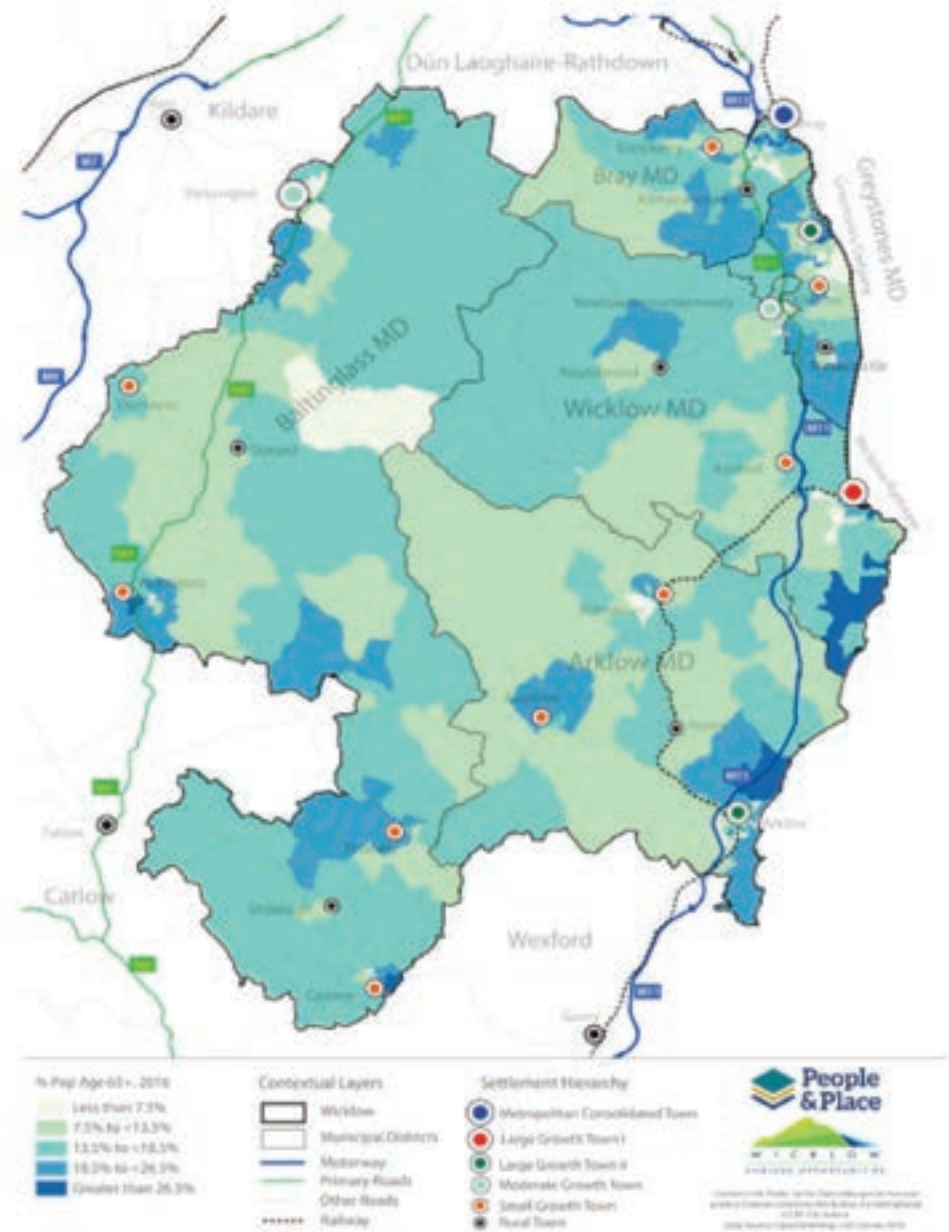
Age dependency ratio measures the proportion of the population aged 0 to 15 years and those over the age of 65 as a percentage of the total population. Wicklow's recorded age dependency rate is 55.5% (2016) which is above the State average of 52.7%. Wicklow has the highest age dependency ratio, after Meath, of the counties in the Eastern Strategic Planning Area (SPA). Dependency rates are higher across the rural areas of the county with considerable divergence across the five Municipal Districts. Aughrim and Rathdrum have the highest age dependency ratios, while above average numbers were recorded in Greystones/ Delgany and Blessington.

3.4. Family Cycle – Retired

Families that are classified as 'retired' constitute almost one- in- ten families in Wicklow at 9.9% which is on par with that of the State. This cohort has experienced a considerable increase since 2011. County Wicklow records the second highest value in the Dublin and Eastern SPA's. Wicklow's rural areas show higher proportions of 'retired' families than its urban areas. Values range from 6% in Blessington to 10% in Greystones/Delgany and among the smaller settlements, Manor Kilbride recording the highest at 18.4% of its population as retired.

Map 1. Map of Wicklow's Population Aged 65+ (2016) at Small Area Level

The location of hospitals, sheltered housing and care facilities may affect the spatial distribution of older persons in Wicklow. Small Areas with the highest population aged 65+ (>25.5% of the population aged 65+) contain such facilities.



3.5. Census 2022 Preliminary Population Wicklow

Preliminary population figures available from the recent 2022 census show a total county population of 155,485, representing an increase of 13,060 persons, a 9.2% increase from the 2016 census across the total population. Detailed socio-economic data will be available from mid-2023 and will present a more accurate figure of the change in different age cohorts and a profile of the county's ageing population. This strategy will take account of changes within the 55+ age cohort as they emerge.

3.6. Population Projections for Wicklow

As is the case across Ireland, the main anticipated demographic change, over the coming two decades, is the county's aging population. Wicklow's Socio-Economic Profile (2020) highlights population projections undertaken by the Economic & Social Research Institute (ESRI) for the Housing Needs and Demand Assessments. The ESRI predicts that between 2021 and 2040, Wicklow's population will increase by a further sixteen percent (approx. 24,000 persons) to approximately 175,000. Between 2021 and 2040 the largest increase is expected in the 65+ age cohort, where a 78% increase is predicted.

3.7. Ethnic/Cultural Population

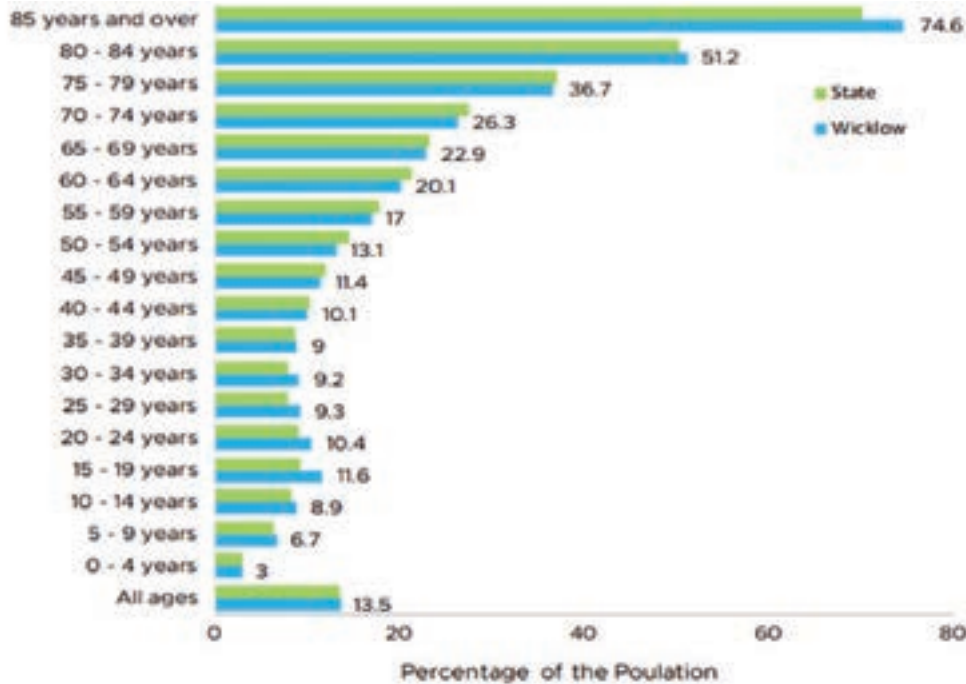
County Wicklow has, over the past two decades, become increasingly diverse in terms of nationality and ethnicity, with over one hundred nationalities resident in the county. People with a nationality other than Irish accounted for 10% of the total population in the 2016 census. UK nationals represented the highest cohort at 3,473 persons, followed by Polish nationals at 2,751. Results from the recent census (July 2022) will be available mid 2023 providing a clearer picture of the county's diversity, particularly given increasing international migration and the impact on population due to the war in Ukraine.

3.8. Health & Disability

The Socio Economic Profile of County Wicklow (2022) reports that most people, at 88.7%, describe their health status as either 'very good' or 'good' with very little difference between the aggregate urban and aggregate rural areas.

As the bar graph below shows, over one-in-eight persons (13.5%) of the population) in the county has a self-declared disability. The graph reveals that disability correlates with age; the older one gets, the more likely one is to have a disability. Significantly, almost three quarters (74.6%) of persons aged 85+ in the county are

Figure 4. Percentage of Population with a disability by age cohort



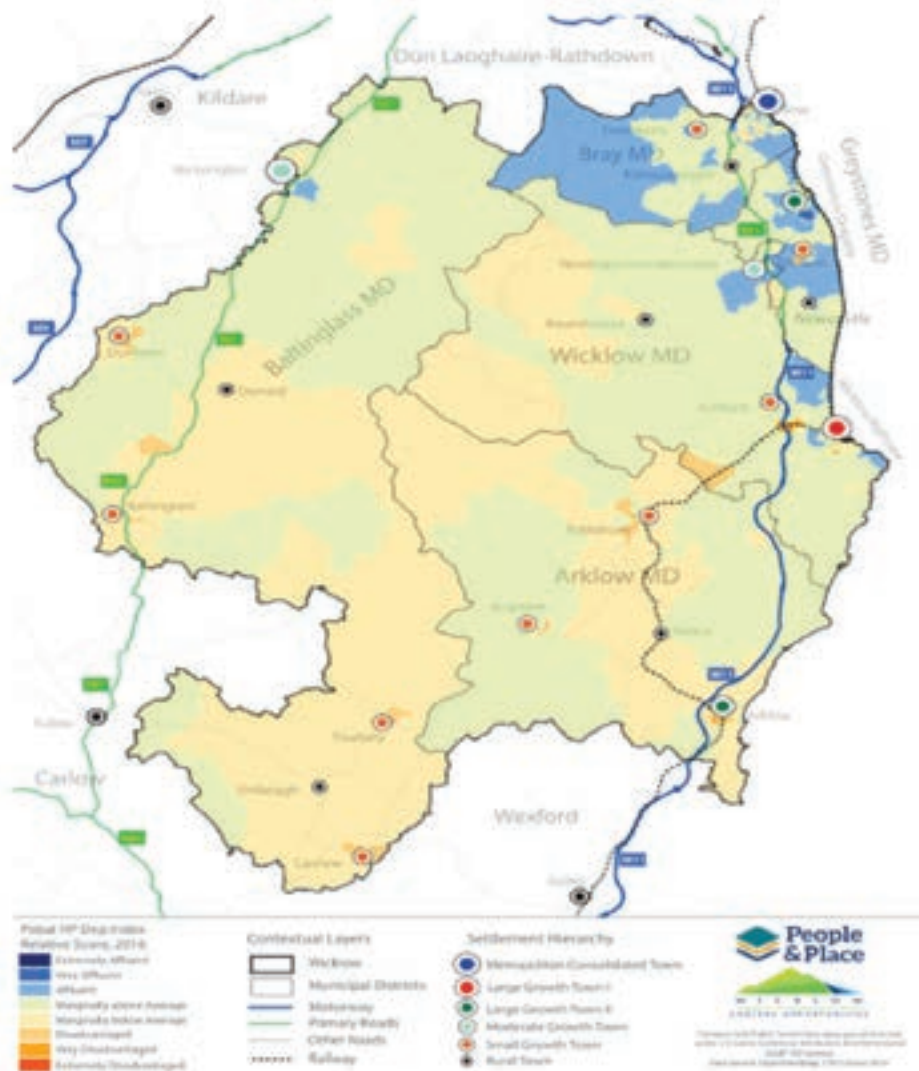
3.9. Deprivation Index Levels

The Pobal Haase-Pratschke (HP) Deprivation Index is used by the government and public bodies to identify geographical areas of greatest need, so that investment and supports can be directed to such areas. Age

dependency ratio, population change and persons with a disability are among the variables considered in the formation of the HP deprivation score. While Wicklow’s overall score, on the Pobal Index, is positive, there are a number of areas recording negative values, Arklow and Baltinglass, recording scores of -4.3 and -1.3 respectively. Small area level data highlights varying levels across the urban area of Bray, recording 2 areas falling within the ‘Very Disadvantage’ category, 10 falling within the ‘Disadvantaged’ category and a further 13 areas registering as ‘Marginally Below Average’. The map below shows the distribution of areas of affluence and deprivation across the entire county at Small Area (SA) level. As indicated by the blue colours, the affluent areas in Wicklow are predominantly in the north and northeast. Of the main towns, Arklow records the lowest scores on the index, with some areas of the town classified as ‘below average’ or ‘disadvantaged’, compared to the national average.

The green shading on the map indicates that most of rural Wicklow achieves scores that are marginally above average, relative to Ireland as a whole. In contrast, the more rural south of the Baltinglass MD and west of the Wicklow MD are generally classified as ‘below average’, relative to the national average. In the southwest of the county, there are a number of villages with areas of ‘disadvantage’ including Aughrim, Carnew, Dunlavin and Tinahely.

Map 2. Map of Deprivation Index at Small Area Level – Wicklow



3.10. Wicklow County Council Housing for Older People

Wicklow County Council Housing Department recorded the following housing stock profile for people over the age of 55 living alone in 2022.

Table 4. Wicklow County Council’s Housing Stock- 55+ Age Cohort

Number of Beds	Unit Number
1	302
2	211
3	210
4	22
Total Units	745

3.11. The Healthy & Positive Ageing Initiative (HaPAI) Wicklow

A total of 500 interviews were conducted with participants aged 55 and older throughout Wicklow, in 2015, as part of the HaPAI study. Key findings at that time included :

- Three quarters of respondents aged between 55 and 69 years indicated their health to be 'Good' or 'Very Good' and 61% of those in the 70+ age cohort indicated similar health.



Summary

Worldwide, the proportion of people aged 60 years and over is growing faster than any other age group. Estimates predict that by 2026, there will be 1.15 million people in Ireland aged 60+, resulting in one in every four people being in that age group. Wicklow too anticipates large increases within this demographic of around 78% by 2040.

Becoming increasingly diverse, Wicklow is now home to over 100 different nationalities. Results from Census 2022 will provide a more accurate profile of the county's diversity, particularly taking account of international migration and the impact on the county's population due to the war in Ukraine.

A large majority people across the county describe their health as either 'very good' or 'good'. Despite this, 13.5% has a self-declared disability, particularly among the older age cohort, where almost three quarters are living with a disability.

Improved medical innovations, enhanced medical treatments, coupled with improved lifestyles are key contributing factors enabling people to live longer. Population predictions comprising of one in four people over the age of sixty within the next four years (2026) will have significant social and economic implications, at

individual, family, and societal level. This dynamic will bring additional demands requiring additional resource allocation as older people need varying and greater levels of support as they grow older. The implications for public policy areas across housing, health, urban and rural

planning, transport, policing, and the business environment are considerable. Therefore, future planning in public policy and service provision is paramount for older persons.







Chapter 4.

Relevant Policies and Plans



Future planning and policy development is key to identifying, resourcing, and implementing priority actions based on current and future needs of older people. This section presents an overview of some key relevant International, National, and local policies and plans.

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

National Positive Ageing Strategy, Vision Statement (2013)

United Nations 2030 Sustainable Development Goals

This plan outlines 17 Sustainable Development Goal that integrate economic, social, and environmental themes. Age Friendly Strategies support these goals through various actions across priority themes including, (1) Good Health and Well Being, (2) Reduced Inequalities and (3) Sustainable Cities and Communities.

Figure 5. United Nations Sustainable Development Goals.





Active Aging & Policy Framework - World Health Organisation

Key to the development of this strategy, for County Wicklow, is alignment with the eight interconnected 'Domains' as identified by the World Health Organisation (WHO) including.

1. Outdoor Spaces and Buildings
2. Transportation
3. Housing
4. Social Participation
5. Respect and Social Inclusion
6. Civic Participation and Employment
7. Communication and Information
8. Community Support and Health Services

 **Active Aging & Policy Framework**



The National Positive Ageing Strategy

Published in 2013, the National Positive Ageing Strategy identifies aging as one of the most significant demographic and societal developments that Irish society has encountered. Identifying the need for a shift in attitudes, both on a collective and individual basis of how society views aging, is a key objective of this strategy. National Positive Ageing Strategy.

 **National Positive Ageing Strategy**



Project Ireland 2040 - The National Planning Framework

This framework sets out a vision and a development strategy to shape Ireland’s national, regional, and local spatial development, in economic, environmental and social terms to 2040. It highlights that as people get older, they are likely to have increasingly complex healthcare needs, with a requirement for services, and facilities to support provision of suitable and necessary care. It also acknowledges that as more people live longer lives, they will want to stay healthy and independent, living in their own homes.

This plan highlights the need for seamless, and appropriate continuum of housing choices with appropriate supports for older people. Through provision of attractive, accessible, and safe housing, older people

will be supported and motivated to enjoy more active, healthy, and connected lives, and to age confidently and comfortably in their community. The need for well-designed developments, close to existing services and facilities, supported by universal design will be required. The provision of such accommodation can provide opportunities for older people to downsize from larger homes within their existing communities. This plan also acknowledges the need for more supportive communal, and specialist care accommodation required by some older people.

Project Ireland 2040

Local Link Rural Transport Programme Strategic Plan 2018-2022

A first for the National Transport Authority, this plan sets out the strategic direction for the Local Link Rural Transport Programme for the period 2018 – 2022 to deliver on the following mission:

‘To provide a quality nationwide community based public transport system in rural Ireland which responds to local needs’

Local Link Plan





Housing for All

This plan for housing in Ireland will run to 2030. A key focus is to support older people to stay in their homes and communities, for as long as possible. Fulfilling the Programme for the Government’s vision of an age friendly Ireland, in which older people can live long and healthy lives, participate in their communities, and have a range of housing options, and health supports to make this possible. Initiatives in this plan include:

- o Dedicated social housing provision.
- o Delivery of appropriately sized houses and locations (rightsizing opportunities) to facilitate aging in place with dignity and independence.
- o Network of Age Friendly Technical Advisors.
- o Age Friendly and Universal Design Principles.
- o Increased funding for Housing Adaptation Grants for

- o Older and Disabled Persons.
- o Capital Assistance Scheme.

Housing for All Strategy



SLÁINTECARE Implementation Strategy

Devised in 2017, this policy provides a very ambitious roadmap to deliver health system reform, and universal healthcare in Ireland. SLÁINTECARE is a ten-year plan to achieve health reform through eight fundamental principles:

1. Engagement.
2. Patient is paramount.
3. Timely Access.
4. Care provided free at the point of delivery.
5. Patients accessing care at the most cost-effective service level.
6. The health service workforce is appropriate, accountable, flexible, well-resourced, supported and valued.
7. Public money is only spent in the public interest.
8. Accountability.

SLÁINTECARE



Healthy Ireland - A Framework for Improved Health & Wellbeing 2013- 2025

Supporting people to enjoy healthy and active lives, starting in the womb, and continuing through childhood, adolescence, adulthood, and older age, is a key goal of this framework.

Positive and healthy ageing is fundamental, particularly as healthy aging is a major contributor to closing the gap in health and wellbeing between socio-economic groups, and between men and women. The importance of maximising existing partnerships, strategies and initiatives that aim to support older people, to maintain, improve or manage their physical and mental wellbeing is a key objective of this framework.

Healthy Ireland Plan



Our Rural Futures – Rural Development Policy 2021 - 2025

Acknowledging the needs of older people and the value of intergenerational initiatives within rural communities, this policy supports the transfer of knowledge, skills, and heritage between different age groups, including the opportunity for young people to support older age groups to adapt to digital technologies. This plan aims to improve connectivity and digital innovation achieving greater outreach to rural communities. Achieving this, will support older people to live independently in their communities by accessing services and education through connected technologies.

Rural Development Policy



Connecting Ireland – Rural Mobility Plan

The Connecting Ireland Plan is a major national public transport initiative developed by the National Transport Authority (NTA), with the aim of increasing connectivity, particularly for people living outside our major cities and towns. The plan aims to improve mobility in rural areas, and it will do this by providing better connections between villages and towns, by linking these areas with an enhanced regional network connecting cities and regional centres nationwide. These improvements will create a more effective and integrated system, with a target to bring people in rural areas to where they want to go, when they want to get there.

<https://www.nationaltransport.ie/wp-content/uploads/2021/10/FINAL-BROCHURE-26-10-21.pdf>



Climate Action Plan 2021

Relevant for all age cohorts, this plan sets out a roadmap for taking decisive action to half Ireland’s emissions by 2030 and reach net zero no later than 2050, as has been committed to in the Programme for Government. Achieving these ambitious targets requires extensive awareness creation and engagement across all age cohorts. Setting out a vision to ensure communities are healthy and secure, enjoy cleaner air and water, and where homes are warmer and cheaper to heat are among the key priorities.

[Climate Action Plan](#)



National Volunteering Strategy 2021- 2025

This strategy, a first for Ireland, highlights the value of volunteers and how volunteers make a vital contribution to Irish society, developing communities as vibrant, inclusive, and sustainable places where people want to live. The economic, cultural, and social benefits of volunteering, permeate through a diverse range of activities including the provision of supports to arts and heritage, education, health, sport and the socially marginalised. COVID 19 has further highlighted the importance of volunteering as a mechanism to support individuals and communities. Equally volunteering is rewarding to the volunteers themselves and can often provide vital connection and inclusivity within older age cohorts.

 ***Volunteering Strategy***



Realising Our Rural Potential - Action Plan for Rural Development

This Action Plan is about the people who live in rural Ireland. Focused on the need to support vulnerable rural communities by improving connectivity, tackling isolation, enhancing support for older people, and a range of measures to improve the security and safety of rural dwellers. Supporting older people to live longer healthier lives within their own communities is a priority area within this plan. Specific measures to improve transport connectivity and rural transport services between rural areas, as a mechanism to improve quality of life of rural dwellers, particularly for older people living in more remote areas, are also a strong element of this plan.

 ***Rural Development Plan***



Sustainable, Inclusive and Empowered Communities

This 5-year strategy sets out a long-term vision to support the community and voluntary sector in Ireland, in recognition of the importance of this sector to a healthy, just, and prosperous society.

This is specifically focused on Government policy in relation to community development, local development, and the community and voluntary sector. The strength of the collaborative and partnership relationship between Government and the community and voluntary sector underpins the success of this strategy.

Community and voluntary organisations deliver a wide range of services across many sectors in Ireland including services for older people, such as ‘Meals on Wheels’ and services for people with disabilities and dementia.

Advocating and providing important supports that the Government is unable to deliver directly, results in improved quality of life across all age cohorts.

Sustainable Plan



National Broadband Strategy – Updated 2015

The National Broadband Plan sets out how the Government will deliver its commitment to provide high speed broadband to all parts of Ireland.

This strategy aims to deliver high speed broadband to every citizen and business in Ireland. Underpinned by a belief that quality high speed broadband is a necessity for any modern economy or society in this digital age. Recognising the importance of digital inclusion, connecting rural communities, is a priority area for action within this state led intervention strategy. Given the systemic move to online practices it is more important than ever to ensure that older people are connected, to support them in digital inclusion.

Broadband Plan



Wicklow County Development Plan (CDP) 2022 - 2028

The CDP is focused on planning and policy objectives to guide the economic, social, cultural, and environmental aspects of growth and development in County Wicklow. The newly adopted plan 2022 – 2028, contains priority actions to support independent living for older people through improved accessible infrastructure, housing, services, and amenities. This plan recognises the aging nature of Wicklow’s population, hence the importance of access to facilities and appropriate parking enabling older persons to continue to enjoy full and active lives. The plan also acknowledges the Regional Spatial & Economic Strategy (RSES) in relation to incentivising mobility in the housing market, to address social isolation among older people and to offer more choice by way of an increased supply of accommodation at all life stages.

County Development Plan



Wicklow Local Economic and Community Plan (LECP) 2016 – 2022

Encompassing both economic and community priorities for the county, the current plan’s vision is.

“a county which provides a high quality of life and well-being for all; values socially inclusive urban and rural communities; is driven by a dynamic and innovative economy, promotes and prioritise sustainable development and protects and enhances the County’s unique and rich natural and cultural heritage”

A new LECP is currently under development, involving extensive public and stakeholder consultation. The LECP will take account of priorities identified in this strategy.

LECP Plan

Age Friendly Programme - County Wicklow 2022 - TrioBikes

Wicklow County Council acquired two trishaws for outdoor recreation for older people. These will be donated to Baltinglass Community Hospital and Carnew Community Care Centre. Sourced from Copenhagen Cycles. Funded by Department of Rural and Community Development (DRCD), under the Outdoor Recreation and Infrastructure Scheme (ORIS).





Chapter 5.

**Strategy Development -
Consultation Methodology &
Findings**

5.1. Public Consultation Methodology

To ensure the voices and viewpoints of older people were heard, public consultation was undertaken between October 2021 and April 2022. Consultation methodology included, focus group meetings, online and paper survey, phone/email and one to one meeting's, undertaken within the prevailing COVID 19 guidelines. Survey responses were invited through Wicklow County Council's Consultation Hub. In addition, to ensure accessibility, over 600 paper copies of the survey were distributed through a variety of groups, which were subsequently manually inputted online. To engage with as wide an audience as possible, this process was supported by a publicity campaign involving, newspaper, radio, and multiple circulations through social media platforms. The following advertisement ran in the Wicklow People inviting older people to 'have your say'.



New Wicklow Age Friendly Strategy Development Survey Have Your Say....

People worldwide are living longer than ever, and while this is a great achievement, the challenge is to work towards improving quality of life for the increasing number of older people, ensuring they reap the benefits of this longevity.

Following on from the success of the current Age Friendly Strategy, Wicklow Age Friendly Alliance and Older People's Council are keen to ensure a strong focus for older people across the county in the future. To ensure this, a new plan is currently under development for the period of 2023 to 2027. Areas of interest include outdoor spaces, transport, housing, social participation, and community supports and health services.

Stakeholder engagement and consultation is currently underway; therefore, the partners want to hear the views of people aged 55 years and over living in the county. Insights and contributions gathered through this process will result in the identification of priority areas for action in the new strategy. To have your say please complete the survey by logging on to Wicklow County Council's Consultation Hub on the link below.

<https://www.wicklow.ie/Living/Services/Community/Wicklow-Age-Friendly-Survey>

5.2. Response Rate

A total of 305 older people engaged in the public consultation process. This research was undertaken during COVID 19, and responses were submitted within the pandemic backdrop. Just under half of the responses were submitted via written hard copies, while the balance was submitted online. The consultation process yielded strong engagement across the entire county including the following areas.

Arklow, Ashford, Aghrim, Avoca, Ballinglen, Blessington, Bray, Brittas Bay, Carnew, Coolboy, Delgany, Donard, Dunlavin, Enniskerry, Glenealy, Greystones, Hollywood, Kilcoole, Kilmacanogue, Kiltegan, Knockananna, Lackan, Newcastle, Newtownmountkennedy, Redcross, Rathdrum, Rathnew, Roundwood, Shillelagh, Tinahely, Valleymount, and Wicklow Town.



5.3. Profile & Summary of Public Consultation Responses.

The highest response rate was from females, almost twice the number received from males. People in the 66 to 75 years age cohort account for the largest response level at 40%, followed by those aged between 55 and 65, at 30%. Therefore, the largest number of respondents at 70% are within a twenty-year bracket aged between 55 to 75 years. In terms of rural - urban balance, interestingly a high proportion of responses were received from rural dwellers (75%) who live at least 5 kms from their nearest town or village.

Positively most respondents (85%) are active, a high proportion of older people are living alone (42%). Almost 43% of respondents are not involved with any community or social group. For those that are actively engaged with Social Clubs, cards and dancing are the most popular activities. In relation to involvement with groups, a high number are involved in Active Retirement Groups, with many taking on officer and committee roles and responsibilities. Older people who are not currently engaging highlighted COVID 19, lack of transport, anxiety, disability, cost and fear as barriers to participation.

Most respondents use some form of technology. Only five people indicated they do not use any form of technology.



While 20% of respondents only use a mobile phone, 30% indicated use of multiple technology tools and platforms.

Older people are accessing information across a wide range of sources, the largest number of respondents (54%) access information from a combination of radio and local newspapers. Radio as a standalone source is the most popular information source among respondents. Interestingly only 14% of respondents feel they are kept up to date on relevant information, while 69% feel they are 'often' or 'sometimes' kept up to date. Information on rightsizing of housing, exercise classes, contacts for reliable trades people, music lessons and Government funding are among the areas that older people would

like to receive more information on.

Positively, a high proportion at 63% feel there are opportunities to get involved within their local community. However the remaining 37% are not aware of opportunities or feel there is no chance for their involvement. Further research in this area will help to identify barriers and reasons for this attitude and will identify approaches to improve community engagement for older people.

Most respondents rate their level of safety highly, with 38% indicating a 'very good' level and a further 41% indicating a 'good' level of safety. Out of 286 responses, the majority at 198 do not have a personal/pendant alarm. However, twenty-one people indicated they would like more information on a personal alarm system.

Respondents were asked to indicate awareness of relevant contact details for safety and health related services e.g., Home Care Support, Meals on Wheels, Personal Alarm/Pendant, or Day Care Service activities. Fifty three percent are aware, while 47% indicated they do not know where to contact for such services, representing a high level of people with a deficit in key information. A high level of respondents (59%) indicated they can access a local 'Meals on Wheels' service, of which 55% avail of the service, however many more indicated they would use this service if available to them.

Opportunities to access outdoor spaces and public buildings was rated highly. However, respondents submitted numerous practical suggestions on ways to further improve access, including: transport, parking, lighting, toilet facilities, ramps, seating, etc. The high number of respondents who drive on a daily or regular basis may be linked to the high response from rural dwellers. Only 21% indicating they never drive. When asked about awareness of Age Friendly Parking spaces around the county, a high proportion indicated they are not aware of such parking.



Over three quarters of respondents can access public transport locally, however almost half of these people indicated that provision was only 'average' with some rating the service as 'poor' or 'very poor'. This might account for the high number at 65% who only use public transport occasionally, and a further 20% who do not use it at all. Importantly, COVID 19 features highly as a reason for current non-use of public transport. There is varying levels of awareness and provision of transport service for outpatient hospital appointment across the county. Almost 70% of respondents are not aware of any service; just 9% indicated they have such a service, who mostly reside in the northeast of the county, while 21% of people indicated that they have no such service available to them.

In relation to the Housing Adaptation Grant administered by the County Council, sixty- two percent have no awareness of this grant and would like more information. However, 22% of respondents have applied for the grant, the majority of whom had a positive experienced, highlighting staff friendliness as a positive factor. When asked about changing current living arrangements, the highest portion of respondents are 'not interested in moving' house, followed by those who are interested in 'moving to a smaller house', while the smallest portion are interested in either moving to a Nursing Home or into sheltered community housing.



Just over half of respondents are not interested in employment, however a high proportion at 36% feel that opportunities in this area are 'poor' or 'fair' while the balance at 12% expressed a positive attitude towards employment opportunities for older people. Positively, 80% of respondents have never experienced age-related discrimination. Those who have experienced discrimination highlighted the following areas: level of service, impatience, COVID 19 cocooning, parking, and stereotyping.

Despite this, 47% of respondents rated the Age friendliness of Wicklow businesses as 'excellent' or 'very good' while 39% think businesses fall within the category

of 'good'. However, 14% think there is room for improvement only giving them a 'fair' or 'poor' rating. Respondents detailed numerous suggestions on areas where businesses could make improvements for older people, including equality awareness and training.

Given that this research was carried out in what we now refer to as 'COVID Times', older people were asked to indicate their greatest need as they emerge from the pandemic. Responses to this question presented an insight into the main concerns of older people at a point in time. Reconnecting and socialising present huge challenges for many, particularly where public transport and larger crowds are involved. Older people are worried about rising costs and their ability to pay household bills. The current trend of moving essential services online particularly financial, medical and GP services is causing hardship for many, and contributing to a loss of independence. Finally, older people are concerned about the level of essential health and wellbeing services that will be available to assist them to remain living independently in their homes for longer.

(Full findings available from Wicklow Age Friendly Programme Manager)



5.4. Stakeholder Consultation

Key stakeholder engagement processes involved, Face to Face Meetings, Zoom, Microsoft Teams, Email and Phone Calls with the following key stakeholders.

- Wicklow Age Friendly Alliance
- Wicklow Older People's Council
- Kildare/Wicklow ETB
- Gardai
- Citizens Information Service
- Local Link (Ring a Link)
- HSE – Wicklow Community Services
- Local Sports Partnership
- Muintir na Tire
- Meals on Wheels Groups
- Wicklow Volunteer Centre
- Wicklow Dementia Support
- Age Friendly Regional Manager
- Carnew Community Care Day care and Community Village
- Wicklow County Council – Housing Section
- County Wicklow Partnership
- Bray Area Partnership
- South Wicklow Social Prescribing Programme
- Healthy Food Made Easy Programme
- TUS/Rural Social Scheme (RSS) Programmes



5.5. Needs Assessment Under 8 WHO Domains

The following needs and priorities were identified through public and key stakeholder engagement under the 8 WHO Domains.

1. Outdoor Spaces & Buildings

- Importance of embedding ‘**universal access**’ principles in all open spaces and buildings
- **Increase spending** in outdoor infrastructure and facilities required
- More designated ‘**Age Friendly**’ parking spaces required (streets/shopping areas)
- Create awareness and increase number of **Age Friendly Towns & Businesses**

Improved Access – Suggestions

- Introduction, improvement, repairs and lowering of **pathways**
- Marking on **Steps** and removal of trip hazards
- **Parking** - Extend ‘Age Friendly’ Parking countywide
- Shorter **looped walks** with **benches** and **boardwalks**
- Improved **lighting and seating** in appropriate places
- More Public **toilet facilities**
- Address **parking on footpaths**
- Improved **disability access** to buildings
- **Lifts and ramps** at public buildings

- Improved **maintenance and supervision** in public parks

2. Transportation

- Need for more **accessible** transport, **accessible buses** for social services and medical out-patient appointments
- Expand **Local Link** services to build confidence through frequency, reliability, new routes, and connectivity
- COVID 19 **fear** of using public transport is a barrier
- Access to **bus stops** and need for **bus shelters**
- **Clearly marked** signage and pedestrian crossings in appropriate places

3. Housing

- **Awareness and importance** of specific local/national policy in this area
- **Rightsizing** opportunities, how to maximise benefits among interested older persons
- Importance of role of **Age Friendly** Technical Advisors/Champions within the LA
- Importance of **tenant support officer** for older people within LA Housing Section
- Need for **affordable housing** for older people
- Importance of **designated officer** within the LA to prioritise works at older people’s homes to enable speedy hospital discharges

- **Needs assessment** on the demand for community based 'Independent Living Models' among older people in county Wicklow
- Greater awareness about the **Housing Adaptation Grant**

4. Social Participation

- Importance of **reinstating social networks**, engagements and interactions among older people post COVID 19
- **Cost** of participation is a key consideration
- **Accessibility** is key to engagement for some (transport & facilities)
- Importance of **ability, visibility and adaptability** of older people post COVID to ensure re-engagement and inclusivity
- Need to reach and engage with the **harder to reach** communities and individuals in rural and urban areas throughout the county
- Importance of volunteering opportunities for older people as a channel for **social engagement and civic contribution**
- Recognising the key role and **positive social impacts** accruing from **group learning/training and group activity** for older people
- **Interest levels** expressed in a wide range of activities

5. Respect & Social Inclusion

- Value of **Neighbourhood Watch** and **Community Alert Groups**, potential to expand groups, offering peace of mind and inclusion for older people
- Awareness of planned **Community Support Register**, being rolled out by Muintir na Tire
- Awareness around **planned changes** in policing division (Wicklow/Wexford)
- **New Policing Model** 'The Future of Policing in Ireland' (2018) Community Policing Model, **impact on the ground**, sharing of information
- Understanding and importance of '**Policing and Community Safety Act**'
- **Safeguarding** older people, need for **Elder Abuse** awareness/etc training
- Need for provision of **secure/private digital service assistance** to help older people with online transactions (CIS undertaking research)
- **Libraries** - potential to play a greater role in supporting older people
- Need for **balanced imagery** of older people (living longer, active lives, over 55's)
- Need for Involvement & volunteering **opportunities** at local community level
- Need for **more understanding** in retail businesses

Retail Businesses – Suggested Improvements

- Need for training to improve awareness among retail staff
- More allocated parking and wheelchair parking spaces (free)
- Home delivery and carrying bags to car service
- Toilet facilities and seating
- More patience and tolerance
- Speaking more slowly and clearly
- Politeness and courtesy
- More consideration for customers with disabilities
- Inclusivity and respect for all
- Designated shopping times and assistants for older people
- Equality training and awareness
- Reduce queuing and designated checkouts
- Campaign to get more business involved
- Bigger signage

- High level of needs for sensory **Dementia ‘Friendly’** activities and spaces and promotion
- Need for **recognition** and **support** for voluntary groups working with dementia
- Loss of **vital services** and bank closures is contributing to a **digital divide**
- Groups providing **services for older people** need support with adhering to **Governance Guidelines, etc.**
- **Over reliance** on voluntary nature of Meals on Wheels services
- Groups working with older people need timely **support to access relevant funding streams**

6. Civic Participation & Employment

- Need for **‘outreach training’** ensuring accessibility and engagement
- Need for **‘Community Gardening’** and **‘Community Allotment’** projects
- Benefits of **intergenerational projects** as a mechanism for skill’s exchange and inclusion



7. Communication & Information

- Hold annual **'Information Roadshows/Clinics'** in each MD
- Update and circulate printed copies of the **'Community Guide'** as a key source of information
- Need to ensure a balance between **online and traditional** means of communication and information provision
- Organise annual **information sharing** event for Alliance, WOPC and other key stakeholders
- Need to foster a greater sense of **connection and collaboration** among key stakeholders post COVID
- Systematic move towards **online** is hugely challenging, support needed (finance/medical/services, etc)
- **Digital Inclusion** is key to keeping older people connected, particularly since COVID
- Digital training – importance of **specific delivery approach** suitable for older people

8. Community Supports & Health Services

- Importance of **efficient and successful** roll out of the Sláintecare Strategy
- Availability of **Home Care/Home Help Providers** are key to ensuring Older People can live **independently** in their homes for **longer**
- Knowledge and availability of appropriate **'Home**

Care Services' is paramount

- Additional support needed for **'Meals on Wheels'** services,
- Need for expansion of the **'Care & Repair'** service beyond Bray to support older people to live longer in their homes
- Need for new sponsor groups for **'Personal Pendant Alarm'** scheme to maximise benefits
- Need for expansion of **Social Prescribing** and **Wellbeing Programme** throughout the county
- Promote health through **'Healthy Food Made Easy'** courses specifically designed for older people
- **Befriending Programme** – review Arklow Pilot



5.6. Post Covid Issues

Key issues identified by older people as they emerge from COVID 19 include.

- Isolation & loneliness
- Transport
- Fear and loss of confidence
- Rising costs
- COVID conflicting messaging
- Self-doubt
- Loss or lack of services (health/banking)
- Vital services moving online (financial/medical)
- Mental & physical health

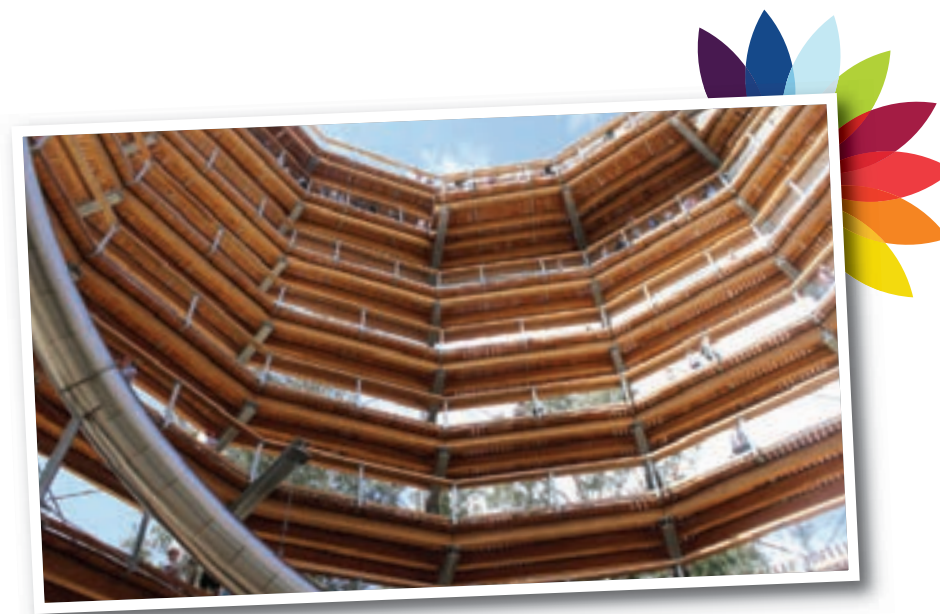
5.7. Alliance Representation

The following key considerations in relation to representation at decision-making level emerged from the consultation phase.

- Ensure all key delivery stakeholders and relevant agencies as key decision makers are members of the Alliance or report periodically into the Alliance as 'champions' to drive age friendly initiatives for the county.
- Ensure broad representation on WOPC Executive and the wider WOPC Council to capture diversity of older people in Wicklow.

5.8. Developing Wicklow Age Friendly Strategy (2023-2027)

Following consideration of the needs identified through the consultation process, further engagement with Alliance members and key delivery stakeholders was undertaken during July and August 2022, leading to the development of the the following Vision, Goals, Objectives, and Actions to be progressed through the next Age Friendly Strategy for County Wicklow.






Chapter 6.

Vision, Values & Strategic Objectives



Wicklow Age Friendly Strategy - Vision



The vision of County Wicklow Age Friendly Strategy is to make County Wicklow a great place to grow old, where older people are respected and valued, living full lives, ageing in place within their communities.

Wicklow Age Friendly Strategy – Core Values

Healthy Placemaking

Wicklow Age Friendly Alliance recognises the importance of 'Healthy Placemaking', as an essential part of people's health and wellbeing, particularly in a post pandemic, climate emergency and economic recovery world. This strategy will promote 'Healthy Placemaking' as a method to reignite links between public health, through appropriate planning considerations, resulting in positive impacts for older people.

Social Inclusion.

Wicklow Age Friendly Alliance will work to promote the

inclusion of all older people and to ensure that this Age Friendly Strategy benefits all older people in the county, living in rural and urban areas. Embedded in this strategy, there is a recognition of the diversity among older people across the county, and the increasing diversity of social groups, resulting from inward migration and refugees. There is also a recognition that older people have a wealth of skills, knowledge and experience and have strong contributions to make to society. Wicklow Age Friendly Alliance is also committed to the creation and maintenance of safe and accessible environments for all older people.

Sustainability.

Wicklow Age Friendly Alliance will strive to ensure that all the actions leave a lasting positive legacy ensuring that Age Friendly practices become embedded across all agencies and key stakeholder activities. Therefore, we will work to make 'age friendly' an ongoing way of being and seeing in County Wicklow, guided by the WHO principles and the county's commitment to creating an Age Friendly Ireland.

Best Practice.

Signing the Dublin Declaration committed us to a cycle of continual assessment and improvements to make the county age friendly. We will continue to learn from both

international best practice and models of good practice developed by other Age Friendly Counties and Cities. We will cooperate and collaborate with other counties to ensure sharing of ideas and best practice. In this strategy there is a clear alignment with national policy aimed at meeting the local needs identified through public consultation. All the agencies engaged in the consultation have committed to actively engaging in the process and delivery of the actions and priorities outlined in this strategy.

Respect.

Wicklow Age Friendly Alliance is dedicated to treating all citizens of all ages with respect and dignity. Through the Alliance and the Older People’s Council, their voice of older people will be heard and respected in County Wicklow.

Strategy Objectives

The following objectives and actions were developed in line with the 8 WHO Domains based on the needs identified through the stakeholder and public consultation process.





Theme 1. Outdoor Spaces & Buildings

Objective: To ensure that older people in county Wicklow benefit from improved access to outdoor spaces and buildings, facilitating increased activity and engagement within the wider community.



Theme 2. Transportation

Objective: Seek to ensure the transport needs of Older People in county Wicklow are met, thereby enhancing, engagement, health, wellbeing, and quality of life for older people across all abilities.



Theme 3: Housing

Objective: Work to support housing needs among Wicklow's older persons, ensuring age friendly appropriate housing options, and knowledge of available supports and services particularly among those most in need.



Theme 4. Social Participation

Objective: Seek to ensure social inclusion, creativity, improved health and wellbeing through engagement and training based on needs identified by older people.

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Theme 5. Respect & Social Inclusion

Objective: Work to ensure that older people including new residents and ethnic minorities, can benefit from digital inclusion, and have opportunities for physical activity, and access to relevant services and supports.

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Theme 6. Civic Participation & Employment

Objective: Promote Age Friendly principles in businesses and workplaces and seek to ensure volunteering opportunities, in recognition of the valuable skills and experience among older people.

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Theme 7. Communication & Information

Objective: Provide opportunities for older people to undertake training and skills enhancement and ensure strong communication through relevant and timely information provision to Wicklow's older population.

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Theme 8. Community Supports & Health Services

Objective: Work to ensure that older people can experience a good quality of life while living safely and independently in their own homes, with the help of essential supports and services and enhanced home care provision.



Chapter 7.

Action Plan

See Appendix1 for Glossary



Theme 1: Outdoor Spaces & Buildings

Objective. To ensure that older people in county Wicklow benefit from improved access to outdoor spaces and buildings, facilitating increased activity and engagement within the wider community.

Action No.	Action	Lead Partner	Support Partner	Timeframe	Measurable	Funding Opportunities /Staff Resources
1.1	Ensure Age Friendly principles and consideration of older people is embedded in all plans including, CDP, LA Plans. T & V, CLÁR, ORIS, etc, taking account of feedback from the public consultation process.	WCC	Wicklow Older People's Council (WOPC) CWP - Rural Recreation Officers	2023-2027	Age Friendly Principles included in all plans, resulting in improved access for older people	WCC Staff ORIS
1.2	Establish a Strategic Interdepartmental Team within Wicklow County Council.	WCC	N/A	2023	4 Meetings annually Progress/updates at Alliance meeting	WCC Staff
1.3	Age Friendly Manager to attend meetings with District Engineers/District Managers, to share best practice on Age Friendly initiatives.	WCC	N/A	2023-2027	2 Meetings annually Progress updates/reports at Alliance meetings	WCC Staff
1.4	Promote awareness of Universal Design concept among other agencies.	WCC	Age Friendly Alliance (AFI) Disability Access Group	2023-2027	-Promotion events -Greater awareness and implementation of Universal Design	WCC Staff



1.5	Provide Age Friendly seating/infrastructure in appropriate places in each Municipal District, including 'Chatting Benches'.	WCC	WOPC, AGS District Managers and Engineers	2023- 2027	-Number of seats, benches (infrastructure) installed per MD	WCC Staff, MD Engineers, TVES & WCC grants
1.6	Conduct walkability Audits on towns with the aim of improving accessibility for all.	WCC	WOPC	2023- 2027	1 town Walkability Audit per year	WCC Staff & WOPC Volunteers Various funding
1.7	Install additional 'Age Friendly' parking spaces around the county as identified in Walkability Audits.	WCC	WOPC	2023- 2027	-Number of additional 'Age Friendly' parking spaces installed and location	WCC Staff Various funding
1.8	Expand Age Friendly Business Recognition Programme and Age Friendly Towns initiative to additional towns in County Wicklow.	WCC	Chambers, PPN, (LEO) Businesses, Community Groups.	2023- 2027	-1 town per year accredited by Age Friendly Ireland	WCC Staff (CCSD, Economic Development, LEO).
1.9	Ensure new Library developments include a changing places facility, where feasible.	Libraries	WCC – Municipal Districts (MDs)	2023- 2025	-Number of 'changing places' installed	WCC Staff
1.10	Include 'invisible disability' considerations and colostomy bag changing shelves in public libraries.	Libraries	WCC – MDs	2023 – 2027	-Number of facilities upgraded.	WCC Staff



1.11	Promote the formation of informal walking groups and provide walking 'Leader' training for groups.	CWSP	Healthy Wicklow, Get Ireland Walking	2023- 2027	-Number of walking groups established - Number of 'Leaders' trained	CWSP Staff.
1.12	Facilitate development of green spaces and open spaces for recreational use – Tone Zones, Age Friendly Exercise Equipment and Dog Parks.	WCC	AFI Local Sports Partnership (CWSP) MDs (CCSD)	2023- 2027	-Number and type of recreational spaces created (Tone Zones/Exercise Equipment/Dog Parks).=	WCC Staff Sports Capital, TVES ORIS.
1.13	Lobby all major supermarkets to provide convenient designated parking spaces for older people in County Wicklow.	WOPC	WCC, Local Radio and Media Businesses	2023- 2025	-Number of supermarkets contacted and outcome.	WOPC Executive – Volunteers
1.14	Promote 'Crime Prevention through Environmental Design' in building and public space design.	WCC	An Garda Siochana Crime Prevention Officer (CPO) Approved Housing Bodies AFI Training	2023- 2027	-Reports & Updates at Alliance Meetings	WCC Staff



Theme 2: Transportation

Objective. Seek to ensure the transport needs of Older People in county Wicklow are met, thereby enhancing, engagement, health, wellbeing, and quality of life for older people across all abilities.

Action No.	Action	Lead Partner	Support Partner	Timeframe	Measurable	Funding Opportunities /Staff Resources
2.1	(a) Form Transport/Access Health Working Group (b) Conduct assessment of access needs for health services among older people. (inc. Hospital, Primary Care, GPs, Dentist, etc).	Wicklow Age Friendly Alliance (WAFA)	Local Link HSE WCC-Transport & Roads Infrastructure SPC (TRI-SPC) WOPC CWP/BAP	2023	(a) Group established (b) Terms of Reference for researcher developed (b) Needs Analysis Report published	AFI- Transport Working Group, Contract Researcher Funding TBC
2.2	Complete 'Gap Analysis' research into accessible transport needs of older people.	WAFA Transport Working Group	BAP/CWP WCC(TRI-SPC Local Link WOPC WCC	2023-2024	-Gap Analysis Report	AFI- Transport Working Group Contract Researcher Funding TBC
2.3	Seek and apply for funding to progress accessible transport for older people based on needs identified in 'Gap Analysis' Report.	WAFA Transport Working Group	BAP & CWP WCC – HSE Local Link Transport Providers Taxi Companies	2024-2025	-2024/2025 Identify funding and develop funding proposal -2025- Secure Funding -2025/2026 Service delivery	AFI Transport Working Group Core funding required to deliver service TBC



2.4	Raise Awareness of Local Link rural transport routes/timetables and lobby for new routes based on need.	Local Link	NTA WOPC PPN CIS Services/etc	2023- 2027	-Greater awareness and increased numbers using services -New routes/services	Local Link & NTA
2.5	Promote age friendly principles within transport services including the installation of new bus stops and bus shelters.	WCC	WCC (TRI- SPC Local Link, Bus Eireann	2023- 2027	-Number of new bus stops and bus shelters installed	WCC – Transport SPC NTA, Local Link
2.6	Enhance access to recreation/heritage/outdoor facilities for older persons including transport	WCC	WCC (TRI-SPC) CWP, Tourism Operators, Irish Rail, Failte Ireland.	2023- 2027	-Funding Proposals Developed -Updates and Progress Reports	Various Funding Streams inc ORIS/LEADER Fáilte Ireland Capital Etc.
2.7	Ensure visibility of street and road signs	WCC	WCC MDs/Roads WOPC	2023- 2027	-Improved visibility of signs updates -Cutting Schedule Updates (MDs)	WCC Staff
2.8	Ensure pedestrian crossings are clearly marked and in appropriate locations convenient for use by older people.	WCC	WCC MDs/Roads WOPC	2023- 2027	2023- 2027 -Number of inspections by WCC MDs -Number of upgrades/new installations completed.	WCC Staff

Theme 3. Housing

Objective. Work to support housing needs among Wicklow’s older persons, ensuring age friendly appropriate housing options, and knowledge of available supports and services particularly among those most in need.

Action No.	Action	Lead Partner	Support Partner	Timeframe	Measurable	Funding Opportunities /Staff Resources
3.1	Promote housing grants for older people including, Housing Adaptation Grant, Mobility Aids Grant, Housing Aid for Older People Grant, etc.	WCC	WOPC, PPN, CIS, Libraries HSE-OT’s/Physios	2023 - 2027	-Promotion activity -Number of grants awarded in county annually	WCC Staff (Housing)
3.2	Promote and support grants to make homes more energy efficient and carry out works under the Retrofit Programme within LA housing stock.	WCC	WOPC, PPN, Libraries, SEAI	2023- 2027	-Promotion activity -Number of Retrofits within LA houses completed	WCC Staff (Housing)
3.3	Create more housing options for older people implementing Universal Design /adaptability best practice.	WCC	Approved Housing Bodies	2023 - 2027	-Number of smaller and low maintenance homes build. - (Universal Design)	WCC Staff (Housing)
3.4	Explore opportunities for provision of houses for older people in urban areas including renovation of vacant sites & derelict properties.	WCC	Approved Housing Bodies, Local Communities	2023 - 2027	-Number of houses built in urban areas. -Number of houses renovated in urban areas.	WCC Staff (Housing), Dept of Housing Capital Programme



3.5	Exploring opportunities for Smart Technology in social housing schemes.	WCC	HSE Age Friendly Ireland	2023- 2027	-Number of houses with Smart Technologies installed and type	WCC Staff Housing, HSE Staff
3.6	Support housing needs of older persons, including, Travellers, Roma, Asylum Seekers, and new communities.	WCC	IPAS, CEART Bray Travellers Development Network	2023- 2027	-Number of people benefiting from appropriate accommodation.	WCC Staff (Housing)
3.7	Formalise current practices in relation to Right Sizing Policy, to ensure that housing meets the needs of older people within LA Housing Stock	WCC	Approved Housing Bodies	2023- 2027	-Numbers of older people availing of opportunity to 'Rightsize' within LA Housing.	WCC Staff (Housing)
3.8	Appoint 'Healthy Age Friendly Homes' (AFH) Coordinator and roll out Healthy Age Friendly Homes Programme in County Wicklow.	WCC	Age Friendly Ireland, HSE	2023 Subject to Funding	-Coordinator Appointed -Programme roll-out updates Wicklow	WCC Staff (AFH), Additional Resource Dept. Funding
3.9	Continue to support older people who are at risk of homelessness.	WCC	HSE, An Garda Siochana, Simon Community	2023- 2027	-Number of older people supported by WCC Homeless Team per year	WCC Staff (Housing)
3.10	Care & Repair: Secure core funding to maintain existing services and pilot an expansion of the service to areas where there is no provision currently.	BAP CWP	WCC, HSE, DSP SICAP, Co Wicklow Volunteer Centre, Sláintecare	2023- 2027	- Funding secured to sustain existing services -Establishment of new services	BAP Social Enterprise & Active Labour Market Scheme. CWP , TUS Programme, RSS Scheme. Additional Core Funding Needed



Theme 4. Social Participation

Objective. Seek to ensure social inclusion, creativity, improved health and wellbeing through engagement and training activities based on needs identified by older people.

Action No.	Action	Lead Partner	Support Partner	Timeframe	Measurable	Funding Opportunities /Staff Resources
4.1	Pilot Outreach Programmes to promote creative engagement, based on an intergenerational model, delivered in nursing homes x (3).	Libraries	Nursing Homes, Day Care Centres Preschools	2025	-Number of older and younger people participating. -Number of nursing homes	WCC (Library Service) Dormant Funds
4.2	Host Health and Wellbeing workshops/events to engage with older people countywide.	Libraries	CWSP, Healthy Ireland, Sláintecare	2023- 2027	-Number of workshops held. -Number of older people participating.	WCC (Library Service), Healthy Ireland Funding
4.3	Deliver engaging community activities and events for older people.	Libraries	Creative Ireland, Arts Office, CWSP	2023- 2027	-Number of events held. -Number of older people participating.	WCC (Library Service)



4.4	Raise awareness of supports available to older travellers, through Active Age Workers and Drop-in Service - including health education programmes and voluntary social engagement opportunities for men.	CEART	CWP/BAP/KWETB Social Workers, Bray Travellers Group, Local Traveller Communities Accommodation Group.	2023 - 2024	-Promotion events/channels -Numbers engaging in programmes/events/training	CEART. KWETB CWP & BAP Partnership Staff.
4.5	(a) Consult with Community Groups in County Wicklow to determine training needs among older people and (b)Delivery of bespoke training to meet identified needs.	WOPC	KWETB Community Groups	2023- 2027	-(a) Training Needs Identified -(b) Details of training and number of older persons engaging in training	KWETB Staff Training budget

Theme 5. Respect & Social Inclusion

Objective. Work to ensure that older people including new residents and ethnic minorities, can benefit from digital inclusion, and have opportunities for physical activity, and access to relevant services and supports.

Action No.	Action	Lead Partner	Support Partner	Timeframe	Measurable	Funding Opportunities /Staff Resources
5.1	Reactivate mobile library services to nursing homes.	Libraries	Nursing Homes	2024	-Number of Nursing Homes with Service and number of service users	WCC (Library Service)
5.2	Promote usage of 'My Open Library' services in Arklow/Wicklow among older people, expanding the service as new libraries are developed.	Libraries	PPN/CIS CIS WOPC	2023	-Number of events/activities held by older persons groups and number of new libraries with this service	WCC (Library Service)
5.3	Wicklow Library staff to undertake Digital Ambassador training benefiting older people.	Libraries	WOPC	2023-2027	-Number of staff trained	WCC (Library Service)
5.4	Identify appropriate engagement initiatives for older people within ethnic minorities and new communities e.g., Language classes, culture, cookery, etc.	CWP BAP	KWETB/HSE WCC Wicklow Travellers Group	2023	-No. of initiatives/delivered -No. of participants engaging	BAP CWP Resource Workers (language skills)



5.5	Provision of assisted 'Digital Transactions' services' and coaching for older people.	CIS	KWETB Libraries (venue) PPN/WOPC	2023-2027	-No of group/individual interventions	CIS Staff KWETB Volunteers
5.6	Implement actions from research conducted (2022) into Older People Accessing Financial Services Online.	CIS MABS	WOPC	2023	-Progress on Actions identified in 2022 research	CIS MABS
5.7	Promote physical activity benefiting physical and mental wellbeing among older people.	CWSP	HSE, WOPC, PPN Community Groups	2023- 2027	-Number of classes, programmes or interventions delivered -Number of participants engaging	WCC (CWSP Staff) Sport Ireland, Wicklow
5.8	Deliver a range of sports and physical activities with access for all abilities, including older people.	CWSP	WOPC/PPN Community Groups	2023-2027	-Number of classes/activities -Number of participants	CWSP Staff

Theme 6. Civic Participation & Employment

Objective. Promote Age Friendly principles in businesses and workplaces and seek to ensure volunteering opportunities, in recognition of the valuable skills and experience among older people.

Action No.	Action	Lead Partner	Support Partner	Timeframe	Measurable	Funding Opportunities /Staff Resources
6.1	Promote Age Friendly Business Recognition Programme to all businesses in County Wicklow.	Wicklow Age Friendly Alliance	WOPC Chambers PPN LEO Businesses	2023- 2027	-Promotion updates -No of businesses receiving accreditation	WCC Staff CCSD Economic Dev. LEO
6.2	Pilot Age Friendly Workplace Recognition Programme.	WCC	Chambers, PPN, Local Enterprise Office.	2023- 2027	-Pilot completed and update	WCC Staff- CCSD, Economic Development.
6.3	Recruit additional volunteers to deliver 'Fáilte Isteach' conversational English language classes to new communities.	BAP CWP	Community Groups (provision of venues & facilities for classes)	2023-2037	-Number of additional volunteers - Number of classes and people engaging -Number/Name and location of community facilities hosting classes	Existing Staff CWP/BAP SICAP Programme Volunteers

6.4	Identify projects in rural areas, towns & villages that can provide volunteering/employment opportunities for older people, which could be progressed into funding applications and training proposals.	CWP	WCC CCSD LEO Chambers County Wicklow Volunteer Centre	2023- 2027	<ul style="list-style-type: none"> -Number of projects Identified -Number of Funding Applications Submitted /Approved -Number of training courses - Number of Volunteers /employees recruited 	<p>LEADER Staff</p> <p>LEADER funding</p>
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Theme 7. Communication & Information

Objective. Provide opportunities for older people to undertake training and skills enhancement and ensure strong communication and relevant and timely information is provided to Wicklow's older population.

Action No.	Action	Lead Partner	Support Partner	Timeframe	Measurable	Funding Opportunities /Staff Resources
7.1	WCC Library staff to complete Age Friendly Training achieving Age Friendly Ireland recognition for all Libraries in Wicklow.	Libraries	Age Friendly Ireland	2023	-Age Friendly Ireland Recognition for 13 Libraries in Wicklow	WCC (Library Service)
7.2	Host specialist Information Roadshow/ clinics for older people in each Municipal District.	Libraries	HSE, Garda, RSA, Daycare Centre, KWETB, MABS, CIS, CWSP, MDs, Local Link/etc	2023-2037	-Number and location of events -Number of older people attending/supported	WCC (Library Service) Budget Resources tbc
7.3	Assist older people to use a range of online resources and innovative technologies available at libraries (including C-Pens and Magic Tables).	Libraries	WOPC, PPN, Dementia Services, CIS	2023-2037	-Number of groups using the Magic Table (visits) -Update on interest level and demonstrations (C-Pens)	WCC (Library Service)



7.4	Develop a peer-to-peer initiative to support older people in digital learning	Libraries	Age Action, An Cosan, CIS, WOPC, KWETB	2024	-Number of older people assisting with peer-to-peer learning. - Number of older people assisted	(WCC) Library Service
7.5	Update and reprint 'Community Guide' for older people.	WOPC	CIS, WCC (CCSD)	2023- 2025	Updates published every two years and distributed	WOPC Volunteers Contract Researcher Funding TBC
7.6	Host annual Information Sharing Seminar Event - to create awareness of Age Friendly Alliance and Older People's Council to foster connection and collaboration countywide	WOPC	PPN, CWP/BAP, Age Friendly Alliance	Annually	-Annual seminar update/report -Number of older people attending -Publicity	WCC staff Event funding/ sponsorship
7.7	Provide a range of learning opportunities to support older people to improve their digital skills.	KWETB	CIS, WOPC, PPN Community Groups, Libraries, Volunteers	2023- 2027	-Number of Programmes delivered -No of learners/participants -Programme Evaluations	KWETB Staff Tutors & Venues



7.8	Support OPC recruitment campaign and promotion of Age Friendly Ireland, through workshops for older people and community groups (following Age Friendly Ireland training).	WOPC	PPN, Volunteer Centre, CIS, Libraries, Community Centres, Active Retirement Groups.	2023- 2024	-Numbers engaging in Age Friendly training -Number of new WOPC members and WOPC executive members	WOPC Volunteers
7.9	Engage with An Garda Síochána to share information and events for older persons, via the AGS register and Age Friendly Ireland Newsletter.	WOPC	An Garda Síochána	2023-2027	-Reports on information sharing events	WCC Staff
7.10	Relevant Gardaí to complete Age Friendly Ireland Communication training	An Garda Síochána	WCC AFI	2023-2024	-Number of Gardaí trained	Existing Garda Staff AFI Training Resources
7.11	Develop and maintain communications with older people, across the county, through dedicated Garda liaison officers assigned to towns and townlands, under the Community Engagement Strategy.	An Garda Síochána	WOPC Active Retirement & Community Groups	2023-2027	-Number of Garda liaison officers Officers, location, and engagements	Dedicated Community Gardaí



Theme 8. Community Support & Health Services

Objective. Work to ensure that older people can experience a good quality of life while living safely and independently, in their own homes with the help of essential supports and services and enhanced home care provision.

Action No.	Action	Lead Partner	Support Partner	Timeframe	Measurable	Funding Opportunities /Staff Resources
8.1	Expand Social Prescribing and 'Green' (nature- based) social prescribing, to improve mental health and social engagement among older people where there is demand.	BAP CWP	HSE Local Community Groups GP's	2023-2027	-Number of older people availing of the service -Number of Social Prescribing/Green Social Prescribing initiatives.	Existing Partnership Staff SláinteCare - HSE Funding
8.2	Deliver 'Healthy Food Made Easy' Programmes to older people across the county to promote engagement, health, and wellbeing.	BAP CWP	Local Community Groups, HSE Healthy Ireland Libraries	2023-2027	-Number of programmes delivered. -Number of participants.	SICAP Programme Staff HSE Funding
8.3	Deliver 'Peer to Peer' Outreach Service to traveller communities across Wicklow, to support health & wellbeing	CEART	HSE Pave Point PPN	2023-2027	-Number of outreaches interventions among older travellers. -HSE Reports/Updates	CEART HSE Traveller Health Unit
8.4	Support and facilitate the development of older person sports groups, such as 'Men on the Move' and 'Women on the Move' Programmes.	CWSP	Age & Opportunity, HSE, Active Retirement groups, WOPC, PPN	2023-2027	-Number of classes, groups -Numbers participating in initiatives	WCC (CWSP) HSE, Sport Ireland, Healthy Wicklow



8.5	Raise awareness within An Garda Siochana about pathways to supports for vulnerable older people.	An Garda Siochana	HSE Community Groups BAP/CWP Libraries Service Providers	2023-2024	-Briefing note for Wicklow Garda Divisions. -Number of workshops & presentations from Service Providers to Gardai	Garda Staff
8.6	Deliver advice on crime prevention, safety in the home, cybersecurity/personal pendant alarms/Neighbourhood Watch and engage older people in community safety initiatives.	An Garda Siochana	WCC/WOPC PPN, Libraries Neighbourhood Watch Muintir na Tíre	2023-2027	-Number of training events -Number of safety initiatives	Garda Staff
8.7	Raise awareness of the enhanced Community Care Programme including Chronic Disease and the Integrated Care Programme for Older Persons (ICPOP) among older people to support independent living.	HSE	HSE Operational Leads for Older Persons and Chronic Disease, Network Managers Public Health Nurses/WCC, WOPC,/PPN/ CIS	2023-2027	-Mapped Pathways to Services -Online (HSE Website) Directory of Services (East Wicklow) supporting access to local health and social care information -Progress reports and updates on enhanced Community Care	HSE Staff



8.8	Raise awareness of the Sláintecare vision 'to provide the right care in the right place at the right time' in home support services.	HSE	Alliance, WOPC, PPN, Libraries, CIS, Health Centres/ICPOP) Network Managers	2023- 2027	- Awareness/Promotion events and publications	HSE Staff
8.9	Introduction of Statutory Home Support Service with reformed model of service delivery. Development of HIQA National Standards for Homecare which will be underpinned by a robust regulatory framework to support timely, safe, effective homecare.	HSE	Network Managers Operational Leads for Older Persons and Chronic Disease	2023-2027	-Implementing of HIQA Quality Standards -Annual reporting on numbers receiving HIQA Standards training	HSE Staff HIQA Trainers
8.10	Roll out of the Integrated Care Programme for Older Persons (ICPOP) Services to support older people living in both rural and urban areas, enabling them to live more independent lives.	HSE	HSE Operational Leads for Older Persons Primary Care Services Communities	2023-2027	-Reports from Integrated Services Team -Number of satellite services provided -Report on improved patient outcomes	HSE ICPOP Staff

8.11	Work with the HSE to identify further opportunities to develop additional services and Age Friendly Recognition for existing and new Primary Care Centres.	HSE	WOPC, WCC, Age Friendly Ireland.	2023- 2027	-Age Friendly recognition for Primary Care Centres -New services offered at these services	HSE Staff WCC staff
8.12	Ensure availability of Meals on Wheels services in Wicklow, increase awareness and provision of the service among older people and seek to improve and increase capacity to meet needs.	HSE	WOPC Community Groups	2023- 2027	-Annual reporting on the number of services in the county -Number of older people availing of the service -Reports on increased capacity	HSE Staff Meals on Wheels Community Groups







Chapter 8.

Monitoring & Review

Strategy Oversight

Monitoring and reviewing the implementation of this plan is paramount to its success. Wicklow Age Friendly Alliance will oversee the plans implementation. An annual workplan will be developed to underpin delivery. Wicklow Age Friendly Programme Manager will liaise with the Regional Officer and National Office to ensure key projects and policies are implemented and will engage with with the Regional Network and undertake relevant training to ensure best practice in strategic delivery.

Annual Operational Work Plan

The Age Friendly Programme Manager will liaise with lead agencies and key stakeholders to develop an annual operational workplan to progress actions in a timely manner. This work plan will form the basis of reporting at Alliance and OPC meetings. These updates will feed into an overall 'Annual Report' on the Age Friendly Programme as part of the MOU commitment within the shared service agreement.

Annual Review

An annual review process will be undertaken in

November to report progress within the year. This period allows for Alliance members and the Programme Manager to review the year in hand and make any necessary adjustments and amendments in line with internal and external changes. This process coupled with feedback from the OPC will ensure that this plan is a 'living document' therefore ensuring relevance to changing needs and priorities among older people.



Monitoring & Reporting

Alliance members will issue progress updates at quarterly meetings on actions and measurables where they have identified themselves as the lead partner for implementation. The LA Interdepartmental Team will provide updates and progress reports to the Alliance, in addition Wicklow Age Friendly Technical Advisor/Champion, Engineers, Advisors and other Council Staff will report to the Alliance membership periodically on specific areas as they arise. In addition, Wicklow Older Persons Council will receive updates at their annual seminar and will have the opportunity to review progress on the implementation of the plan. Progress reports will be widely circulated to ensure broader awareness among older persons around the county.

External Review

In line with good practice, an external review of the roll out of this plan will be undertaken during the final quarter of the plan duration. The findings of this review will present an overview of the key indicators, challenges and successes encountered and will present an overall picture of the work carried out during this five-year period. This review will inform and feed into future strategic planning for the programme for the benefit of older people in county Wicklow.



Appendix 1. Abbreviations

AFI	Age Friendly Ireland	LEO	Local Enterprise Office
AGS	An Garda Siochana	CWSP	County Wicklow Sports Partnership
BAP	Bray Area Partnership	MABS	Money, Advice & Budgeting Service
CCSD	Community, Cultural and Social Development	MDs	Municipal Districts
CDP	County Development Plan	NTA	National Transport Authority
CEART	Wicklow Travellers Group	NDP	National Development Plan
CIS	Citizens Information Service	OPC	Older People's Council
CSO	Central Statistics Office	ORIS	Outdoor Recreation Infrastructure Scheme
CWP	County Wicklow Partnership	PPN	Public Participation Network
DSP	Department of Social Protection	RSA	Road Safety Authority
ERSI	Economic & Social Research Institute	RRO	Rural Recreation Officer
GP	General Practitioner	RSES	Regional, Spatial & Economic Strategy
HaPAI	Healthy & Positive Ageing Initiative	RSS	Rural Social Scheme
HIQA	Health Information & Quality Authority	SA	Small Area
HSE	Health Service Executive	SEAI	Sustainable Energy Association of Ireland
ICPOP	Integrated Care Programme for Older Persons	SICAP	Social Inclusion Community Activation Programme
IPAS	International Protection Accommodation Services	SPA	Strategic Planning Area
KWETB	Kildare/Wicklow Education & Training Board	SPC	Strategic Policy Committee
LA	Local Authority	TRI SPC	Transportation & Roads Infrastructure SPC
LEADER	The LEADER programme an acronym in French meaning Links between actions for the development of the rural economy is a European Union initiative to support rural development projects.	TFI	Transport For Ireland
LECP	Local Economic and Community Plan	TVES	Town & Village Enhancement Scheme
		WAFA	Wicklow Age Friendly County Alliance
		WCC	Wicklow County Council
		WHO	World Health Organisation
		WOPC	Wicklow Older Peoples Council

Appendix 2. Wicklow Age Friendly Strategy 2017 - 2022 – Key Achievements



1. Outdoor Spaces & Buildings

- Town Walkability Surveys (Rathdrum, Arklow, Wicklow, Baltinglass & Blessington)
- Town & Village accessibility audits/considerations implemented
- Numerous infrastructure improvements and upgrades around the county, facilitated through financial support from Town & Village Enhancement Scheme, ORIS, LEADER funding, etc.
- Arklow Age Friendly Town status achieved
- Age Friendly Businesses Accredited for Arklow
- Upgrades and installation of new pedestrian crossings across MDs
- Installation of Age Friendly benches across MDs
- Designated Age Friendly Parking Spaces rolled out across all MDs
- Age Friendly Libraries accreditation (Arklow, Enniskerry & Blessington)
- Various Age Friendly submissions made to NDP, CDP, Local Area Plans and T & V Plans
- Age Friendly principles included in Corporate Plan

- Age Friendly Housing & Public Realm Training undertaken by WCC staff
- Tone Zones and Parks development across MDs
- Initial accessibility consultation and Walkability audit at Beyond the Trees Avondale in conjunction with members of the OPC and the Disability and Inclusion Steering Committee undertaken



2. Transportation

- Submissions made to NTA/Local Link
- Lobbying for new fully accessible routes based on need (Primary Health Care Centre, Wicklow)
- Regular dissemination of information on routes & timetables
- Launch of new Wicklow town to Glendalough Local Link Route incorporating Wicklow town Primary Health Care Centre
- Works to ensure visibility of bus stop signs
- Discounted parking rates for hospital and outpatient appointments (St Vincent's Hospital)
- New bus shelters erected in Rathdrum, Arklow, Wicklow, Greystones, and Rathdrum
- OPC engaged in RSA training



3. Housing

- Appointment of Age Friendly Technical Advisor
- Age Friendly Housing & Public Realm Training

- undertaken by WCC staff
- Re-design of Housing Adaptation Grant Forms resulting in a more user-friendly version and widespread promotion
- Care & Repair Service in Bray area commenced (CARA)
- Widespread promotion of Better Energy Homes and Warmer Homes Schemes
- Circulation of updated 'Winter Ready' booklet
- Promotion of 'Personal Alarms' service and groups
- Development and allocation of new units at Arklow Library for Older People
- Planning and funding secured for Age Friendly Apartments in Greystones (14) and Kilcoole (4)
- Information booklet produced and launched at OPC AGM (May 2018)
- Eircode Magnet Project launched at OPC AGM

4. Social Participation

- Organised grant workshops and disseminated information around the county
- Increased promotion and participation in training and education among groups, including, Men's and Women's Sheds, Health & Wellbeing and Active Retirement Groups
- Relocation of 'Bloom' Dementia Garden to Arklow
- Participation on Wicklow Dementia Working Group
- Delivery of various sports activities including Active Aging Classes, Walking Football, Activator Pole classes,

Couch to 3k, Chair Yoga, and Zumba Gold organised by Wicklow CWSP

- 'Go for Life' Programme delivered through Wicklow CWSP

5. Respect & Social Inclusion

- Established Pilot 'Befriending' project in Arklow
- Presentations on benefits of Lifelong Learning (ETB)
- Participation in Intergenerational Time Capsule Project
- Weekly Age Friendly slot secured on East Coast Radio
- Awareness of Personal Alarm and pendant Scheme

6. Civic Participation & Employment

- Ongoing promotion/support for Wicklow's OPC as the representative group for older people
- Introduction of new members to OPC
- Submission to National Volunteer Strategy
- Development and participation in 'Positive Aging Week'

7. Communication & Information

- Local Authority forms produced in line with NALA standards and NALA training undertaken
- Weekly Age Friendly slot and Age Friendly Manager interviews on East Coast Radio
- Production of regular OPC Newsletter and updating

- (<https://agefriendlywicklow.ie/>)
- Compiled and produced a 'Community Information Guide' (4,000 copies)
 - Facilitated numerous agencies/groups to provide information at seminars and other events
 - Participation in surveys and studies into online services
 - Contributed to Wicklow's first Digital Strategy
 - Undertook feasibility work into establishing 'Alzheimer Cafes' in Arklow and Blessington libraries with associated training for staff

8. Community Support & Health Services

- HSE Homecare Manager on OPC Executive Committee
- Falls prevention symposium
- Promoted MedEx programme to encourage rehabilitation and exercise in the community
- Supporting Go for Life Programme and New PAL workshops
- Participation in HSE Homecare Consultation
- Delivered a range of support services for older people during COVID-19 pandemic under the Community Call initiative

9. Safety & Security

- Assisted with a series of crime Prevention Talks by Garda Crime Prevention Officer
- Weekly Crime Prevention slot on East Coast Radio

- Guest Speakers at OPC AGM & Seminars
- Garda Elderly/Vulnerable Persons Register highlighted
- Dedicated Older Persons Garda Liaison Officers in place





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