

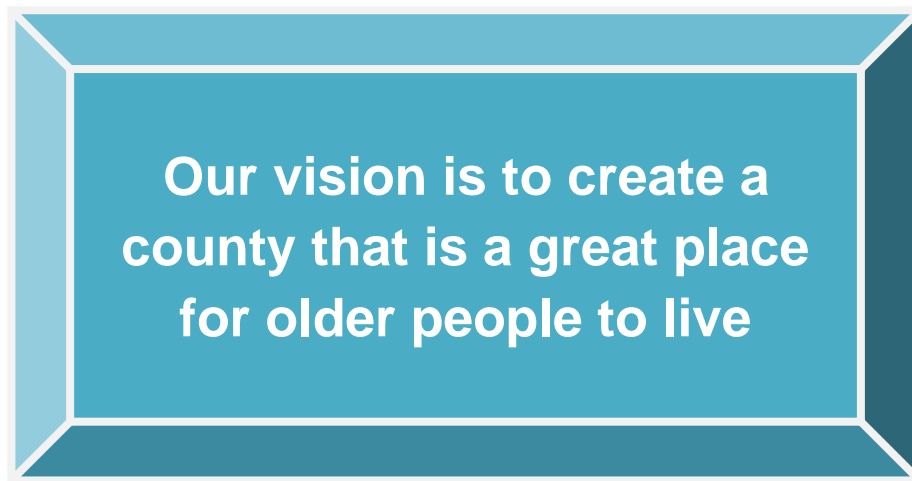


Review of Cavan Age Friendly Strategy 2017-2019

Glossary of Terms

AFA	Age Friendly Alliance
AFCC	Age Friendly Cities and Counties
AFI	Age Friendly Ireland
BIL	Breffni Integrated Limited (local development company)
CCC	Cavan County Council
CDP	County Development Plan
CMETB	Cavan Monaghan Education and Training Board
CMTCU	Cavan and Monaghan Transport Co-ordination Unit
CSO	Central Statistics Office
CSP	Cavan Sports Partnership
DOH	Department of Health
GAA	Gaelic Athletics Association
HaPAI	Health and Positive Ageing Initiative
HSE	Health Service Executive
LCDC	Local Community Development Committee
LEADER	Liaisons Entre Actions de Developpement de l'Économie Rurale
LECP	Local Economic and Community Plan
LEO	Local Enterprise Office
MD	Municipal District
OPC	Older People's Council
PEACE	PEACE IV European cross border funding programme
PPN	Public Participation Network
SICAP	Social Inclusion Community Activation Programme
SIU	Social Inclusion Unit (in Cavan County Council)
WHO	World Health Organisation

Vision



Cavan Age Friendly Alliance Members

Cavan County Council; An Garda Síochána; Health Service Executive (HSE); Gaelic Athletics Association (GAA) Cavan County Board; Cavan and Monaghan Education and Training Board (CMETB); Cavan Chamber of Commerce, County Cavan Local Development Company, Cavan Older People's Council.

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Introduction

This report provides a review of the 2017-2019 Age Friendly Strategy for County Cavan. This is the second Age Friendly Strategy for County Cavan and builds on the work of the first strategy to make commitments to improving key areas of infrastructure, services, and communication for older people in Cavan. It was developed by the Cavan Age Friendly Alliance in consultation with older people in Cavan. Established in 2012, the Alliance is made up of public sector agencies, older people's representatives and other organisations that promote a positive approach to ageing. Each Alliance member made commitments in the strategy to contribute towards improving quality of life and access to services for older people in Cavan.

This report is presented along the 8 themes developed by the World Health Organisation through its 'Age Friendly Cities and Communities' programme. This programme is part of an international effort to address environmental and social factors that contribute to active and healthy ageing. The themes are:

- 1) Outdoor Spaces and Buildings
- 2) Transportation
- 3) Housing
- 4) Social Inclusion
- 5) Social Participation
- 6) Communication and Information
- 7) Civic Participation
- 8) Community Support and Health

This review has found that the majority of actions outlined in the 2017 - 2019 strategy have been implemented. Notable success stories include:

- Increase in activities by Cavan Older People's Council such as the Older People's Drop-in Centre, Intergenerational Activities with Schools, Newsletters, Creative Writing Workshops etc. The OPC won a LAMA Award

for their play the 'Best Years of Our Lives Have Yet to Come' and were also shortlisted for a Chambers Ireland Award.

- The Cavan Alzheimer's Society completed work on an extensive Sensory Garden at the day care centre beside the Sullivan Centre which was part funded by the HSE and Cavan County Council. They received a National Age Friendly & Recognition Award through Age Friendly Ireland for this project.
- The establishment and expansion of the Local Link's Cavan Town Shuttle Bus Service.
- Ongoing consultation with older people and active involvement of older people in Age Friendly Walkability Audits taking place within the county including Breffni Park, Cavan General Hospital and Cootehill Town.
- Enhanced links with An Garda Síochána through the older people's register and Crime Prevention Ambassadors Programme. The Crime Prevention Guard delivers information talks to Older People's Groups on Crime Prevention and Safety.
- Delivery of the GAA annual excursions and 'Keep the Home Fires Lit' campaign.
- Support for the development of Men's Sheds in different locations around the county
- An integrated older persons frailty group has been established with membership from Community Services, Acute Services and Services for Older Persons. This development is about person-centred co-ordinated care. This initiative also seeks to help older people avoid going into emergency departments.

This review has been colour coded so that progress on the implementation of the strategy can be easily identified. Sixty six actions have been completed to date (Green), five have been initiated and are in progress (Orange) and three have yet to commence (Red).

The Age Friendly vision for Cavan is that it will become a county where we can all enjoy growing old. The achievement of the above actions has significantly contributed to this vision. The Cavan Age Friendly Alliance is committed to continuing this approach and will develop a third county strategy in 2020 with further

commitments from each member agency. A review will also be conducted on the Alliance's membership to identify if there are any further organisations or agencies which need to be brought to the table to contribute to this work.

The Age Friendly Alliance is a strong alliance with Cavan County Council Chief Executive, Tommy Ryan as the chair. The Council provides staff resources to support to the administration for the group and financial support. The Alliance participates in the Regional Network and in the Advisory Committee for the National Network of Older People's Councils. The programme has gone through the Local Government reform process. The Older People have a two-year rotating seat on the Local Development Community Committee. The Older People were consulted with when developing The Local Economic and Development Plan and age friendly actions have been written into it.



An Garda Síochána

Aim	To enhance older people's sense of safety and security in their communities.
Objective	We will engage with older people in the community and provide crime prevention information.
Action	<ul style="list-style-type: none"> • Support Muntir na Tire to roll out a Crime Prevention Ambassadors Programme. • Community Gardai / Crime Prevention Officer to attend meetings of older people's groups to raise awareness around crime prevention to dispel the fear of crime. • Gardaí will liaise with older people in the county through the Cavan Older People's Council and the Older People's Drop-in Centre. The OPC will have a seat on the Joint Policing Committee. • Improve engagement with persons who are victims of crime because of their age, through the Divisional Victims Service Office. • Update the Gardaí's Older People's Register for County Cavan. • Develop Community Alert as a community crime prevention and reduction initiative for rural areas, operating as a partnership between the local community, An Garda Síochána and Muntir na Tire. • Dedicated Garda appointed to each Community Alert Group.
Progress indicator	<ul style="list-style-type: none"> • Support the delivery of 1 Crime Prevention Ambassadors Initiative. 18 volunteers recruited as Ambassadors onto the scheme. • Community Gardai / Crime Prevention Officer to provide safety demonstrations to older people's groups. • Garda representative to attend at least one meeting of the Cavan Older People's Council and the Older People's Drop-in Centre per year. • Number of older victims of crime engaged with by the Divisional Victims Service Office. • Carry out a review of the Older People's Register in 2017

Steps Taken & Progress

One Crime Prevention Ambassadors Programme was delivered in the county with 23 Crime Prevention Ambassadors trained for its delivery.

An Garda Síochána provide information for older people's groups within Cavan and Bailieborough Districts and also attend the Older People's Drop In Centre.

The Cavan District has a dedicated Community Alert Garda in respect of each Community Alert Group for the district. Cavan District has developed Community Alerts as a crime reduction initiative for rural areas holding meetings during the year to monitor progress.

The Divisional Victims of Crime Office was set up in County Cavan in 2017 and has maintained contact with all victims of crime since its set up. Victim Engagement forms part of the policing plan priorities for 2018 & 2019. Victim contact over over 2019 was 1,340 for the Cavan District and 818 for the Bailieboro District.

In 2017, An Garda Síochána commenced work on updating their older people's register. This is now completed and will always kept under review.

A member of the Cavan Older People's Council holds a community representative place on the County Cavan Joint Policing Committee.

Business Community

Aim	To improve access to shops and services for older people.
Objective	We will engage with local businesses to increase their understanding of how to deliver age friendly services.
Action	<ul style="list-style-type: none"> • Continue to engage with businesses in the Age Friendly Business Recognition Programme. Include a focus on community services. • Explore opportunities for new business services related to an ageing population (eg home care supports, personal alarms etc). • Encourage business to make toilet facilities available to older people. • Support the Bank of Ireland’s Enterprise Town Initiative in 2017.
	<ul style="list-style-type: none"> • Explore opportunities to link in with the Town Teams established through Cavan County Council to promote the Age Friendly Business Scheme
Progress indicator	Engage with 10 additional businesses every year in the Age Friendly Business Recognition Programme.

Steps Taken & Progress

2017 / 2018

The Chamber of Commerce is represented on the Alliance and nominated staff to participate in the Age Friendly Business ‘train the trainer’ programme. An Age Friendly Business training event was scheduled in 2017 and delivered in early 2018. The local LEO office also helped to promote the initiative to its contacts.

Bank of Ireland ran the ‘Cavan Enterprise Town’ event in December 2017 in St Patrick’s College. This event had a specific ‘age friendly’ focus with a number of talks selected by older people. Bob Gilbert, Chair of Cavan Older People’s Council was a panellist at this event.

The Chamber of Commerce worked with Cavan County Council to organise two Age Friendly Business training evenings in 2018 which resulted in a small number of businesses expressing an interest in the Age Friendly Business Recognition Scheme.

In June 2018 the LEO linked in with the Older People’s Council and Chamber of Commerce to run a Mature Entrepreneurship Programme for older people. Although

extensively advertisement unfortunately there was not enough interest to go ahead with the initiative.

2019

In early 2019 the town of Ballyjamesduff was targeted as a town to run the Age Friendly Business Programme in. All businesses were visited and a training evening was arranged to take place but unfortunately only one business signed up to the scheme.

The scheme was put on hold in 2019 as nationally, Age Friendly Ireland plan to reinvigorate the scheme with the recruitment of a support worker for the programme.



Cavan County Council

Corporate Section

Aim	To increase awareness of the age friendly approach and prevent age discrimination.
Objective	We will target public sector staff to ensure they are aware of the age friendly agenda and responsive to older people's needs.
Action	Deliver Age Friendly training for public sector staff and elected members.
Progress indicator	50 people receiving training each year

Steps Taken & Progress

Age Friendly Housing & Public Realm Training was delivered to staff members across various sections of the County Council in September 2018. 17 Staff members attended.

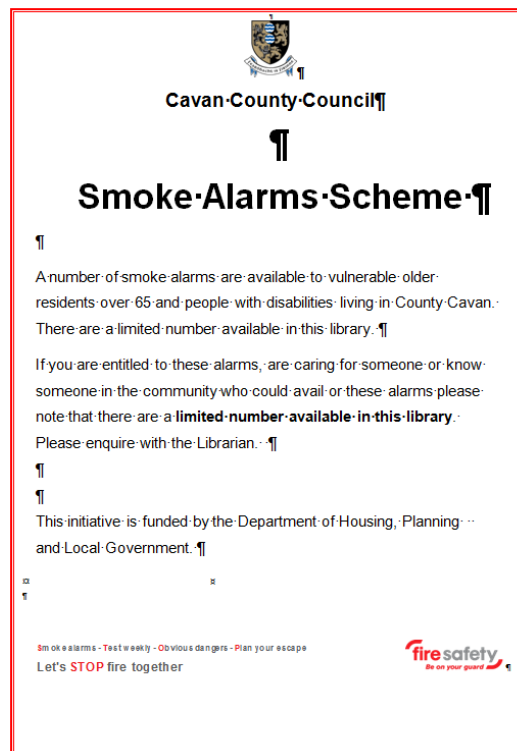
A presentation on the Age Friendly Programme was provided to Cavan Local Community Development Committee and Cavan County Council in July 2018.

Community & Enterprise and Fire Services

Aim	To support older people to remain safely within their own homes.
Objective	The Fire Service will support older people with safety information and smoke alarms.
Action	<ul style="list-style-type: none"> • Continue to operate the Smoke Alarm Scheme on behalf of the Department of Environment, Community & Local Government. • Fire safety talks and information provided to older people's groups.
Progress indicator	1 smoke alarm scheme implemented each year.

Steps Taken & Progress

The free smoke alarm scheme for older people was promoted on an ongoing basis over the duration on the strategy The Library Service was also supportive in helping to distribute the alarms.



Aim	To increase the availability of meeting and events spaces accessible to older people's groups. ¹
Objective	We will explore funding opportunities to seek to develop a community hub building in Cavan town
Action	Identify a suitable site / building and apply for funding to develop it as shared community space.
Progress indicator	Community hub developed in Cavan Town.

Steps & Progress Taken

During the consultation phase on the Local Economic and Community Plan the shortage of dedicated community space within Cavan Town was highlighted. The development of a 'community hub' in Cavan Town was included as an action for delivery in the medium to long term. While this has not yet been progressed the newly formed Cavan Town Team has been asked to consider the progression of this initiative. The development of a community hub would provide additional space for older people to hold meetings and events.

A Feasibility Study has also been approved for the regeneration of Cavan Town around the Abbeylands Park area. A public consultation session took place around this which members of the Cavan Older People's Council attended in order to raise awareness around the need for a Community Centre for Cavan Town.

¹ This action is funding dependent.

Town Teams

Aim	To ensure that development in towns is responsive to the needs of older people.
Objective	We will embed Age Friendly principles in our Town Team Programmes.
Action	Develop specific age friendly actions under the Town Teams Programmes.
Progress indicator	At least one age friendly project in each Town Team programme.

Activity Over 2017

Presentation provided to the Virginia Town team on the Age Friendly Programme with the aim of encouraging them to consider age friendly projects as part of their action plan. Virginia Town Team have since developed the Lakeshore area as a recreational amenity area for the town.

Activity Over 2018 / 2019

Conducted an Age Friendly Walkability Audit with the Cootehill Town Team – Social, Community & Cultural Sub-group and recommendations were presented to a stakeholder's group. Two benches have been obtained for the town and the Town Team are also in the process of applying for a sheltered bus stop outside the library building and the team are seeking Leader Funding for a new purpose build community centre for the town.

Cavan Sports Partnership

Aim	To support increased participation amongst low participation groups (including older people), as per the Sports Partnership Strategic Plan.
Objective	We will undertake the delivery and co-ordination of activities in order to increase participation in sports and physical activity amongst older people in their local communities.
Action	<ul style="list-style-type: none"> • Deliver programmes to older people such as Gentle Exercise, Pilates, Yoga, Stretch and Tone, Chair-based exercises, Line Dancing and more. • Continue to promote and support the 'Go for Life Games' initiative within the county. • Support local groups with information and training needs (i.e. walking groups in communities and provide training for walking leaders)
Progress indicator	Work with 10 local community groups in the county through our Active Adults programme.

Steps & Progress Taken

During 2017, Cavan Sports Partnership delivered 35 Active Adult 50+ programmes throughout the county, with 589 participants taking part. The range of activities included Pilates, Yoga, Zumba Gold, Exercise to Music, Chair Exercises and more.

Delivered a range of programmes specifically for older people. In 2018 32 programmes were delivered throughout the county as part of their active adults' programme, with 468 participants.

In 2019 Cavan Sports Partnership delivered 36 programmes throughout the county as part of their active adults' programme, with 540 participants. Various community groups for supported the programme. Activities included Pilates, Yoga, Jiving, Zumba, Cycling, Canoeing and more.



Planning Section

Aim	To improve the quality of life for older people
Objective	<p>We will incorporate age friendly principles as an important cross cutting theme in the County Development Plan.</p> <p>Ensure communities are designed with safety and crime prevention in mind.</p> <p>Plan for the future housing needs of older people within Cavan town.</p>
Action	<ul style="list-style-type: none"> • Age friendly policies are embedded and threaded throughout the County Development Plan utilising the Age Friendly Guidelines developed through Age Friendly Ireland. • Planning will consider An Garda Síochána's 'Crime Prevention through Environmental Design' in future planning. • Conduct a housing needs assessment of Cavan town so as to plan for the likely future needs in terms of housing tenure along with the towns changing demographics.
Progress indicator	<p>Preparation of the draft Development Plan is continuously reviewed by the Age Friendly Section.</p> <p>Housing needs assessment carried out for Cavan Town.</p>

Steps & Progress Taken

Age friendly principles are incorporated into the County Development Plan.

Planning staff attended Age Friendly Housing & Public Realm training in September 2018. An Garda Síochána also delivered training on the 'Crime Prevention through Environmental Design' initiative, however it has not been used in planning projects to date as there is no local Garda Síochána member within the County trained up on this to link in with.

A Housing Strategy is to be developed by Cavan County Council in 2020 and under this a Housing Needs Assessment will be conducted.

Roads Section

Aim	To ensure that older people can use our roads and footpaths with ease.
Objective	We will upgrade and improve roads and footpaths.
Action	<ul style="list-style-type: none"> • Ongoing improvements and repairs to existing footpath infrastructure within County Cavan. • Improvement to pedestrian facilities as part of Cavan Town's 'Active Travel Towns' Programme. • Ongoing maintenance and improvement of the County's rural roads network in isolated areas. • Ongoing upgrade of public lighting infrastructure in towns and villages throughout the county.
Progress indicator	45 Roads to be improved in 2017, 41 in 2018. Footpath improvements to tie in with the age friendly projects in each Town Team programme. This will include walkability studies. Energy usage for public lighting infrastructure to be reduced by 20% by 2020.

Activity Over 2017

Bailieborough - Cootehill MD 2017 – Age Friendly Activities

- Resurfacing of Maxwell's Lane, Cootehill to facilitate pedestrians and persons with disabilities. This is a daily route for Drumlin House residents to Market Street.
- Construction of 5 no. Pedestrian Crossings in the Municipal District. (2 Bailieboro town, 1 Kingscourt, 1 Shercock, 1 Cootehill)
- Construction of drop kerbs/blister surface tactile paving at uncontrolled crossing points – various locations in Cootehill Town and Bailieborough Town.
- Renewal of footpaths/Public lighting in Pig Market Cootehill including resurfacing pedestrian alleyways of pig market.
- Introduction of Public Lighting and new footpaths in Drung Village.

Active Travel Towns

- Construction works at St Clare's NS on the Cockhill Road

- Construction works at Complete on Loreto Road and is substantially
- Construction works at Complete on the Cootehill Road.

Regional & Local Road Safety Schemes

These schemes are:

- Ballyjamesduff Main Street
- Drung Village
- R179 Cabra Castle to Dun Na Rí Forest Park
- Shercock town

2018

Ballyjamesduff Municipal District

Ballyjamesduff	<ul style="list-style-type: none"> • New macadam surface on Ballyjamesduff – Virginia Road from Dublin Street to Skelly’s filling station • Public Lighting extended on Granard Road to Ramonan Council Housing Estate • Ballyjamesduff Junctions upgrade as part of Safety Scheme
Mullagh	<ul style="list-style-type: none"> • Public Lighting extended from Rosehill Lane to Moynalty Road
Virginia	<ul style="list-style-type: none"> • Resurfaced two existing pedestrian crossings on Main Street
Kilnaleck and Gowna	<ul style="list-style-type: none"> • Existing Footpath upgrades as part of Town and Village Renewal Schemes through C&E
Arvagh	<ul style="list-style-type: none"> • New pedestrian crossing on Main Street at primary school
Killydoon	<ul style="list-style-type: none"> • New section of footpath and blockwork wall as part of Town and Village Renewal Scheme through C&E

Bailieborough Cootehill Municipal District.

New Concrete Footpaths were completed at the following locations:

Bailieborough	<ul style="list-style-type: none"> • Cavan Road at Hillside View, • Church Street, • Flexible pavement to school entrance at Virginia Road
Kingscourt	<ul style="list-style-type: none"> • Upper Main Street at Old Supervalu, • Sections of the Dublin Road, • Chapel Lane to church carpark entrance, • Main Street at Callan’s Chemist,

	<ul style="list-style-type: none"> • Main Street Lower at Pat's Shop and drop kerbs at all nine disabled parking bays on Main Street
Cootehill	<ul style="list-style-type: none"> • Griffith Park Housing Estate, Chapel Lane Works at Drumlin House and Market Street at the Post Office.

Cavan-Belturbet Municipal District

Cavan Town	<ul style="list-style-type: none"> • Pavement and footpaths upgrade on Bridge Street • Pavement upgrade and new footpath at Carrickane on Loretto Road • Footpath upgrade at Tullymongan • Footpath upgrade at Drumnavanagh • Footpath upgrade at St Martins Estate
Ballyconnell	<ul style="list-style-type: none"> • Footpath upgrade on Main Street • New zebra crossing, cycle lane and footpath on Carrigallen Road (National School and RC Church) • Provision of additional off-street car parking at Bridge Street
Belturbet	<ul style="list-style-type: none"> • Footpath upgrades on Holborn Hill, R197 Lower Kilconny and Cavan Road
Dowra	<ul style="list-style-type: none"> • New street lighting at Dowra Bridge.

Regional & Local Road Safety Schemes

Works were carried out under Regional & Local Road Safety schemes in the following locations:

- R212 Cullies Graveyard to Latt
- R165 Lavey to Bailieborough
- R191 Bailieborough to Cootehill
- R178 Bailieborough to Virginia
- R188 Cavan Road, Cootehill
- R194 Ballyjamesduff Junctions
- R154 Killyfassey Junctions
- L1532 Drumgola to N3

Activity Over 2019

- R165: Erection of chevron signage at all bad bends along the route.
- R191: Erection of chevron signage at all bad bends along the route.
- R178: Erection of chevron signage at all bad bends along the route.
- R212-2 : Pedestrian crossing and 2 No bus bays constructed (College)

- L3026 : Pedestrian Crossing , New Footpaths and traffic calming constructed (Crosskeys)
- R162: New footpath constructed
- R188 : Traffic Calming and new footpaths constructed
- R212: Bus Eireann . 2 No raised pedestrian crossings Constructed
- R178: New Footpaths and traffic calming constructed

Regional & Local Road Safety Schemes

Works were carried out under Regional & Local Road Safety schemes in the following locations:

- R165 Lavey to Bailieborough Regional Road
- R191 Bailieborough to Cootehill Regional Road
- R178 Bailieborough to Virginia Regional Road
- R212 – 2 Cathedral Road, Cavan in the vicinity of the College of Further Education. Con Smith Park is also in the vicinity
- R3026 Crosskeys Village
- R162 Dublin Road – Kingscourt
- R188 Cavan Road into Cootehill in the vicinity of the industrial parks
- R212 DTTAS ACCIDENT CLUSTER Roundabout at Bus Eireann Station, Farnham St.
- R178 Virginia Road, Bailieborough

Cultural Sector

Aim	To enhance older people's access to the arts and cultural sector
Objective	We will deliver specific programming for older people and ensure older people have access to general programming.
Action	<ul style="list-style-type: none"> • Deliver events for the Bealtaine Festival. • Cavan County Museum Programming targeting older people. • Monitoring older people's participation in libraries and other cultural programming. • Encourage older people to engage with and participate in Heritage Week in County Cavan. • Capital development for the arts sector to take account of older people's needs eg Town Hall to incorporate a lift, loop, audio headset for exhibitions, etc. • Encourage older people to volunteer in the arts and cultural sector. • Supporting older people's groups with venues for exhibitions. • Develop a specific project with older people annually using arts and culture as a method of engagement. This could take the form of a photography portrait project of older people and help challenge stereotypes. • Work in nursing homes and community centres to bring arts / culture to the community. • Work with an older people's group for Culture Night. • Ensure that an Age Friendly perspective is incorporated into the development of the new Culture Strategy for County Cavan and Cruinniú na Cásca. • Use Plain English in arts / culture programming and ensure all communication is accessible. • Specific promotion of arts and cultural events to older people's groups and networks.
Progress indicator	<p>1 programme of events each year for Bealtaine</p> <p>1 specific arts project with older people annually.</p>

Cultural Sector age friendly activity 2017

Events for Bealtaine Festival in May 2017 including a performance of Castlemanor Choir at the Older People's Council AGM.

An older person was a guide on a Heritage Week programme on the Scéalta dar dTalun project in conjunction with the Heritage Office and Creative Ireland.

Consideration for the needs of older people discussed with the architects preparing tender documentation for Townhall Cavan. The Townhall Cavan has engaged very well with older people in the area of volunteering as part of the event management team.

Arts office meetings held with the Older People's Council facilitated by Social Inclusion Unit with a view to making a piece on theatre on the issues that arise from dementia.

Comhaltas Groups were supported to attend nursing homes and provide music for the residents.

The County Museum made steps to become a fully accessible building over 2017 with handrails, ramps etc being installed throughout the building.

Cultural Sector age friendly activity 2018 & 2019

In 2018 both the Arts Office and Social Inclusion Unit supported the Older People's Council to engage in a drama project called 'The Best Years of our Lives Have Yet to Come'. This drama was written and performed by members of Cavan Older People's Council with the support of drama facilitator. This performance was a unique piece of work that explored issues encountered by older people in their daily lives. The scenarios depicted in the play were suggested and dramatized by the older people themselves. The performers provided an insight into the older person's perspective on life in today's society. This 'Age Friendly' social commentary used humour to point out instances where older people feel challenged by society, and how they respond to changing issues around information technology, transport and communication.

Further work was carried out to develop the OPC Drama Project so that the drama could be performed in theatre spaces. Further script writing and rehearsals took place in early 2019 and three theatre performances took place as follows: Ramor Theatre, Virginia, Belturbet Civic Centre and the Corn Mill Theatre, Carrigallen in Leitrim over the month of May 2019. Over 300 people attended the performances.

Cavan County Museum continued to provide a full range of programming and welcomed many groups of older people to the Museum during the year. They worked with the Cavan's Older People Council to host 'a performance of their play in July 2018.

The drama play was also performed on Culture Night 2018 in the Castlemanor Community Centre. Both performances were fully seated.

The County Museum developed the 'Nun's Walk' around the grounds of the Museum towards the end of 2018. This is a fully accessible tarmac walk with benches along it suitable to the needs of older people.

Older People's Council members participated in a Creative Writing Workshop funded through the Arts Office.

Active Virginians were jointly funded through the Arts Office and the Social Inclusion Unit to participate in a Choir Project.

Library Services

Aim	To include older people in the delivery of library services.
Objective	We will sustain library programmes and resources relevant to older people.
Action	<ul style="list-style-type: none"> • Deliver block book loaning scheme to nursing homes. • Run classes targeted at older people in areas such as creative writing, poetry workshops, storey telling. • Provide meeting space for groups to use and support the Older People's Drop-in Centre(s) in terms of providing a venue and facilities. • Provide age friendly resources and equipment (for example, audio books, zoom-text). • Host monthly coffee mornings for people with a visual impairment.
Progress indicator	<p>Number of nursing homes participating in book loaning scheme</p> <p>Number of classes run during the year.</p>

Library services play a key community role as civic spaces, open and welcoming to all. Full-time libraries we make a real impact on disadvantage, poverty and social exclusion as they affect people of all ages and backgrounds.

Age friendly resources and equipment such as Large Print books, Audio Books and Adaptive and Assistive Technologies are accessible full-time libraries.

Ongoing access to Local History: Folklore Collection and Anglo Celt Archive

Over the lifetime of this strategy the library continued to host Coffee Mornings with NCBI - A social gathering for people with a visual impairment. The local representative from the National Council for the Blind Ireland attends meetings giving help and advice to members. Monthly event: 11 meetings held in 2017.

The library service in Johnston Central Library and Cootehill Library facilitated meetings of the Older People's Council and Older People's Drop in Centre over the three years.

Library Service age friendly activity 2017

The library hosted the following activities over the year which older people participated on:

- Cavan Library Reading Group - Monthly meeting for adults: 12 meetings in 2017
- Craft Group: Meeting every Thursday: 49 meetings in 2017
- Comhrá: Irish Language conversation group. 25 sessions held in 2017
- Club Leabhar: Irish Reading Group. 10 meetings in 2017
- Social Media classes for adults: How to use your smart phone. 2 sets of 6 classes
- Computer Classes for adults: Beginners. 2 sets of 6 classes

Bealtaine Festival: 2 Intergenerational Events

Hidden Talents: Young and older shared music, song, dance, poetry and crafts

Oral Reminiscences: Young and older shared memories of school days past and present

Library Service age friendly activity 2018

Johnston Central Library Support Services for Older People continued over 2018, older people participated in the following activities:

- Reading Group English
- Reading Group Irish
- Irish Conversation Group
- Computer Classes
- Using your Smartphone
- Bealtaine Festival Events – Hidden Talents & Oral Reminiscences
- Craft Group

Library Service age friendly activity 2019

Johnston Central Library received a charter to recognise it as an Age Friendly Library. The library engaged with members of the Older People's Council in working towards this goal.

- Ran 5 classes targeted at older people in areas such as creative writing, poetry workshops, story telling.
- Hosted 5 monthly coffee mornings for people with a visual impairment.
- Provided meeting space for groups to use and supported the Older People's Drop in Centre Information Sessions. 23 meetings / sessions were supported over the year.
- Two Intergenerational activities took place over 2019.

Environment Section

Aim	To ensure that older people are comfortable and able to manage living in their own homes.
Objective	We will support older people to remain in their homes with advice on environmental issues and energy efficiency.
Action	<ol style="list-style-type: none">1. Cavan County Council (Environment Section) will provide presentations on the maintenance of septic tank / wastewater treatment systems to older people.2. Cavan County Council will provide talks on energy efficiency / meter reading / interpreting energy bills to older people.
Progress indicator	Provide talks / attend events as requested

Steps & Progress

The Environment Section have delivered to talks to various older people's group and have also attended the Older People's Drop In Centre over the term of the strategy to provide presentations as requested.

Housing Section

Aim	To support householders to remain in their homes and sustain independent living as they get older.
Objective	We will continue to support older people to remain within their own homes by operating the various schemes of housing grants for older people through the Department of Housing, Planning, Community and Local Government.
Action	<ul style="list-style-type: none"> • Continue to operate, make information available and support older people to access the following grant schemes: <ul style="list-style-type: none"> - Housing Aid for Older People Grant Scheme - Housing Adaptation for Persons with a Disability Scheme - Mobility Aids Housing Grant
	<ul style="list-style-type: none"> • Explore and review with the HSE the process of how people being discharged from the hospital access the Council's Housing Grants.
Progress indicator	<p>Number of grants provided under each scheme</p> <p>Review completed on the housing needs of those being discharged from the hospital conducted.</p>

Steps Taken & Progress

Housing Section age friendly activity 2017

75 grants were paid under the Housing Aid for Older People Scheme. This funding provides up to 95% of the cost of improvement works (up to a max of 8,000).

Under the Mobility Aids Grants, 35 grants were allocated in 2017, many of them to older people.

In total housing grants of €1,275,610 were paid to private home owners.

Housing Section age friendly activity 2018

- Continued to operate, make information available and support older people to access the following grant schemes:

Housing Aid for Older People Grant Scheme, Housing Adaptation for Persons with a Disability Scheme, Mobility Aids Housing Grant. Grants awarded in 2018:

Total expenditure: €1,588,456

- Housing Aid for Older People: 37 Grants
 - Mobility Aids Grants: 55 Grants
 - Housing Adaptation Grant for People with a Disability: 56 Grants*
- *a portion of these grants were for Older People

- Meeting held with the HSE Occupational Therapists Department to plan procedure for dealing with high priority grant applications for those being discharged from hospital. Following this, processes being amended to ensure high priority applications are dealt with as efficiently as possible.

Housing Section Age Friendly Activity 2019

- Housing Adaptation Grants for People with a Disability:41 € 591,599
 - Mobility Aids Housing Grant Scheme:30 € 177,509
 - Housing Aid for Older People Grant Scheme:80 € 508,054*
- *a portion of these grants were for Older People

Total expenditure: € 1,277,162

- Application forms and internal processes for housing grant applications updated to minimise time required to process high priority grant applications.

Housing Section age friendly activity 2018

Aim	To provide housing for older people in need of suitable accommodation and who would otherwise be unable to afford their own.
Objective	We will support the provision of older person’s housing through approved housing bodies.
Action	Administer funding to Voluntary Housing Scheme** to develop new housing projects.

Progress indicator

20 Voluntary Housing units supported through Cavan County Council over a three year period

Steps Taken & Progress

2017 – 20 units of accommodation provided by Tuath for elderly and disadvantaged people in Cavan Town, 16 occupied by elderly

2019 – 29 units of accommodation provided by Tuath for elderly and disadvantaged people in Cavan Town, 18 occupied by elderly.



Cavan Gaelic Athletics Association

Aim	To address loneliness and isolation among older people.
Objective	We will increase opportunities for older people to engage with the GAA community and encourage a community awareness of older people.
Action	<p>Increase awareness around the 'Keep the Home Fire Lit' initiative.</p> <p>Annual excursion for older people to Kingspan Breffni Park.</p> <p>Work with the two clubs (Killygarry GAA & Cavan Gaels) piloting the Healthy Clubs Initiative within the county to ensure older people are included within the activities of these clubs through this initiative. Promote this model then to other clubs within the county.</p> <p>Walkability Study of Breffni Park in conjunction with the Cavan Older People's Council.</p>
Progress indicator	<p>Distribute information on the 'Keep the Home Fire' campaign.</p> <p>6 older people from each GAA club to attend the annual excursion to Kingspan Breffni Park.</p> <p>Number of supports / activities provided for older people, through the GAA Healthy Clubs Initiative.</p>

Cavan GAA County Board committed to increasing opportunities for older people to engage with the GAA community and encourage a community awareness of older people. The two annual age friendly GAA initiatives were continued over the term of the strategy:

- 'Keep the Home Fire Lit' Campaign over the winter months. This involves:
 - One member to visit every house in December
 - Ensure these people have transport to the Christmas functions

- Three people to be aware of the weather conditions and check chimneys for smoke or the lack of it during the winter time.
- Annual excursions for older people

Activity carried out in 2017

In 2017 Cavan County GAA Board held a large scale community event targeting older people. They invited four members of an older generation, men and women from each of their 40 clubs in Cavan, to attend the Allianz National Football league game v Kerry in Kingspan Breffni on Sunday 26th March 2017. Over 250 people responded and took part. The day started at 11 am in the Kilmore Hotel where the audience had refreshments and listened to guest speakers: Transport was then provided to the match in Kingspan Breffni Park with a Garda escort. Participants were escorted to their seat and given a complimentary match programme. 2018

Invited six people from each of the County's 41 clubs to the Cavan v Kerry National Football league game in March 2017. A pre match reception for these people and finger food was provided to them at half time during the game.

Activity carried out in 2018

An excursion took place to the Titanic Museum in 2018 which older people were invited to attend.

An Age Friendly Walkability Audit was conducted by the Older People's Council in Breffni Park in May 2018, before the pitch was to close down for refurbishment works to be carried out. A report was produced with various recommendations on what improvements around the grounds could be made to make the facility to improve accessibility for older people. All recommendation have since been implemented with the only outstanding one being a cover to be provided over the wheelchair accessible stand. The County GAA Board wish to apply for further funding in order to obtain this in the future.

Activity carried out in 2019

An excursion took place to Croke Park in November 2019. Older people were invited to attend and transport was provided for a tour of the park and then on to the Dáil, dinner and return to Cavan.

Cavan Monaghan Education & Training Board

Aim	To increase lifelong learning opportunities for older people.
Objective	We will deliver a wide range of community and adult education opportunities to older people in Cavan.
Action	Review and extend programming available through community education to make it more attractive to older people.
Progress indicator	A target of 700 older people participating in Community Education programmes every year.

Aim	To address isolation amongst older men.
Objective	We will support older men to engage with their communities at local level and develop skills.
Action	Support Men's Sheds to develop and network.
Progress indicator	<p>Providing networking support for the eight existing men's sheds in County Cavan.</p> <p>Provide training opportunities to these sheds.</p> <p>Increase in numbers accessing men's sheds.</p>

Aim	Involve older people in the delivery of a local Fáilte Isteach Project.
Objective	We will promote diversity and help to generate a sense of community at local level.
Action	Set up a Fáilte Isteach project within the county and encourage older people to volunteer as tutors within the programme.
Progress indicator	Number of older people recruited to participate as tutors within the project.

CMETB have a strong age friendly focus, for example supporting local men's sheds and delivering training to older people's groups throughout the community. They have committed to increasing the range of courses on offer through community education Adult Education Service and to continue to support the developing network of men's sheds in County Cavan. They are also delivering IT courses for older people in tablets and smartphones.

Activity carried out in 2017

CMETB set up a Fáilte Isteach Project within County Cavan through PEACE IV funding. A project was set up in Cavan Town and Ballyjamesduff.

Fáilte Isteach is a community project with older volunteers welcoming new migrants through conversational English classes. Fáilte Isteach utilises the skills, talents and expertise of older volunteers and harnesses their desire to contribute positively to society.



Responding to the Opportunities and Challenges of Ageing in Ireland



Welcoming Migrants through Conversational English Classes

Interested in Volunteering?

Fáilte Isteach is a project involving volunteers welcoming migrants into their local community through conversational English classes.

Do you:

- Have two hours per week?
- Want to acquire some new skills?
- Like to meet new people?
- Wish to put your talents to good use while making a difference?

No experience necessary as training and ongoing support provided.



Please contact us if you feel you would like to get involved in building a better, stronger community.

Email: ColetteCostello@cmetyb.ie or MaryHall@cmetyb.ie
Phone: 087 606 5504





CMETB Adult Education Services (Cavan)

Education Provision for the Over 55s (Jan 2017–Dec 2017)

Strand	Male	Female	Total
Community Education	57	253	310
Adult Literacy / ESOL	219	223	442
Back to Education	33	87	120
Total	309	563	872

Community Education Grants

Funding granted through CMETB Community Education Service to the following Groups:

Shed	Amount	Purpose
Bawnboy Men's Shed	€600	Woodwork Project
Virginia Men's Shed	€420	Educational Trip
Advanced Peoples Club	€400	Dancing for Older People
Positive Age	€200	Rent for Art classes
Castlemanor Dancing club	€400	Dancing for Older People

Men's Sheds courses – Community Education (Jan-Dec 2017)

Ballyconnell Men's Shed	Boiler Maintenance
Bawnboy Men's Shed	Basket Weaving
Killeshandra Men's Shed	Boiler Maintenance
Dowra Men's Group	Small Engine Maintenance Boiler Maintenance Joinery

IT Courses for older people (tablets and smartphones)

CMETB receives money from FIT (FastTrack to I.T.) who are sponsored by the Department of Communications to deliver Internet and Email courses to older people country wide. In 2017, 100 participants (included in numbers above) benefited from these courses.

Activity carried out in 2018

Over 2018 the CMETB had various age friendly initiatives currently underway. These included:

- Three Men's Sheds are currently availing of supports through the CMETB, these include the Ballyconnell, Belturbet and Dowra Men's Sheds.
- From January to June 2018, 659 people availed of their educational courses for the over 55's, these courses include their Community Education, Adult Literacy/ESOL and Back to Education programmes.
- 252 participants have engaged to date with the newly established Failte Isteach Project.
- Delivering I.T. courses for older people in tablets and smartphones.
- Community grants were awarded to 11 groups. There are 965 people aged 55 and over on their system for educational programmes including community, adult, Back to Education, Peace IV and PEIL.

Activity carried out in 2019

CMETB have various age friendly initiatives currently underway. These included:

- Five Men's Sheds are currently availing of supports through the CMETB, these include the Lacken, Belturbet, Virginia, Kingscourt and Dowra Men's Sheds.
- From January to November 2019, 1024 people availed of their educational courses for the over 55's, these courses include their Community Education, Adult Literacy/ESOL and Back to Education programmes.
- Delivering I.T. courses for older people in tablets and smartphones.
- Community Education grants were awarded to 8 groups during 2019

Cavan Monaghan Transport Co-ordination Unit



Aim	To help older people to access supports and service locally.
Objective	We will provide local transport options to ensure that older people remain mobile within their communities.
Actions	<ul style="list-style-type: none"> Utilise the Department of Transport 'Once Off Community Transport Fund' for older people's groups, active retirement groups for field trips etc. CMTCU will act as a central point of contact for bookings for all HSE transport services in Cavan and Monaghan to ensure efficiencies in how transport for appointments is co-ordinated. Cavan Town Shuttle Bus. Review and seek to expand the volunteer car scheme. Agreed to carry over action from previous plan: NTA are currently developing new policies and guidelines around the Community Voluntary Car Scheme. Once this becomes available this could be looked at further down the line.
Progress indicator	<p>Increase in number of passengers</p> <p>Introduction of new services etc</p>

CMTCU has been closely connected with age friendly work in Cavan, adjusting services based on needs identified by older people and providing transport to specific older people's events.

Activity carried out in 2017

- Locallink Cavan Monaghan assisted 20 different once-off trips for elderly groups in Cavan in 2017, contributing almost €6,000 towards the overall costs and facilitating 758 people on these services.
- Locallink Cavan Monaghan, since July 2017, manages and coordinates all non-emergency transport for Cavan General Hospital, in addition to providing

a call centre for transport to outpatient appointments in all Dublin public hospitals.

- Locallink Cavan Monaghan introduced C1 and C2 services in late 2016. These services are seeing in excess of 1,000 passengers every week. A total of 40,467 passengers used the service in 2017, 17,078 of which were Free Travel Pass Holders. We are currently looking at further developments in the Cavan town area. In August of 2017, we piloted an additional service for six weeks, providing 6 times per day services to the Farnham estate and the leisure complex. The results of this pilot did not point to a huge demand.
- Community/Voluntary Car schemes is not operational at present as we do not have a budget or directive from the NTA.

Activity Over 2018

- Local Link transport co-ordination service has developed three new routes within the county. (July 2018)
- Introduction of new high frequency service 'C3 Redhills to Cavan'; (Sept 2018) Route 929 – servicing Corlough, Ballinamore, Newtowngore, Killeshandra, Cavan; and Route 176 Cavan to Monaghan via Ballyhaise, Scotshouse, Clones, Newbliss and Threemilehouse.
- This service provides a link to Cavan Institute and Cavan General Hospital from all the above towns and villages for 9.00am and suitable returns

Activity carried out in 2019

- Continued support of older people groups through once off funding of transport to special events.
- Minor adjustments to a number of service schedules to benefit passengers in making onward connections on other bus services

The Volunteer Car Scheme was explored however it did not happen as the Department of Transport didn't allow for it to go ahead.

Cavan Older People's Council

Aim	To increase intergenerational work in the county
Objective	We will widen the intergenerational projects out to the whole county. We will work with new schools, Comhairle na nÓg and Foroige clubs and encourage older people's groups in the county to take part.
Action	Deliver intergenerational projects in the county.
Progress indicator	Number of Older People's groups participating. Number of Comhairle na nÓg members and Foroige clubs participating. Number of schools in the county participating.

Aim	To improve the amount of information available to older people about local services, issues and events.
Objective	We will deliver information in a targeted way to older people through events, printed material and online.
Action	Run the Drop in Centre / Older People's Cafe in each Municipal District. Regular newsletter to members. Keep Cavan Age Friendly website up to date.
Progress indicator	Amount of newsletters being distributed. Numbers attending the drop in centre/ older people's cafe. Views on the Cavan Age Friendly website.

Aim	Increase the capacity of the members of the Older People's Council.
Objective	Capacity building training to be delivered by Breffni Integrated Ltd. to increase the capacity of the Council members and to make the members more aware of their role and responsibilities. Public speaking training to be delivered to increase the confidence of the Council members.
Action	Provide training to the OPC members.
Progress indicator	Number of Older People's Council members trained.



Activity carried out in 2017

Intergenerational projects were delivered in 2017. The Older People's Council members visited Transition Year students in select schools to promote the age friendly strategy. These occasions represented a mutual exchange of information, where older people shared their views and life experiences and younger people shared their hopes and aspirations.

Cavan Older People's Council were given a warm welcome at St Clare's Secondary School in Ballyjamesduff on 24th May 2017 where they were entertained with song

and drama by the TY students of St Clare's. The average turnout has been 8-10 youngsters to 1 older person.

Drop-in centres continue to operate in blocks of Mondays in Johnston Central Library. Information services as well as creative opportunities are offered. Talks during the year included fall prevention, flower arranging demonstration, Citizens Information services, creative writing workshop, Sports Partnership workshop. Cootehill Library also ran a drop in centre in May and June 2017.

The Age Friendly Website was updated during 2017. Five OPC newsletters were produced from January to May 2017.

The OPC's Annual General Meeting was held in May in the Kilmore Hotel. This meeting was a great opportunity to launch the new County Age Friendly Strategy and promote the success of projects delivered under the first strategy. A new Executive Committee was voted in on the day. Induction training was provided for new OPC members in June.

Activity Carried out over 2018

- Older People's Council Intergenerational Project with schools was shortlisted for a Chambers Ireland award
- Walkability audits were completed in Cootehill Town, Cavan General Hospital, Kingspan Breffni Park GAA Grounds and the Taste of Cavan event.
- Older People's Council new drama 'The Best Years of Our Lives have Yet to Come' was performed in the Museum in July and ran again on Culture Night
- Older People's Council did a study trip to Belfast (visiting Titanic Museum). They also met up with an older people's group called the South West Age Partnership in Enniskillen on route and visited Enniskillen museum. They hope to develop and strengthen the linkage with this group over time. The South West Age Partnership came to Cavan on the 19th June (visited the Cavan Alzheimer's Association - Memory Garden in Con Smith Park and the County Council Museum
- The Older People's Drop in Centre continued over the Autumn

- The Older People's Council linked with the Congolese Community for an inter-cultural exchange project with the Congolese community on the 20th July.
- The OPC participated in World Mental Health Day (10th October) by hosting a presentation on 'Carer's Stress and Minding Yourself'.



The Award Wining OPC Drama Production 'The Best Years of Our Life Have Yet to Come'

Activity Carried out over 2019

- OPC's AGM took place in July 2019, over 90 people attended. The AGM incorporated a seminar which focused of Positive Mental Health Amongst Older People. Three workshops were delivered as part of the event by Dementia Awareness: Understand together Campaign, Alone and the National Men's Shed's Association.
- New representatives are now sitting on the OPC from Cavan Traveller Movement and the Cavan Cross Cultural Communities Committee to ensure that the Council is representative of minority groups within the county.
- New members of the OPC attended training on their roles & functions provided by Age Friendly Ireland.
- Older People's Drop in Sessions ran in the Autumn of 2019
- Inter-generational activities continued to run with various schools including, St. Pat's, St. Clare's, the Royal Schools and St. Mogue's.
- OPC members participated in a Creative Writing Workshop funded through the Arts Office.

- Members of the OPC participated in the script writing, rehearsals and acting of the Drama Project 'The Best Year's of Our Lives Have Yet To Come', which was performed at three theatre's. This was an excellent and powerful way of raising awareness on older people's issues and getting their message out there.



Newly elected Cavan Older People's Council Executive at the AGM in June 2019. The committee retained many existing members and welcomed some new members



The HSE established the Cavan Monaghan Age Friendly Health Subgroup under the first Cavan strategy. They have delivered information talks for older people on health services. They were involved in implementing national programmes to improve health outcomes such as a programme for the management of the frail elderly, prevention of falls, and chronic disease management. The HSE provides ongoing support to community initiative such as Meals on Wheels and Day Care centres.

Actions in the 2017-2019 plan will be as follows:

Aim	To improve linkages between relevant groups in order to bring enhanced communication and co-ordination of health services for older people.
Objective	We will re-invigorate the Cavan Monaghan Age friendly Health Subgroup to ensure
Action	<ul style="list-style-type: none"> • Regular meetings of the Cavan Monaghan Age friendly Health Subgroup. • Specific project work including information provision initiative to promote health services through local radio and other means. • Information provision via Public Health Nursing and improved linkages to ensure that older people have information on schemes, grants and initiatives available to them (eg smoke alarm scheme, training courses). • Work with the Housing Section of Cavan County Council to streamline housing adaptation grants for older patients being discharged (through Occupational Therapy). • Develop an information booklet/directory of HSE services of relevance to older people.
	<ul style="list-style-type: none"> • Relevant training provided to the Homecare Staff in the areas of safeguarding, dementia awareness, basic life support etc
Progress indicator	<p>Number of meetings</p> <p>Level of engagement</p> <p>Information initiatives</p>

Aim	To make Cavan General Hospital an age friendly environment.
Objective	We will work with the hospital to increase their awareness of the age friendly approach and support them to make service improvements.
Action	<ul style="list-style-type: none"> • Carry out a 'walkability' audit of Cavan General Hospital with support from Cavan Older People's Council. • Introduce 'Age Friendly Hospital Ambassadors' initiative through linking with the Volunteer Information Service so that older people are supported during busy clinic times.
Progress indicator	<p>1 walkability audit.</p> <p>Documentation of service changes as a result of audit recommendations.</p> <p>1 pilot programme Hospital Ambassadors Programme.</p>

Aim	To implement HSE programmes that support the social inclusion, health and independent living of older people in Cavan.
Objective	We will deliver a range of packages and supports for older people and older people's groups.
Action	<ul style="list-style-type: none"> • Reconfiguration of beds in Lisdarn Unit to facilitate early discharge. • Home care and home help packages. • Supports for social services groups. • Transport to appointments (through Local Link). • Healthy Ireland actions focusing on older people. • Improve 'diversional therapy' activities in four residential units (Lisdarn, Sullivan, Virginia, Ballyconnell) through links with County Museum, Arts Office, CMETB etc.
Progress indicator	Number of older people supported.

Activity carried out in 2017

- In relation to Lisdarn, 12 beds were reconfigured now used as transitional care beds, allowing more timely discharge from the acute hospital. The

reconfiguration of beds from long term care beds to transitional beds will continue on in 2018.

- Additional long term care beds were opened in Virginia. In January 2017 there were 26 beds occupied, and in December 2017 there were 43. Additional beds will continue to be opened in 2018 until this unit has reached full capacity, i.e. 50 long term care and 6 respite.
- In 2017 the HSE funded 35 Agencies to provide support to Older People in the community. The total funding allocated was €527,513. This funding was utilised to provide Social Day Care, Day Care and community supports specifically for older people in Cavan.
- Due to increase in demand for dementia day care the Cootehill Day Care Service now provides 1 day dementia-specific day care.
- The Cavan Alzheimer's Society was allocated additional monies to provide a therapeutic garden at their day care facility in Cavan Town.
- Cavan General Hospital are very keen to explore the issue of Volunteers and the Age Friendly Walkability Study, committing to work with them on this in 2018.

Activity carried out in 2018

CAWT

The HSE is running the EU funded CAWT initiative, based in peripheral border areas of Northern Ireland and Scotland. CAWT (Co-operation and Working Together). This is a €54 million initiative. Under one of the strands, the HSE is piloting an Acute Community Paramedic service. Three quarters of hospital patients have one of four chronic illnesses. The Acute Paramedic can provide treatment to people with chronic conditions to prevent them from going into hospital.

The Community Paramedic is placed within two GP practices. The service has purchased special cars with equipment to treat people. Their target was to see 2,000 patients in two years and they have already seen 1500 in one year. Only 128 of these had to go to an emergency department. The Acute Community Paramedics have 24-hour access to a consultant emergency line. CAWT will be recommending that the project is mainstreamed and that it will become part of the ambulance service role.

Integrated Care Pathways for Older People

Another development in HSE services is Integrated Care Pathways for Older People [ICPOP]. This development is about person-centred co-ordinated care. Integrated care means bringing in the right care at the right place at the right time, as close to home as possible. This initiative also seeks to help older people avoid going into emergency departments. A ten-day inpatient stay for an older person can lead to muscle wastage, risk of infection etc. Integrated care invests in community-based teams. They set up hubs where all services for older people are accessible. They carry out a comprehensive geriatric assessment. If it is necessary, the person can be referred. Within the hospital there is a special geriatric ward. Integrated care means a shift in emphasis to focus on prevention and primary care rather than emergency care. Integrated Care Pathways for Older People have 13 sites at the moment. In Sligo, ICPOP aimed to reduce the average length of stay by one day, and actually reduced it by two days. They are going to organise an ageing well café with speakers. ICPOP recognises that ‘social connectedness’ is extremely important for older people’s health. In Tallaght they have rolled out the ‘Medex’ programme which is a medically supervised exercise programme for older people to support rehabilitation (e.g. cardiac rehabilitation, pulmonary rehabilitation).

- The HSE has confirmed its plans to reconfigure the Lisdarn Unit from long term care to transitional care for patients discharged from acute hospitals. This is a very positive development to support the ongoing challenge of delayed discharges in Cavan General Hospital
 - The Department of Health has allocated funding for 3 x Candidate Advanced Nurse Practitioners for Services for Older persons in Cavan and Monaghan. Three Nurses started the training programme in Sept 2018 and this will be ongoing. These Advanced practitioners will support older people in their homes and will assist older people with complex needs to remain in their homes and communities for as long as possible.
 - Funding has been received for the position of Community Discharge Liaison Nurse who is currently based in the Lisdarn Unit. The nurse manages the transitional care beds and works with colleagues from community and acute

sector to ensure older people are transitioned from the acute hospital to the community or an alternative facility in a seamless manner.

- An Age Friendly Walkability Audit was carried out in Cavan General Hospital, a presentation was provided to the hospital's service users group and various recommendations have been implemented while others have been included in a longer term plan for refurbishments for the hospital.

Activity carried out in 2019

- Lisdarn, 26 of the 32 beds are now used as transitional care beds, allowing more timely discharge from the acute hospital. The reconfiguration of beds from long term care beds to transitional beds will continue on in 2020.
- Respite services continue to be provided in Virginia and Sullivan Centre.
- Due to increase in demand for dementia day care the Cootehill Day Care Service now provides dementia day care.
- The HSE continue to fund the Alzheimer's Society to provide 3 days Day Care in the Day Care Centre beside the Sullivan Centre Cavan.
- The Cavan Alzheimer's Society completed work on an extensive Garden project at the day care centre beside the Sullivan centre which was part funded by the HSE. The project won the Age Friendly Achievement & Recognition Award through Age Friendly Ireland in 2019.
- The Community paramedic Programme which was a pilot project in 2018 has been mainstreamed and in 2019 received a healthcare Award for this innovative work. The Acute Paramedic can provide treatment to people with chronic conditions to prevent them from going into hospital.
- An integrated older persons frailty group has been established with membership from Community Services, Acute Services and Services for Older Persons. This development is about person-centred co-ordinated care. Integrated care means providing the right care at the right place at the right time, as close to home as possible. This initiative also seeks to help older people avoid going into emergency departments.

- In 2018 The Department of Health allocated funding for 3 x Candidate Advanced Nurse Practitioners for Services for Older persons in Cavan and Monaghan. Two of these nurses completed their training in 2019 and one continues her training. These Advanced practitioners will support older people in their homes and will assist older people with complex needs to remain in their homes and communities for as long as possible.
- A Clinical Nurse Manger for Older persons has been appointed to work in the Emergency Department in Cavan General and it is expected this person will take up post in January 2020. This person will work with the integrated team within the hospital to ensure older people who present to the emergency department will be dealt with in a timely manner and the aim is to provide older people with a seamless journey through the service.



Cavan Dementia Friendly Garden won an award at the National Age Friendly Recognition & Awards Ceremony in 2019 for their Dementia Friendly Garden.

Conclusion

The implementation of the Cavan Age Friendly Strategy 2017 – 2019 has helped advance the inclusion and participation of older people in the life of the community over the next three-year period. In covering broad areas such as transport, health and wellbeing, education, public space, business services and community supports impacts have been gained on many levels.

Preparation of a new three-year strategy is in progress. Going forward, continuing from our achievements to date, we aim to strengthen the impact of the Age Friendly Programme within our communities. Working in partnership and with the support of Age Friendly Ireland, we endeavour to implement actions which will contribute to developing a wider appreciation of the Age Friendly programme and lead changes aimed at creating a truly age friendly county.