



Monaghan Age Friendly Strategy 2020 -2024



County Monaghan has made a significant impact on the Age Friendly Programme both locally and nationally since its establishment in 2011. The strength of the Age Friendly Programme is without doubt the presence of older people at the table. It is the voice of our older people that has created the success of the Monaghan Age Friendly Programme. This new strategy builds on the success of our first strategy while also responding to new priorities for county Monaghan in 2020 and beyond. I look forward to working with the Monaghan Age Friendly Alliance over the coming five years to ensure county Monaghan continues to develop as a great place in which to grow old.

Eamonn O'Sullivan
CEO Monaghan County Council
Chairperson
Monaghan Age Friendly Alliance



Monaghan Age Friendly Programme has created a significant awareness of the needs and concerns of older people throughout county Monaghan. The commitment of local services providers supported by older people themselves has enabled Monaghan Age Friendly Alliance to deliver considerable changes in services and opportunities for older people in the county and indeed across the country. I have no doubt the great progress we have made here in Monaghan will continue throughout the lifetime of this new strategy.

P.J. Harte

Chairperson

Monaghan Older People's Network

The Age Friendly Cities and Counties programme in Ireland

The Age Friendly Cities and Counties Programme is part of a worldwide, World Health Organisation (WHO) inspired movement which embraces the challenges and opportunities that face our ageing population. In Ireland the number of people over 65 is rising. The most recent Census in 2016 recorded an increase of 102,174 persons over 65 in the country. This reflected a 19% increase since 2011, bringing the total population over 65 in Ireland to 637,567. The Central Statistics Office estimates the older population is projected to increase to nearly 1.6 million by 2051. The overarching goal of Ireland's Age Friendly Cities and Counties Programme is that every local authority area in Ireland will be a great place in which to grow old. Underpinning the programme is the core principle that the voice of the older person is central to the programme. At local level, the programme is developed and implemented by older people working side by side in partnership with service providers and other relevant stakeholders.

Age Friendly Ireland was set up in January 2014 as an intermediary organisation to coordinate the Age Friendly Cities and Counties Programme in Ireland. Age Friendly Ireland supported the establishment and development of a local authority-led, Age Friendly City and County Programmes in every local authority area in the country. In 2017 the Government agreed that the Age Friendly Programme would become as a shared service in the local government sector hosted by a lead local authority. Following a tendering and selection process Meath County Council were appointed the lead local authority to host the national Age Friendly Programme.

A PROFILE OF OLDER PEOPLE IN COUNTY MONAGHAN 2019

Age profile	Male	Female	Total
65-69 years	1,457	1,413	2,870
70 - 74 years	1,072	1,033	2,105
75 - 79 years	694	791	1,485
80 - 84 years	522	630	1,152
85 years +	316	649	965
Total pop 65+	4,061	4,516	8,577

Monaghan	2011	2016
Total population 65+	7,690	8,577
% of total population	12%	14%
% change	8%	12%

In 2016, there were 11 centenarians in Monaghan, this figure is almost three times the number of people over one hundred years old recorded in 2011

Themes of the Age Friendly City and County Programme

The Age Friendly Cities and Counties Programme operates under eight distinct themes. The eight themes shape the goals local Age Friendly Alliances aim for and the actions they take to make every city and county in Ireland a great place to grow old. The eight themes of the Age Friendly Programme are listed below.

1. **Outdoor Spaces and Public Buildings** – Aims to make outdoor spaces and buildings accessible and safe for older people.
2. **Transport** -Aims to promote safe, accessible, reliable and comfortable transport services for older people.
3. **Housing** – Aims to provide accessible and appropriate housing choices and supports for older people.
4. **Respect and Social Inclusion** -Aims to combat negative views on ageing and prevent prejudice and discrimination against older people.
5. **Social Participation** – Aims to provide opportunities for older people to stay socially connected and to play an active part in society.
6. **Communication and Information**- Aims to ensure that older people can easily access information about what is happening in their communities.
7. **Civic Participation and Employment** – Aims to increase employment, volunteering and civic participation among older people.
8. **Community Support and Health Services** – Aims to provide older people with easily accessible health and community services and help with access to high-quality home care and residential facilities.

Establishing the Age Friendly Programme in Monaghan

The commitment to become an Age Friendly County was adopted by the members of Monaghan County Council in June 2011. This commitment brought about the establishment of Monaghan Age Friendly Alliance, an interagency committee with representation from the key statutory agencies and community organisations with a remit for older people and older people living in the county. The first meeting of Monaghan Age Friendly Alliance was held in September 2011. At this meeting all members pledged their commitment to the process and to working collaboratively on specific areas that would lead to better outcomes for the older people of Monaghan. The driving force behind Monaghan Age Friendly Alliance are the older people of county Monaghan who are represented through Monaghan Older People's Network. Monaghan Age Friendly Programme is co-ordinated by Monaghan County Council.



Monaghan Older People's Network

One of the key principles of the Age Friendly Programme is that older people are at the heart of decision making and are consulted at all stages on decisions which affect them. Monaghan Older People's Network was established in 2012. The network supports the Age Friendly Alliance in the delivery of actions identified during public consultation. Monaghan Older people's network has directed and influenced numerous successful projects since 2012 and will continue to guide and influence the work of Monaghan Age Friendly programme. Monaghan Older People's Network are also represented on the National Older People's Council.



Monaghan's first Age Friendly Strategy 2012-2018

Monaghan's first Age Friendly Strategy placed an emphasis on finding solutions to issues raised during the consultation process that took place during 2011/2012. The participation of the older people of Monaghan in the public consultation was invaluable. Their responses and contributions were vital to the development and implementation of the actions within the strategy. The public consultation gave Monaghan Age Friendly Alliance a clear statement of aims and outlined practical and cost-effective ways to achieve them. The first Age Friendly Strategy for county Monaghan contained thirty strategic actions to be delivered over the period 2012-2018. Twenty-six of these actions have been progressed to date. Since its establishment in 2011, Monaghan Age Friendly Programme has progressed to be one of the leading Age Friendly Programmes in the country. Monaghan has shared the learning from our successful initiatives with our colleagues across the country.

Monaghan's second Age Friendly Strategy 2020-2024

This second Age-Friendly Strategy for Monaghan builds on the foundations of the success of the county's first strategy. Public consultation highlighted the issues that remain a challenge for older people needing continued support and development. Consultation also highlighted new issues to be addressed over the coming five years. The proposed actions within this second strategy reflect the views, opinions and recommendations of the older people in county Monaghan in 2019. Throughout the development of this strategy the focus remained on making Monaghan a great place in which to grow old. Monaghan Age Friendly Alliance will continue to work to achieve this goal.

Monaghan Age Friendly Strategy 2012-2018 key achievements

Men's Shed programme

A key action of Monaghan's first Age Friendly Strategy was to establish a Men's Shed as an opening for older men to engage with other men in their communities. Cavan Monaghan Education and Training Board (CMETB) supported the establishment of a Men's Shed programme in the county. A Men's Shed provides the opportunity for men to come together to participate in activities, training and social interaction in their own time and in the company of other men. Currently there are five Men's Sheds operating in county Monaghan. These are located in Monaghan town, Clones, Ballybay, Castleblayney and Carrickmacross. The Men's Sheds across the county provide significant support to local community projects and tidy towns associations. In 2018 Monaghan opened its first "Hen's shed" in Clones.



Monaghan Age Friendly Business Programme

An Age Friendly business looks to its older customers to identify small changes that can be made to how they operate their business to make it easier for older people to engage with and access businesses in the community. The initiative began on a pilot basis in Carrickmacross and quickly expanded throughout the county with businesses in all five towns in the county signing up to the programme. The programme has supported 131 businesses to make small improvements to their business to make it easier for older people to access services. The Monaghan Age Friendly Business model has been developed into a toolkit by Age Friendly Ireland. In 2016, Monaghan became the first Age Friendly Business county in the country.



Monaghan Age Friendly Strategy 2012-2018 key achievements

An Age Friendly Guide to Communication

Public consultation identified that many older people find it difficult to access and understand information on services, supports and opportunities available in the county. In response to this issue, Monaghan Age Friendly Alliance produced ***“An Age Friendly Guide to Communication”***. This booklet sets out the barriers experienced by older people in typical communication methods and how the natural ageing process can impact on how we communicate or access information. The booklet also gives tips and advice on how service providers can remove these barriers when communicating with older customers. The Monaghan Age Friendly Guide to Communication has been replicated by many other local authorities. An Age Friendly Communication training module was developed to support the information booklet. This training was delivered to key service providers in Monaghan.



Crime Prevention Ambassador programme

Monaghan Age Friendly Programme, along with Cavan and Meath Age Friendly Programmes, piloted a Crime Prevention Ambassador Programme during 2013. This programme trained local older people to visit isolated older people in their community and give them information and advice on how they can be safer in their homes. This programme was delivered in conjunction with the Gardai in each of the participating counties. Monaghan Age Friendly Programme carried out an evaluation of the pilot programme and prepared a report that was presented to the Garda Commissioner for consideration. The recommendation of the evaluation was to extend the programme nationwide. The Crime Prevention Ambassadors Programme is now a national initiative delivered by Muntir na Tire.



Monaghan Age Friendly Strategy 2020-2024

Public Consultation

During January and February 2019 Monaghan Age Friendly Programme conducted a countywide consultation process to identify the current issues and challenges impacting on older people in our communities. The aim of this consultation was to inform the development of the second Age Friendly Strategy for county Monaghan to be delivered during 2020-2024. Our public consultation process used an inclusive model of consultation that provided a variety of opportunities older people to engage with the consultation process and have their views heard and included. The consultation also engaged with key service providers and organisations who work with older people in our communities. Over four hundred submissions and contributions were received. This level of engagement in the consultation process has brought the issues, challenges and recommendations from older people all over the county to the attention of the Age Friendly Programme. The consultation process highlighted many issues across each of the eight themes of the Age Friendly Programme. The issues identified by the older people of Monaghan informed the development of a range of actions to be implemented over the next five years that will aim to address these issues. Monaghan Age Friendly Programme appreciates each and every person who completed a questionnaire, submitted written or verbal responses or who attended a public consultation meeting.

The issues raised throughout the public consultation process are categorised under each theme in the tables below

Theme 1: Outdoor Spaces and Buildings- *Aims to make outdoor spaces and buildings accessible and safe for older people.*

Inaccessible streetscapes	Access to buildings and services
<ul style="list-style-type: none"> • Some footpaths in the towns are uneven and cracked. • More seating is needed around towns/villages. • Street lighting in some rural areas is limited. • Crossing time settings on pedestrian crossings throughout the county are inconsistent and don't provide enough time for people with mobility difficulties to cross safely. • Some pedestrian crossings have no audio signalling in operation causing difficulties for people with visual impairments. 	<ul style="list-style-type: none"> • Access to shops, buildings and services can be difficult for some older people. • There are currently no Adult Changing Places in county Monaghan. • Monaghan Library services were identified as an excellent service for older people in the county. • A permanent accommodation is needed for Monaghan U3A group. • Errigal Church access route is difficult for older people. • Clara hall is currently unused and could provide activities for older people.
Accessible parking	Outdoor recreation
<ul style="list-style-type: none"> • Allocated parking spaces for people with disability parking permits are frequently used by people without a permit. • There is a need for dedicated Age Friendly parking spaces for older people with mobility difficulties who don't qualify for a disability permit. 	<ul style="list-style-type: none"> •Some walkways in Ballybay park are uneven. •Some pathways in Rossmore park are uneven and difficult for older people. •More seating is needed in parks/greenways to allow people to rest. •More seating is needed in playgrounds for grandparents.

Theme 2: Transport -Aims to promote safe, accessible, reliable and comfortable transport services for older people.

Road Safety	Availability of transport
<ul style="list-style-type: none"> • Since 2016 almost 50% of pedestrians killed on Co Monaghan’s roads were aged over 60. • There is a need to actively target older people’s groups to engage in road safety programmes. • Bus stops /shelters along new bus routes should have some seating for older passengers. 	<ul style="list-style-type: none"> • Better information on all bus services needed in easy to read formats. • Transport of service users to Carrickmacross Day care is needed as volunteers are not insured to facilitate this. • More information needed on transport to social activities and services some people are not aware of transport services that could bring them to services and activities in their communities.
Costs related to accessing transport	Access to Transport
<ul style="list-style-type: none"> • Motor Insurance for older people is very expensive. Many older people can't afford high payments and have stopped driving. • Introduction of fares on some HSE transport routes are unmanageable for many older people. • The medical report required for over 70's drivers licence is not currently covered by the medical card. 	<ul style="list-style-type: none"> • The Bus Eireann Carrickmacross to Dublin service bus requires passengers to access this service from outside the town. This is a particular difficulty for older people who use the service for medical appointments. • There is limited transport available at night and evenings which means some older people don’t get to socialise after 6pm. • It is very difficult to get a taxi service , especially in rural communities, older people are relying on family or neighbours.

Theme 3: Housing – *Aims to provide accessible and appropriate housing choices and supports for older people.*

Downsizing	Adapting your home- supports for older people
<ul style="list-style-type: none"> • Older people living who are interested in moving to smaller homes have no information on opportunities to downsize. • Older people struggling to maintain large homes have no alternative but to remain in the larger home. • Older people living in very isolated communities would like to relocate to live nearer services. • There is a need to support older people who are caring for adult children with disabilities around future support. 	<ul style="list-style-type: none"> • There was limited knowledge of supports and resources available to older people for adapting your home. • People find the information on public services very complex and difficult to understand. • Many people had no knowledge at all about supports and assistance that may be available. • Fair Deal scheme information is very hard to access and understand.
Safety and Security	Safety in the Community
<ul style="list-style-type: none"> • Many older people do not know their Eircode, and its importance for emergency services. • Seniors Alert Scheme is not available in some areas of the county. • Lack of awareness about the Seniors Alert Scheme, Community Alert /Monaghan Alerts programme. 	<ul style="list-style-type: none"> • Crime, burglaries, and fear of crime is still a significant issue in the county. • Illegal dumping, litter and graffiti is a problem in some areas, in particular Carrickmacross. • Many older people would like to get to know the Community Garda in their area.

Theme 4: Respect and Social Inclusion – *Aims to combat negative views on ageing and discrimination against older people.*

Challenges of getting older	Participating in local activities
<ul style="list-style-type: none">• Some older people are embarrassed because they require help because of ageing and often don't want people to know they require assistance.• Older people have lived through enormous difficulties and change there are few opportunities for storytelling/social history to remember and share and record their experiences.• The potential impact of BREXIT is a concern of many older people living in the border areas of the county.	<ul style="list-style-type: none">• There is a lack of awareness of what is going on in local communities.• People don't come to activities happening in their local area.• There is never anything new to do always the same activities.• No opportunities to visit other older peoples clubs in the county.• Older men who can no longer drive or walk long distances don't get to attend GAA matches anymore.• Numerous requests for more opportunities for fitness and sport for older people and in local areas.

Theme 5: Social Participation -Aims to provide opportunities for older people to play an active part their community

Loneliness and Isolation	Lifelong learning
<ul style="list-style-type: none"> • Bereavement is very difficult for many older people, it changes your life so much and it can be very lonely. • Many people have a poor adjustment to retirement and find the transition difficult and lonely. • Many people over 65 are carers and very isolated in their homes. 	<ul style="list-style-type: none"> • Older people are interested in courses and training but often don't hear about courses until they are over. • There was a lack of awareness of the range of lifelong learning opportunities available from CMETB especially community education courses.

Theme 6: Communication and Information -Aims to ensure that older people can easily access information on services, supports and activities.

Inaccessible information on services	Internet Safety/Technology
<ul style="list-style-type: none"> • Lack of awareness of services available for older people or where you can access them. • Information is always written in complicated language or very small print. • So much is only online, many older people don't have skills or access to internet. 	<ul style="list-style-type: none"> • Older people reluctant to hand over personal information and details. • Banking services have changed and need for support for older customers • More training is needed on being safe on the internet, how to use smart phones and online.

Theme 6: Communication and Information -Aims to ensure that older people can easily access information on services, supports and activities.

Information talks on issues of important	Dementia Awareness
<ul style="list-style-type: none"> Community information talks were identified as the most effective ways on providing information to older people. Many older people were unaware of the supports available to assist them in exercising their vote and no longer vote because of difficulties they experience with mobility and or reading and writing. 	<ul style="list-style-type: none"> There is a need to create a greater awareness of Dementia in the wider community.

Theme 7: Civic participation and Employment - Aims to increase employment, volunteering and civic participation for older people.

Age Friendly Business programme	Monaghan Older peoples network
<ul style="list-style-type: none"> Age Friendly Business Programme is very good and should be continued. More businesses should be encouraged to join. 	<ul style="list-style-type: none"> Monaghan Older Peoples Network is not a good representation of older people there are many areas not represented. Older people would like the opportunity to meet with politicians once or twice a year to raise their issues and concerns with them.

Theme 7: Civic participation and Employment - *Aims to increase employment, volunteering and civic participation for older people.*

Skills sharing programme	Volunteering with day care centres
<ul style="list-style-type: none"> Older people have skills from their working life they would like to share with younger people in employment, in particular people who are self-employed. 	<ul style="list-style-type: none"> Many day care centres and clubs identified the need for more volunteers to support their work and activities.

Theme 8: Community Support and Health – *Aims to provide easily accessible health and community services for older people*

Access to GP's	Lack of Awareness of Community Health services
<ul style="list-style-type: none"> Many older people identified difficulty in accessing an appointment with their GP's. Older people identified being unable to make appointment in advance can be very problematic if you need to arrange transport. 	<ul style="list-style-type: none"> Throughout the county there is a significant lack of awareness among older people about the role and services of their local primary care centre. There is a lack of awareness of the wide range of services and supports that can be accessed at the local pharmacy.
Health services & hospital appointments	Local Public health Nurse meetings
<ul style="list-style-type: none"> There was a significant volume and range of health-related issues raised during consultation- Including: Access to health services outside of Monaghan. Unable to make appointments for GP, long waiting lists for treatments. 	<ul style="list-style-type: none"> Older people's groups and clubs would like more interaction with the public health nurse, informal meeting/ information talks with club a couple of times a year.



Monaghan Age Friendly Strategy Action plan 2020-2024

Monaghan County Council through the Age Friendly programme manager will:

- Co-ordinate and facilitate the meetings of Monaghan Age Friendly Alliance.
- Support the operation of Monaghan Older persons network.
- Provide ongoing support and guidance to all agencies in the delivery of actions within the age friendly strategy for the county.
- Provide Monaghan Age Friendly Alliance with regular updates on implementation of the age friendly strategy.
- Provide Age Friendly Ireland with regular updates on the progress of the Age friendly programme in Monaghan.

Theme 1: Outdoor spaces, buildings and the physical environment

Issue	What we will do?	Who will deliver the actions?
Age Friendly Streetscapes	<ol style="list-style-type: none"> 1. All plans for upgrading streetscape programmes to ensure the accessibility procurement process in considered. 2. All plans for upgrading or developing playgrounds in the county will ensure accessible seating for older people is provided 3. Monaghan County Council will engage with older people regarding specific access issues in the public realm. 4. An audit of all pedestrian crossings in the county will be carried out, to ensure a consistent crossing time, audio and visual signalling are available at all crossings. 5. To identify areas in the county where street lighting is required and making recommendation for consideration to each Municipal district area annually. 6. To identify areas in the county where street lighting improvements are required and make recommendations to the relevant executive engineer in Monaghan County Council. 	1-6.Municipal Districts of Monaghan County Council
Age Friendly Parking	<ol style="list-style-type: none"> 1. An awareness raising programme to be developed and implemented to tackle the issue of illegal parking in accessible parking bays. 2. Develop a programme to identify and locate Age Friendly parking spaces in town centres for older people with mobility difficulties who don't have disability parking permits. 	<ol style="list-style-type: none"> 1. Monaghan Gardai 2. Municipal Districts of Monaghan County Council

Theme 1: Outdoor spaces, buildings and the physical environment

Issue	What we will do?	Who will deliver the actions?
Outdoor spaces	<ol style="list-style-type: none"> 1. Promote information on the most accessible walkways in Rossmore park to older people's groups in the county. 2. Upgrade the walkways in Ballybay town park to make the space more accessible for people with mobility difficulties. 	<ol style="list-style-type: none"> 1. Monaghan County Council Municipal Districts/Tourism Officer 2. Clones Ballybay Municipal district
Age Friendly Buildings	<ol style="list-style-type: none"> 1. Develop a programme to establish Adult changing spaces in appropriate locations throughout county Monaghan over the lifetime of the strategy. 2. To work with older people's groups in the county to support them to build their capacity to hold meetings, where possible. 3. Support the roll out of Monaghan Age Friendly Libraries Programme. 	<ol style="list-style-type: none"> 1. Municipal Districts of Monaghan 2. National Age Friendly programme 3. Monaghan County Council Library service

Theme 2: Transport

Issue	Proposed actions: What we will do?	Who will deliver the actions?
Road Safety	<ol style="list-style-type: none"> 1. To deliver Mobility Matters, Road Safety Programme specifically for older people with older people's groups in the county. 2. To review bus shelters on Local link routes to identify where improvements or additional resources are required. 	<ol style="list-style-type: none"> 1. Monaghan County Council Road Safety Officer 2. Cavan Monaghan Local Link
Access to Transport	<ol style="list-style-type: none"> 1. Develop guidance on developing and promoting easy to read information on services available and issue to all local transport providers. 2. Deliver Age Friendly Communication training with local bus drivers and services. 3. Collate list of taxi service providers and promote among older people. 4. Explore the possibility of developing a "Rural Uber" type model in county Monaghan 	<ol style="list-style-type: none"> 1. Age Friendly programme 2. Age Friendly programme 3. Cavan Monaghan Local Link 4. Cavan Monaghan Local Link
Issue	Proposed actions: What we will do?	Who will deliver the actions?
Barriers to transport	<ol style="list-style-type: none"> 1. Explore current availability of Local Link services in evenings and weekends, and possibility of linking services to events and activities taking place in the community for older people. 	<ol style="list-style-type: none"> 1. Locallink/Monaghan Age Friendly Programme

Theme 3 - Housing

Issue	Proposed actions: What we will do?	Who will deliver the actions?
Housing for older people	<ol style="list-style-type: none"> 1. Support the delivering of the national strategy, <i>Housing Options for our Ageing population</i> in county Monaghan. 2. Support the implementation of the Castleblayney pilot town centre regeneration project. 	<ol style="list-style-type: none"> 1. Housing department Monaghan County Council 2. Economic development– Monaghan County Council.
Supports for people at home	<ol style="list-style-type: none"> 1. Review the information on the supports available for older people who wish to adapt their home to ensure information is easy to read and accessible to older people in the county. 2. To develop an easy to read information leaflet on litter awareness, waste amnesty services. 3. Deliver the Helping Hands programme -a free small odd jobs service for older people living alone. 	<ol style="list-style-type: none"> 1. Housing department MCC 2. Environment section MCC 3. Monaghan Integrated Development
Issue	Proposed actions: What we will do?	Who will deliver the actions?
Safety and Security	<ol style="list-style-type: none"> 1. Develop and roll out an Eircode awareness programme with older people’s groups. 2. Review the current availability of the Seniors Alert scheme and Identify areas of the county where need and support interested community groups to establish the scheme their communities. 3. Promote the available information on safety and security advice and supports among older people’s groups in the county. 	<ol style="list-style-type: none"> 1. Healthy Ireland Monaghan 2. Monaghan Age Friendly programme 3. Monaghan Age Friendly Programme
Community policing	<ol style="list-style-type: none"> 1. Deliver a series of information talks with local community groups to provide support and information on how to keep safe at home. 2. Crime Prevention Programme to be rolled out in conjunction with Community Gardai 	<ol style="list-style-type: none"> 1. Monaghan Garda 2. Muntir na Tire

Theme 4 Respect and Social Inclusion

Issue	Proposed actions : What we will do?	Who will deliver the actions?
Promoting Positive Aging	<ol style="list-style-type: none"> 1. Establish a programme between older people and pre-school groups to share skills and social events. 2. Develop a reminiscence programme that will run series of storytelling sessions for older people. 	<ol style="list-style-type: none"> 1. Monaghan Childcare Committee. 2. Monaghan County Museum
Lifelong learning	<ol style="list-style-type: none"> 1. To promote and advertise courses and training available with older people's clubs. 2. Deliver information talks on the CMETB Community Education services available and how to access them. 3. Deliver a series of information sessions to target older people to engage in Literacy programmes. 	<ol style="list-style-type: none"> 1. CMETB -Cavan Monaghan Education & training board. 2. CMETB 3. CMETB

Theme 5- Social Participation

Issue	Proposed actions: What we will do?	Who will deliver the actions?
Participation in local activities	<ol style="list-style-type: none"> 1. Conduct survey with older people to find identify what prevents people from attending activities or events in their communities. 2. Develop a GAA Outreach programme to identify isolated men and link them in with people who can take them to GAA matches 	<ol style="list-style-type: none"> 1. Monaghan Age Friendly Programme 2. Monaghan GAA County board
Sport and fitness	<ol style="list-style-type: none"> 1. To Support older people to engage in sport and physical activity through the age friendly actions within Monaghan Sports Partnership Action Plan. 	<ol style="list-style-type: none"> 1. Monaghan Sports Partnership

Theme 5- Social Participation

Issue	Proposed actions: What we will do?	Who will deliver the actions?
Loneliness and Isolation	<ol style="list-style-type: none"> 1. Provide older peoples groups with the list of themes and areas of interest identified by older people during public consultation that they would like to see taking place in their local community centres. 2. Explore opportunities for older carers to be supported to look after their own health and wellbeing while caring out the role of carer. 3. To promote the Monaghan befriending service among older people clubs to identity new referrals to the service. 4. Establish a Good Morning Call Service for older people living alone in Monaghan and link service users to other services available in the county. 	<ol style="list-style-type: none"> 1. Monaghan Age Friendly programme 2. Family Carers Ireland- Monaghan 3. Monaghan Integrated Development 4. Monaghan Integrated Development /ALONE

Theme Six: Communication and Information

Issue	Proposed actions : What we will do?	Who will deliver the actions?
Accessible information	1. Age Friendly Communication booklet to be reprinted and distributed to service providers for older people.	1. Monaghan Age Friendly Programme
Access to services	1. Deliver one Age Friendly Communication session per year to the key service providers for older people across the county.	1. Monaghan Age Friendly Programme
Technology training and Internet safety	1. Continue to deliver training internet safety, how to use smart phones and online services with CMETB and library services.	1. Cavan Monaghan Education and Training board
Online banking training	1. Link in with the local banks to support them to recruit older people to participate in banking training for older customers.	1. Monaghan Age Friendly Programme/Bank of Ireland/AIB

Theme Seven: Civic Participation and Employment

Issue	Proposed actions : What we will do?	Who will deliver the actions?
Monaghan Older Peoples Network	<ol style="list-style-type: none"> 1. Restructure Monaghan Older Peoples Network in order to maximise participation. 2. Deliver training on participation and empowerment with the Older people's network members with Age Friendly Ireland. 3. Arrange one meeting per year with Elected representatives in each Municipal district area. 	<ol style="list-style-type: none"> 1. Monaghan Age Friendly Programme 2. National Age Friendly programme 3. Monaghan Age Friendly Programme
National policy issues	<ol style="list-style-type: none"> 1. Raise the issue regarding the medical report required for over 70's drivers' licence currently not covered by medical card. 2. Raise the issue regarding high insurance costs for people over 65 and the impact it has on older people in rural communities. 	<ol style="list-style-type: none"> 1. Monaghan Older People's Network 2. Monaghan Older People's Network.
Age Friendly Business	<ol style="list-style-type: none"> 1. Renew membership of the Age Friendly Business Programme and increase the number of businesses involved across the county 2. Pilot "Sit at my table "with business for older customers dining alone who would like company 	<ol style="list-style-type: none"> 1. Monaghan Age Friendly Programme 2. Castleblayney Regeneration
Volunteering	<ol style="list-style-type: none"> 1. Engage with Older people's centres and clubs across the county to identify the level of need for volunteers to support their work and activities. 2. Monaghan Volunteer Centre to identify volunteers to take up volunteering opportunities with older people's day care centres and groups. 	<ol style="list-style-type: none"> 1. Monaghan Volunteer Centre 2. Monaghan Volunteer Centre
Skills sharing programme	<ol style="list-style-type: none"> 1. Link in with Local Enterprise office to arrange skills sharing information sessions with older entrepreneurs and clients of the LEO. 	<ol style="list-style-type: none"> 1. Local Enterprise Office

Theme Eight: Community support and health services

Issue	Proposed actions: What we will do?	Who will deliver the actions?
<p>Access to Health and Medical services</p>	<ol style="list-style-type: none"> Facilitate consultation meetings between older people and GP's to support older people to raise issues of concern with GP's in the identified areas of the county. To arrange for Public Health Nurses in the community to attend one meeting of Monaghan Older people's network each year to provide information to members. Work with pharmacies in the county to put together an easy to read list of the services, information and support that is available in the local pharmacy 	<ol style="list-style-type: none"> Monaghan Age Friendly Programme HSE/Monaghan Older people's network Monaghan Age Friendly Programme/Pharmaceutical Association
<p>Health services awareness raising</p>	<ol style="list-style-type: none"> Continue to facilitate a forum for discussion and linkages between older people and the HSE services providers. To develop an Age Friendly Guide to the Primary Care Centre, the services it provides and how to access them. Support the participation of older people in the Healthy Ireland Health fairs programme 2020/2021 	<ol style="list-style-type: none"> HSE Services for older people HSE Primary Care Monaghan Integrated Development/Healthy Ireland Monaghan

Implementation and Monitoring

- Monaghan Age Friendly Programme manager along with Monaghan Age Friendly Alliance will plan, direct and oversee the implementation of this strategy.
- Monaghan County Council will provide the developmental and administrative assistance to the delivery of the Monaghan Age Friendly Strategy
- Monaghan County Council will provide the administrative support to Monaghan Age Friendly Alliance and Monaghan Older Peoples Network.
- Monaghan Age Friendly Alliance will agree an annual programme of work throughout the lifetime of this strategy.
- Monaghan Age Friendly Alliance will meet four times per year.
- Progress on the annual programme of work will be reported on at each meeting of the Age Friendly Alliance.
- An Annual Report will be published each year to update on the progress of the strategy and the work of the Monaghan Age Friendly Alliance.



Acknowledgements

Monaghan Age Friendly Programme wish to acknowledge the contribution of all of the people who participated in our public consultation for the development of this strategy. Those who attended meetings, submitted written comments, telephoned, emailed or completed surveys. Participants gave their time, energy and honesty to help inform this strategy. Each and every submission has been documented and is incorporated into this strategy document. We also wish to acknowledge the support and interest given by the community groups of Monaghan who hosted consultation events, encouraged people to participate and shared their experiences and wisdom.

