



A Catalogue of Age Friendly Practices

Ireland's Age Friendly Cities and Counties Programme



Foreword



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The Age Friendly Cities and Counties Programme provides a very good framework to pioneer and drive transformation, innovation and improvement. To date Age Friendly Programmes have implemented real change in practical and pragmatic and often very imaginative ways. The extensive track record includes home support services for older people, enhancement of public spaces, age-friendly transport services, senior enterprise and age-friendly business programmes, and enhanced community-level participation. Meaningful consultation with local older people has supported the development and implementation of this extensive range of practical and pragmatic solutions.

The Age Friendly Programme now needs to scale up what can often be local pockets of good practice into the consistent application of proven age friendly initiatives across the broader network of Age Friendly Cities and Counties. In this respect this current document will act as a useful companion to the recently published resource document, 'A Guide to Sharing Ambitions and Opportunities; What Age Friendly Cities & Counties can achieve.' The earlier Guide described the goals and actions that Age Friendly Alliances can aim for and was pitched as a call to action to organisations to collaborate with older people and to work creatively together. This resource sets out how the Age Friendly City and County Programmes have, to date, sought to respond to those goals. It is not a definitive listing but instead is an early stage capture of the extensive set of actions being introduced across the Age Friendly network.

The promotion of such practice will play an important role in supporting the wider scale application and mainstreaming of proven age-friendly measures. This catalogue represents a first step in building a more comprehensive and detailed compendium of age friendly practices which, in turn, will play an important role in supporting the age-proofing of key services.

Continuing to share practices in these ways will contribute much to our common goal of building a more age friendly Ireland.

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.

WHO 1

Outdoor Spaces and Buildings

Age Friendly Town

Planning process at town, village or neighbourhood level to support location in becoming a more attractive and enabling environment for older residents and visitors.

Access Quality Mark

Pilot Access Quality Mark scheme providing recognition for accessible streets and town.

Accessibility Audit

Audit of public buildings and spaces which considers age friendly accessibility issues, the condition of pavements, provision of parking spaces, benches, bins, lighting and pedestrian crossings.

Age Friendly City/County Business Award

Award providing recognition for age aware businesses who deliver their services in an age friendly manner.

Age Friendly Libraries

Process supporting libraries to adopt age friendly orientation.

Age Friendly Parking Spaces

Dedicated age friendly parking spaces for older people

Age Friendly Patrols

High visibility, targeted area patrolling, in neighbourhoods where older people reside and gather.

Alzheimer's Cafe

Cafes to facilitate gatherings and learning/support exchanges for people with dementia and their carers.

An Garda Síochána Intergenerational Initiative

Initiative led by An Garda Síochána whereby older members of the community take on guest speaking roles at youth clubs and schools to encourage positive dialogue between the generations.

Bogus Caller Cards

Householders can ask any trader/workman to fill in their details on a bogus caller check card before carrying out work in their home. An Garda Síochána led initiative.

Bogus Caller Education Programme

Provision of information/guidance to older people on how to protect themselves against bogus callers.

Bus Shelters

Provision of safe and secure bus shelters at appropriate locations as identified by older adults.

Community Alert

Crime prevention and community safety programme with an emphasis on older and vulnerable people.

Community Parks

Development of an age friendly community space supporting shared play and physical activity within an urban village.

Community Policing

A strategy of policing that supports An Garda Síochána in building ties and working closely with members of the communities.

Community Policing Clinics

An Garda Síochána led information clinics held regularly in community centres and other accessible venues.

Age Friendly Bowling Greens

Development and enhancement of recreation and amenity areas supporting physical activity and social participation within communities.

Crime Prevention Ambassador

Supporting and training older volunteers in calling to older members of communities to furnish them with crime prevention and community safety information.

Crime Prevention Talks

An annual series of An Garda Síochána led crime prevention events to inform older people on how to stay safe in their homes and communities.

Dedicated Garda with Responsibility for Older People

An Garda Síochána appointment, within each station, of a dedicated Garda with responsibility for older people

Development of Castle Saunderson, County Cavan

Development of Castle Saunderson as an intergenerational public facility supporting social and civic participation

Doorstep Crime Sticker

An extra safety tool to protect older people's homes from being doorstepped by unwanted callers.

Galway Dementia Friendly Community

Consortium of key agencies implementing a programme of dementia friendly training and awareness raising actions with local communities and service providers.

Garda Community Clinics

An Garda Síochána led information clinics held regularly in community centres and other accessible venues in the county.

Message in a Bottle

A specially designed plastic bottle that includes a personal information form that is placed in the fridge so that in the case of an emergency, emergency teams can easily access critical information. Older People place a sticker in the entrance of their home to indicate to emergency teams that the bottle is in use.

Next of Kin Register

Next of kin register for older people living alone.

Older Person Service Providers Forums

Older Person's Service Provider's Forums work with agencies to ensure older people living in the county feel safe and secure in their homes and out and about in their communities.

Older Persons Register

An Garda Síochána district register of people over the age of 65 (with consent) as a means of supporting engagement by community Garda.

Operation Doras/Crime Prevention Ambassadors

Older volunteers calling to older members of their community to furnish them with information around Crime Prevention and Safety.

Pavements and Street Improvement Scheme

Review sets standards for pavements to ensure they are walkable and barrier free supporting greater access for people of all generations.

Pedestrian Crossing Times

Ensuring pedestrian crossings comply with good practice and support people of all generations in safely accessing and moving about and within their own communities.

Road Safety Talks

Series of road safety talks/initiatives to enhance the safety of older road users.

Safer Roads for Older People

An awareness campaign and education programme led by Dublin City Council together with An Garda Síochána.

Schools Education Programmes

Promoting good citizenship through educational projects in schools.

Security and Parks

'Reclaim our Parks' days held locally in partnership with An Garda Síochána to support older people to feel safe when using public parks.

Sli Na Sláinte Routes

Slí na Sláinte, meaning 'Path to Health' - mapped, measured routes which use attractive signage at kilometre intervals on established walking routes to promote physical activity and help walkers identify the distance they walk.

Stay Safe at Home Campaign

An Garda Síochána led campaign including a checklist which covers a range of easy steps to help keep people safer at home.

Text Alert Schemes

An Garda Síochána provision of crime alert information, by text, to a registered 'Community Contact' who in turn forwards information, by text, to all members of their 'Community Group'.

Training and Information Sessions for Gardaí

An Garda Síochána led provision of training and information sessions for Gardaí setting out best practice when engaging with older people.

Trip Hazard Clearance

Supporting local community groups to assist in the clearance of trip hazards such as leaf falls and other rubbish.

Trusted Tradesman

A register of reliable, Garda vetted, trusted tradesmen, across a town/city/county, who will carry out low cost/no cost repairs.

Universal Design Guidelines / Age Friendly Primary Care Centres Toolkit

Application, by HSE, of good practice guidance (WHO Age Friendly Primary Care Centres Toolkit) in the development of new public buildings (Day Care Centres and other Primary Care Centres).

Walkability Audits

Assessing and enhancing the quality and continuity of pavements, the number, safety and timing of pedestrian crossings and any barriers to mobility in the street.

Extreme Weather Initiative

Key agencies working together to coordinate a planned response to extreme weather conditions and to ensure that vulnerable older people have access to local services and a hot meal.

Theatre Access

A VIP, easy access entrance to the theatre created for those with mobility issues.

Team Limerick Clean Up

Annual city clean up event engaging 6000 volunteers across all generations.

Age Friendly Hospital

Planning and consultation process to ensure an age friendly ethos is adopted in the hospital setting.

Age Friendly Airport

Planning & consultation process to ensure an age friendly ethos is adopted in the airport setting.

Age Friendly University

Planning & consultation process to ensure an age friendly ethos is adopted in the university setting.





Transportation



Goal

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

WHO 2

Transportation

Age Friendly Checklist for Transport Providers

Support public transport providers in providing a more age friendly and accessible service.

Baltibus Service Awareness Campaign

Awareness raising campaign and transport booking service.

Community Car

A community car available for non-emergency medical appointments and for older people who do not have access to private or public transport.

Driver Awareness Campaigns

Public awareness campaign to make drivers more aware of older pedestrians and their safety concerns.

Health Route

Door-to-door transport to health appointments for older people living in the North Central Area of Dublin.

Hospital Bus Stops

Provision of additional and easy access bus stops at local hospitals to facilitate older people in getting to and from hospital.

Bus Shelter Improvement Schemes

Upgrading of bus shelters to provide for safer and more secure waiting environment for older people.

Improved Bus Routes

Ensuring the routes/stops offered meet older people's needs.

Leitrim Rural Lift

Provision of integrated accessible transport to support social inclusion in the Rural Lift service area.

Local and Rural Transport Integrated Service

Assessment of transport needs and delivery of relevant services for older people.

Local Public Transport Committees

Information exchange between Local Public Transport Committee and Older Peoples Council (South County Dublin).

Rural Transport Awareness Days

Increasing older person awareness of the rural transport network.

Rural Transport Scheduling

Linking of older person hospital appointments with rural transport scheduling.

Safety on the Roads

Road safety audit in association with the Age Friendly Town development process.

Shop Route

Free door-to-door transport to local shopping centres for older people.

Stay Mobile Information Day

Information provision on available community transport to promote mobility and independence.

Traffic Light Timings

Improving traffic light timings to give older people sufficient time to cross the roads safely.

Transport Audit

Measuring utilisation of all public passenger vehicles, including the 'downtime' of publicly funded vehicles, to identify available capacity to meet transport needs on the part of local older people.

Transport Service Plan

Providing community, rural transport which is accessible, affordable and flexible and which connects with existing public and private providers.

Vantastic - Fingal Health Route

Accessible transport services for older people and those with mobility impairments.

Volunteer Drivers

Volunteer drivers and appointment pals for hospital outpatient visits.

Age Friendly Transport Consultation

Involving older people in planning the location of age friendly parking, bus stops, shelters and seating and real-time transport information.

Age Friendly Transport Working Groups

Multi-agency transport groups which cover and promote public transport, community car schemes, shuttle and lift services, and other ways of increasing the local mobility of older people.



Housing



Goal

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

WHO 3

Housing

Appointment Companions

On call appointment companions to accompany an older person on hospital visits.

Camcas

Providing social housing repairs and home insulation for older people and people with disabilities.

Care & Repair Scheme

Assisting older people to carry out necessary small repairs and improvements to their homes, enabling them to live independently in the community in increased comfort and safety.

Carol Meade Refurbishment

Refurbishment of sheltered housing units with the support of volunteer tradesmen.

Community Resilience Plan

Planning for emergency situations, such as adverse weather, and its impact on older members of communities.

County Housing Plan for Older People

A County Housing Plan for Older People, setting out the level and mix of housing required over a ten year period.

Good Morning Call Service

A friendly telephone call service for older members of communities.

Great Northern Haven

A purpose-built development of 16 smart apartments constructed with Ambient Assisted Living (AAL) applications to support independent living amongst older adults.

Home Audit Training

Provision of Home Audit Training to ensure homes are more Age Friendly.

Home Repair Service

Service for older people provided by skilled workers under the TÚS scheme.

Home Visit Service (Cairdeas)

Friendship and home visiting service for older people.

Household Model of Care in Long-Term Nursing Homes

Supporting the introduction of the household model of care for those living in long-term residential care.

Housing Action Group

Ensuring basic housing standards and adaptations are applied to homes for older people.

Housing Aids for Older People

A scheme to assist older people (over 60 years of age) living in poor housing conditions to have necessary repairs or improvements carried out to their home.

OPRAH (Older People Remaining at Home)

Informing the development of systems which allow for better integration of housing services with health and social care services. Supporting effective integration and coordination between local age-friendly health and social care services.

Plate Pals

Combating malnutrition among the older population through the provision of one-to-one assistance at mealtimes.

Smoke Alarms

Installation, by the Local Authorities, of smoke alarms for older people.

Stay Safe at Home Campaign

An Garda Síochána led campaign including a checklist which covers a range of easy steps to help keep people safer at home.

Supported Housing Initiatives

Increasing the supply, for older adults, of suitable supported accommodation in the community.

Trusted Tradesmen

A register of reliable, Garda vetted, trusted tradesmen, across a town/city/county, who will carry out low cost/no cost repairs.

Standard of Excellence Assessment Framework for the Meals on Wheels Services

A self-assessment framework supporting required Standards of Excellence to facilitate quality, efficient and effective running of meals on wheels service.

Lend A Hand

Assisting older people to carry out necessary small repairs and improvements to their homes, enabling them to live independently in the community in increased comfort and safety.

Adaptability Planning Guidelines

An information booklet that provides easy steps that can be taken to ensure homes have lifetime adaptability options.

Warmer Homes Packages

Improving the energy efficiency and warmth of homes owned by older people.

Age Friendly Housing and the Public Realm Training Programmes

Promoting the use of lifetime adaptable and age friendly housing design among planners and architects; Ensuring that planning guidelines incorporate universal design principles and age friendly design; Providing advice on 'smart house' technologies which can help older people to live independently for longer; Supporting the introduction of more age attuned facilities such as seating, signage, parking, ramps and other aspects of age friendliness in public buildings

Access to Public Toilets

Increasing the number of toilets available and accessible to the public.

Audits of Public Buildings

Bringing about better access to buildings housing health services, such as GPs' surgeries and primary care clinics, and to those who provide essential services, such as post offices.

Age Friendly Repair and Maintenance Price Lists

Simple pricing guidelines supporting those tenants and home owners who may be commissioning home maintenance and improvement jobs.

Age Friendly Housing Working Groups

Informing the development of systems which allow for better integration of housing services with health and social care services.

Age Friendly Housing Information Packs

Providing simple, accessible information and advice to older people about housing options, grants, services, personal alarms and other home-related topics.

Age Friendly Housing Plans

Planning for the siting of all new specialist housing for older people to be close to key community services and amenities.



Social Participation



Goal

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

WHO 4

Social Participation

(GRETB) IT Programmes

Intergeneration ETB led training programmes promoting IT skills amongst older adults.

My Shoes/Your Shoes

An intergenerational project involving storytelling and craftwork

Ageing with Confidence

Capacity building programme for older people delivered by Age & Opportunity

55+ Book Club

An over 55's Book Club run by the Local Authority library services.

Active Citizenship Course

Course for groups and individuals building capacity of older adults and supporting them to participate in and influence local community development.

Age Friendly Libraries - Keeping up with the Kids

An intergenerational computer learning session delivered by sixth class pupils to their grandparents over a 6 week period.

Age Friendly Libraries - Reminiscence Therapy

Library staff facilitate reminiscence using old photos and videos from across the county/city

Age Friendly Libraries - the Poetry Shed

A reading development programme to engage older men in poetry and literature.

Age Friendly Library

Process supporting libraries to adopt age friendly orientation

Bealtaine Festival

A month long programme of activities that celebrate creativity as we age.

Book Delivery Service

Provision of a book delivery service for older patients in local hospitals.

Burning Bright

A process based visual arts programme which focuses on igniting the creative spirit in older people

Capacity Building Programmes

Strengthening the voice of the older person by developing their capacity and skills so as to enable them to participate more fully in society.

Celebrating Older Musicians and Artists

Concerts to celebrate the contribution of the county's older musicians (Clare)

Click and Connect Programme

An initiative to help those with limited IT experience to start using computers.

Community Gardens

Supporting communities who have identified a need/interest and possible location for a community garden.

Computers for the Terrified

Supporting and promoting the design and delivery of computer courses for older people.

Lunch Club

Providing older people with healthy nutritious food alongside attractive social activities.

Database of Community Centres and Public Meeting Places

Promoting and facilitating access to suitable places where older people can gather and meet.

Getting Started – a simple guide to success in using computers

A computer course for people over 50.

Good Morning Call Service

A morning call service designed to combat isolation and loneliness in older people.

Gaisce intergenerational Programme

An intergenerational programme involving shared learning and community projects.

Library Coffee Mornings

Coffee mornings to welcome older people and introduce them to the library services.

Netwell Memory Café

A friendly, informal space for people with memory problems and their families to meet and share information.

Older People's Local Sports Programme

A sports programme designed for older people by the Local Sports Partnerships.

Parlors

Drop in centres where older people in the community can meet for classes, information sessions and social gatherings.

Cultural Ambassadors Programme

Training older people to become tour guides in their local libraries and museums.

Bibliotherapy Service

HSE led awareness training around elder abuse. Held in libraries for older people.

Mobile Library

Mobile library service, targeting rural areas and communities who do not have access to a local library.

Community Café

Monthly social events organised for older people where they can meet and be informed through themed talks from service providers.

Raheny Age Friendly Community Club

A monthly hosted club for older people to meet and socialise

AgeWise

AgeWise training delivered to library staff to promote stronger relationships with older people and to encourage greater use of library facilities.

Age Friendly Ambassadors

Ambassadors identify their older neighbours who may be at risk of becoming isolated and invite them to become involved in some of the many clubs, groups and events that take place in the County.



Respect and Social Inclusion



Goal

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

WHO 5

Respect & Social Inclusion

'Know Your Neighbour Day'

A Garda led initiative to help older people in rebuilding communities and connecting with fellow community members across the generations

100 Books with a Difference

Initiative to encourage people to think differently about diverse communities including older people.

A Celebration of Generations

Foroige and Older persons group led initiative to enhancing community relationships across the generations.

Age & Ability

A programme to encourage able residents of nursing homes to engage in external activities in their communities.

Age Awareness Training

An age awareness training programme for staff who provide services to older people.

Age Friendly Business Recognition scheme

Recognition scheme for businesses who have delivered their services in an age friendly manner.

Age Friendly Guide for Service Providers

Highlighting the barriers facing older people.

Barry McGuigan Boxing Academy

Eight week Intergenerational Boxing Programme promoting heightened levels of physical activity and social participation.

Enhanced Access to Banking Services

Engagement with Credit Union and bank branch networks to enhance accessibility of banking facilities for older people.

Faite Isteach

Older volunteers providing basic language support for new migrants in a practical, welcoming and inclusive manner.

GAA Social Initiative

Reaching out to and enriching the lives of older men experiencing isolation and loneliness.

Garda Schools Programme

A Garda led training module on 'Age Friendliness' targeted at students in Primary and Secondary Schools.

Grandparent and Toddler Groups

Support for grandparents who help with childcare needs for their families.

Housebound Library Service

Bringing library facilities to those who are housebound, in hospital or in care facilities.

Intergenerational Debate

Intergenerational debating teams supporting greater levels of intergenerational understanding and solidarity.

Log on Learn

Computer training programme developed by INTEL for delivery by schools to older people.

Mens Sheds

A dedicated, friendly and welcoming meeting place where men of all ages come together and undertake a variety of mutually agreed activities.

Nursing Homes Volunteer Visitation Programme

A befriending programme for Nursing Homes.

Older People as a Cognoscenti of Place

A project engaging with older people as a cognoscenti of place, with a wealth of knowledge on folklore and stories about the county.

Over 55's Discount Card

An over 55's discount card for use at off peak times in heritage, sport and leisure facilities run or supported by the Local Authority.

Silver Screen Time

Offer, by cinema providers, of Silver Screen time in the mornings and other off peak times for older people to watch classic films along with discounted rates on all screenings.

Age Friendly Calender

A calender that promotes positive images of older people and older people's activities taking place across the city and county.

Clare Memories Programme

An intergenerational programme recording the voices and stories of older people in the county.

Banking and Social Responsibility

A survey for older people examining their experience of banking services.



Civic Participation and Employment



Goal

To increase employment, volunteering and civic participation among older people.

WHO 6

Civic Participation & Employment

'Ageing with Confidence'

Career guidance training and enterprise supports provided by Meath Partnership

Age Friendly Business Award

Award providing recognition for age aware businesses who deliver their services in an age friendly manner

Age Friendly Business Forum

Providing older people with an opportunity to contribute to all aspects of society including business and enterprise.

Age Friendly Discount Scheme

Discounts in shops, restaurants and local businesses for people over 55.

Age Friendly University

Providing older people with access to higher education and enhancing their lives through innovative educational programmes, research and civic engagement.

Business Mentors 50+

Recruitment of Business Mentors, aged 50 or over, to offer support and guidance to new and developing businesses.

Career Change and Senior Business Development Programme

Information pack and training programme for retirees who wish to start up their own business.

Encore Career Programme

Providing people, before or after they 'retire', with a structured period of 'time-out' to explore new career opportunities.

Hive Business Drop In Centre

Available to older people where they can take advantage of the centres open space, business support services and peer mentoring support.

Learning Circles

Groups of older people, recently retired from business, who offer experience on how to survive and strengthen one's business in times of recession.

Mature Workers Initiative

Promoting the recruitment and retention of 60+ year old workers (Kilkenny Chamber of Commerce and Business of Ageing Forum)

Mentoring Programme

Database of older people willing to act as mentors to young entrepreneurs in the early stages of their business development.

Older People's Champions

Appointment by businesses of designated 'older person champions' among their staff.

Over 50's Start your Own Business

A 'Start Your Own Business' programme designed specifically for people over 50 years of age.

Retirement Planning Courses

Pre-retirement courses provided by various agencies.

Retirement Planning

An information pack preparing people for retirement and setting out volunteering opportunities, sport for life options, education and learning, cultural, social and community activities

Senior Enterprise

Designed to encourage those aged 50 and over to have greater involvement with enterprise development.

Small Business Mentoring Service

A matchmaking service for small businesses and start up companies matching the expertise and skills of retirees with companies needing such expertise.

South Dublin Business Advice Line Initiative

A panel of older people offering advice to people with questions relating to business.

Time Banking

People coming together to share and trade skills, resources and time for the benefit of everyone.

Massive Open Online Course (MOOC)

A free five week online course on successful ageing open to all people nationally and internationally.

Age Friendly Alliance

High level cross-sector group, often chaired by the local authority Chief Executive, whose member agencies form an overarching strategic partnership to develop and oversee the realisation of the Age Friendly City or County Strategy.

Older Peoples Councils

Representative groups of older people, established by local authorities in response to the National Positive Ageing Strategy (2013), through which older people can raise issues of importance, identify priority areas of need and inform the decision-making process of the City or County Age Friendly Initiative.

Age Friendly County and City wide Consultation Processes

Ensuring that public, voluntary and commercial services involve the Older People's Council, and broad consultation with older people generally, in policy development and the planning of service provision.

Age Friendly Workplace Recognition Programme

Promoting awareness of the contribution and skills of older workers.

Senior Mentor Panels

Senior mentors who can support the intergenerational transfer of skills and experience in the business and community sectors.



Communication and Information



Goal

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

WHO 7

Communication & Information

'Digital Divide' Programme

A training programme designed specifically to support older people in the use of the internet, mobile telephones and other new technologies.

Digitise the Nation

A training programme in basic digital skills for people of all ages in the community.

Age Friendly Column

A monthly column in the local newspaper providing information and general news items for older people.

Age Friendly Consumer Fair - Darver

A forum for business and service providers to showcase offerings to older people and their families.

Age Friendly Office

A central hub where older people can visit to get appropriate advice and relevant information.

Age Friendly Directory of Services

Providing clear, simple, accessible information to older people about locally available health and social care services.

Database of Age Friendly Services

A database of information created by the volunteer centre based on the over 55's activity planner designed to provide vital information relevant to older people and their carers.

Age Friendly County Website

Designed to provide vital information relevant to older people and their carers in an age/user friendly manner.

Age Friendly Libraries Initiative

Process supporting libraries to adopt Age Friendly orientation.

City/County Baseline Survey

Survey providing a detailed view of life from people over 50 years of age in the City and County.

Caring for Carers IT Courses

Provision of training in basic IT skills to carers and socially excluded people in the county.

CAWT One Stop Shop

Drop in information service for older people.

Community Information Clinics

Information and advice clinics for people of all ages within the community.

Getting Started

Free ten-week course specifically designed to teach older people basic computer skills.

Google Alert Programme

Google service which alerts people to all age friendly activities taking place on a national and international basis.

Guidelines on Accessible Information

Supporting the provision of accessible information for all service providers and organisations working with older people to ensure high quality and accessibility.

Age Friendly Information Days/Information Fair for Older People

Provision of information on priority issues and topics of importance as identified through consultation with older people.

Newsletter (Age Conscious Times)

Newsletter produced by the Older People's Council providing local news and information.

Older Persons Council Media Campaign

Supporting all older persons groups to connect with the Local Authority's Twitter, Facebook and Text Alert Systems in order to promote and share relevant news and information.

Over 50's Radio Show

A time slot dedicated on local radio to Age Friendly County matters with a programme run by older people for older people.

Senior Helpline

A national telephone help line for Older People.

W@ve Project

Enhancing the lives of senior citizens through the effective use of Web 2.0 technologies, focussing on individual social and personal needs to facilitate full inclusion in the digital age.

Over 55's Fair

Annual over 55's fair in Dublin Central Library providing information on services and activities available to older people.

Information Provision in Public Buildings

Ensuring up to date information relevant to older people is on display in all public offices and buildings using specially designed Age Friendly information stands.

Click and Connect

A tailored programme developed by NUIG to help those with no computer background to start using computers.

Directory of Services

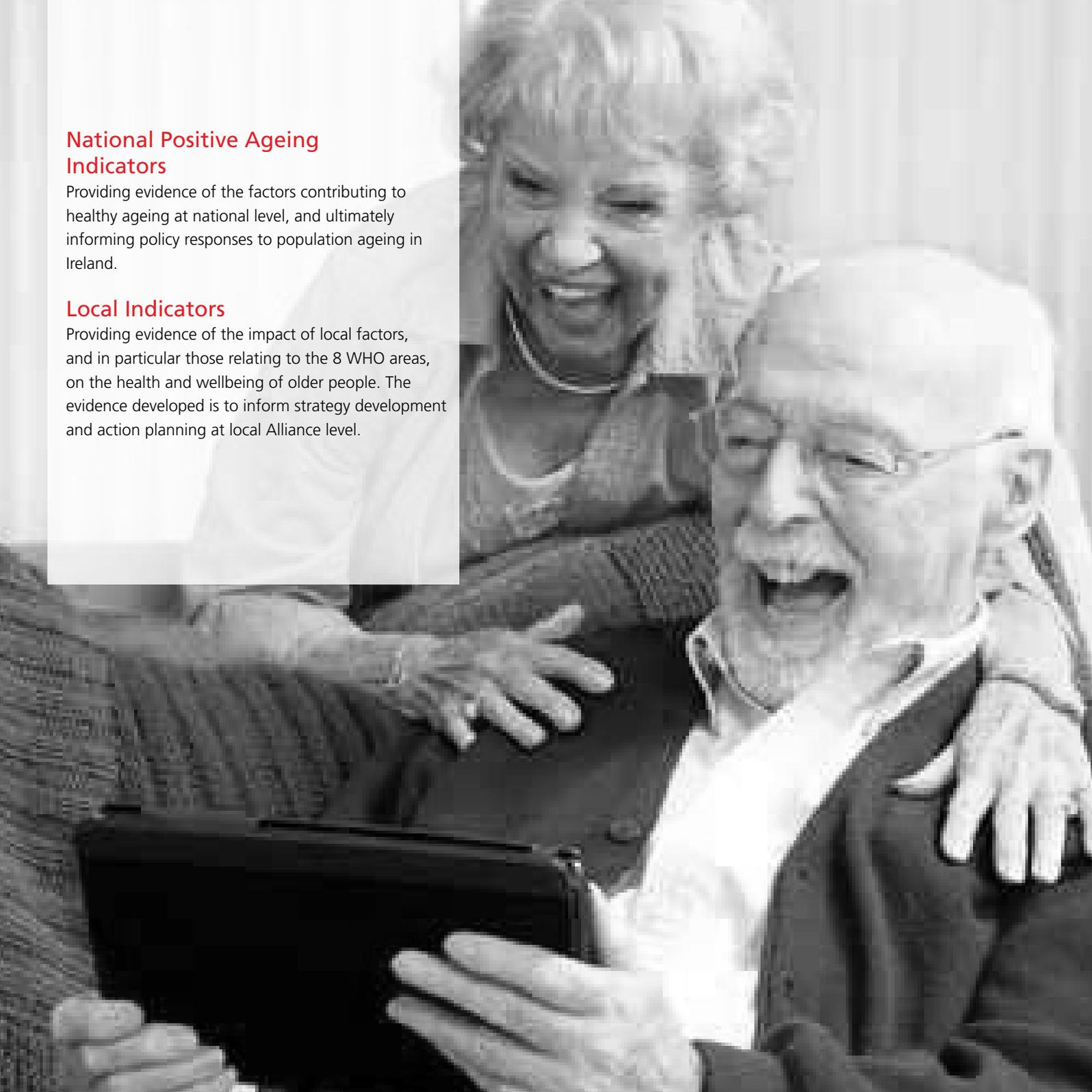
An up to date service directory with clear, simple, accessible information developed by Galway Older People's Council for older people.

National Positive Ageing Indicators

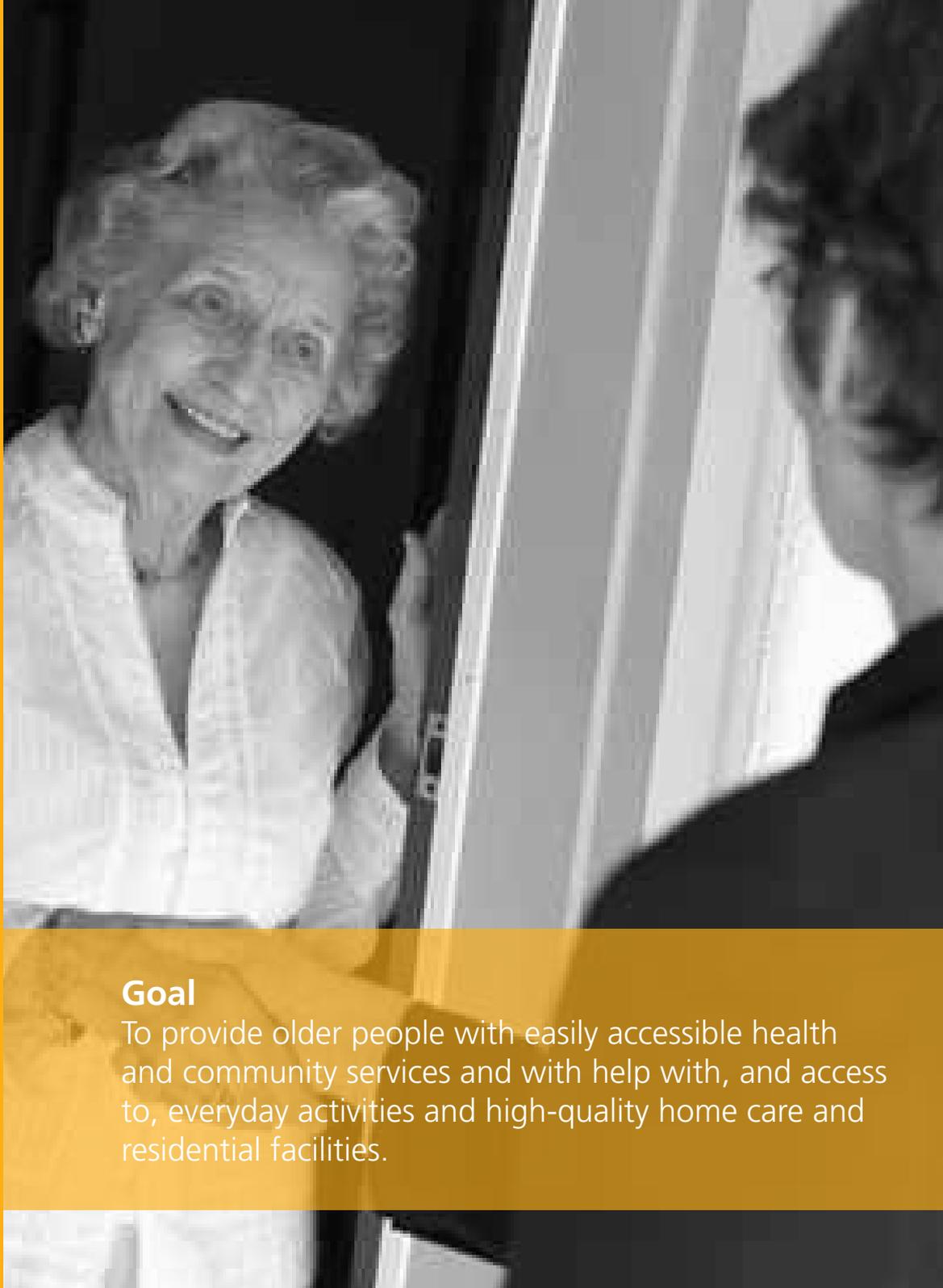
Providing evidence of the factors contributing to healthy ageing at national level, and ultimately informing policy responses to population ageing in Ireland.

Local Indicators

Providing evidence of the impact of local factors, and in particular those relating to the 8 WHO areas, on the health and wellbeing of older people. The evidence developed is to inform strategy development and action planning at local Alliance level.



Community Support and 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.

WHO 8

Community & Health

Hello Neighbour

A community-based initiative where local residents are trained as volunteer neighbourhood visitors, working with the support of the Council, to combat isolation and social exclusion.

Healthy Food Made Easy

A community based nutrition and cooking programme.

Age Friendly Hospitals

Informing the development of principles and standards for an age friendly hospital through consultation with older people.

Age Friendly Primary Care Centres

Application, by HSE, of good practice guidance (WHO Age Friendly Primary Care Centres Toolkit) in the development of new public buildings (Day Care Centres and other Primary Care Centres).

Age Friendly Training and Education Programme

Facilitated training for staff of public and community leisure centres on age-appropriate leisure and recreational exercise programmes and activities.

Aqua-fit Programmes

Older Adult Aqua-Fit programmes, tailored for people over 55.

Befriending Scheme

Befriending scheme aimed at addressing loneliness.

Community Health Needs Assessment

Identifying and responding to the needs of older people in the community.

Cúltaca

The Cúltaca promote and develop a person centred approach to care of older people living within the community.

Dementia and Alzheimer Trained Carers

Carers with specialized training in dementia and alzheimers care supporting the older person to lead an independent life, with dignity in their own home.

Dementia Friendly Community Tallaght

Improving the inclusion and quality of life of people with dementia and their families.

Fitline

A FREE telephone-based support service encouraging people to be more physically active.

Flourishing with Dementia

Improving the experiences of 35 people with more complex dementia related challenges.

Frail Elderly Programme

Supporting older people, upon discharge from acute hospitals, to return successfully to independent living.

GAA Social Initiative

Reaching out to and enriching the lives of older men experiencing isolation and loneliness.

Sports Partnership Programmes

Increasing the level of participation in sport at local level with particular emphasis on older people.

Go For Life Programme

Go for Life, the national programme for sport and physical activity for older people.

GP Referral Scheme

Empowering older patients with specific health conditions to better manage their health through a programme of exercise offered by the local leisure centres.

Health & Wellbeing Initiative

10 week educational programme promoting health and wellbeing amongst older adults.

Health check screening programmes for older people

Measuring the functional ability of older people and monitoring the number of people being transferred to rehabilitation and day hospitals.

Health Pathways Programme

Enabling people with specific problems to access specialist clinics and avoid or reduce their need for acute inpatient treatment.

Games for Life

Providing Bowls, Kurling and Boccia equipment at a reduced cost and providing training to older people, community groups and disability groups to support engagement.

Mature Movers Activity Programme

A programme encouraging older adults to get physically active that includes activities such as movement for life, resistance training, core stability, balance, seated Pilates and bowls.

Outdoor Activity Park

Designed to suit older adults and people with disabilities. The park includes a number of activity or wellness stations allowing the user to utilise the equipment in a safe and structured manner.

Memory Matters

Supporting people with dementia and their carers to remain living in their communities.

Older Men's Sports Group

Older Men's sports activity groups that meet weekly for tournaments.

Local Sports Programme

Local Sports Partnership developed sports programme for older people.

Operation Transformation Walks

Local Sports Partnership organised walks along the Sli na Slainte routes for people of all ages and abilities.

PALs

Physical Activity Leaders (PALs) delivering the Go for Life programme to older adult groups in the community.

Positive Mental Health Programme

Providing Adult Mental Health Services to people over 65.

Primary Care Team Planning

Supporting the development of Primary Care Teams, responding in a multi-disciplinary way to the needs of the older population.

Programme to Promote Health and Well Being

Providing information workshops on common ailments relevant to older people (e.g. Stroke, Heart Attack, etc)

Rapid Access Clinics for Older People

Proving ready access to consultants for older people who do not need to be referred to A&E

Refurbishment and Re-Conditioning of Mobility Aids and Similar Equipment

Refurbishment and re-conditioning of mobility aids and similar equipment.

Rehabilitation and Step-Down Facilities

Reconfiguration, by the HSE, of existing services and resources to provide rehabilitation and 'step-down' residential and day-care facilities in Louth County Hospital.

Review of Acute Care Pathways and Outpatient Referrals

Reviewing patient pathways to acute care and referral processes for outpatient appointments for older people.

Sports Taster Days

Social and physical activities for older adults.

Targeted Health Promotion Activities

Delivering health promotion activities, targeting older people in particular.

Think Ahead

Encouraging older people to maintain their independence by recording and reviewing their personal preferences for future medical, financial and personal care through the Think Ahead initiative. - an initiative of the Forum on End of Life in Ireland, developed by The Irish Hospice Foundation.

Tone Zones

Outdoor exercise equipment suitable for a variety of ages and activity levels. Training to support effective use is provided in conjunction with the Sports Partnership.

Train the Trainer in Health Promotion

Training programme for voluntary groups delivering health promotion initiatives to older people.

Dementia Choir

A choir for older people living with dementia and their carers, using the medium of music to support social inclusion and participation.

Health Working Group

A formal group established to manage all health and well being related actions outlined under the Age Friendly strategy.

Teaghlach Household Model for Long Term Care

A non institutional approach to residential care including physical design and delivery of care

Discharge Policies for Older People

Developing protocols which ensure that necessary community-based supports are in place when older people are discharged from hospital.

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