

# Clare Age Friendly County Strategy 2024 - 2030



A COLLECTIVE AMBITION



PREPARED BY  
Eithne Mallin, Consultant



COMHAIRLE CONTAE AN CHLÁIR  
CLARE COUNTY COUNCIL



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## Acknowledgements

The Clare Age Friendly County Programme would like to thank the Clare Older People's Council (OPC) and the Clare Age Friendly Alliance members who actively engaged in both the Review Process and the development of a new Clare Age Friendly Strategy 2024 – 2030 for the county. Members gave of their time and their expertise, participating in workshops and over-the-phone interviews; assisting with the development and roll out of a questionnaire at local level and supporting the public consultation event in Ennis in October 2023. We are very grateful to all who provided facilitation and note-taking services on the day.

Sincere thanks also to all older people in County Clare who completed the survey and who took part in the public consultation process on the day. We are grateful to you all for giving of your time and experiences.

As Age Friendly County Programme Manager in Clare County Council, I would like to acknowledge the work of consultant Eithne Mallin, who supported us throughout the process. I am looking forward to working with Clare Older People's Council and the Clare Age Friendly Alliance to implement the actions of the new strategy over the next five years.

**Kelly Slattery**

**Clare Age Friendly Programme Manager**



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## Foreword



COMHAIRLE CONTAE AN CHLÁIR  
CLARE COUNTY COUNCIL



**Cllr. Alan O'Callaghan, Cathaoirleach**



**Mr. Pat Dowling, Chief Executive**

We are delighted to present you with the new Clare Age Friendly County Strategy 2024 - 2030. The central theme of this strategy is one of **'Collective Ambition'**. This is the third in a series of Age Friendly Strategies for County Clare. It has been developed by the Clare Age Friendly Alliance, in collaboration with the Clare's Older People's Council (OPC) and in consultation with the wider population of older people across the county.

The new strategy is based on a review of the implementation of the previous 2018-2022 programme and on a comprehensive consultation process which brought older people from across the county and key service providers together to identify how we can continue to ensure that Clare is a great County in which to live work and grow older. It provides us with a roadmap which will enable us to build on the many achievements of our previous strategy. We look forward to working closely together to implement the actions of the plan over the next five years.

We would like to thank the Age Friendly Alliance members for their commitment to the programme. We would also like to thank the Chair of the Older People's Council, Maurice Harvey, and all the OPC members who gave of their time and experience to this new Age Friendly Strategy.

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## Welcome Message from Maurice Harvey, Chair of Clare's Older People's Council



**Maurice Harvey, Chairperson, Clare Older People's Council**

As Chairperson of the Clare Older People's Council (OPC), it is my privilege to welcome you to this important moment in shaping the future of our county. The Clare Age Friendly Strategy 2018-2022 has been an invaluable guide in making County Clare a more inclusive, supportive, and empowering place for older people. Through collaboration with the Clare Age Friendly Programme and our many partners, we have seen significant progress in addressing the needs of older people and ensuring their voices are heard at every level of decision-making.

The review of the 2018-2022 strategy, and the development of the new Age Friendly Strategy 2024-2030, represent a vital step forward in our shared journey. The process has been enriched by the dedication of the Clare OPC members and the Clare Age Friendly Alliance, who have worked tirelessly to reflect on our achievements, address challenges, and explore innovative ways to reach even more older people in our communities.

Through extensive consultation, we have listened to the experiences and insights of older people across County Clare. These voices have guided us in shaping recommendations and priorities for the future. Together, we aim to co-design solutions that will ensure Clare remains a great place in which to grow old—a county where older people are valued, included, and supported to live full and meaningful lives.

Thank you for your engagement and commitment to this shared vision. Let us continue to work together to build a brighter future for all.

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## Executive Summary

As part of the development of a new strategy for older people in County Clare, the Clare Age Friendly Programme undertook to review the current Age Friendly Strategy 2018 – 2022, to carry out an extensive consultation process with the wider diverse population of older people in Clare and to develop a new Age Friendly Strategy for 2024 – 2030.

This review of the Clare Age Friendly Strategy 2018-2022 and the development of a new strategy for 2024 - 2030 was commissioned by the Clare Age Friendly Programme. It was undertaken to examine the highlights of the previous programme over the past five years and to understand the factors that may have contributed to some targets not being met and the learnings that can be gained.

The report highlights the processes undertaken by representatives of the Clare Older People's Council (OPC) and the Clare Age Friendly Alliance members, as part of the review procedure including:

**Review Process:** Review the current Clare Age Friendly Strategy 2018-2022

**Consultation Process:** Carry out public consultation with the wider population of older people

**Development Process:** Develop a new Age Friendly Strategy 2024 - 2030 for County Clare

From the start, members of the Clare Older People's Council and the Clare Age Friendly Alliance were eager to support the review process giving of their time and experience. They welcomed the opportunity to review the past and to explore opportunities to reach the wider older population across the whole of County Clare in order to ensure that all voices were heard. They agreed to look back over the last five years, to learn from it and to identify what changes might be required to ensure a sustainable Age Friendly Strategy for the future.

This report showcases the review process, the methodology used and the findings and recommendations that emerged following the wider consultation process. It highlights the commitment of the Clare Age Friendly programme to support its older people to have a voice in matters of concern to them.

# Age Friendly Ireland – National Programme



Age Friendly Ireland (AFI) is a local government shared service hosted by Meath County Council, responsible for the delivery of Age Friendly programmes and services. The shared service supports a network of thirty-one local Age Friendly Programmes which are led by local authorities, and which involve many stakeholders from other public bodies, universities, community/voluntary and private sector partners. AFI manages Ireland’s national affiliation to the World Health Organisation (WHO) Global Network of Age Friendly Cities and Communities. The shared service involves a multi-agency, multi-sectoral approach to age-related planning and service provision.

## Structures & Governance

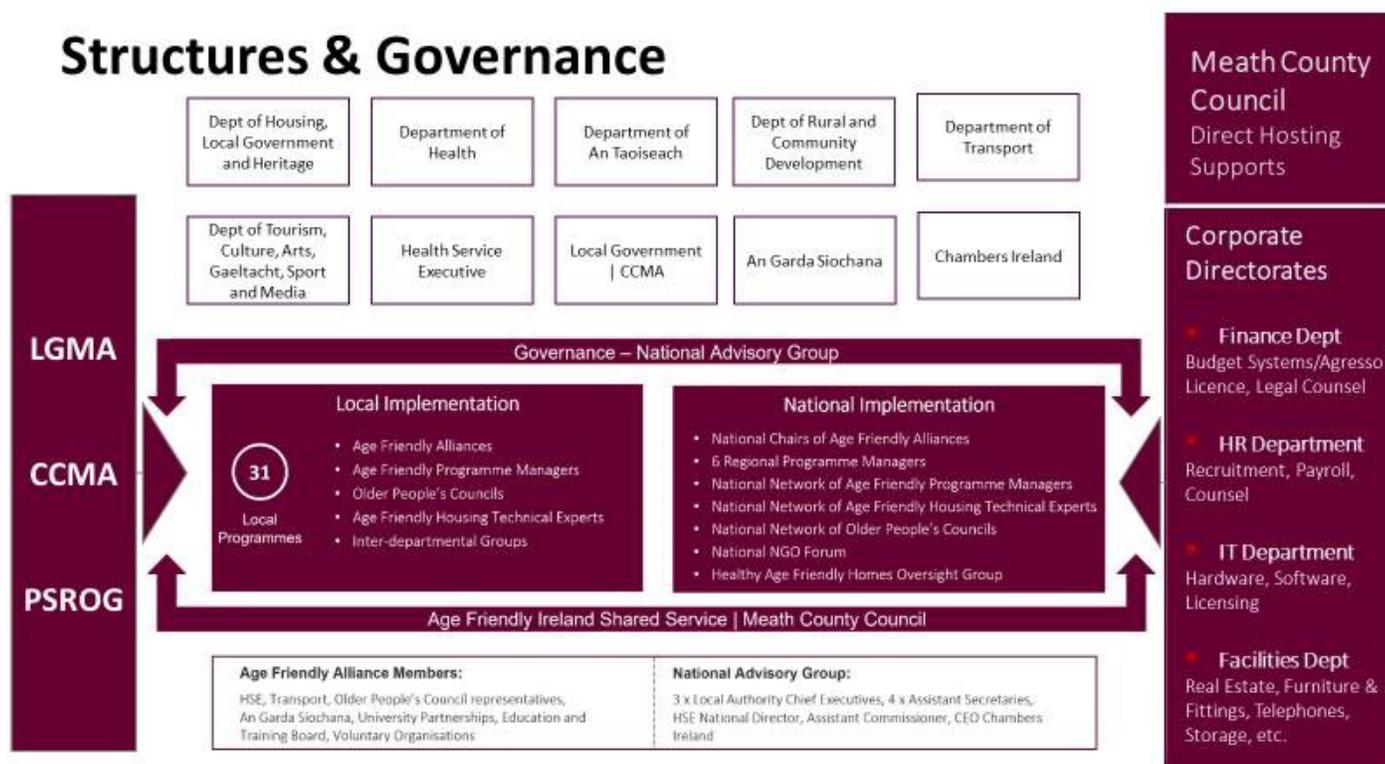


Figure 1: Age Friendly Ireland Shared Service Structure



Ireland is in a unique position globally in being acknowledged by the WHO as the first Age Friendly Country in the world, having full affiliation across all administrative areas to the WHO Global Programme for preparing for population ageing. Age Friendly Ireland supports cities

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and counties to be more inclusive of older people by addressing their expressed concerns and interests under the eight pillars of the WHO's Global Programme.

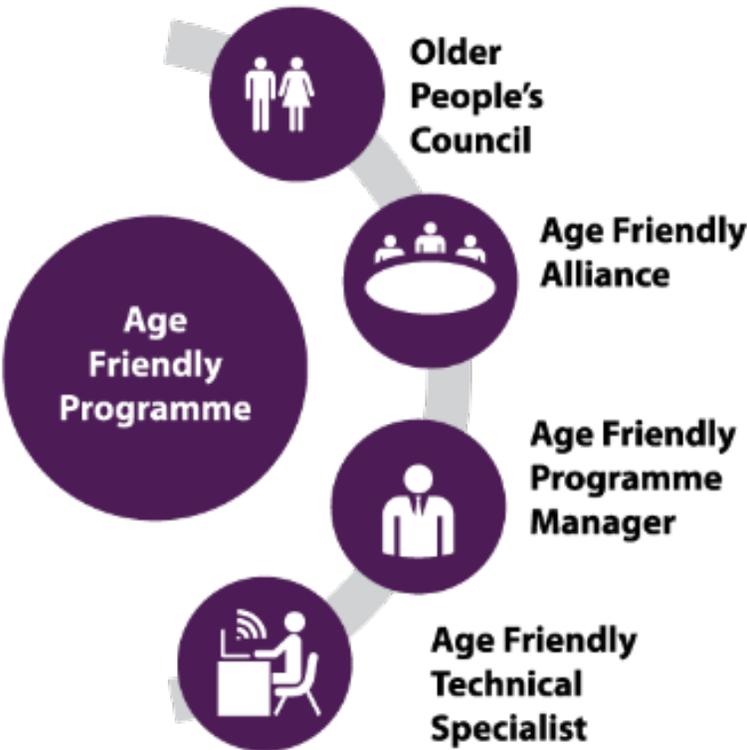
A core element of the Age Friendly Programme structure in Ireland is the voice of the local people which is represented through Older People's Council's. These voluntary committees are established and managed by local government to represent diverse communities of older people across Ireland, including rural and urban dwellers, older members of the LGBTQI+ community, minority ethnic groups, people with disabilities and older people living in long-



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term residential care. The ethos is to involve older citizens as co-design partners, who work alongside stakeholders in the public, private, academic and NGO sectors in order to effect change.

At the local level, OPCs work with their local authority and with the inter-agency Age Friendly Alliance structure established in each city and county. At the national level, they raise issues through the Age Friendly Shared Service and identify ways to improve services for older people across a number of policy areas, most notably in relation to health, housing, transport, and community support.



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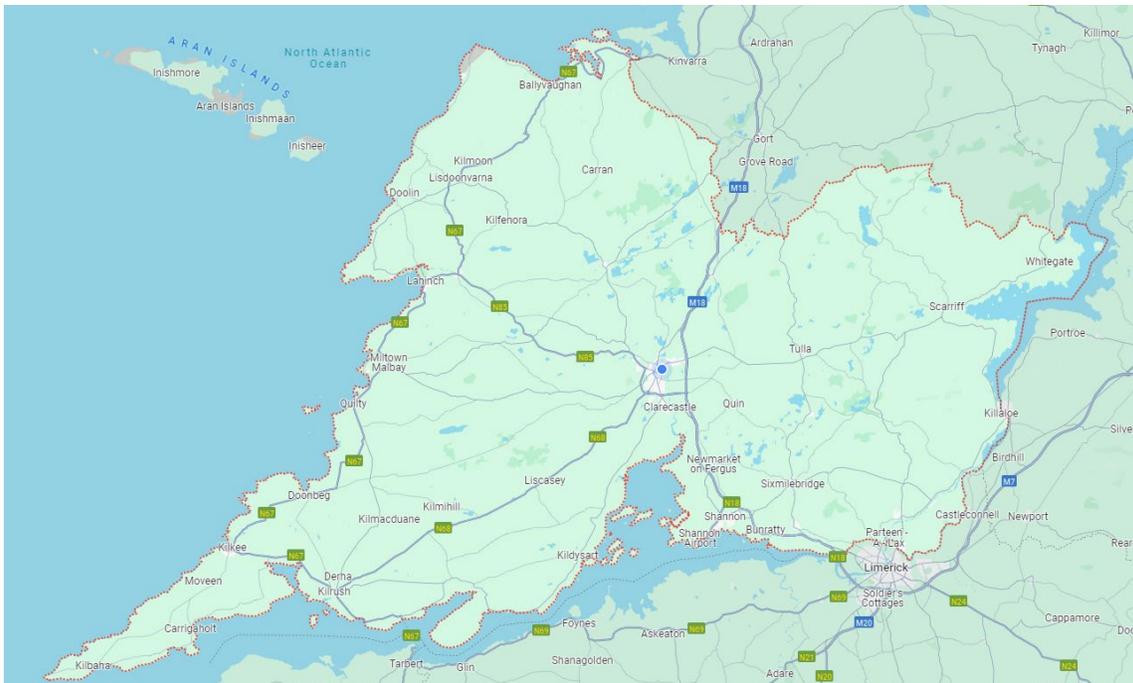
# Clare Age Friendly County Programme



## Profile of County Clare

Clare is a maritime county in the province of Munster, bounded on the west by the Atlantic, on the north-west by Galway Bay and on the east and south by the River Shannon. Clare is the seventh largest of Ireland's thirty-two traditional counties, in area, and the nineteenth largest in terms of population.

The Census 2022 reported that County Clare has a population of 127,938, which represents a growth of 7.2% (8,602) from the 2016 Census population figure of 118,817. Ennis is the main town in County Clare, and the sixth largest town in Ireland, with a population of 27,923, with Shannon, situated in the south of the county, as the next largest town with a population of 10,256 (Census 2022 population figures).



*Photograph: Google Maps*

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## What is an Age Friendly County?

Age-friendly environments foster healthy and active ageing. They enable older people to age safely in a place that is right for them; be free from poverty; continue to develop personally; and to contribute to their communities while retaining autonomy, health and dignity. Because older people know best what they need, they are at the centre of any effort to create a more age-friendly world.

In a recent online International Federation on Ageing (IFA) Global Café Chat, WHO Age Friendly Environment Technical Adviser, Dr. Thiago Hérick de Sá, spoke about how a County/ City/Town or Community can be regarded as age friendly if they:

- Ensure that older people are at the centre of the process
- See older people as the agents of the transition
- Recognise the diversity in the group of older people
- Make sure that all voices are heard
- Plan and act on issues that matter to all older people – relevance is key
- Ensure the approach is not a tick-box exercise

During the course of the conversation, Dr. Hérick de Sá highlighted the importance of the necessity to strive to be, or become, age friendly. Dr. Hérick de Sá indicated that the process must always be a continuous one, as it is based on the fact that Counties/Cities change, and older people change too. Therefore, an Age Friendly Programme needs to be flexible in order to be sustainable (IFA Global Café, 7th April 2023).





Figure 2: Population data for Clare County Council Local Authority Area

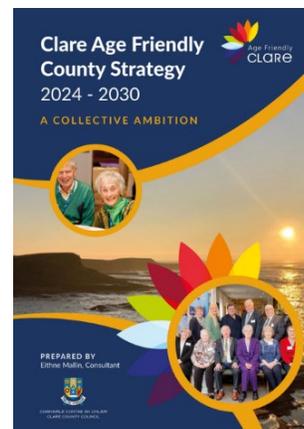
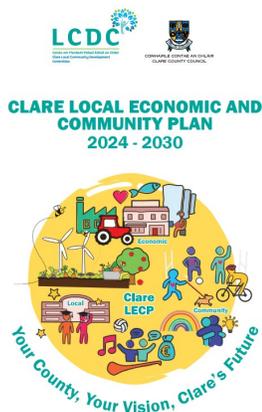
## Why have an Age Friendly County?

Census 2022 revealed that the population of people over 65 years for County Clare rose by 8% from 17,607 in 2016 to 21,657, a rise of 4,050 people. This increase has a proportionate impact on service providers in the county.

Increasing population figures challenge us all to think and plan differently. The impact of these increases on services, both in the country as a whole and in each county, is vast. Census data provides us with the necessary information to plan ahead.

Future planning and policy development is fundamental to identifying, resourcing, and implementing priority actions based on the current and future needs of older people in County Clare. Clare County Council has been to the forefront in delivering on the Age Friendly agenda. The current Clare County Development Plan 2023-2029 shows a clear commitment to the needs of older people, both in its housing policy and its community infrastructure & open space policy proposals.

Key council strategies, particularly those in the areas of Health and Wellbeing, Creative Arts and Culture pay particular regard to the needs of the older person. The Clare Rural Development Strategy 2030 highlights Clare County Council's ongoing commitment to reviewing its performance with a view to making further progress. The Clare Local Economic and Community Plan 2024 – 2030 specifically outlines plans to sustain the population in our urban and rural communities by ensuring that our youth, working and aging population can remain in and contribute to the social, cultural, and economic growth of their communities.





## Clare Older People's Council

The Clare Older People's Council (OPC) is a representative group of older people, supported by the Local Authority as part of the Clare Age Friendly County Programme, to bring the voice of older people into local government and to help to inform private and public service provision. This voluntary group provides the opportunity for people to share their concerns as older people living in the community and to work with key agencies and service providers at a strategic level to co-design solutions in response to barriers and challenges faced. An underpinning aim of the Clare OPC is to ensure that Clare is a great place in which to grow old.

The Clare OPC participates in decisions with key agencies through the Clare Age Friendly Programme and has representation on the Clare Age Friendly Alliance. It represents the views of older people at local, regional, and national level.



The Clare OPC is structured to be representative of the diversity of the older population of County Clare, linked to local older people's groups and supportive of the participation of the most marginalised. The membership is made up of individual older people and representatives of older people's groups, for example, community and voluntary groups, active retirement groups, people with dementia, people living in residential care, men's sheds, women's sheds,

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and people of different ethnicities. The Executive Committee members are elected by the full membership every two years.

Additionally, the Clare OPC nominates a representative to sit on the National Network of Older People's Councils. This National Network convenes three times annually to discuss policy issues of national significance and seeks to work in partnership to resolve issues identified by older people that cannot be resolved at local level.



*Photograph: Members of the Executive Committee of the Clare Older People's Council with Cllr. Gabriel Keating, Mike Hanrahan, Clare Age Friendly Ambassador and Clare Age Friendly Programme staff*

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## **Key Findings of Review and Consultation Process**

As part of the review process, a SWOT Analysis (Strengths, Weaknesses, Opportunities and Threats) was undertaken to ascertain the highs and lows of the Clare Age Friendly Programme. Members of the Clare Age Friendly Alliance and Clare OPC members took part in workshops and over-the-phone interviews. The review process revealed several interesting findings and gave rise to recommendations. The key findings set out below are based on feedback gathered following the review and consultation process.

### **Review Findings**

Clare OPC members discussed the strengths, weaknesses, opportunities and threats of the OPC structure and the Age Friendly Programme. There was a strong consensus that the OPC structure was valuable as it provides members with an opportunity to discuss matters of concern to older people in County Clare. It enables them to help people more vulnerable than themselves and, most importantly, it enables them to effect change.

Both Age Friendly Alliance members and OPC members felt that the Age Friendly Strategy was of enormous value as it brings a focus to the ageing agenda and provides all stakeholders with a framework to move forward and opportunities to collaborate and network.

All stakeholders felt that there was a need to reach out to the wider, more diverse older population in County Clare. The members also indicated that they would like the new strategy to include actions that share a collective ambition and enhance the level of involvement of all stakeholders.

### **Consultation Process Findings**

#### **Survey Findings**

Clare Age Friendly Alliance and the Clare OPC were keen to reach a broad cohort of the population of older people in County Clare. To engage as many older people as possible, a questionnaire was issued, and a public consultation event was undertaken.

A questionnaire was rolled out across the entire county and 282 older people from 48 towns and villages across the county completed the survey questionnaire. This representative sample

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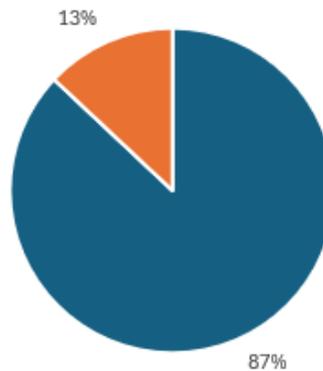
provides the Clare OPC with the mandate required to represent the voice of older people in the county. Thematical analysis of the survey results revealed several interesting findings.

The key areas that emerged as being most relevant for older people in Co. Clare were **Community Support and Health Services, Safety and Security, and Transport.** These were followed closely by **Communication and Information.**

Additional analysis revealed that while 64% of respondents said they were not aware of the Clare OPC, 87% expressed a keen interest in hearing more about the work of the OPC in the future.



■ Aware of the Clare Older People's Council  
■ Not Aware of the Clare Older People's Council



■ Interested to hear more about the work of the Clare Older People's Council  
■ Not Interested to hear more about the work of the Clare Older People's Council

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## Public Consultation Findings

A public consultation event was held in Ennis on 3<sup>rd</sup> October 2023. Participants came from across the county to discuss World Health Organisation (WHO) Age Friendly themes comprising of:

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

The participants held a discussion around what makes a town/community age friendly. Similar to the findings from the questionnaire, **Transport, Community Support and Health Services** were high on the agenda for participants of the round table discussions as well as **Social Participation**. These were followed closely by **Communication and Information and Safety and Security**.





Participants would like to hear more about opportunities to right-size and retrofitting/adaptation schemes.



Participants would like to see more intergenerational projects undertaken at local level



Participants would like to see more life-long learning initiatives for older adults available across the county including culture, sports and creativity classes to alleviate social isolation and loneliness



Participants felt that the age friendly town initiative should be rolled out in other towns and villages across the county



Participants felt that the frequency of public transport needed to be improved



Participants would like more human contact available to older people when dealing with complex health issues



Participants felt that more pre-retirement courses were needed to prepare people for the next step



Participants felt that older people need information to be delivered in a variety of formats

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## Key Recommendations

The recommendations outlined below are a culmination of the entire review and wider consultation process. Further details on the recommendations are provided later in the document.

1. Building on the success of the previous Age Friendly Strategy, consideration should be given to:
  - Identifying key specific actions for which the OPC has responsibility
  - Identifying actions that enhance the level of involvement of Alliance members
2. Exploring opportunities for enhanced collaboration between Alliance members and Clare OPC:
  - Identifying actions to be carried over to the new strategy
  - Identifying key actions with common goals
  - Focusing on three areas of priority, as identified by the wider cohort of older people
3. Exploring opportunities of raising the level of awareness of the Age Friendly Programme across the county
  - Developing an Age Friendly Communications Strategy
  - Ensuring a broader representation on the OPC committee
  - Promoting the role of the OPC representative

Throughout the consultation process, the Clare Age Friendly Programme stakeholders expressed a strong desire to carry on the good work of the past five years, but with a greater collective ambition.

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# **Towards a New Age Friendly Strategy for County Clare**

## **Methodology**

This review of the 2018-2022 Clare Age Friendly Strategy is based on information collated during the period April to October 2023. The study used a mixed-method approach. Methodologies included a desktop study of the literature pertinent to older people (see Appendix 1) and a review and consultation process including a workshop, over-the-phone interviews, an online and hardcopy questionnaire, and a public consultation event.

Every effort was made to engage with as broad a range of older people as possible. Several tools were used to discover the views and attitudes of older people in County Clare, as mentioned above. The questionnaire was developed in collaboration with members of the Clare OPC and was promoted and circulated with the help of the Clare Public Participation Network and Clare Age Friendly Alliance and OPC representatives. These tools were used in an effort to achieve a meaningful consultation and assessment process, in order to help get a clear picture of the priorities of older people in the County, what they would like to see happen and how they would like to be kept informed. The feedback from the review and consultation process was used to support the recommendations in this report.

## **Review process**

### **Key Highlights of the Clare Age Friendly Strategy 2018-2022**



Over the last five years, the Clare Age Friendly Alliance and the OPC have demonstrated a real commitment to delivering on actions relevant to the needs of older people. Service providers and older people have been active in their engagement with and implementation of actions that make the county of Clare a better place to live work and grow old. The following are some of the actions undertaken in County Clare over the last five years:



## Ennis Age Friendly Town & Age Friendly Airport

Developing an Age Friendly Town and Airport revolves around the ethos that when you design for the young, you exclude older people, but if you design for the old you include everyone. OPC representatives in Clare undertook walkability studies. The findings of these studies fed into the plans to make Ennis an Age Friendly Town and into the Age Friendly Guidelines for Airports. Active engagement gave OPC members a

sense of ownership and responsibility.

## Staying Digitally Connected Booklet, Clare Cultural Companions and the Clare Age Friendly Information Guide



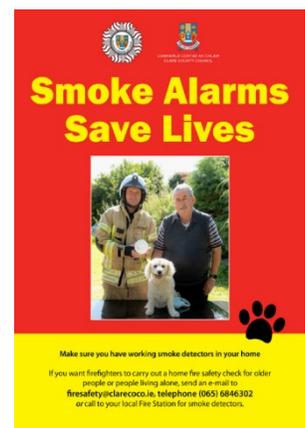
Staying Digitally Connected  
By Age Friendly Clare



The Covid-19 pandemic forced us all to think differently about how we deliver our services. Older people, particularly those who had to cocoon and those in nursing homes, were socially excluded during these periods. Initiatives including 'Staying Digitally Connected' and the Clare Age Friendly Information Guide enabled older people to stay connected with family, friends and community. Clare Cultural Companions, on the other hand, offers older people an opportunity to stay engaged and active. Opportunities like this are hugely important to the mental health and well-being of older adults.

## Safety and Security Campaigns

Safety and security are of paramount importance to older people. The Home Fire Safety Check, an element of the Community Fire Safety programme, provided fire safety advice, highlighted the importance of having a working smoke detector and provided free smoke detectors where required. Crime prevention initiatives, particularly those relating to online scams and bogus callers, were well received.



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## Businesses and Libraries Achieve Age Friendly Recognition Status



*De Valera Library in Ennis*

A total of 22 businesses in Ennis, Lahinch and Shannon undertook the Business Recognition Training programme. Ennis Chamber of Commerce added an Age Friendly category to its annual awards. In addition, all national libraries, including libraries in County Clare, now have Age Friendly status.



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## The Challenges



Covid-19 had a huge impact on the lives of older people, particularly during the periods of heightened restrictions.

In April 2020, National Government launched the 'Community Call' and 'In This Together' campaigns to coordinate community activity and to support people in staying connected, staying active and looking after their wellbeing. Building on the success of these campaigns, they launched 'Keep Well' in October of the same year. Local Authorities were tasked with operating the 'Community Call' Helpline Service, ensuring that the most vulnerable people in our communities received the help they needed.

'The Community Call has proven to be hugely successful in meeting the needs of those who required support during restrictions and ensured that government advice could be followed. Feedback from the Community Response Coordinators indicates that the Forum structure has been particularly successful and provides an excellent example of what can be achieved when local authorities and the community & voluntary sector work closely together' (Overview of Local Authority Covid-19 innovations LGMA May 2020).

The response from other statutory, state funded, and voluntary organisations was admirable. An Post, Sports Ireland, An Garda Síochána, the GAA and the FAI, in particular used their networks to support the most vulnerable in our midst to stay active and stay connected with family, friends and community.

In addition, Age Friendly County Programmes embraced smart technology, providing devices and training to support OPCs to continue to meet in an online capacity. However, while the pandemic forced all service providers to think differently about how they delivered their services to older people, some service providers had to put their work programmes on hold until restrictions were lifted, and people could meet up again. These restrictions impacted negatively on the implementation of some of the actions of the Age Friendly County Programmes.

The Clare Age Friendly County was no less affected to the extent that some lifelong learning and communications initiatives could not be completed during the lifetime of the strategy. As

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part of the review process, the OPC and Alliance members agreed that these initiatives should be carried over into the new strategy.

## Consultation Process

### Workshop and Over-The-Phone-Interviews



The Clare Age Friendly Alliance and the OPC members took part in a Focus Group Session and over-the-phone interviews during April 2023. Representatives from the OPC took part in a SWOT Analysis to evaluate the Strengths, Weaknesses,



Opportunities & Threats of the OPC structure and of the current Age Friendly County programme.

*Photograph: Members of the Clare OPC*

All welcomed the opportunity to actively participate in the assessment of the previous 2018-2022 Programme and to identify ways to reach the wider older population across the entire county.

Over-the-phone interviews were carried out with Age Friendly Alliance members and OPC representatives. The questions asked at interview were in keeping with those asked as part of the workshop. The findings from the review process were used to feed into the development of a questionnaire to elicit the views of a wider audience of older people in Clare and were

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also used in the development of content for discussion at the public consultation event held in October 2023.

## Findings - Review Process



OPC members discussed the strengths, weaknesses, opportunities and threats of the OPC structure and the Age Friendly Programme. They all strongly believed that the OPC structure was valuable as it:

- Provides members with information on what's happening in the county
- Provides members with an opportunity to discuss matters of concern to them
- Gives them a sense of connectivity
- Enables them to bring their life skills to the table
- Enables them to help people more vulnerable than themselves
- Enables them to influence change

Participants were asked to describe the value of being a member of the Clare OPC. Almost all said that the OPC enabled them to influence change, that it was informative and that it provided them with opportunities to collaborate with other agencies to deliver on actions relevant to older people.

When asked what the OPC lacked most, all were in agreement that the group needs to communicate more with the wider population of older people across the county.

Both the Age Friendly Alliance (AFA) and the OPC members felt that an Age Friendly Strategy was of enormous value, as it provided all stakeholders with:

- A framework to move forward (OPC)
- A purpose and a vision (AFA & OPC)
- A focus to the ageing agenda (AFA)
- Opportunities to collaborate and network (AFA & OPC)

When asked about threats and weakness, all participants indicated that there was a need to:

- Increase the number of representatives of marginalised groups at the OPC table (OPC)

- 
- Consult with the wider, diverse older population in the county (OPC & AFA)
  - Alleviate transport costs for OPC members (OPC)
  - Support OPC representatives in returning to face-to-face OPC meetings following the pandemic (OPC)
  - Run induction training sessions for new members (OPC & AFA)

All Age Friendly County stakeholders indicated that they would like the new strategy to include actions that share a collective ambition and enhance the level of collaborative involvement of all members. All participants agreed that the strengths and opportunities that the Age Friendly Strategy provides far outweighs the weaknesses and threats which, they felt, could be overcome easily through training, communication and collaboration.

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# Clare Age Friendly County Thematic Actions



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## Theme 1: Housing



### **The right housing and support can allow people to age comfortably and safely in their community.**

Research shows that the majority of people want to remain in their own home as they age. This desire is often challenged by their home not being suitable for the occupier, particularly as their needs become more pronounced, their financial means decrease and their mobility declines. With the right assessment and intervention, the living environment can be changed from being one of health risk to one of health support (**Healthy Age Friendly Homes Programme**).

#### **Key highlights: Clare Age Friendly Strategy 2018-2022**

- Delivery of training to Local Authority staff on Age Friendly principles, on Universal Design Housing and on the Public Realm spaces
- Maintained Housing Support Services for older people
- Crime Prevention Campaign
  - Bogus Traders/Callers
  - Scams
  - Security for the Older Person
  - Theft of Fuel
- An Emergency Contact Sheet developed in consultation with older people (over 1,000 delivered)
- Valentine's Day Cards & Chocolates presented to isolated older people by members of An Garda Síochána

#### **Key challenges for older people**

- Safety and security in the home
- Living alone in rural remote areas
- Accessible information e.g. trusted tradesmen lists
- Future planning – new housing opportunities

- 
- Housing adaptations/retrofitting – costs associated with housing adaptation
  - The funding application process is considered daunting

**Possible Actions**

- Arrange study visits to new housing schemes
- Provide information and support regarding Adaptation/Retrofitting Schemes
- Provide information on costs and funding schemes
- Provide support with the application process

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## Theme 2: Respect & Social Inclusion



### **An Age-friendly Community enables people of all backgrounds to actively participate, and it treats everyone with respect, regardless of age**

Older people want to continue to play an active role in the communities in which they live. They feel that they have experience and life skills and want to be able to pass these on to the next generation.

#### **Key highlights: Clare Age Friendly Strategy 2018-2022**

- Established Clare Cultural Companions
- Developed a monthly calendar of events
- Launched the Clare Older People's Volunteer of the Year Award
- Improved accessibility through walkability studies
- Maintained Befriending Services to combat rural isolation

#### **Key challenges for older people**

- Attitudes of young people to older adults
- Technology is a barrier for some older people - not everyone is online
- Mutual respect and inclusion of people from different backgrounds
- Lack of pre-retirement preparation

Older people indicated that they would like to explore more opportunities to engage with the younger generation. They felt that they have a lot to learn from each other. Some older adults felt that they would have liked to have been better prepared for retirement.

#### **Possible Actions**

- 
- Commission academic research regarding the quality of life of older people, with an appropriate response for County Clare
  - Explore inter-generational opportunities
  - Consider renaming Day Care Centres – Wellness Centre/Health & Wellbeing Centre
  - Roll out more inter-cultural events
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## Theme 3: Social Participation



### Participating in leisure, cultural and spiritual activities in the community is important for health and wellbeing, a sense of belonging and good relationships

Recent research shows that involvement in physical and creative activities is associated with better psychological health, including higher quality of life and lower loneliness, worry, depression and stress (TILDA Creative Activity in the Ageing Population 2021).

#### Key highlights: Clare Age Friendly Strategy 2018-2022

- Expanded number of Men's Sheds Groups
- Participation in Bealtaine Festival activities
- Established Clare Cultural Companions

#### Key challenges for older people

- Social engagement opportunities in some areas are limited – you have to travel to be able to get involved
- Health issues prevent older people from taking part
- Older people who cannot use smart technology seem excluded from life
- Limited access to transport prevents older people from actively participating in social activities
- Exclusion from the digital world due to a lack of skills and online presence

#### Possible Actions

- Ongoing smart technology classes
- Explore opportunities for more creative cultural programmes
- Explore opportunities for more exercise classes
- Explore opportunities for Buddy programmes in order to assist people to participate in their communities

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## Theme 4: Civic Participation & Employment



### Age Friendly Communities look to promote good quality options for people in later life to contribute to their communities

“Age is one of the first things we notice about other people: Ageism arises when age is used to categorise and divide people in ways that leads to harm, disadvantage and injustice and erodes solidarity across the generations” (WHO Global Report on AGEISM).

#### Key highlights: Clare Age Friendly Strategy 2018-2022

- Held annual roadshows in each Municipal District
- Expanded the Business Mentoring Programme
- Produced a ‘Directory of Services’ for older people

#### Key challenges for older people

- Communication – accessible information
- Lack of preparation for retirement
- Transport as a barrier to volunteering
- Caring duties as barriers to civic participation and employment opportunities
- Ageist attitudes of employers
- COVID-19 having a negative impact on older volunteers and older vulnerable people
- Insurance costs for voluntary groups

#### Possible actions

- More accessible information on social clubs and up-and-coming events in local areas
- More pre-retirement education courses
- More Age Friendly training for employers and volunteers
- Support the Cultural Companions initiative
- Create a pool of volunteer drivers
- Develop a succession plan for volunteers
- Enhance awareness of existing opportunities to engage with public bodies

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- Promote information on volunteering opportunities in the county

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## Theme 5: Communication & Information



### **Staying connected with events and people and getting timely, practical information is important for all of us, especially as we get older**

Clear, concise information and good communication plays a key role across all WHO Age Friendly themes.

#### **Key highlights Clare Age Friendly Strategy 2018-2022**

- Hosted the “Putting your House in Order” Workshops
- Promoted Shannon Airport as an Age Friendly Airport
- Education and Training courses rolled out in rural locations

#### **Key challenges for older people**

- Online scams are a big barrier to using technology
- Automated phone lines are very frustrating – “press 1, 2, 3” etc.
- Some services are only available online and do not provide phone contact details

#### **Possible Actions**

- Induction training for new members of the OPC and Alliance
- An OPC News Sheet – annual, biannual or quarterly
- A schedule of key speakers for OPC meetings and the AGM
- Outreach computer literacy training in local community settings

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## Theme 6: Community Support & Health Services



**As the older population grows, the need for community support and health services grows too. Alongside accessible and affordable health care services, community support and physical activity opportunities are strongly connected to good health and wellbeing throughout life.**

CSO data shows the population aged 65 and older is projected to double to 1.6 million by 2051. According to Dr Colm Henry, Chief Clinical Officer HSE, older people are now the 'purpose' of healthcare and not the problem. **Key highlights: Clare Age Friendly Strategy 2018 – 2022**

- Increased awareness of impaired vision and blindness
- Maintained home support services for older people
- Developed Physical Activity Programmes for over 55s

### **Key challenges for older people**

- Booking appointments with the GP is a challenge
- Delayed hospital appointments frustrating
- Lack of human contact over-the-phone
- Lack of information on health services
- Infrequent transport to health service appointments
- Lack of Homecare packages
- Lack of support to live at home – cleaners and trusted tradesmen

### **Possible Actions**

- Invite HSE to speak at Clare OPC AGM
- Roll out more 'Mindfulness and Wellbeing' initiatives for older people
- Provide funding schemes to local communities to run Health and Wellbeing Programmes
- Provide more homecare packages across the county
- Develop a trusted tradesmen/women list for small jobs

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- Provide human contact service for older people to address complex medical conditions

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## Theme 7: Outdoor Spaces & Public Buildings



The outside environment and public buildings have a major impact on our mobility, independence and quality of life as we age

COVID-19 reminded all of us that we have some really wonderful public amenities on our doorsteps.

### **Key highlights: Clare Age Friendly Strategy 2018 – 2022**

- Ennis received Age Friendly Town status
- Shannon received their Age Friendly Airport status
- Provided designated Age Friendly parking spaces

### **Key Challenges for older people**

- Online consultation process prohibits some older people presenting their points of view
- Poor cross-county transport links preclude people from being able to access amenities and participate in activities
- Poor car parking facilities in local towns and villages
- Poor lighting and maintenance of public areas

### **Possible Actions**

- Undertake further walkability studies
- Increase the number of age friendly parking spaces

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## Theme 8: Transportation



**Affordable, reliable and convenient transport options enable older people to get out and about and continue to do things that matter to them**

Research has shown that the provision of accessible, affordable and acceptable local transport can be a very important improvement in the quality of life of older people (**Irish Senior Citizens Parliament**).

### **Key highlights: Clare Age Friendly Strategy 2018 – 2022**

- Developed well-lit community bus shelters in rural areas
- Expanded the network of rural bus services
- Raised awareness of new bus routes

### **Key challenges for older people**

- Infrequent public transport to Regional Hospitals
- Poor cross-county transport connectivity
- Bus Stop information not always correct and only at limited stops
- Cost of hiring taxis precludes older people from getting to places
- No public transport available in some rural areas
- Social isolation due to lack of suitable transport

### **Possible Actions**

- Further studies on where older people want to get to in the County
- Look at community car initiatives to support older people to get to where they want to go
- Explore opportunities to support older persons' groups regarding taxi/hackney hire issues

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## Safety & Security

Safety & Security was discussed as a topic of concern, as it cuts across all aspects of an Age Friendly County Programme. For the most part, older people in County Clare feel safe in their local towns and communities but have some concerns about being out after dark. They were more concerned about travelling into and/or walking around the larger towns and villages in the evening times because of anti-social behaviour.

E-Scooters were highlighted as a growing concern, both on roads and pavements, particularly as there was no legislation in place at the time of the consultation regarding their use. The matter of littering and illegal dumping was also raised.

In addition, with the current move of key services to digitisation, older people felt somewhat vulnerable when giving their financial details online or over-the-phone and want to learn more about cyber security in order to offset these fears.

Many felt there was a need for a Daily Call Service for more vulnerable older people living in remote rural and seaside areas. Some would like to see the development of a trusted tradesperson directory and/or a local Care and Repair programme.



*Photo: Participant discussion at the Public Consultation Event*

All of these issues have been captured under the relevant themes above. Moreover, Clare OPC members represent the voice of older people on Joint Policing Committees (JPCs), where they can raise these matters on behalf of older people in the county.

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## Age Friendly Villages and Communities

Older people in County Clare felt that an Age Friendly town or community was one where people looked out for each other. Many felt that more community transport initiatives, more social, educational, sports and cultural activities would allow older people to have a better quality of life and enhance their health and wellbeing. Many felt that their club members could be social connectors in their local area and welcomed the opportunity to keep others more informed. Those living alone in more remote rural areas felt a bit isolated and would like someone to keep in touch with them daily. Ennis was held up as a town where great progress had been made in the name of Age Friendly and most participants indicated that they would like to see this initiative extended across the county. Issues identified as barriers were mainly operational, including poor footpath maintenance and limited public lighting. Better public transport, clearer communication and more social activities were deemed to be key to improving the quality of life of older adults.

## Final Conclusions

The findings and recommendations in this report are based on a review of the existing Clare Age Friendly Strategy 2018 - 2022 and a desktop review of National and Local Strategies and Action Plans pertinent to the needs of older people. They are also based on findings from the Local Economic & Community Plan and the Age Friendly consultation process undertaken in 2023. The latter was undertaken with the support of representatives of Clare OPC and the wider cohort of older people in County Clare, by means of an online and hardcopy questionnaire and a public consultation event.

It is significant that the questionnaire revealed that respondents from 48 towns and villages completed the survey, giving the OPC members the mandate they need to represent the voice of older people in the county. Moreover, with 64% of respondents indicating they had no awareness of the existence of an Older People's Council, Clare OPC will have to take on board the deficit of awareness and explore opportunities to address this matter. In this regard, the form in which these messages are communicated to older people will be critical. In addition, Clare Age Friendly Alliance and OPC members will also have to take into consideration the main priorities - Transport, Community Support & Health Services and Social Participation, as identified by the wider cohort of older people in County Clare, and as set out in this report, and

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deliver on actions that reflects these needs. It is also the belief of the Clare County Council Chief Executive, that there is a need to undertake academic research into the quality of life of older people with a response for County Clare as part of the new Clare Age Friendly Strategy 2024-2030.

Throughout this process, Clare Age Friendly Alliance and OPC members have shown a willingness and an energy to build on the successful past of the Clare Age Friendly Programme, to learn from it and to set out new actions that share a collective ambition for the next seven years. The Alliance will have a role in the implementation of the strategy, making annual reports on progress to the Council's Elected Members, quarterly reports to the Council's Rural Development Strategic Policy Committee. Furthermore, members of the Alliance will present updates at the quarterly meetings of the Age Friendly Alliance. The success of the new Clare Age Friendly County Strategy 2024 - 2030 will depend on the commitment of Alliance and OPC members and the continuing support of Clare County Council.

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**Implementation Plan for County Clare Age Friendly  
Strategy 2024-2030**



## Theme 1: Housing

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

Objective Number	Action	Measurable Indicator	Lead	Timeframe	Partner/s
<b>Objective: Enable older people to age in place in their homes</b>					
1.1	Expand the Healthy Age Friendly Homes Programme	Number of older people supported	Healthy Age Friendly Homes Co-ordinator	Short-term/Ongoing	Age Friendly Ireland, Age Friendly Programme Manager, Clare Libraries, Clare County Council Housing Department, Clare Age Friendly Alliance Members
1.2	Develop an information campaign to promote Healthy Age Friendly Homes Programme	Number of older people engaged with the programme	Age Friendly Ireland – Healthy Age Friendly Homes	Short-term	Healthy Age Friendly Homes Co-ordinator, Age Friendly Programme Manager, Clare Older



						People's Council, Clare Libraries, HSE Primary Care, Limerick and Clare Integrated Care Programme for Older Persons team
1.3	Support the development of a county wide 'small jobs in the home' initiative	Pilot programme complete	Clare Age Friendly, Healthy Age Friendly Homes	Long-term	Clare Volunteer Centre, Clare Care, Clare Older People's Council, HSE	
<b>Objective: Ensure all stakeholders work to develop a range of appropriate housing options are available to meet the needs of an ageing population and to enable 'rightsizing' options including age friendly design</b>						
1.4	Promote age friendly and universal design training for stakeholders and staff	Number of staff and OPC members trained	Clare Age Friendly	Long-term	Clare County Council Housing Department, Clare Older People's Council, Associated Housing Bodies, OPC	



1.5	Support the housing needs of older persons, including Travellers, Roma, Asylum Seekers and new communities	Number of older people benefitting from appropriate accommodation	Clare County Council Housing Department	Long-term/Ongoing	Clare Local Development Company Roma Inclusion Project, Clare Traveller Community Development Project, Focus Ireland, Family Resource Centres
1.6	Support through promotion Clare County Council interdepartmental engagement with the Clare County Council Age Friendly team including Healthy Age Friendly Homes Co-ordinator and Age	Number of interdepartmental engagements with the Clare County Council Age Friendly team	Clare Age Friendly	Short-term/Ongoing	Clare County Council





	<b>Friendly Technical Advisor</b>				
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## Theme 2: Respect and Social Inclusion

**Goal:** Work to ensure that older people in County Clare are truly valued and respected, can benefit from digital inclusion, have opportunities for physical activity, and access to relevant services and supports.

Objective Number	Action	Measurable Indicator	Lead	Timeframe	Partner/s
<b>Objective: Promote respect and empathy through intergenerational projects</b>					
2.1	Establish a working group with members of the Clare Older People’s Council and Comhairle na nÓg to explore Intergenerational Opportunities	Working group established and number of intergenerational projects completed	Clare Older People’s Council and Clare Comhairle na nÓg	Short-term/Ongoing	Clare Age Friendly, Clare Youth Service, Clare County Council Arts Office, Clare County Council Climate Action Department
<b>Objective: Promote physical activity to benefit physical and mental wellbeing among older people</b>					
2.2	Promote physical activity of all levels to promote social activities, prevent frailty and falls and good health	Number of classes, programmes, or initiatives promoted and number of participants	Clare Age Friendly and Healthy Clare Co-ordinator	Short-term/Ongoing	HSE, Clare Sports Partnership, Clare County Council Rural and Community Development Officers, Clare County Council Active Ennis and



						Kilrush, Family Resource Centres
<b>Objective: Develop positive, evidence based and innovative responses to ensure quality of life in older age.</b>						
2.3	Commission academic research and appropriate response, regarding the quality of life of older people in County Clare	Completion and publication of academic research	Clare Age Friendly and University of Limerick	Long-term/Ongoing	Clare Older People's Council	
2.4	Identify appropriate engagement opportunities for older people within minority groups to ensure diverse, equal, and inclusive representation and participation	Number of people engaging	Clare County Council Social Integration Team, Clare Older People's Council	Medium-term/Ongoing	Clare Age Friendly, Healthy Age Friendly Homes Co-ordinator, Clare Local Development Company Social Inclusion Community Activation Programme, Roma Inclusion Project, Clare Traveller Community Development Project, HSE, Limerick and Clare	



					<b>Education and Training Board, Clare Traveller Primary Health Care Project</b>
<b>Objective: Promote inclusion initiatives to combat digital exclusion</b>					
<b>2.5</b>	<b>Ongoing provision of Smart Phone and a range of Information and Technology classes to develop full participation</b>	<b>Number of classes provided and number of participants</b>	<b>Clare Libraries and Clare and Limerick Education and Training Board</b>	<b>Short-term/Ongoing</b>	<b>Clare Age Friendly, Clare Older People's Council, Healthy Age Friendly Homes Co-ordinator, Healthy Clare Co-ordinator, HSE, Family Resource Centres</b>



### Theme 3: Social Participation

**Goal: Support Older People in County Clare to ensure participation in social, economic, and public life through engagement and training activities based on needs identified by older people.**

Objective Number	Action	Measurable Indicator	Lead	Timeframe	Partner
<b>Objective: Overcome social isolation and loneliness</b>					
3.1	Increase the availability of Visitation and Telephone Support and Befriending services for older people in County Clare	Number of older people with active Visitation Support and Befriending matches and number of older people engaged with Telephone Support and Befriending services	ClareCare, ALONE, and Clare Volunteer Centre	Short-term/Ongoing	Clare Age Friendly, Healthy Age Friendly Homes Co-ordinator, HSE, Family Resource Centres
<b>Objective: Promote opportunities for social participation</b>					
3.2	Support the establishment and	Number of classes, programmes, or	Clare Sports Partnership,	Medium-term/Ongoing	Clare Age Friendly, Healthy Age Friendly



	promotion of a Health and Wellbeing Programme that encourages healthy eating and physical exercise for people over 50	initiatives promoted and number of participants	Healthy Clare Co-ordinator		Homes Co-ordinator, Clare County Council Rural and Community Development Officers, HSE, Family Resource Centres
3.3	Ensure continued support and promotion of Men's and Women's Sheds in County Clare	Number of active Men's and Women's Sheds	Clare Local Development Company	Short-term/Ongoing	Clare County Council Rural and Community Development Officers, Clare Age Friendly, Healthy Clare
3.4	Promote and deliver engaging community activities and events for older people	Number of events promoted and delivered, and number of participants	Clare Libraries, Clare Age Friendly	Short-term/Ongoing	Healthy Clare, Clare County Council Rural and Community Development Officers, Family Resource Centres
<b>Objective: Promote lifelong learning opportunities for older people to encourage social and economic participation and cognitive health</b>					



3.5	Increase opportunities for older people's participation in third level courses through flexible learning initiatives	Number of third level courses with flexible learning options available	University of Limerick, Limerick and Clare Education and Training Board, Technological University of the Shannon	Long-term	Clare Age Friendly, Clare Older People's Council, Family Resource Centres
3.6	Support University of Limerick to become an Age Friendly University	Achieve Age Friendly University status	Clare Age Friendly, Limerick Age Friendly, and University of Limerick	Medium-term	Clare Older People's Council, Limerick Older People's Council



## Theme 4: Civic Participation and Employment

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

Objective Number	Action	Measurable Indicator	Lead	Timeframe	Partner
<b>Objective: Promote the silver economy locally</b>					
4.1	Promote and expand the Age Friendly Business Recognition Programme in County Clare	Level of promotion and number of accredited businesses	Clare Age Friendly	Medium-term/Ongoing	Local Enterprise Office, Clare County Council Economic Development Directorate, Age Friendly Ireland, Clare Older People's Council
<b>Objective: Support older people to engage in volunteering</b>					
4.2	Support, promote and expand the Clare Cultural Companions Programme	Number of older people engaged with the programme including volunteers	Clare Age Friendly, Clare Volunteer Centre	Short-term/Ongoing	Healthy Clare, Clare County Council Rural and Community Development Officers, Clare Older People's Council, Clare Libraries



4.3	Support, promote and the roll out of the 'Changing Gears' programme	Number of older people engaged with the programme	Age and Opportunity, Limerick and Clare Education and Training Board, Clare Volunteer Centre	Short-term/Ongoing	Clare Age Friendly, Healthy Clare, Clare Older People's Council, Clare Libraries
4.4	Identify and promote volunteering opportunities for older people	Number of volunteers actively volunteering	Clare Volunteer Centre	Medium-term/Ongoing	Clare Age Friendly, Healthy Clare, Clare Older People's Council, Family Resource Centres
<b>Objective: Support Clare Older People's Council to ensure older people have a voice in matters that affect them in Clare</b>					
4.5	Support Clare Older People's Council recruitment campaign through workshops and induction training	Number of new members recruited and trained	Clare Older People's Council, Clare Age Friendly, Age Friendly Ireland Regional Manager	Medium-term/Ongoing	Clare Age Friendly Alliance Members, Clare Libraries



4.6	Promote the OPC as a consultative body	Number of consultations	Clare Older People's Council, Clare Age Friendly	Short-term/Ongoing	Clare Age Friendly Alliance Members
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## Theme 5: Communication and Information

**Goal: Ensure Older People in County Clare have the right information at the right time to lead full and active lives**

Objective Number	Action	Measurable Indicator	Lead	Timeframe	Partner
<b>Objective: Promote outreach and information days to ensure wider dissemination of entitlements and supports available</b>					
5.1	Host and expand the Health and Wellbeing Age Expo	Number of attendees and stand holders	Clare Older people's Council, Clare Age Friendly, Healthy Clare	Medium-term/Ongoing	Clare County Council Rural and Community Development Officers, Clare Libraries, Clare Age Friendly Alliance Members, Healthy Age Friendly Homes Co-ordinator
5.2	Host specialist Information Roadshow/Clinics for older people in each Municipal District	Number of Information Roadshow/Clinics hosted	Clare Age Friendly, Clare Libraries	Long-term	Healthy Age Friendly Homes Co-ordinator, Healthy Clare, Clare County Council Rural and Community Development Officers



5.3	Work with agencies and businesses to ensure information and forms are accessible in a range of formats	Number of agencies and businesses engaged with ensuring forms are accessible in a range of formats	Clare Age Friendly, Clare Older People's Council	Long-term	Clare Age Friendly Alliance Members, Family Resource Centres
<b>Objective: Promote the role of the OPC as a representative body and information dissemination</b>					
5.4	Schedule guests to attend Clare Older People's Council meetings to present on topics and issues identified by older people	Number of presentations	Clare Older People's Council	Short-term/Ongoing	Clare Age Friendly, Clare Age Friendly Alliance Members, Clare County Council Directorates, Clare Libraries, HSE
5.5	Develop and implement a Clare Older People's Council communication plan	Plan implemented	Clare Older People's Council	Short-term/Ongoing	Clare Age Friendly



## Theme 6: Community Support and Health Services

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

Objective Number	Action	Measurable Indicator	Lead	Timeframe	Partner
<b>Objective: Develop healthy living activities for older people</b>					
6.1	Target and deliver 'Healthy Food Made Easy' Programmes to older people across the county to promote engagement, health and wellbeing.	Number of classes, delivered and number of participants	Healthy Clare Co-ordinator, Clare Age Friendly	Medium-term/Ongoing	Clare Libraries, Healthy Age Friendly Homes Co-ordinator, HSE, Family Resource Centres
<b>Objective: Support local initiatives to support people with dementia</b>					
6.2	Identify and promote opportunities for creative art in dementia initiatives	Number of opportunities identified	Clare Age Friendly Ambassador	Long-term	Healthy Age Friendly Homes Co-ordinator, HSE, Healthy Clare Co-ordinator, Age and Opportunity, ClareCare,



						Clare County Council Arts Office
6.3	Deliver 'Peer to Peer' Outreach Service to traveller communities across County Clare, to support health & wellbeing	Number of outreaches and interventions among older travellers and HSE Reports/Updates	HSE Primary Health Care Programme	Long-term/Ongoing	Clare Local Development Company Social Inclusion Community Activation Programme, Clare Traveller Community Development Project, Family Resource Centres	
<b>Objective: Ensure appropriate home supports are available</b>						
6.4	Train/upskill people in Clare to Quality and Qualification Ireland (QQI) levels 5 & 6 as Health Care Assistants	Number of people trained	Limerick and Clare Education and Training Board	Long-term	ClareCare, Clare Age Friendly	
6.5	Provide Person-to-Person telephone	Number of telephone supports provided	Limerick and Clare Integrated	Long-term	Clare Age Friendly, Healthy Age Friendly	



	contact service for older people with complex health issues		Care Programme for Older Persons team		Homes Co-ordinator, Healthy Clare
<b>Objective: Ensure older people feel safe in their homes and communities – urban and rural</b>					
6.6	<p>Deliver advice on crime prevention, safety in the home, cybersecurity/personal pendant alarms/Neighbourhood Watch and engage older people in community safety initiatives</p>	<p>Number of training events and number of safety initiatives</p>	<p>An Garda Siochana</p>	<p>Long-term</p>	<p>Clare Local Community Safety Partnership, Clare Older People’s Council, Clare Libraries, Clare Age Friendly Alliance Members, Healthy Age Friendly Homes Co-ordinator</p>

## Theme 7: Outdoor Spaces and Buildings

**Goal:** Ensure that older people in County Clare benefit from improved access to outdoor spaces and buildings, facilitating increased activity and engagement within the wider community.

Objective Number	Action	Measurable Indicator	Lead	Timeframe	Partner
<b>Objective: Develop and improve the accessibility of the physical environment</b>					
7.1	Extend Walkability Survey Programme	Number of walkability studies conducted	Clare Age Friendly	Short-term/Ongoing	Clare County Council Departments, Clare Older People's Council
7.2	Increase the number of Age Friendly Parking Spaces in County Clare	Number of Age Friendly Parking Spaces	Clare Age Friendly, Clare County Council Departments	Long-term/Ongoing	Age Friendly Ireland, Clare Older People's Council, Clare County Council Municipal Districts
7.3	Integrate age friendly principles in the design of outdoor spaces including green spaces/parks, sensory	Trained staff No of projects incorporating principles	Clare Age Friendly	Long-term	Clare Older People's Council, Healthy Clare, Clare County Council Municipal Districts



	spaces, community integration active spaces				
<b>Objective: Develop an age friendly outdoor tourist attractions in Clare</b>					
7.4	Support Vandeleur Walled Garden and Visitor Centre to become an Age Friendly Tourist Attraction in County Clare	Vandeleur Walled Garden and Visitor Centre as the first Age Friendly Tourist Attraction in County Clare	Vandeleur Walled Garden and Visitor Centre, Clare Age Friendly	Medium-term	Clare Older People's Council



## Theme 8: Transportation

**Goal:** Seek to ensure the transport needs of older people in County Clare are met, thereby enhancing engagement, health, wellbeing, and quality of life for older people across all abilities.

Objective Number	Action	Measurable Indicator	Lead	Timeframe	Partner
<b>Objective: Ensure a range of accessible transports options are available</b>					
8.1	Source funding to complete 'Gap Analysis' research on older people's transports needs in County Clare	Funding sourced and research completed	Clare Age Friendly, Local Link	Medium-term	Clare Age Friendly, Clare Older People's Council
8.2	Provide additional bus stops as identified in 'Gap Analysis' research	Bus stops provided	Local Link	Long-term	Clare Age Friendly, National Transport Authority
8.3	Provide clear information at bus stops, including contact details for service providers	Information provided at bus stops	Local Link	Long-term	Clare Age Friendly, National Transport Authority



**Objective: Develop pedestrian infrastructure to support an age friendly environment**

8.4	Ensure pedestrian crossings are clearly marked and in appropriate locations convenient for use by older people	Number of inspections and number of upgrades/new installations completed	Clare County Council Municipal District Offices	Long-term	Clare Age Friendly, Clare Older People's Council
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COMHAIRLE CONTAE AN CHLÁIR  
CLARE COUNTY COUNCIL



