

National Updates



Healthy Age Friendly Homes



Healthy Age Friendly Homes at Galway “Make the Link” Events

Francis Kane, Healthy Age Friendly Homes Galway Coordinator recently attended events across county Galway aimed at providing information on services and supports available at community level to local people. These events were coordinated by Galway and Roscommon Education and Training Board, Department of Social Protection and Galway Rural Development, and took place in Tuam, Gort, Ballinasloe, and Clifden.

It also provided an opportunity to promote the Healthy Age Friendly Homes Programme to colleagues in other support organisations across the county included the Library service and the Citizens Information Service. The events drew large crowds to each venue with great interest shown in the Healthy Age Friendly Homes Programme.



If you would like more information on the Healthy Age Friendly Programme you can visit <https://agefriendlyireland.ie/category/healthy-age-friendly-homes-programme/introduction/> or phone our national office at **046 9248899**

PhD Study, Department of Geography at Maynooth University



Ghost Encounters

Have you ever experienced a ghost? Or sensed the presence of the deceased?

If so and you would be happy to share your experience for research purposes I would love to hear from you. I am Kate Aston, a social scientist doing PhD research within the Department of Geography at Maynooth University. My research looks at experiences of direct ghost encounters in Ireland. Many people all over the world identify as having had such an experience, yet it remains an under-reported and under-researched area. I am looking to speak to people who have had experiences of ghosts or haunting in Ireland. If you are willing to be interviewed by me, please fill in the form from the link below. Any identifying information such as names and places will be made confidential. Please contact me on kate.aston.2020@mumail.ie if you have any questions.

<https://forms.office.com/e/nPgTdtFd9F?origin=lprLink>

If you are willing to carry out a follow-up interview with me, please contact me on kate.aston.2020@mumail.ie.

If filling in the form – or doing an interview - is not your preferred way to communicate your experience please feel free to email a written or audio recorded description of your experience(s) to kate.aston.2020@mumail.ie or write to me at: Kate Aston, Department of Geography, Rhetoric House, Maynooth University, Kildare. If writing, please be sure to include: Name; gender; date of birth; first 3 digits of your Eircode; and contact details.

Many thanks, your participation in this research is greatly appreciated.



HSE Health and Wellbeing Podcast



Listen to episode 30 of the HSE Talking Health and Wellbeing Podcast to hear about the positive impacts the Mens Sheds have in communities

Listen here: <https://spoti.fi/3FGq1P6>







Getting healthcare through the Cross-Border Directive Scheme

The Cross-Border Directive (CBD) is a scheme to get planned healthcare in another European Union (EU) or European Economic Area (EEA) member state.

Please see link to more information on how to apply for the reimbursement and what is the process of getting treatment outside of Ireland.

<https://www2.hse.ie/services/schemes-allowances/cross-border-directive/>

	<p style="text-align: center;">Minister for Mental Health and Older People, Mary Butler TD continues to drive forward the reform of care for older people.</p> <p>Minister Mary Butler hosts roundtable discussion on the implementation of the Nursing Homes Expert Panel Recommendations.</p> <p>Minister Butler convened the roundtable to provide an update on implementation progress and to seek stakeholder views on how further progress can be made. Learnings from the event will support the Department of Health to continue to progress the recommendations.</p> <p>The roundtable highlighted what has been achieved since the publication of the Expert Panel report in August 2020, both in terms of the pandemic response and wider reform of the nursing home sector. Significant progress has been made to date, with 53 of the 86 recommendations now considered complete or mainstreamed into normal operations. A range of further initiatives and workstreams are ongoing to progress the remaining recommendations.</p> <p>For the full article please see here.</p>
	<p style="text-align: center;">WHO releases special journal issue on measuring healthy ageing.</p> <p>WHO, in collaboration with Age and Ageing, the journal of the British Geriatrics Society, has released a Special Issue on Measurements of Healthy Ageing. This Special issue brings together the work of international professionals and experts from over 40 academic institutions to identify the best available tools to measure what truly matters to older people – their intrinsic capacity and functional ability.</p> <p>For full article please see here.</p>
	<p style="text-align: center;">UN International Day of Care and Support: Commemorating the importance of care for current and future generations of older people</p> <div style="text-align: center;">  <p style="font-size: 2em; color: white; background-color: #800080; padding: 10px; display: inline-block;">UN International Day of Care and Support</p> </div> <p>On the 29th October there was the first ever UN International Day of Care and Support. Through the day, Member States called for the creation of 'robust, resilient and gender-responsive, disability-inclusive and age-sensitive care and support</p>

systems with full respect for human rights’.

Most of us are likely to require care or support at some point in our lives – including in older age. The UN Decade of Healthy Ageing is our opportunity to deliver equitable and affordable long-term care to those who need it and develop supportive communities.

For more information click [HERE](#)



New community based mobile X-ray service helps older patients avoid Emergency Department

Improving patient quality of care and outcomes by bringing X-ray services directly to older people in the community.

Due to the success of a pilot project, the HSE is expanding a free, national rapid response community-based X-ray service older patients in nursing homes, community facilities and in patients’ homes. This means patients can have x-rays taken in the nursing home or facility where they reside instead of having to go to the hospital.

The service is currently running in Dublin, Wicklow, Meath, Kildare, Louth, Cork, Limerick, Clare and North Tipperary and since August is offered in South Tipperary, Carlow, Kilkenny, Waterford and Wexford. It will be available nationwide in 2024 with Galway and the North West next in line to benefit from the service.

Read more [HERE](#)

St. Vincent’s University Hospital expands its EDITH service with the addition of a second vehicle



St. Vincent’s University Hospital’s (SVUH) Emergency Department in The Home (EDITH) is proud to announce the arrival of a second vehicle, marking a significant milestone in its commitment to expanding and enhancing its services. EDITH, which has been operational since February 2020, is a collaborative initiative between St. Vincent’s University Hospital, the National Ambulance Service, St. Columille’s and St. Michael’s Hospitals. It has been at the forefront of revolutionising emergency medical care for the older adult at SVUH.

Pictured Above: SVUH EDITH Team with Interim CEO, Michele Tait and Johnny Dicker, Head of Service – Fleet and Logistics, HSE National Ambulance Service.

Read more [HERE](#)

RTE RADIO 1

Mike Hanrahan on RTE Radio 1

Last week Mike Hanrahan gave a great interview on RTE Radio on the Brendan O'Connor show about the importance of music in dementia and his work with Age Friendly Ireland. Mike is the Age Friendly Ambassador for Clare County Council's Age Friendly Programme and we're both honoured and delighted to be working with him on an issue (Dementia) that's very important to him.

Click here to listen to the full interview:

<https://www.rte.ie/radio/radio1/clips/22315128/>



Aware Webinars Series

Aware are delighted to be joined by Senior Psychologist and host of 'Unspoken' podcast Dr Clodagh Campbell. Dr Campbell draws valuable information and insights from her own personal experiences and healing journey, her many years of study and training to become a Psychologist, and her deep belief that we are far more alike than we realise. Don't miss this opportunity to join us as we explore the topic of anxiety – what it is, why it happens, how we can manage it – and how to recognise if it's becoming a problem. Whether you're personally affected or supporting someone with anxiety, this webinar promises to provide valuable perspectives and actionable advice.



Exploring Anxiety with Dr Clodagh Campbell
Wednesday 8th November 2023
12pm - 1pm

[Register Now](#)



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meath county council





Age Friendly Leitrim Community Information Day Thurs 26th October, The Landmark Hotel, Carrick-on-Shannon

Leitrim County Council, as part of their delivery of the Healthy Leitrim Programme and in conjunction with An Garda Síochána Community Engagement & Crime Prevention Units hosted a “Community Information Fair” on Thursday 26th in The Landmark Hotel, Carrick-on-Shannon. The event was supported by Leitrim Age Friendly, Leitrim PPN, and the Leitrim Development Company.

Scores of over 55s gathered at this Age Friendly event for a wonderful opportunity to learn and connect to the resources and supports available in Leitrim. The event provided older persons with a chance to meet and talk to representatives from Leitrim County Council and An Garda Síochána, and to engage with 40 information stands consisting of local health, educational, social, technology and security services. Over 100 people availed of free Health Screening (blood pressure and blood glucose), Leitrim Sports Partnership provided exercise workshops, plus, everyone that attended received a goodie bag worth over €30!

In welcoming this event, Leitrim County Council Cathaoirleach Justin Warnock believes *“Collaboration among organizations is fundamental to promoting age-friendly environments in Leitrim. As people are living longer and healthier lives, we need to ensure our county is a great place to grow old in too. This is an excellent occasion for the people of Leitrim to forge positive links with organisations to help people live well in their community”*.

OCTOBER 26 2023

Community INFO FAIR

11:00am-2:00pm

This is a **FREE** community event, designed to encourage healthy lifestyles, deliver crime prevention advice, and connect you with your local resources!

Free Info Pack & Refreshments All Welcome

The Landmark Hotel, Carrick-on-Shannon

Free Health Screening:

- Diabetes Advice
- Blood pressure

Logos: Leitrim County Council, hi Leitrim, Leitrim Development Company, Public Participation Network Leitrim, Age Friendly LEITRIM, Leitrim County Council



Minister Hildegarde Naughton T.D. – Social Inclusion Week 2023.

Leitrim County Council were honoured to welcome Minister Hildegarde Naughton T.D. Minister of State for Public Health, Wellbeing & the National Drug Strategy on Thursday October 26th as part of Social Inclusion Week 2023.

The Minister visited Leitrim Calling in Drumshanbo. Leitrim Calling, as a confidential telephone call service, seeks to support older people living alone in isolated areas. It also reaches out to persons feeling lonely or isolated at any age, persons feeling vulnerable or challenged either in the short term or longer. It provides this service in a professional, caring and respectful manner. The Service is committed to the care and wellbeing of older, vulnerable, and lonely persons and offers a service to approximately 135 users and manages an average of 1600 telephone calls per month.

Social Inclusion Week is an annual event and has become an important opportunity to promote the work of local organisations active throughout the county. Leitrim County Council supports many Age Friendly initiatives that provide individuals and communities affected by issues which can lead to social exclusion, such as isolation, disability, and mental health to name just a few.



Age Friendly Raheny



This month we had our biggest turnout of the year as 62 attendees - plus 10 volunteers - were present for a talk from Dr Ann Monaghan, a chartered physiotherapist from the Tilda Study programme.

She spoke in great detail about the Tilda Study itself, healthy ageing and falls prevention. The feedback afterwards was extremely positive, with everyone saying how they took away different things from the talk they would use in their every day





Ages and Stages

Cavan Older People's Council presents 'Ages and Stages'.

life is about the journeys we take...

AGES AND STAGES

CAVAN OLDER PEOPLE'S COUNCIL PRODUCTION

PROJECT FACILITATOR MAURA WILLIAMSON



14TH & 15TH NOVEMBER, 8PM
TOWNHALL, CAVAN

ADMISSION FREE | DOORS 7:30PM | BOOKING: (049) 4380494 OR ONLINE AT TOWNHALLCAVAN.COM



townhall
cavan

Clár Éire Éidmásh
Creative Ireland
Programme



This project is funded under the Creative Ireland Programme - Creativity in Older Age Scheme 2023

Poster design by Homebird Design, Cavan | www.homebirddesign.ie | Tel: (049) 4367656



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meath county council





Digital Awareness Conference

Congratulations to Mary and Rita from Louth Older People Council who took part in a panel discussion on Digital Awareness for older adults.

This was part of the Digital Awareness Conference held in Co Louth recently which was attended by over 100 older people and organised by Louth Local Development. Rita who is the manager in Drogheda Community Services and Mary from Active Retirement Ardee are both active members of Louth Older People Council.



Their contributions were insightful and interesting as they have both been to the fore of promoting the use of digital technology for older people, Rita with Day Care at Home and Mary with Super Connectors. Both projects enabled older people to stay connected with family, friends and communities during the pandemic and the skills that were acquired by older people through these digital projects can be transferred to the use of technology in other aspects of their lives enabling older people to live an engaging connected and independent life.



Age Friendly Meath Walkability

On Friday 27th October, Meath Age Friendly completed the first walkability audit of Laytown, with the help of 16 participants.

The weather was perfectly bright, mild and sunny. The group split into two to cover more ground and covered the main road in Laytown, from the train station up to the school.

The two groups met back after the walk for a debriefing session in the Cottage Inn Cafe in Laytown.

(see below for pictures on the day)



Be Active Be Well



Physical Activity Behaviour Change Programme

FREE

Bantry Primary Care Centre
Nov. 8th, 15th, 22nd & 29th
11am- 1 pm

For adults with low levels of Physical Activity looking to gain support & confidence to become active



**Please note all individuals must be willing and able to engage on an independent level & must attend all 4 sessions.
(Date for 5th Session TBC)*

Your Voice



We've heard about so much good work going on all around the country, please let us know what's happening in your area so we can share those innovative ideas with everyone.

Please **email us** your news to us at agefriendlyireland@meathcoco.ie before 1pm Thursday for inclusion in our weekly newsletter.

Don't forget, we are on **social media** so why not follow us for all the up to date information on all things Age Friendly happening around the country 😊

Twitter: [@agefriendlyirl](https://twitter.com/agefriendlyirl)

Facebook: [Age Friendly Ireland](https://www.facebook.com/agefriendlyireland)

Instagram: [agefriendlyireland](https://www.instagram.com/agefriendlyireland)

International Updates



IFA Global Café | In Conversation with Dr. William Smith

The International Federation on Ageing held a Global Cafe event this morning called: In conversation with Dr. William Smith on "Improving social functioning in long-term care settings."

Dr William Smith
President/Chief Executive Officer of
Aging in America, Inc., United States

NOVEMBER 3RD 2023 **07:00 AM EST**

a contribution to the
Decade of healthy ageing

A recording of this event will be available on the Federation's website <https://ifa.ngo/ifa-global-cafe/> and <https://drbarometer.com/community/resource-library>

Useful Contacts and Info

Age Friendly Ireland Shared Service Office Telephone: **046 9032170**

Or Email: agefriendlyireland@meathcoco.ie

Twitter: [@agefriendlyirl](https://twitter.com/agefriendlyirl)

Facebook: [Age Friendly Ireland](https://www.facebook.com/agefriendlyireland)

Website: www.agefriendlyireland.ie / www.agefriendlyhomes.ie

HSE Advice Line: Call save 1850 24 1850

Call from 8am – 8pm Monday to Friday and 10am to 5pm Saturday and Sunday