

Sligo Age Friendly Strategy 2023 - 2026



Sligo Age Friendly Programme is committed to establishing a county in which our older people can live active and engaged lives, making a valuable contribution to their communities.



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Foreword

As Cathaoirleach of Sligo County Council and Chairman of the Sligo Age Friendly Alliance, I am delighted to introduce the new Sligo Age Friendly Strategy 2023-2026.

Sligo Age Friendly Programme is committed to establishing a county in which our older people can live active and engaged lives, making a valuable contribution to their communities.

Everyone hopes that as they grow older, they will be supported to stay in their own home, be listened to and taken seriously, be able to work or volunteer, enjoy a good social life, and have access to good information and healthcare.

The Sligo Age Friendly Programme 2023 – 2026 is an excellent opportunity to ensure that these supports, and opportunities are in place. I am confident that Sligo is a great place to live in and to grow old in and this strategy represents our commitment to positive ageing.

The benefits of having an Age Friendly strategy for Sligo are wide ranging and significant. Working together we all have a part to play in achieving the vision set out as part of this strategy. Multi-agency working can, of course, be challenging, but the gains for us all as we age will be worth the effort. I want to commend all members of the Age Friendly Alliance and the Older People's Council who are our partners in the Sligo Age Friendly Programme, for embracing the collaborative approach to establishing this strategy.

I ask everyone to play their part in helping us to bring the vision and goals of the strategy to life and continue to make Sligo a great county in which to grow old.



Cllr Gerard Mullaney
Cathaoirleach,
Sligo County Council

Chairman, Sligo Older Peoples Council

Chairperson of Sligo Older Persons Council (OPC) As Chairperson of Sligo Older Persons Council, I am delighted to welcome the Sligo Age Friendly Strategy 2023-2026.

The OPC as the collective voice of older people, enables members to raise issues of importance and inform the decision-making process of Sligo's County Age Friendly Alliance. This was evident through the development of the strategy and the consultative process involved.

The OPC positively reminds and encourages older people of everything they CAN do. Older people are an asset to our county and we must recognise the need to represent the diverse older population of Sligo.

I feel confident that the Sligo Age Friendly Strategy 2023-2026 and the commitment shown by all involved will improve the lives of all the citizens of Sligo now and in the future. Sligo is a beautiful county and one that we can ensure that as our population ages, they can do so with the great quality of life through accessible and relevant supports activities and amenities.



Amro Hamid

Chairperson Sligo OPC

“ Our older people are an asset to our county and we must recognised the need to represent the diverse older population of Sligo. ”

1. Age Friendly Programme

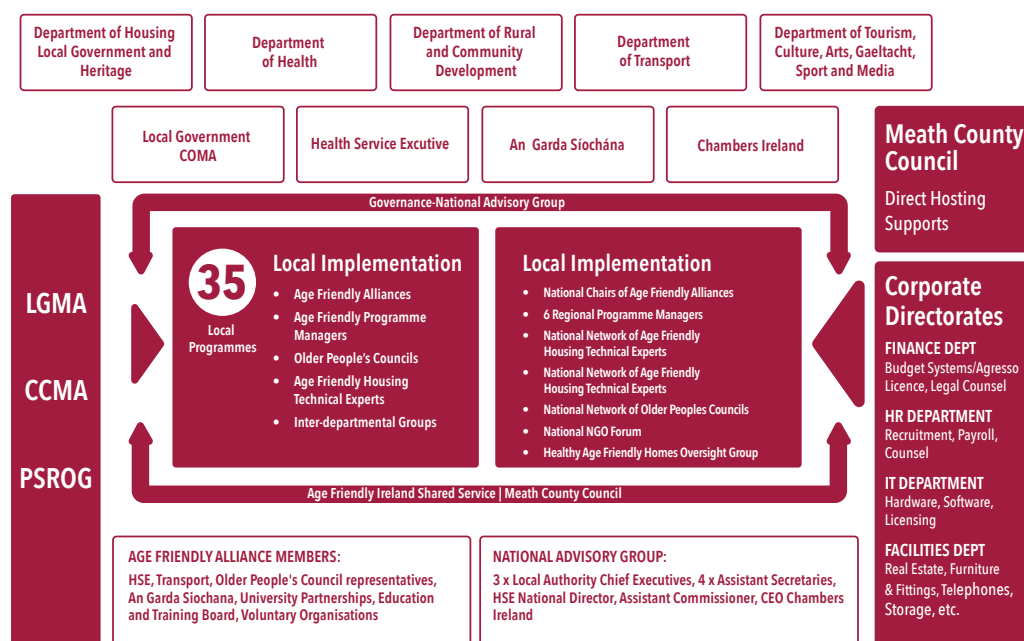
The World Health Organisation (WHO) Global Network for Age-friendly Cities and Communities connects cities, communities and organizations worldwide with the common vision of making their community a great place to grow old in. In 2019 Ireland was formally recognised by the WHO as an international leader and the first Age Friendly country in the world.

1.1 Age Friendly Ireland

Age Friendly Ireland is a shared service of local government hosted by Meath County Council. The shared services manage the national Age Friendly Programme, affiliated to the World Health Organization's Age Friendly Cities and Communities Network. The national programme is operated through a team-based framework of 31 local 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 by paying increased attention to the environmental, economic and social factors that influence the health and well-being of older adults.

Figure 1: Age Friendly Ireland Shared Service Structure

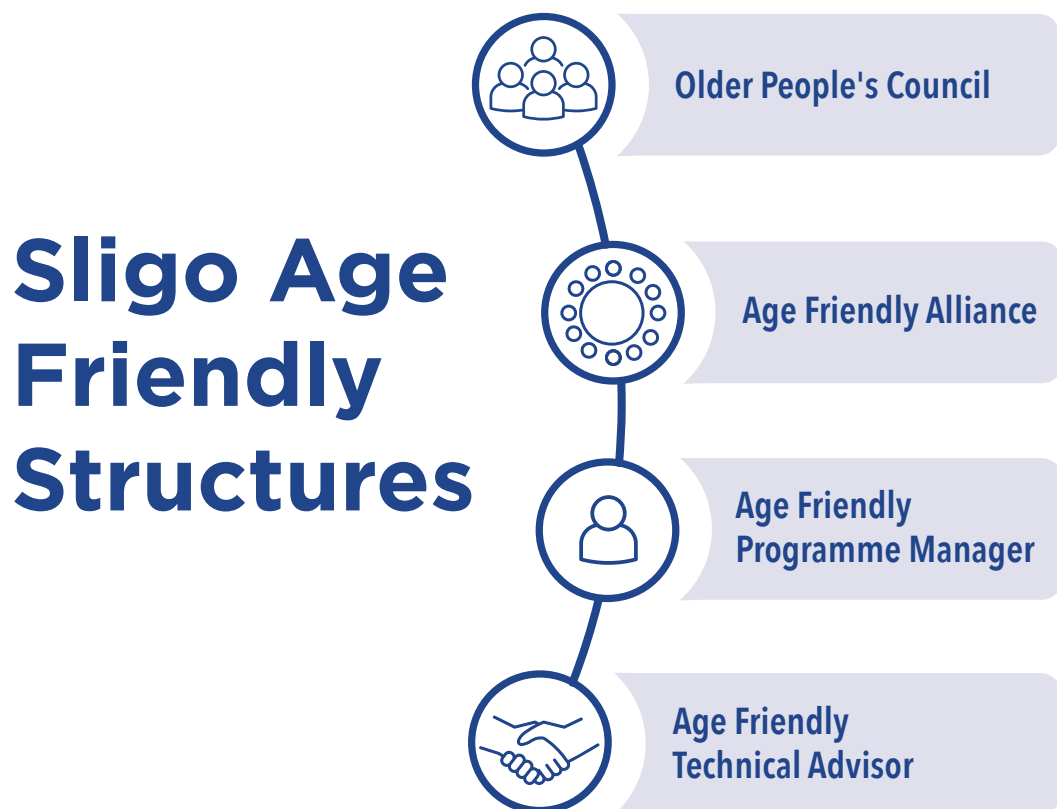


Age Friendly Programmes work to provide walkable streets, housing and transportation options, access to key services and opportunities for older people to participate in community activities. By doing so, these communities are better equipped to become great places, and even lifelong homes, for people of all ages. Local Age Friendly Programmes are informed by a positive ageing perspective and seeks to enhance and improve the lives of older people across the country by giving them a voice in the decision-making processes that affect 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.

1.2 Age Friendly Sligo

Each local Age Friendly Programme operates with the same structure which relies on an active Older People's Council and interagency Age Friendly Alliance. The Age Friendly Sligo programme is co-ordinated at county level by the local authority through the Age Friendly Programme Manager. A Housing Technical Advisor is also in place within Sligo County Council.

Figure 1: Sligo Age Friendly Structures



The Sligo Age Friendly Alliance is a high-level cross-sector group, chaired by the Cathaoirleach of Sligo County Council. The member agencies (Appendix 1) of the local Age Friendly Alliance form a strategic partnership to develop and oversee the Age Friendly Strategy.

The Older People's Council is a representative group of older people, established by Sligo County Council as part of the local Age Friendly Programme. The Sligo Older People's Council was launched in Co. Sligo on 29th September 2022.

The Older People's Council (Appendix 2) is a two-tier structure with an elected Executive Committee (elected March 2023) and a wide membership base. Older People's Councils identify priorities areas of need, raise issues of importance, influence the decision-making process of the local Age Friendly Programme, and also 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.

Age Friendly Sligo's Vision

To make Sligo a great county in which to grow old.

The Core Values of Age Friendly Sligo are aligned to the values of Age Friendly Ireland:

Figure 2: Age Friendly Programme Core Values



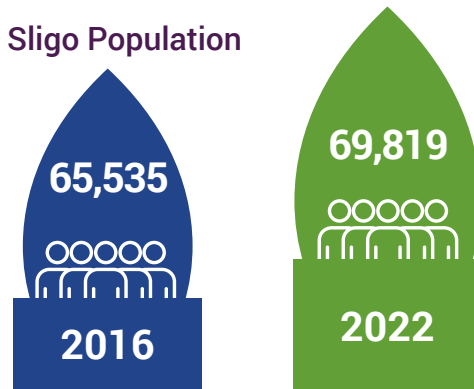
2. Demographic Information

2.1 Population Aging

The term 'population ageing' describes a demographic trend that signifies an increasing proportion of older people in the population in almost every country of the world. This is related to increasing life expectancy and a declining birth rate.

Ireland at present is a 'young' country, but the number of older people will rise significantly in the years ahead. It has been predicted that by 2030 the population aged 80 or above will increase by between 89 per cent and 94 per cent. Preliminary data from Census 2022 suggests that Sligo has an older age profile.

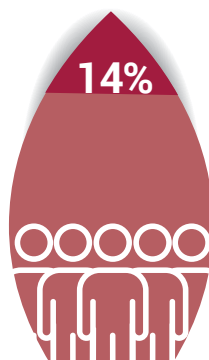
Co. Sligo Population



Sligo saw a 7% increase (4,284) in its population, slightly below the national average (8%) between 2016 and 2022. Only 33 per cent of the population increase in Sligo was as a result of a natural increase of births exceeding deaths.

Sligo has an older age profile than the national average

In 2016, 14% of the population was >65 years



Sligo has one of the lowest birth to death ratios in the country where for every death, 1.45 births are recorded. Twenty local authorities all have a ratio that exceeds 1.45 but is less than 2. There are seven local authority areas, that have a birth to death ratio of between 2 and 3. Areas with a low birth to death ratio tend to have population with an older age profile.

Population (over 65) Projection 2023: % Change since 2016

	Co. Sligo	National
85+	+22.4	+32.7
80-84	+21	+24.7
75-79	+39.4	+38.0
70-74	+27.6	+25.6
65-69	+6.5	+12.1

² The Economic and Social Research Institute (ESRI), 2017

³ Census 2022 Population Review of preliminary data published by the CSO LGMA

2.2 Deprivation Data

County Sligo has been classified as marginally below average from 2006 to 2016 on the Pobal HP Deprivation Index, with an improvement in the ratings from 2006 to 2011, followed by a large deterioration in score to 2016. Relative affluence is distributed toward the northern and north-eastern parts of the County, with pockets of disadvantaged areas further to the west, and areas below average to the south of the County. Wealth mainly centres in and around Sligo Town, and towards Grange and Cliffooney.

2.3 Housing Demand and Need Assessment

The Housing Delivery Action Plan for Sligo 2022-2026 sets out the targets and locations of Social Housing informed by the areas of primary demand. The plan will address the needs of persons with a disability, special needs, older persons-age friendly housing and members of the traveller community. Priority will be on the settlements of highest demand within the three Sligo Municipal Districts and will focus on models of sustainable compact growth that recognise the challenges of climate change, biodiversity, and sustainable construction standards, such as nZEB, and using potential brownfield sites where available, as envisaged in the National Framework Plan and Sligo County Development plan.

The Housing Delivery Action Plan has set a target of 10% Age Friendly allocation in developments greater than 10 dwellings – or where there might be a specific target group in a particular development.

2.4 Health & Positive Ageing Initiative

The following data indicates the extent of morbidity for older people in Co. Sligo highlighting the health needs of the growing older population and the opportunities for health promotion and prevention in relation to these conditions.

Morbidity Estimates - summary	Sligo	National
Angina	849	52,379
Heart failure	231	14,558
High blood pressure	8,222	519,110
Mini stroke	935	57,976
Myocardial infarction	1,262	79,320
Stroke	522	32,506
Dementia *	1,236	76,289
Disability-none	18,852	1,204,503
Disability - IADL	613	37,969
Disability - any ADL	1,958	122,596
Fall in last year	5,382	339,853
Falls - recurrent	2,164	136,689
Frailty -non-frail	10,014	646,440
Frailty – pre-frail	9,278	587,227
Frailty – frail	2,137	131,771
Diabetes	2,328	146,999
Anxiety	579	37,621
Depression	1,325	86,095
Arthritis (incl osteoarthritis or rheumatism)	8,136	511,494
Osteoporosis	3,840	241,000
0 chronic condition	1,992	130,773
1 chronic condition	4,304	278,021
2 chronic conditions	5,455	349,240
3+ chronic conditions	9,683	607,664
Chronic lung disease (incl COPD or emphysema)	1,191	75,060

Morbidity estimates data source – TILDA (age 58+ years).

* Data source – EuroCoDe, EURODEM (age 30+ years).

3. Policy Context

This strategy is located within the context of the national Age Friendly Ireland Programme and the World Health Organization's Age Friendly Cities and Communities Programme and has been developed within the framework of key national and local policies. The 2013 National Positive Ageing Strategy sets out a vision for an age-friendly society through the achievement of four national goals:

1. *Remove barriers to participation and provide more opportunities for the continued involvement of people as they age in all aspects of cultural, economic and social life in their communities according to their needs, preferences and capacities.*
2. *Support people as they age to maintain, improve or manage their physical and mental health and wellbeing.*
3. *Enable people to age with confidence, security and dignity in their own homes and communities for as long as possible.*
4. *Support and use research about people as they age to better inform policy responses to population ageing in Ireland.*

The overarching strategic framework guiding the development of all of County Sligo over the next 6 to 7 years is Sligo 2030 One Voice One Vision (Sligo 2030), which will act as an integrated multi-sectoral 'Local Economic & Community Plan', integrating Economic, Social, Community and Spatial Planning for all of Sligo based on the UN Sustainable Development Goals with an ambition for a smart and green Sligo.

The Vision for Sligo 2030 One Voice One Vision is for:

A Smart, sustainable and socially inclusive Sligo; one that cherishes its vibrant communities, protects and celebrates its unique environment and rich culture and is a champion of innovative growth and development

The Sligo 2030 plan has identified six high level goals:

1. **Developing Sligo's role as a Regional Growth Centre**
2. **Positioning Sligo to the forefront of smart digital transformation**
3. **Positioning Sligo as an exemplar region in climate action**
4. **Improving the living conditions and health of the people of Sligo**
5. **Celebrating Sligo's heritage, creative sector and tourism potential**
6. **Increasing collaboration and Innovation across Sligo's public, community and private sectors**

Seven key headline needs that Sligo have been highlighted to be addressed as part of the new Sligo 2030 plan:

- **Housing** – addressing the provision of housing and the lack of available private residential developments in Sligo to meet current and future demands.
- **Economy** – growing the employment base and creating more job opportunities.
- **Transport** – increasing mobility and accessibility to and from Sligo.
- **Revitalising Sligo's Town Centres** – the regeneration of town centres, improving the public realm and addressing the commercial vacancy rate.
- **Climate Change** – focusing, preparing, and acting on the challenges of climate change.
- **Community** – ensuring inclusion and adequate services.
- **Smart Sligo** – defining and measuring Sligo as a smart county.

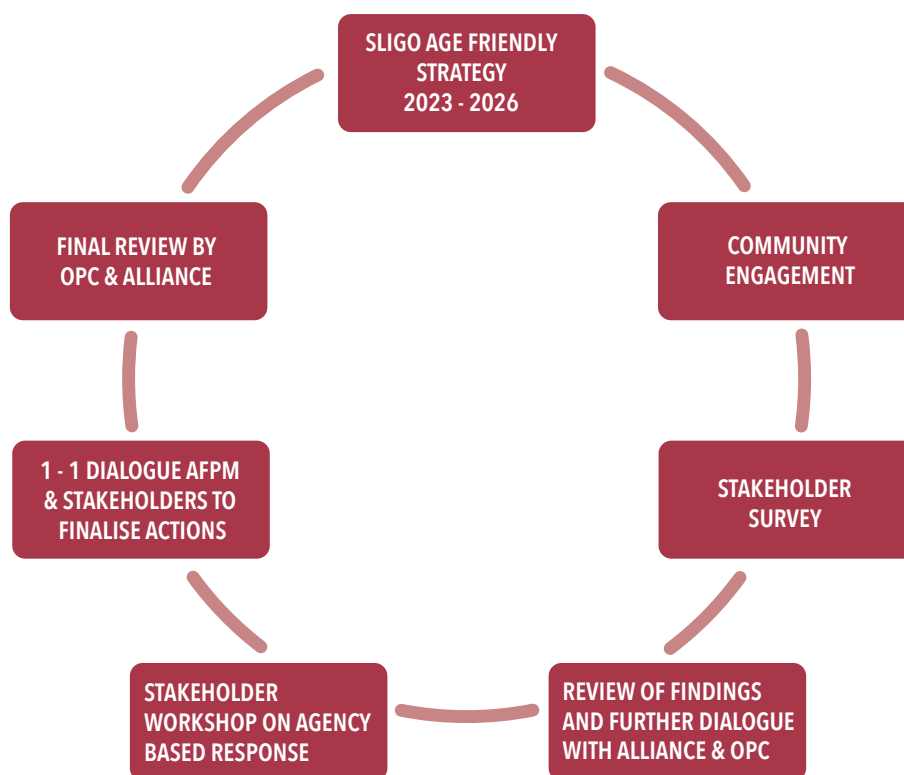
Another general theme highlighted was the need for more collaboration, coordination, and communication between key stakeholders and the community in Sligo. The development of this Age Friendly Strategy for Sligo has endeavoured to be responsive to these needs.

4. Development of Sligo Age Friendly Strategy 2023 - 2026

4.1 Methodology

The methodology for the development of this strategy involved a qualitative development process of dialogue with older people and the agencies operating services for older people:

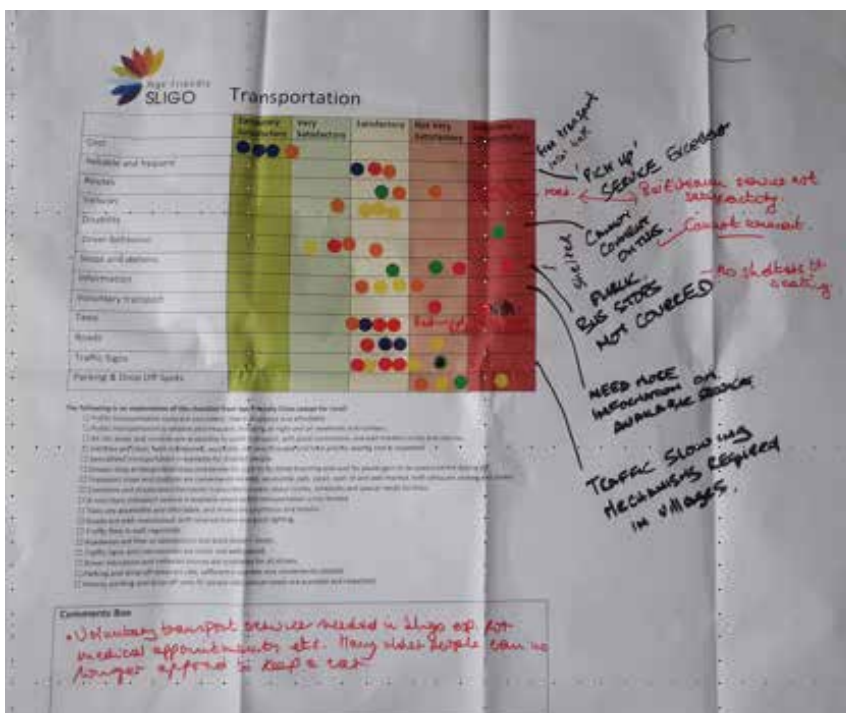
Figure 4: Strategy Development Process



Consultation sessions with older people and relevant stakeholders were held across the county in a number of locations including Enniscrone, Ballymote, Cliffoey, Tubbercurry and Sligo Town in the second half of 2022, reaching in excess of 100 contributors. A workshop was also hosted with Alliance members to prepare an appropriate agency based response to the needs identified. Conscious of engaging in a post COVID environment an opportunity for stakeholders to participate by survey was also provided. From the various means of consultation used, stakeholders were asked for their views on:

- *the main issues facing older people in Sligo in relation to the Age Friendly themes.*
- *Examples of age friendly activities in county Sligo*
- *Priority areas of action to include in Sligo's new Age Friendly Strategy*

Identifying the priority issues and areas for action



Agreeing the actions

At the Inaugural meeting of the Sligo Older People's Council on 29th September 2022, attendees had an opportunity to hear about and comment on the outcome of the community and stakeholder consultation and to review the action areas identified for consideration in the strategy action plan. Alliance members were also presented with the findings of the community and stakeholder consultation and invited to identify actions that member organisations could sign up to in the new strategy. Members of the Sligo Age Friendly Alliance and relevant agencies operating services for older people were invited to a workshop held on 28th November 2022. Participants were presented with findings of the community and stakeholder consultation and invited to identify actions that member organisations could sign up to in the new strategy. The Age Friendly Programme Manager followed up on a 1-1 basis with each organisation to formalise and consolidate actions to address the issues which arose from older people in Sligo. These were presented to the Alliance and the OPC for review. The main issues facing older people as identified by older people and organisations working with older people are outlined under the eight Age Friendly Themes:



4.2 Building on Good Practice Age Friendly Activities in County Sligo

A wide range of Age Friendly activities and developments in county Sligo were highlighted by older people and those providing services to older people. These activities address many of the issues highlighted by older people and building on them is a key focus of this strategy's action plan.

1: Outdoor spaces and buildings	Doorly Park Outdoor Gym Sligo Lawn Bowls Club Rural walk, Outdoor seating in Day Centres
2: Transportation	Age Friendly Parking Local Link and CLASP Annual Bike week 'learn to cycle' classes Community walking groups Community Trishaw
3: Housing and Home	Age Friendly Housing Covid Home Exercise Programme "Ageing Well" a collaboration with HSE, SSRP, Sligo Age Friendly Programme via Ocean Fm. Memory Technologies to help older Persons manage better in their home HSE & St. Johns Hospital
4: Social Participation	Sligo Volunteer Centre 'Experience Counts' Coffee Morning Community Connections Companion Programme in the Hawkswell Theatre Healthy Sligo Cookalong virtual sessions
5: Respect and Social Inclusion	Old Fair Day Festival/ Agricultural Show Day Care Centre activities Meals on Wheels
6: Civic Participation, Lifelong Learning and Employment	Age Friendly Library initiatives SSRP range of initiatives for older people e.g. Men on the Move, Women in Sport, Community Rowing for Men, Training for Physical Activity Leaders
7: Communication and Information	ALONE telephone contact, befriending and visitation services Sligo Social Services Home Visiting Volunteers Digital HUB in Coolaney FRC signposting
8: Community Supports and Health Services	Gardaí involvement in bringing groups on organised community outings FRC Activities e.g. Connect Café HSE Home Care Supports

5. Needs Analysis

The thematic areas and goals detailed in this section relate directly to the eight domains of the World Health Organization's Age Friendly Cities and Communities Framework. The sub-headings are the key themes which emerged from analysis of the findings from the community and stakeholder consultations. These needs directly informed the action plan response.



THEMATIC AREA 1: OUTDOOR SPACES AND BUILDINGS

Goal:

To make outdoor spaces and buildings pleasant, clean, accessible and safe for older people, creating walkable communities and age-friendly spaces.

What Older People in County Sligo said

PUBLIC AREAS, BUILDINGS, GREEN SPACES AND OUTDOOR SEATING

- There are examples of good outdoor facilities, particularly in Sligo Town. Safe walking and seating in those spaces could be improved.
- More public seating strategically placed to facilitate resting on routes to and from shops was suggested.
- Signage and accessibility of some public buildings could be improved.
- Appreciation of public parks where they were available and of the vast opportunities the natural environment of county Sligo offered.
- Access to opportunities offered by the natural environment is still a challenge for many.

"We are lucky to live in a place of such natural beauty with lots of lovely walks and scenery".

PUBLICLY ACCESSIBLE TOILETS

- The lack of access to publicly accessible toilets is a significant concern expressed by older people.

"worrying about accessing a toilet puts a lot of older people off going out and about."

OUTDOOR SAFETY

- Participants did express generally feeling safe outdoors but some of those who were far from a Garda station expressed feeling unsafe at times.
- In many areas pavements were felt to be unsuitable for people with mobility issues and getting safely across the road was a challenge.
- Driver, cyclist, and scooter behaviour was an issue for many older people on roads, pavements and in parks.

"I feel that cars are prioritised over people walking or cycling"

SPECIAL CUSTOMER SERVICE ARRANGEMENTS

- There was general satisfaction with special customer service arrangements for older people.
- In some areas the lack of safe, comfortable indoor seating for patients waiting in primary care centres is an issue.

"Staff in shops and services are usually friendly and helpful".

"There is an urgent need for primary care/ medical centres to have sufficient seating or patients, under ... in a safer warm space. Since covid people are waiting outside in all-weather while waiting for an appointment".



Thematic Area 2: Transportation

Goal: To promote safe, accessible, reliable and comfortable transport services for older people.

What Older People in County Sligo Said

ROUTES, RELIABILITY AND FREQUENCY

- The extension of routes through local link was welcomed.
- Need to address the limited frequency and routes in rural areas.
- High high level of satisfaction with the reliability of public transport for older people.
- High level of satisfaction with public transport drivers and taxi drivers' behaviour.
- Need to align health appointments with public transport times or provide alternative transport arrangements.
- There was also a call for more information about disabled access on buses.

"Older people need accessible transport. They need a flexible service that collects and drops off at home. Older people need to access shops, pharmacies, post offices, health centres and hospital appointments. It is vital to their sense of self and community".

COST

- High level of satisfaction with the Free Travel Scheme.
- Cost of private transport for essential trips e.g. health care appointments is prohibitive for long distances.
- Interest in a voluntary transport service to complement the public transport options.

"Many older people can no longer afford to keep a car".
"Hackney trips' to hospital appointments can be huge cost and inconvenience and a deterrent to engagement with healthcare. The people who need to avail of such a service are usually those who live alone with no family and are vulnerable".

STOPS AND STATIONS

- Lack of shelters and seating at public bus stops.
- Difficulty accessing information about bus services.
- Lack of safe drop off and collection points at many stops.

"A lot of older people cannot get to the nearest bus stop"

DRIVING

- High level of satisfaction with visibility and placement of road traffic signs and intersections.
- Need to enforce speed limits and to lower speed limits on many rural roads.
- The cost of fuel limits many older people's mobility and independence.
- Developments that considered older people's parking needs were welcomed.

"The shuttle bus at Sligo General car park is excellent and should be continued"
"More senior parking spots needed. Current Age Friendly parking spots in Sligo Town are a good start"



Thematic Area 3: Housing and Home

Goal:

To provide a more seamless and appropriate continuum of housing choices and options for older people.

What Older People in County Sligo Said

AVAILABILITY AND AFFORDABILITY

- Housing availability and affordability to rent or to buy is a significant area of concern.
- There is a need for more age friendly housing stock.
- There are examples of age friendly homes provided by the Council or voluntary organisations, but more are needed.
- There is concern at the number of houses that for various reasons remain unoccupied.

DESIGN AND ACCESSIBILITY

- While well-constructed, many homes are not suited for frail or disabled people.
- It is very difficult to access or find out about support services for home maintenance or modification. Even where someone had the means to pay for services, finding a tradesperson that they could trust was an issue.

“Old homes will not have level surfaces etc. and it’s hard to find tradespeople”

- There is awareness of the grants available for retrofitting, energy upgrades etc. but the process was felt to be complicated with potentially multiple points of contact.
- Many older people require support to manage grant application process.

“How many forms do I have to fill? how many organisations do I have to interact with?”

“Make a booklet, a list of reputable trades people that understand the needs of older people”.

Options for living at home

- There is a real lack of options and alternatives to encourage older people to remain living in their own communities.
- There is interest in having access to a wider range of independent/supported living options.

“Have a scheme for older people to downsize in their own community. Older housing stock has a very high energy rating and modifications are not available or affordable”

Thematic Area 4: Social Participation

Goal:

To provide opportunities for older people to stay socially connected and to play an active part in social networks.

What Older People in County Sligo Said

LOCATION, VARIETY, AND ACCESSIBILITY OF ACTIVITIES

- Location, variety, and accessibility of activities is very variable across and within local areas.
- In general participants felt that events were held at times convenient for older people.
- Other than transport issues, it is generally easy to attend events alone or with a companion.
- Some areas were not well served with community venues or in some instances venues are not being used to their full potential.
- Some new facilities are lying idle/too expensive to hire.
- Some activities required 'fit for purpose' venues, e.g. Men's Sheds, and these are not always available.
- There were examples of age friendly events such as local Fair Days and Agricultural Shows.

At Old Fair Days you have older people there taking part and sharing skills with a younger generation".

- A wider variety of activities offered to appeal to a diverse population of older people is needed.
- There is a lack of men participating in many social activities.
- Suggested activities that would be of interest to a wider group of people included: computer classes, smartphone use, alternative heat systems information, intergenerational gatherings, Irish language gatherings e.g. Ciorcal Comhrá.
- Not having funding allocated to cover the travel costs of tutors reduces the options available in rural areas.

INFORMATION ABOUT ACTIVITIES

- There was a lot of dissatisfaction with information about activities
- There is an overdependence on social media as a means of communication.

"Broadband and social media is not accessible to everyone. Local radio, church bulletins and flyers in shops, post-offices etc are better means of communication to older people".

- In-person communication should be supported and improved.
- Older people need to be supported to use technology for day-to-day activities.

"The library is a great venue for social interaction and could be utilised more in terms of hosting and promoting community age friendly activities"

INCLUSION OF SOCIALLY ISOLATED

- People already connected into a social network and who have their own transport are more likely to participate in social activities.
- Dependence on online forms of communication and service delivery risks further exclusion of those already at risk of isolation.

"Post Offices, Banks, Shops are all gone in small villages leaving older people very isolated and disadvantaged. Nothing has filled replaced the social connection those services offered."

- The impact of the Covid pandemic on activities for older people has been significant.
- Even where activities have recommenced there are some lingering concerns among older people about participating.



Thematic Area 5: Respect and Social Inclusion

Goal:

To combat stereotypes, myths and negative views on ageing and prevent prejudice and discrimination against older people.

What Older People in County Sligo Said

DELIVERY OF SERVICES AND PRODUCTS

- Services and products are variable in how they meet the varying needs of older people. Distance to services and transport options available influence how well needs are met.

“When a service closes locally, access to that type of service elsewhere is restricted by lack of transport and support”.

- The medical card and free public transport has a significant impact on access to services for older people.
- There are significant inequalities based on income due to long waiting times in the public system.
- Services are very under resourced when someone has needs for support at home.
- Limited medical and social support following discharge from hospital has a negative impact on recovery and long-term wellbeing.
- Experience of staff in shops and services is generally positive.
- In many services it can be extremely difficult to contact a service by phone and get to talk to a person about an issue.

PERCEPTIONS OF OLDER PEOPLE

- Community recognition of past achievements of older people could be better.

“Older people have stories of travel etc that are not shared. For example, The Book of Sligo could have captured older people’s stories.”

“Older people are creative and knowledgeable and this needs to be respected and built upon”.

- More could be done in relation to intergenerational activities particularly to encourage more connection between schools and older people.

“Older people have lots of ability and their experience is very valuable, some of the wisdom that comes from older people is ignored”.

- There is a lack of positive images and a lack of celebration of positive role models of older people in local media.
- There is an over focus by the media on the negative aspects of aging.
- News coverage regarding attacks on older people causes fear and anxiety for many older people.

“We need better community recognition of past achievements of older people, a lot gets forgotten a lot of the time, people need to be reminded.”

CONSULTATION BY PUBLIC, VOLUNTARY AND COMMERCIAL SERVICES

- Older people are not consulted regularly enough by public, voluntary or commercial services.
- The opportunity provided through this Age Friendly consultation process was valued but more time and information on an ongoing basis is needed.
- Seldom heard older people need people to advocate on their behalf.

“There are the people that will never come to something like this, but the people that are working directly with them and have built relationships with them know them and their needs and they can advocate on their behalf”.

Thematic Area 6: Civic Participation, Lifelong Learning and Employment

Goal:

To support options for employment, volunteering, lifelong learning and civic participation among older people.

What Older People in County Sligo Said

EMPLOYMENT OPTIONS FOR OLDER PEOPLE

- Lack of visibility of older people in employment.
- More employment opportunities in urban areas.

"You don't see many older people working in shops anymore"

VOLUNTEERING OPPORTUNITIES AND TRAINING

"There is a lot of good volunteer activity for example older people involved in Tidy Towns, Agricultural Shows etc"

- Lack of awareness of support and training for volunteers in rural areas.
- A lot of the sign-up for volunteering is online.
- Need for volunteer supports targeting local rural areas.
- Interest in voluntary roles in the community targeted specifically at older people.
- Some older people were put off by level of screening needed when they did offer to volunteer.
- COVID 19 was also cited as a factor that had a negative impact on volunteering.

MEMBERSHIP OF DECISION-MAKING BODIES

- Decision-making bodies in public, private and voluntary sectors do not do enough to encourage and facilitate membership of older people.
- Older people need to have supports put in place to make it easier to participate in the opportunities that are there.
- Lack of transport is barrier to civic participation for older people.

LIFELONG LEARNING

- Need for greater access to and support in participating in further and third level education.
- Older people's groups need support to organise their own training and activities.

"There is too much paperwork (associated with grants for courses etc), it becomes cumbersome, it would be better to provide people with tutors and for example arts and crafts materials, rather than the money".

Thematic Area 7: Communication and Information

Goal:

To ensure that older people can access timely, practical information about what is happening in their communities.

What Older People in County Sligo Said

STAFF AND SERVICES

- Positive experiences of person to person public and commercial services when it was possible to communicate with someone directly.
- Overwhelmingly, staff were found to communicate clearly and be courteous and helpful.

"In most places around Sligo staff are very friendly and helpful"

- "In most places around Sligo staff are very friendly and helpful"
- High level of dissatisfaction of services provided by phone: being put on hold, not being given clear instructions, people speaking indistinctly, people listening but not acting, being constantly directed online.

"It's impossible to have a conversation with 'a real person' when you phone somewhere"

EFFECTIVE DISTRIBUTION OF INFORMATION

- Current distribution of information to older people, particularly in rural areas is not as effective as it needs to be.

"There are a lot of opportunities, classes, events etc that are being missed because older people are not hearing about it".

- A combination of postal correspondence, in-person communication from trusted individuals, church bulletins, flyers in public spaces alongside radio and online communication is needed.
- There is a need for greater access to computers and internet in convenient and appropriate locations.
- Need for better sharing of information between and by services regarding all age-friendly services.
- Important information which participants suggested could be better communicated to older people included:
 - Age friendly initiatives
 - Lend a Hand service
 - Health services
 - Meals on Wheels
 - Befriending services
 - Transport services and timetables

"A letter posted to groups and directly to individuals is still very necessary".

Thematic Area 8: Community Supports & Health Services

Goal:

To provide older people with easily accessible health and community services and with help with, and access to, everyday activities and high-quality home care and residential facilities.

What Older People in County Sligo Said

RANGE OF HEALTH AND COMMUNITY SUPPORT SERVICES

- The range of health and community support services is variable.
- There is a wide range of services available but not everyone knows about them and not everyone can access them.
- The practice of waiting outside health centres which started during Covid but in some places still continues, is particularly difficult for older people who do not have their own transport.

“Community Support have decreased while the older population has grown. This is despite a desire to keep people in their own homes and not in very costly residential services”.

- There is not enough and not accessible enough burial sites.

HOME CARE SERVICES

“The help that home care workers give is really valuable to older people”

- The quality of home care services is good.
- Home care services are insufficient in terms of the limits of carer/home help time and what support they are permitted to give.
- Staff shortages in home care and a lack of recognition of the value of home care workers.
- It can be difficult to get home visits from doctors.

CONVENIENCE AND ACCESSIBILITY

- Health and community support services are not very convenient or accessible. For example, some new health care buildings are not accessible by public transport at convenient times.
- In general staff are respectful and helpful.
- There is a severe lack of designated housing and residential care options for older people in all areas.
- Free public health services are appreciated but supply does not currently meet demand in many areas leading to waiting lists.
- Transport is a hidden cost-barrier to health services where private transport is often the only option to attending appointments.
- Voluntary services are experienced positively but limited in terms of availability.

“Local community services did their best during covid - lots of volunteers, community call, Gardaí did call, GAA clubs did shopping, shops delivered food etc”

- Lack of familiarity with Community Emergency Planning and whether it takes into account the vulnerabilities and capacities of older people.

Action Plan

The following actions reflect the Alliance member agencies' responses to the needs of older people in Sligo. These are the actions committed to for 2023 – 2026, however this is a living strategy and will be overseen and reviewed by the Alliance and the Older People's Council to ensure responsiveness to emerging needs and issues.

These actions will be implemented within the overarching strategic framework guiding the development of all of County Sligo over the coming years Sligo, 2030 One Voice One Vision.



THEME 1: OUTDOOR SPACES AND BUILDINGS

OBJECTIVE: To make outdoor spaces and buildings pleasant, clean, accessible, and safe for older people, creating walkable age friendly communities



NO

ACTIONS

1.1

To ensure towns in Sligo are age friendly, including safe paths that are obstacle free with accessible parking and pedestrian crossings. Walkability studies will be completed in the three Sligo Municipal Districts (MD's) with the respective area engineer.

1.2

Ensure all library buildings are age friendly, accessible for older people – welcoming and inclusive.

1.3

Students and Lecturers from the Creative Design Degree Programme at Atlantic Technological University, Sligo Yeats Academy of Arts, Design and Architecture, will undertake a design project each academic year. Design projects will focus on the needs of older people to meet the theme and will involve the active participation of older people in design realisation.

1.4

Support the expansion of any proposed new age friendly outdoor spaces, parks, and facilities in urban and rural areas., through supporting physical activity programmes which encourage increased usage of outdoor spaces by older people.

1.5

Sligo County Council in partnership with Sligo Business Improvement District will explore the provision of public toilets in Sligo Town via the "Nette Toilet or Nice Toilet" concept. This concept is based on a voluntary partnership arrangement between the Local Authority and hospitality businesses. Engagement is due to commence in Q2 with relevant stakeholders.

LEAD AGENCY	PARTNER	TIMESCALE	INDICATOR
Sligo County Council – Area Engineers and Active Travel.	Sligo Older Peoples Council	Ongoing	Completion of selected walkability studies in the three MD's in Sligo.
Sligo County Council	Sligo Older Peoples Council	Ongoing	Mystery Age friendly Visits by Sligo Older Peoples Council.
ATU, Sligo Diarmuid Timmons, Department Yeats Academy of Arts, Design and Architecture	Sligo Older Peoples Council	Annually, starting in 2023	On completion of the projects, the design work will be showcased. This will happen annually.
SSRP	Sligo County Council. HSE/SCC/ Community Orgs/ Clubs	Ongoing	Number of facilities developed/ supported. Number of programmes supported
Sligo County Council	Sligo Business Improvement District	Proposed 12 Month Pilot Programme commencing end Q2 early Q3 2023 subject to interest across the hospitality sector.	Number of facilities developed/ supported. Number of programmes supported

THEME 2: TRANSPORTATION

OBJECTIVE: To promote safe, accessible, reliable, and comfortable transport services for Older People



NO

ACTIONS

2.1

Local Link to work with CLASP on the delivery of a rural community hackney project or roll out a community hackney project for the Community of Lough Arrow (East Sligo Area).

2.2

Delivering the new redesigned transport plan in Co Sligo including new Regular Rural Services (RRS) and Demand Responsive Transport (DRT)

2.3

Make Sligo a "Connected County" through robust scheduling and connectivity of services including train services.

2.4

Support access to a range of HSE and Community based services through the provision of transport and vehicles which have low flow access or are wheelchair accessible.

2.5

Facilitate use of Free Travel Pass on Local Link Services. Facilitate use of "Go App" and Leap Cards QR code available for scanning which brings to all routes and schedules

2.6

Integrate where possible HSE Day Services Transport with Local Link DRT services

2.7

Develop a promotion and communication campaign to ensure awareness of all transport services available

LEAD AGENCY	PARTNER	TIMESCALE	INDICATOR
Local Link	CLASP: Community Lough Arrow Project & National Transport Authority	2023 Q1	Delivery and availability of new service.
Local Link Donegal, Sligo, Leitrim	National Transport Authority, HSE & Connecting Ireland	2022/2024	Redesigned integrated transport plan. Number of new services around Co. Sligo
Local Link Donegal, Sligo, Leitrim	National Transport Authority, HSE & Connecting Ireland	2024	Enhanced scheduling and connectivity of services. Number of new RRS and DRT services
Local Link Donegal, Sligo, Leitrim	Community Lough Arrow Project & HSE and Sligo Leader	2024	All vehicles with low flow/wheelchair access
Local Link Donegal, Sligo, Leitrim	National Transport Authority,	2024	Free service in place for holders of Travel Pass, ease of travel for Leap card and app passengers/cashless travel.
Local Link Donegal, Sligo, Leitrim	National Transport Authority, & HSE	2022/2023	Eliminate daily transport charge for a number people accessing transport to HSE day services where possible
Local Link Donegal, Sligo, Leitrim	Age Friendly Alliance Members, Sligo County Council, Local Media, Social Media	2023	Promotion and communication campaign delivered. Increased awareness of public transport services among older people.

THEME 2: TRANSPORTATION

OBJECTIVE: To promote safe, accessible, reliable, and comfortable transport services for Older People



NO

ACTIONS

2.8

Provide footpaths that encourage people to make a more active journey designed in accordance with national guidelines under the Active Travel Programme.

2.9

Provide safe and secure pedestrian crossing points as per the Active Travel portfolio designed in accordance with national guidelines in Sligo Town and County.

2.10

Provide safe and secure cycle lanes/ tracks designed in accordance with national guidelines.

2.11

Sligo County Council and NTA are working together to implement the installation of bus shelters across County Sligo.

The first bus shelter programme will be commencing in 2023 at the following locations: Grange, Cliffoney, Cartron Estate and Cairns Rd.

The objective of Sligo County Council and the NTA is to quickly bring forward a second bus shelter programme following the completion of the programme already underway.

LEAD AGENCY	PARTNER	TIMESCALE	INDICATOR
National Transport Authority,	HSE	2022/2023	Eliminate daily transport charge for a number people accessing transport to HSE day services where possible
Sligo County Council Active Travel	National Transport Authority,	2025	Number of crossings delivered
Sligo County Council Active travel	National Transport Authority,	2025	Number of cycle lanes / traffic delivered
Sligo County Council	Sligo County Council, National Transport Authority, Sligo Older Peoples Council Local Link	2023	Installation of bus shelters at existing bus stops. Walkability and Age Friendly Audit will be completed by members of the Sligo Older Peoples Council and Local Link

THEME 3: HOUSING

OBJECTIVE: To provide opportunities for older people to stay socially connected and to play an active part in social networks.



NO	ACTIONS
3.1	To ensure, that 10% of dwellings planned for construction under SCC's Housing Delivery Action Plan 2022-2026 per the Government's Housing for All Strategy are targeted for Older People/Age Friendly residents.
3.2	To ensure, where practicable, that 10% of allocations of new tenancies in Council and Approved Housing Bodies' properties are to older people on the Housing List.
3.3	To promote the uptake and accessibility of the SCC Adaptation Grants for Private Homeowners by a communication campaign with community groups, social media, older people's groups, and agencies servicing this community.
3.4	To assess the viability of moving from communal homeless hostel model in Sligo to housing-led or supported housing units for homeless people including older people or other vulnerable groups such as people with a disability.
3.5	To review the Down-Sizing Strategy to be published by the Government shortly in terms of impact on the provision of Age friendly Dwellings by SCC.

LEAD AGENCY	PARTNER	TIMESCALE	INDICATOR
SCC Housing Section and Dept. Housing Local, Government, Heritage	Approved Housing Bodies, HSE, The Housing Agency (HA)	2023-2026	10% of all dwellings constructed
SCC Housing Section	Approved Housing Bodies, HSE, The Housing Agency (HA)	Q1 2023	10% of all allocations
SCC Housing Section	HSE, Age Friendly reps, Sligo Housing Disability Steering Group	2023	Enhanced scheduling and connectivity of services. Number of new RRS and DRT services. Action 2.2 page 32 Explains RRS DRT
SCC Housing Section & Dept. Housing Local, Government, Heritage	Homeless Action Team (HAT) members	2023-2028	This is reflected in the NW Regional Homeless Action Plan 2023-28 and will be monitored.
SCC Housing Section & Dept. Housing Local, Government, Heritage	Age Friendly Alliance Approved Housing Bodies,	2023-2026	This will be reflected in the Housing Delivery Action Plan 2022-2026

THEME 4: SOCIAL PARTICIPATION

OBJECTIVE: To provide opportunities for older people to stay socially connected and to play an active part in social networks.



NO

ACTIONS

4.1

Community Support Register Project to identify vulnerable people in communities who would be targeted by community Alert groups for social inclusion initiatives and regular visits from Garda Siochana Community engagement team members.

4.2

Annual provision of Open Door- The Summer Library - a space for older people from the community and retired ATU staff to enjoy a quiet time for reading, reflecting, and meeting with friends on the shores of Lough Gill. Library goers can enjoy the collections the library has to offer for example folk lore and local history. The library at ATU St. Angela's Campus is a welcoming space for older people to stay socially connected.

4.3

Provide digital skills, social media, internet safety educational and training programmes.

4.4

Carry out an annual consultation process with older service users attending community day centres, towards ensuring services are meeting their needs & requirements.

4.5

Promote a range of physical activity opportunities for older persons groups, day centres and other relevant settings.

4.6

Support community organisations and sports clubs facilitating physical activity programmes for older persons.

4.7

Plan and deliver annual seniors sports festival to profile opportunities and awareness of physical activity for older people.

LEAD AGENCY	PARTNER	TIMESCALE	INDICATOR
Muintir Na Tiré	An Garda Síochana	Ongoing	Monitoring the increase in people registering for the service.
ATU St. Angela's Library Service	Sligo Older Peoples Council	July - August 2023 - 2026	Numbers of older people participating in Open Door The Summer Library.
Mayo, Sligo, Leitrim Education training board	Sligo Older Peoples Council	Ongoing	Number of programmes delivered.
Sligo County Council Partner	HSE Age & Opportunity	Ongoing	To review half yearly
Sligo Sport and Recreation Partnership	HSE, SCC, Age & Opp, Comm Org, Sports clubs	Ongoing	Number of programmes, participants & groups/settings
Sligo Sport and Recreation Partnership	Community groups, Sports clubs, HSE	Ongoing	Number of programmes, participants & groups/settings
Sligo Sport and Recreation Partnership	Family Resource Centres, local libraries, local community centres	June 2023	Number of activities, groups attending and participants

THEME 4: SOCIAL PARTICIPATION

OBJECTIVE: To provide opportunities for older people to stay socially connected and to play an active part in social networks.



NO	ACTIONS
4.8	Promote user-friendly digital skills for targeted older adults. Work with small groups of older adults in community settings to promote uptake of Digital Skills.
4.9	Support local community groups that target older adults in Sligo town and County. Support through ongoing SICAP community development work and identifying and developing relevant activities for group members; applying for funding where possible.
4.10	Promote inclusivity of older people from all cultural and economic backgrounds through monitoring of attendance and targeted promotions.
4.11	Promote Age Friendly activities to older people in community settings, using exercise to increase activity in their day-to-day life.
4.12	Friendly Call Centre- Rural Social School participants to call older people in the community and assess if they need any assistance with messages/services.
4.13	Roll out Experience Counts initiative in Ballymote, Tubbercurry, West Sligo and Sligo Town to promote suitable volunteering opportunities to older people.
4.14	Communication campaign utilising a wide variety of methods (flyer, posters, newspapers, Church Bulletins etc.). raising awareness of the service of Sligo Volunteer Centre, the availability of Face-to-Face appointments and staff to chat to at the end of the phone to support people who wish to get involved as volunteers in their community.

LEAD AGENCY	PARTNER	TIMESCALE	INDICATOR
Sligo Leader Partnership CLG	Family Resource Centres, local libraries, local community centres	January to December 2023	Number of activities, groups attending and participants
Sligo Leader Partnership CLG	Family Resource Centres, Local Community Centres	January to December 2023	No of clubs/groups supported
Sligo Leader-Partnership CLG	Family Resource Centres, Local Community Centres	Ongoing	Increased inclusivity and promotion of older people from all backgrounds
Sligo Leader-Partnership CLG	SLIGO Sport & Recreation/Age & Opportunity	2023	Review in Quarter 2.
Sligo Leader-Partnership CLG	HSE	Ongoing	Numbers engaging in Friendly Call Centre
Sligo, Leitrim Partnership CLG	Community groups, Sports clubs, HSE	Ongoing	Number of programmes, participants & groups/settings
Sligo Volunteer Centre	HSE	Ongoing	Numbers engaging in Friendly Call Centre

THEME 4: SOCIAL PARTICIPATION

OBJECTIVE: To provide opportunities for older people to stay socially connected and to play an active part in social networks.



NO

ACTIONS

4.15

Linking with the local library network to reach out to older people in the rural areas to raise awareness of volunteering opportunities open to them and the services of Sligo Volunteer Centre.

4.16

Community Policing Unit to maintain register of older people in respective Community Alert Areas.



LEAD AGENCY	PARTNER	TIMESCALE	INDICATOR
Sligo Volunteer Centre	Local Library Network	2023 - 2026	Registered on Sligo Volunteer Centre database.
An Garda Siochana, Sligo District.		2023	Increased engagement of Older People



THEME 5: RESPECT AND SOCIAL INCLUSION

OBJECTIVE: To provide opportunities for older people to stay socially connected and to play an active part in social networks.



NO	ACTIONS
5.1	Promote intergenerational activities such as sports for all, digital skills. Storytelling and craft sharing events.
5.2	Support local community groups that target older adults in Sligo town and County. Support through ongoing Social Inclusion Community Activation Programme Community development work and identifying and developing relevant activities for group members; applying for funding where possible.
5.3	Encourage positive perceptions of life long physical activity through promotion and showcasing of age friendly champions and initiatives.
5.4	Promote participation of older people in education and training programmes and the various aspects of Lifelong Learning.
5.5	Promote positive awareness campaigns across educational settings.
5.6	Continue to support and facilitate Active Age Groups and all community groups to avail of educational supports, opportunities and activities.
5.7	Roll out 'Don't Turn Your Back on Elder Abuse' campaign.
5.8	ATU Intergenerational Group - An opportunity for older people to partner with students on projects in the classroom and engage in reciprocal shared learning experiences.

LEAD AGENCY	PARTNER	TIMESCALE	INDICATOR
Sligo County Council	Age Friendly Alliance ATU, Comhairle Na Nóg, Public Private Participation Network	2023	
Sligo Leader Partnership CLG	Family Resource Centres, Local Community Centres	Community groups, Age & Opp, Sports clubs, HSE	No of people trained No of training opportunities
Sligo Leader Partnership CLG	SCC Age Friendly Alliance, Community Orgisations, Sports Clubs	Ongoing	No of physical activity champions promoted No of initiatives showcased.
Mayo, Sligo, Leitrim Educational Training Board. Sligo County Council		2023	Number of participants
Mayo, Sligo, Leitrim Educational Training Board. Sligo County Council		Ongoing	Feedback from community groups/agencies
Mayo, Sligo, Leitrim Educational Training Board. Sligo County Council		Ongoing	Number of Active Age Groups engaging in supports
An Garda Siochana, Sligo District	Muintir Na Tíré	2023	Event delivered Campaign Delivered Number of reports.
ATU	Sligo Older Peoples Council	Ongoing	Sharing of findings from impact evaluations.

THEME 6: CIVIC PARTICIPATION, EDUCATION AND EMPLOYMENT

OBJECTIVE: To Increase employment, volunteering, and civic participation among older people



NO

ACTIONS

6.1

Facilitation of older people in the membership and consultation of decision-making bodies by public, private and voluntary sectors. Participants in the Older Person's Council will be supported to monitor the implementation of the Strategic Plan through engagement with the Age Friendly Alliance. Agencies of the Age Friendly Alliance will commit to improving the inclusion of Age Friendly actions in their respective organisational plans and to continue to add actions to this plan in response to needs identified.

6.2

Deliver 'Engage' National Men's Health Training Programme to increase understanding of best practice when seeking to connect males with health and social services in Co Sligo.

6.3

Support increased opportunities for older people in volunteer roles related to physical activity.

6.4

Apply for Age-Friendly University Status – A commitment to promoting an inclusive approach to ageing and embracing age-friendly practices.

6.5

Assist older age community groups to access funding towards educational, artistic, creative and cultural activities within their communities.

6.6

Deliver a diverse range of educational/recreational activities/projects to meet the needs and interests of older people and their locale.

6.7

Inform and motivate older age community groups and relevant agencies about the benefits and opportunities of Lifelong Learning at all stages of life and how to access it.

LEAD AGENCY	PARTNER	TIMESCALE	INDICATOR
Sligo County Council	Sligo Older Persons Council Sligo Age Friendly Alliance Sligo Public Participation Network (PPN)	Ongoing	CDP – ensure inclusion of older people All AFA have a representative from OPC on boards, projects focus groups. Evidence of response to needs identified in this strategy being responded to in the plans of AFA member organisations.
HSE Health and Wellbeing	Men's Development Network	Annual	Number of Trainings Number of Participants
Sligo Sport and Recreation Partnership	Sligo Volunteer Centre, Age & Opportunity, Sligo County Council, Community Organisations.	Ongoing	No of volunteers No of training opportunities
ATU Equality, Diversity, & Inclusion Office ATU Sligo - Department of Social Sciences	Sligo Older Persons Council	2023 - 2024	A successful application to the Age-Friendly University Network and Age-Friendly Status.
Mayo, Sligo, Leitrim Educational Training Board. Sligo County Council	Sligo Volunteer Centre, Age & Opportunity, Sligo County Council, Community Organisations.	Ongoing	Number of grant applications and feedback regarding activities and improvements in facilities/equipment
Mayo, Sligo, Leitrim Educational Training Board. Sligo County Council	Local link	Ongoing	Number of activities/projects delivered.
Mayo, Sligo, Leitrim Educational Training Board. Sligo County Council	Sligo Volunteer Centre, Age & Opportunity, Sligo County Council, Community Organisations.	Ongoing	Number of grant applications and feedback regarding activities and improvements in facilities/equipment

THEME 6: CIVIC PARTICIPATION, EDUCATION AND EMPLOYMENT

OBJECTIVE: To Increase employment, volunteering, and civic participation among older people



NO

ACTIONS

6.8

Nurture creativity and foster creative expression in older people via projects under the Creative Ireland Programme

6.9

Support mature learners to gain a new qualification and follow an interest and passion. ATU Sligo welcomes over 100 new mature learners each academic year, with 20% of places on each course held for mature applicants.

The main criterion for qualification as a mature learner is age. Information Open Evenings are held each January, and provide an opportunity to meet with teaching staff and current learners. The admissions team reviews each application to consider previous studies, work experience and personal interests.

By 2029, the Irish higher education sector will be required to accommodate a projected 20% increase in student population. The majority of the 'new' learners are predicted to be mature, lifelong learners

LEAD AGENCY	PARTNER	TIMESCALE	INDICATOR
Sligo County Council / Sligo Arts Office	Sligo Older Peoples Council and various inter-agencies	Annually	Number of programmes/promotions
ATU Sligo Admissions Team	HSE Health and Wellbeing	Each Academic Year	Number of applicants



THEME 7: COMMUNICATION AND INFORMATION

OBJECTIVE: To ensure that older people can access timely, practical information about what is happening in their communities.



NO

ACTIONS

7.1

The creation of an overarching website link for all agencies to share information about initiatives/events within their organisations.

7.2

Link with key partners to maintain updated databases for all Sligo Sports Recreation Partnership groups supporting older people /dissemination of information. Through this we will support groups/communities to access funding for opportunities for older people in the SSRP

7.3

Encourage positive perceptions of life long physical activity through promotion and showcasing of age friendly champions and initiatives.

7.4

Make the following printed publications available to older people in the county:
Guide to entitlements for over sixties
Bereavement a Practical Guide.

7.5

As part of the CIS Community Education Remit organise talks on entitlements to older groups as required.

7.6

Assist with grass roots information delivery through existing Muntir na Tire channels. This will ensure information reaches all members of the community.

7.7

Digital skills training, internet safety, social media training to access relevant information.

7.8

Crime Prevention Officer in Conjunction with Community Policing unit to engage in a series of talks /presentations to Older People regarding safety and crime prevention advice.

LEAD AGENCY	PARTNER	TIMESCALE	INDICATOR
Sligo County Council	SLPCo/PPN	2024 going live in 2025	Monitoring of traffic to weblink and the response on events from each organisation
Sligo Leader Partnership CLG	Sligo County Council	Community groups, Age & Opportunity, Sports clubs, HSE	No of groups on the database No of communities and groups supported
Citizens Information Service			Information and advice available. Numbers availing of the service
Citizens Information Service		2023	Number of events scheduled
Citizens Information Service		Ongoing	Number of events scheduled
Muintir na Tiré		Ongoing	Number of outputs on various platforms
Mayo, Sligo, Leitrim Educational Training Board. Sligo County Council	Muintir na Tiré	Ongoing	Number of Participants
An Garda Síochána, Sligo District	Sligo Older Peoples Council	2023	Increase awareness of crime prevention and increase the safety of elderly persons living in the Community.

THEME 8: COMMUNITY SUPPORT & HEALTH SERVICES

OBJECTIVE: To provide older people with easily accessible health and community services.



NO

ACTIONS

8.1

Deliver Healthy Food Made Easy (HFME)- a 6-week course, 2- 2 ½ hour sessions per week. It aims to build confidence in preparing and cooking healthy meals, with practical tips and recipes for participants. Addresses cooking on a budget for one person or a family, looks at the food pyramid, the fibre providers, focusses on fats and smart shopping. A HSE dietitian will visit towards the end of the course to address any questions.

8.2

Deliver Living Well Programme (free group self-management programme) to older people living with one or more long-term health conditions or caring for someone with a long-term health condition.

8.3

Deliver the “Making Every Contact Count” (MECC) programme to ensure that local health professionals have the capability to deliver brief interventions and advice for all patients to make healthier choices to achieve positive outcomes (smoking, alcohol use, physical activity, mental wellbeing, diet and nutrition).

8.4

Deliver a Social Prescribing programme which supports people to access a range of non-clinical services to help improve health and well-being. The Social Prescriber will meet with the person (face to face or virtually) to develop a personalised wellbeing plan and follow up supports to achieve this plan in their local community.

8.5

Deliver Operation Thor – “Lock Up Light Up” anti-burglary campaign.

8.6

Greater incorporation of older people the Property Marking Scheme.

LEAD AGENCY	PARTNER	TIMESCALE	INDICATOR
HSE		Annual	Number of Trainings Number of Participants
HSE Health & Wellbeing	HSE Primary Care	Ongoing	Number of participants Numbers making healthy choices to improve health
HSE			Increased signposting to relevant services in the county such as: -Social Prescribing. RDATF; Dietetics Dept; LSP; Falls Prevention Clinic. Number of HSE staff trained.
Sligo Family Resource Centre	HSE	2023	Reduction in the opportunity to commit burglaries.
An Garda Siochana, Sligo District		2023	Increased detection and reduction in opportunities for crimes against the elderly
An Garda Siochana, Sligo District		2023	Increased detection and reduction in opportunities for crimes against the elderly

THEME 8: COMMUNITY SUPPORT & HEALTH SERVICES

OBJECTIVE: To provide older people with easily accessible health and community services.



NO	ACTIONS
8.7	The opening of 3 new primary care centres in County Sligo – Drumcliffe, Grange and Nazareth house. Each Centre will consist of a Primary Care centre, GP, Physio, Mental Health Services. All health care centres are age friendly with suitable seating and comfortable waiting areas. Drumcliffe is open and Grange will be due to open in 2023 followed by Nazareth house on completion of works.
8.8	Stop Smoking Service is a free confidential support and advice service. It delivers Advice on nicotine Replacement therapy to help cravings and a personal plan tailored to each individual. Clinics are delivered across Sligo town and county. The service is currently offering 12 weeks free nicotine replacement for those who avail of the stop smoking programme.
8.9	SLPC currently manages 4 Day Care Centres (Gurteen, Ballymote, Tubbercurry & Cliffoney in conjunction with the HSE and is currently reviewing the possibility of expanding this service.
8.10	Recommence a 5 day week day hospital service at St Johns Community Hospital (currently operating 3 days per week). Further develop services at the St Johns Day hospital developing links with Advance Nurse Practitioners, Consultant Geriatrician clinics, Dementia Services and Tissue Viability Services.
8.11	Recommence Day Services in Easkey and Enniscrone to pre covid levels. Day Services are currently open 2 days per week in Easkey and 2 days per week in Enniscrone.
8.12	Delivery and promotion of health, fitness and wellbeing courses/activities.
8.13	Promotion of the yellow brick road in Nazareth house. This pathway is Age Friendly and allows people walk safely from Nazareth House to the Local Centra Shop. There is also adequate and age friendly/mobility parking and onsite Café

LEAD AGENCY	PARTNER	TIMESCALE	INDICATOR
HSE Health Promotion and Improvement	HSE Primary Care	Ongoing	Numbers engaging in service
HSE Health Promotion and Improvement		Ongoing	Numbers engaging in service
SLPCo	HSE	2022- 2025	Additional Day Care Centres opened
HSE		2022- 2025	Recommence a 5 day per week service.
HSE	HSE	2022- 2025	Revert to pre covid levels of Day service in Easkey & Enniscrone
Mayo, Sligo, Leitrim Educational Training Board.		Ongoing	No of Participants
SLPCo	HSE	2022- 2025	Additional Day Care Centres opened

Monitoring Framework

The Sligo Age Friendly Alliance will establish the necessary arrangements for monitoring, evaluation and review as follows:

- Progress on actions will be a recurring agenda item on the Sligo Age Friendly Alliance meetings where monitoring, implementation and review of the strategy is ongoing. Each lead partner will report on their progress to the Alliance.
- The Age Friendly Programme will liaise regularly with Alliance members on their actions.
- At the Older Person's Council AGM, Alliance members will report to the full membership on the progress of actions.
- A formal review will take place on an annual basis of the strategy's progress against its stated aims, priorities and actions providing the foundation for evaluation of the Strategy at mid-term and end of term. As the strategy is a living document this will enable a response to needs identified throughout the lifetime for the Strategy and action plan.
- Further consultation events may be carried out to assess the views of older people over the timeframe of this Strategy.
- Older Persons Council governance policies and procedures will be reviewed and documented and acted upon as required.



Appendices

APPENDIX 1: Membership of Age Friendly Alliance

NAME	TITLE/POSITION	ORGANISATION
Cllr. Gerard Mullaney	Chair of Sligo Age Friendly Alliance and Cathaoirleach Sligo County Council	Local Government
Mr. Martin Lydon	Chief Executive Officer	Sligo County Council
Cllr. Dara Mulvey	Chair of Sligo LCDC & Elected Representative	Sligo County Council
Ms. Dorothy Clarke	Director Of Services, Community and Economic Development	Sligo County Council
Mr. Amro Hamid	Chair of Sligo Older Peoples Council	Sligo Older Peoples Council
Mr. John Feerick	Chief Executive Officer	Sligo LEADER Partnership CLG.
Ms. Melissa Currid	Operational Lead. Integrated Care for Older People Sligo/Leitrim	HSE
Mr. John O'Hora	Community Healthcare Manager Sligo South Donegal	HSE
Ms. Elaine Cunniffe	HSE – Health Promotion and Improvement officer.	HSE
Mrs Ann Donegan	Community and Voluntary Representative	Sligo PPN
Inspt Pat Harney	Inspector Sligo and South Donegal	An Garda Siochana
Ms. Deirdre Lavin	Sports Co-Ordinator	Sligo Sports Partnership
Mr. Paul O'Rourke	Active Travel Co-Ordinator	Sligo County Council
Ms. Orla Barry	Manager	Citizens information
Mr. John Carr	Sligo Donegal Manager	Local Link
Ms. Fiona O'Shea	Manager	Local Link
Ms. Kate Brown	Applied Drama Practices and Intergenerational Learning	ATU Sligo
Ms. Vanessa Clarke	Manager	Lend a Hand
Ms. Anna-Marie Kinsella	Community Education Facilitator	MSL-ETB
IN ATTENDANCE		
Ms. Margaret McConnell	Senior Executive Officer	Sligo County Council
Ms. Aisling Smyth	Administrative Officer	Sligo County Council
Ms. Kate Gibbons	Senior Staff Officer	Sligo County Council

APPENDIX 2: Information on the Sligo Older People's Council

SLIGO OLDER PEOPLES EXECUTIVE COMMITTEE 2023

- Amro Hamid – Sligo Older People's Council Chair
- Des Brett
- Maura Meers
- Geraldine Brennan
- Catherine Brennan
- Dr Fidelma Flynn
- Bridie Nicholson
- Caroline Lennan
- Lelia Pugh
- Ann Kinsella



Missing from this picture is Amro Hamid, Des Brett, Leila Pugh, Bridie Nicholson and Dr Fidelma Flynn

APPENDIX 3: List of and links to relevant policy documents

Sligo County Council and Sligo Local Community Development Committee's Strategic Framework: Sligo 2030 One Voice One Vision which is also the County Sligo Local Economic and Community Plan 2023- 2030.

Sligo Socio-Economic Statement www.sligococo.ie/2030 provides a comprehensive overview of the international, national and local policy framework for Sligo 2030 including:

- **United Nations Sustainable Development Goals**
- **Healthy Ireland Framework 2013-2025 / Healthy Ireland Strategic Action Plan 2021- 2025**
- **Our Rural Future - Rural Development Policy 2021-2025**
- **Housing for All, the National Planning Framework,**
- **PEACE PLUS Programme 2021-2027**
- **Roadmap for Social Inclusion 2020-2025: Ambition, Goals, Commitments**
- **Regional Spatial and Economic Strategy (RSES) for the Northern and Western Region 2020-2032**
- **National Climate Action Plan and the national volunteer strategy,**

Sligo County Council, July 2022, Housing Delivery Action Plan Housing for All 2022 - 2026

Links to other relevant national policies <https://www.gov.ie/> including:

Sustainable, Inclusive and Empowered Communities: A Five-Year Strategy to Support the Community and Voluntary Sector in Ireland 2019-2024

National Volunteering Strategy (2021 - 2025)

Our Public Libraries 2022

APPENDIX 4: List of and links to Age Friendly Guidelines and Toolkits

A wide range of Guidelines and Toolkits are available at:
<https://agefriendlyireland.ie/category/publications/guidelines-toolkits/>

THESE INCLUDE:

- Developing an Age Friendly Tourist Destination
- Towards Age Friendly Primary Care Centres
- Towards an Age Friendly Train Station
- Age Friendly Airport Guidelines
- Older People's Council Guidelines
- Age Friendly Towns Guidelines
- Towards and Age Friendly Stadium
- Age Friendly Towns Toolkit
- Public Realm Guidelines
- Rightsizing Guide
- Pre-Planning Guidance for Residential Care Homes
- Age Friendly Planning Guidelines
- Age Friendly Business Recognition Programme.

Age Friendly Ireland, January 2022, Toolkit for Developing a Local Age Friendly Strategy

CONTACT INFORMATION FOR AGE FRIENDLY SLIGO

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Sligo County Council
Comhairle Chontae Shligigh

Sligo.

