



CAVAN

Age Friendly County

Review 2013-2016

Review of Cavan Age Friendly County Strategy 2013-2016

Produced by Cavan County Council, 2016

Cavan Age Friendly Alliance Members:

- Cavan County Council
- An Garda Síochána
- Cavan Local Community Development Committee (formerly represented by Cavan County Development Board)
- The Netwell Centre, Dundalk Institute of Technology
- Age Friendly Ireland
- Health Service Executive (HSE)
- Gaelic Athletics Association (GAA) Cavan County Board
- Cavan and Monaghan Education and Training Board (ETB)
- Cavan Older Person's Council

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Introduction

This report provides a review of the 2013-2016 Age Friendly Strategy for County Cavan. The strategy was the first of its kind 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 2013-2016 strategy have been implemented. Notable success stories include:

- Establishment of the Cavan Older People's Council
- Improved information and communication through an age friendly website, drop in centre and newsletters
- Training for public sector staff in age friendly issues
- Involving older people in the arts through Bealtaine events, library programmes and other creative activity such as intergenerational workshops
- A range of information technology training for older people
- Improvements in transport including mapping routes, provision of bus shelters, route alterations and a pilot urban loop in Cavan Town

- Development of recreational space including walks, parks and a bowling green
- Ongoing consultation with older people and active involvement of older people in walkability audits
- 36 businesses taking part in the Age Friendly Business Initiative. Cavan Chamber of Commerce received national recognition for this scheme through the Age Friendly Awards in 2015.
- Enhanced links with An Garda Síochána through the older people's register and Crime Prevention Ambassadors Programme
- Three new pieces of research completed through Dundalk Institute of Technology
- Delivery of the GAA Social Initiative in Cavan that encouraged the involvement of older men in the community
- Support for the development of Men's Sheds in different locations around the county
- Improved delivery of health services including a programme for the management of frail elderly, a programme to reduce falls in residential units and delivery of home care packages, as well as ongoing support for day care centres, meals on wheels etc.

This review has been colour coded so that progress on the implementation of the strategy can be easily identified. Seventy four actions have been completed to date (Green), 12 have been initiated and are in progress (Orange) and seven 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 second county strategy in 2016 with further commitments from each member agency.

The Age Friendly Alliance is a strong alliance with Cavan County Council Chief Executive, Tommy Ryan as the chair. The chair of the Housing SPC has been asked to join the Alliance. The Council provide 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. The recognition of the need for quality research motivated Cavan to take part in the HaPAI study. As we enter a period of rapid population ageing, it is becoming increasingly important to develop evidence about the health and wellbeing of older people in order to inform policy at national and

local level. Such evidence can alert us to possible difficulties, facilitate greater long-term planning, and ensure that we maximise the potential of all older people in our communities. We are delighted to now have the results of this survey as they give us a picture of where we currently stand in relation to the inclusion of older people. Importantly, the findings will also show us where we need to go to be fully inclusive of everyone across the lifecycle.

Theme 1 Outdoor Spaces and Buildings

Action 1.1: Age Friendly Buildings and Public Spaces

Lead partner: Cavan County Council

Ensure an Age Friendly approach is embedded in all future capital projects including:

- Consultation with older people in specific urban areas – circulation of Part 8 information to older person's representative forum.
- Provision of additional seating as per universal design guidelines.
- Training for planners on Age Friendly communities prior to the drafting of the new Development Plan.
- Training for staff on Age Friendly housing issues.
- Apply Poverty Impact Assessment approach to new developments.
- *Development of Age Friendly Guidelines for all new build projects.
- Enforcement of legislation regarding accessible streetscapes (eg removal of sandwich boards, signage, hoardings).
- Library infrastructure improvement including new building for Belturbet Library and mobile library.
- Explore options around providing Age Friendly seating and shelters as bus stops.

Steps taken & progress:

An accessibility audit and consultations with older people within the Cavan town area were completed through the Cavan Town Age Friendly Initiative.

A review was completed on seating within Cavan town however it was found that there was no request for additional seating.

Planning staff have been well briefed on accessibility issues and have taken these issues into consideration in the development of the County Development Plan which was launched in 2014.

Lifetime Home Training was provided to staff from across a variety of sections within Cavan County Council in 2015.

A presentation on Housing for Older People was delivered to the Age Friendly Alliance in June 2015.

The Age Friendly Lifetime Adaptable Homes Leaflet is completed in draft format and is awaiting approval for insertion of photographs before printing stage. Thereafter, copies will be posted out to the architects and agents.

Bye-laws were introduced in 2014 for the removal of street furniture and signage etc.

Belturbet Library was opened as a fully accessible library in 2014.

A new bus shelter was put up outside the Cavan Institute. Bus shelters have been put in place along the N3 route and were funded through the National Transport Authority.

* The Centre of Excellence in Universal Design has developed age friendly guidelines for all new build projects.

Action 1.2: Recreation and amenity areas

Lead partner: Cavan County Council

Development and enhancement of recreation and amenity areas to include:

- Development of Castlesaunderson as a landmark intergenerational public facility.
- Development of Green Lough Park.
- Development of Abbeylands Park.
- Development of a river walk in Cavan town including boardwalk.
- Development of bowling greens.
- Development of outdoor gym at Halton's site in Cootehill.
- Development of bye-laws for public parks.
- Policy and actions around responsible dog ownership.

Steps taken & progress:

Funding has been achieved for a walking trail at Castlesaunderson which will be completed by June 2016.

Work has been completed on the bowling green at Cavan Leisure Centre, Drumalee, Cavan. The official opening was in May 2016.

The Heritage Officer in the Council has engaged conservation architects to look at Abbeylands as a historic core within the town. Once the study is completed a realistic plan can be drawn up. It is hoped to source funding for this future development.

All of the other actions were completed in 2014.

Action 1.3: Age Friendly Local Communities

Lead partner: Cavan 050 Network (now the Older People's Council)

Work with further towns and villages to carry out Age Friendly audits, to include training of older people and communicating findings of audits.

Open up the use of existing buildings and spaces, including:

- Linking with businesses and community groups to identify opportunities for making toilets available to the public.
- Explore opportunities for using a National Recognition Symbol for Age Friendly services (AFI).
- Deliver an awareness programme through the Chamber of Commerce with the service sector.
- Make approaches to public sector bodies regarding the use of public buildings by older people's groups.

Steps taken & progress:

In 2014 an access walkability audit was completed on Cavan Town through the Cavan Town Age Friendly Initiative. This audit assessed the physical streetscape within the town which fed into the production of an Age Friendly Action Plan for Cavan Town.

The lack of public toilets was one of the issues highlighted through this initiative. Since this the Council's public toilets have been refurbished and opened up to the public once again. Also businesses within Cavan Town have been made aware of the need to make their toilets available for older people through the Business Recognition Scheme.

In 2014, the Age Friendly Business Recognition Scheme was rolled out in Cavan Town with the assistance of Cavan Chamber of Commerce. Eighteen businesses participated. In 2015 an additional eleven businesses participated. In 2016, the scheme was expanded to Cootehill with the assistance of Cootehill Chamber. Seven businesses have signed up to date.

Once training is completed the businesses receive a certificate and window sticker and they can use the Age Friendly logo on their printed materials, online etc. In addition, the businesses are listed online on cavanagefriendly.ie and receive local media publicity upon completion of the programme.

The Older People's Council are currently using community buildings and meeting rooms in the Council.

Theme 2 Transportation

Action 2.1: Improved transport facilities countywide

Lead partner: Transport Working Group of Cavan and Monaghan Age Friendly Alliances

Establish transport committee to examine the following:

- Integrated transport services to make better use of school and HSE buses.
- Urban transport route (loop around Cavan town).
- Increased availability of information about CART services (eg using church newsletters)
- Piloting of additional rural transport services.
- Explore hospital link service.
- Review and seek to expand volunteer car scheme.
- Encourage community groups to make sure that transport is available to community events.

Steps taken & progress:

Cavan and Monaghan Transport Working Group (TWG) was established in 2014.

The Cavan Geographical Information Systems Officer supported the mapping of transport routes being provided within the County through the Rural Transport Programme (RTP), Bus Éireann and the HSE. An Garda Síochána have also agreed to allow data gathered as part of the Older People's Register to be represented in this map. The HSE have agreed to explore any proposal of where their services could be made available to public passengers.

CMCTU are currently operating a number of townlink services on a number of days per week in Cavan. They are also scoping out the possibility and costs around providing a daily town service in a loop model and will make a submission to the National Transport Authority with regard to this.

Changes to the operation of the Rural Transport Scheme has seen a new Local Transport Office established in 2014 under Cavan County Council covering both counties Cavan and Monaghan. Prior to these changes CART had put information about the service up on their website and information was also put up onto the County Age Friendly Website. This has

continued now with Cavan Monaghan Transport Co-ordination Unit. Flyers were distributed to advertise the recent town loop.

Additional rural transport services requests needs can be submitted to Cavan Monaghan Transport Co-ordination Unit. Subject to the needs being justified CMTCU will further analyse the requirements and submit a request for funding to the National Transport Authority.

CART piloted a hospital link service. Baltibus/CART made representation to Bus Éireann to link their Monaghan to Cavan service with the hospital. This has been implemented. Bus Éireann are now currently exploring providing a route around the hospital grounds so that drop offs can be made closer to the hospital entrance and pickups can be made going to and coming from the hospital.

The Transport Working Group looked to identify community resources available such as vehicles that could be brokered to other groups during downtime. There were many issues relating to insurance and maintenance. Access to volunteer drivers was also explored. A request to retired Garda, the volunteers centre and the Gateway programme have been made. CMTCU said that this will be subject to continued funding for such schemes. The Dept of Transport anticipated that the introduction of the Rural Hackney Scheme may in some way alleviate the need for community cars. A testament to the success of the transport working group was that it fed into CMCTU.

Theme 3 Housing

Action 3.1: Enhanced Links with An Garda Síochána

Lead partner: An Garda Síochána

Improve communication between An Garda Síochána and older people including:

- Develop station / district registers of older people (with consent) as a means of supporting engagement by community Gardaí.
- Deliver Community Policing Clinics in locations where older people meet.
- Garda talks on keeping safe at home for older people's group.
- Introduce on a pilot basis the 'Crime Prevention Ambassadors' Initiative.
- Expand and promote Garda supported Community Alert / Neighbourhood Watch initiatives.

Steps taken & progress:

An Older Person's Register has been completed in respect of Cavan and Bailieboro Districts which cover County Cavan. These District Registers are subject to regular review to ensure the information is accurate and up to date. Over 2014 all these addresses were given geo co-ordinates so that they can be mapped to show the distribution of older people within the County.

Community Policing Clinics / meetings are held on an on-going basis with local Community Garda and the Divisional Crime Prevention Officer. Sgt Noel Harraghy, the Crime Prevention Officer, has given a number of talks at the Library in Cavan Town which was organised by the Older People's Council. Talks are provided when requested by any groups.

Garda talks on keeping safe at home occur on an on-going basis in conjunction with community alert meetings for older people's groups. A crime programme is broadcast twice per month on local radio and crime prevention advice is given. Local Radio has a large audience among older people.

Older People's Council representative appointed to the County Joint Policing Committee in December 2014. Text Alert, community alert and neighbourhood watch schemes are ongoing with regular meetings with the Regional Development Officer for Community Alert.

Action 3.2: Research on safety and security at home

Lead partner: Cavan and Monaghan County Councils and The Netwell Centre

- Postgraduate research on safety and security issues with recommendations for service enhancement.

Steps taken & progress:

Safety and security at Home Research Report produced in Spring 2014. Findings presented to the Age Friendly Alliance.

Action 3.3: Greater access to home support information

Lead partner: Cavan Older People's Council

Create greater access to information about services (home help, meals on wheels etc) through the following:

- An Information booklet.
- Talks.
- Information fair for older people.
- Awareness raising programme on accessing and using personal alarms and pendants.
- Raise awareness of the Senior Helpline.
- Raise awareness of bereavement supports available and promote them in rural communities.

Steps taken & progress:

Instead of producing an information booklet the Older People's Council decided to produce newsletters which have been widely distributed to older people's groups within the county so that topical and updated information can be provided on an ongoing basis. Four newsletters were produced in 2014. These are currently being produced again since March 2016 and are being produced monthly.

Various information sessions for older people are being delivered through the Cavan Drop-In Centre for Older People which was set up in February 2015. Some of the information covered includes Crime Prevention, Caring for Carers, Alzheimer's Association, HSE Homecare Packages for Older People, Social Welfare Entitlements, energy saving tips, genealogy.

Through the Cavan Age Friendly Town Initiative the Cavan Chamber of Commerce have agreed to provide assistance to the Age Friendly Trades Fair. This will take place in October 2016 in the Cavan Crystal Hotel.

The Older People's Council secured an agreement with the Anglo Celt that whenever they have anything to publish in the Celt that a space will be provided. Information is also included on the Council page.

The County Age Friendly Website is also providing information on services available to older people.

Bereavement information will be provided through the Older People's Drop in Centre in July 2016.

Theme 4 Social Inclusion

Action 4.1: Creation of the Cavan Older People's Forum (now the Older People's Council)

Lead partner: Cavan 050 Network (now the Older People's Council)

- Creation of the Cavan Older People's Forum.
- Creation of an Age Friendly County website to become a central information hub for older people in Cavan.

Steps taken & progress:

Since the Cavan Older People's Council (initially named Older People's Forum) was established in 2014, it has held regular monthly meetings. Various organisations provide presentations to Older People's Council [OPC] meetings so that members are kept up to date with local and regional developments.

The OPC is involved in the implementation of various actions contained in both the County Age Friendly Strategy and Cavan Town Age Friendly Strategy.

The Cavan Age Friendly County Website was developed in 2014. Promotion of the website is ongoing. In 2015 and 2016 Cavan County Council maintained the www.cavanagefriendly.ie website, posting information on age-friendly activities and services within the county. Council staff also demonstrated the website to older users at the Cavan Older Person's Council AGM, and commenced demonstrations with day care centres in the county. This work is ongoing in 2016. The Older People's Groups are also communicated with through the monthly newsletter and the Drop-In Centres.

Action 4.2: Delivery of the GAA Social Initiative in Cavan

Lead partner: GAA

- Continue to roll out the GAA Social Initiative across clubs in Cavan and support those already engaging with it.

Steps taken & progress:

GAA encourages older people to use the GAA pitches for walks.

Linking in with organisations such as SoSad and Stop Suicide to make referrals to counsellors if needed.

Free tickets and transport provided for older men to attend championship and league matches held in 2014.

Provided free tickets for older men to attend plays held in Mullahoran, Cavan Town and Cootehill. Buffet was provided after each play.

In 2016 the GAA are hoping to provide free tickets and transport for older men to attend a match in September.

Action 4.3: Raise awareness across the public sector

Lead partner: Cavan Age Friendly Alliance

Awareness raising programme for staff in public sector agencies:

- Agewise training.
- Publications.
- Ensuring that all public sector agencies specifically involve older people in consultation on any new programme or policy.

Steps taken & progress:

All agencies involved in the Alliance are actively promoting the Age Friendly agenda within their organisations on an ongoing basis.

Submissions were put in by the Age Friendly Alliance for both the County Development Plan and the Local Economic and Community Plan (LECP). There are age friendly actions in the Cavan LECP.

Action 4.4: Development of Men's Sheds in County Cavan

Lead partner: Cavan & Monaghan ETB

- Establish a number of Men's Sheds Projects in County Cavan.

Steps taken & progress:

Four networking meetings (rotating between Sheds) took place over 2014.

A study visit to two Men's Sheds in Co. Louth (Dundalk and Cooley) took place in May 2014

The following Men's Sheds are currently operational:

- Cavan
- Virginia
- Belturbet
- Killeshandra
- Ballyconnell
- Bawnboy
- Belturbet
- Cavan Travellers Men's Shed

€500 grant allocated to five of the above Sheds by CMETB Community Education Service for equipment in 2014 and 2015. Courses in Small Engine Maintenance and Joinery Skills offered to Belturbet Men's Shed and Ballyconnell Men's Shed in 2015. Further woodwork, basket weaving and small engine maintenance courses offered to Ballyconnell, Killeshandra and Bawnboy Men's Sheds in 2016. These courses are funded through CMETB Community Education Service.

The Glangevlin Men's Group is operating a fledgling men's shed.

Action 4.5: Research on loneliness and isolation

Lead partner: Cavan and Monaghan County Councils and The Netwell Centre

- Research on loneliness and isolation to document issues and make recommendations.

Steps taken & progress:

This research report was published in April 2014. Findings were presented to the Age Friendly Alliance.

Recommendations will be taken into consideration by the Cavan Monaghan Age Friendly Health Subgroup.

Theme 5 Social Participation

Action 5.1: Opportunities to learn Information Technology skills

Lead partner: Cavan Monaghan ETB

- Classes in the use of technology for social and leisure purposes, to include:
 - Skype
 - Email
 - Internet
 - Facebook
 - Mobile phones
 - Digital cameras
- Opportunities for intergenerational learning such as linking with youth clubs to learn how to use computers and mobile phones.

Steps taken & progress:

Cavan & Monaghan ETB run Beginners Internet & E-mail courses as well as workshops for the Over 55's on an ongoing basis. A total of 37 courses were delivered in 2014 in the following locations.

- Virginia
- Cavan town
- Ballyjamesduff
- Ballyconnell
- Bailieborough
- Killeshandra
- Kingscourt
- Cootehill
- Lavey
- Ballyconnell

Courses offered included 'Introduction to the Internet and Email' followed up with workshops on 'Social Media and Skype'.

830 learners aged 55 and over attended courses with CMETB Adult Education Service in 2015. Of those, 145 were I.T. courses specifically targeting the over 55s.

Patstech

“Patstech” was an initiative set up by Transition Year students at St Patrick’s College in 2014. It aimed to introduce older people in Cavan to computer technology. Classes were run over the spring and autumn of 2014.



Digitise the Nation

Cavan County Council worked with Digitise the Nation to support the delivery of information technology classes in a mobile unit in different locations throughout the county. This took place in 2013 and 2014.

Action 5.2: Interactions at community level

Lead partner: Breffni Integrated Limited

Create opportunities for older people to interact with other communities, including:

- Use opportunities after church services to bring people together and encourage integration.
- Host an event to support interaction between 'new communities' and older people.
- Explore opportunities for cross border and cross community work with older people especially in rural areas.

Steps taken & progress:

An intercultural event took place in early 2014 with Cavan Multi-Cultural Group and the 050 Network.

Action 5.3: Participation in social, cultural and community activities.

Lead partner: Cavan County Council and Community Forum

Enhancing opportunities for older people's participation in social, cultural and community activities including:

- Specific initiatives that involve older people in the arts, including but not limited to an annual programme of activities for the Bealtaine Arts Festival.
- Sustaining library programmes and resources relevant to older people (such as workshops, book clubs, storytelling, creative writing classes, audio books, assistive and adaptive technology). Continuation of book loan scheme for older person's groups. Monthly coffee morning for people with a visual impairment. Age Friendly library resources and equipment (for example, audio books, zoomtext).
- Sustain existing and develop further allotments & Community Gardens.
- Delivery of specific Sports Partnership programmes to attract older people into sporting activities, such as **sports festivals, New Age Kurling Games, Get Active Stay Active 55+, Line Dancing, Ten Pin Bowling, Walking Festival**. Dedicated Sports Development Officer for older people.

Steps taken & progress:

Bealtaine events have taken place in Cavan every May. In 2016, the OPC organised an event in Cavan County Museum that included a tour of the 1916 exhibition, trenches and music.

County Museum programming for older people is ongoing. The Museum hosts visits from social services groups. Discount rates apply for older people and group booking rates. World War 1 Trench developed and launched over 2014. GPO exhibition launched in April 2016.

NCBI coffee morning takes place monthly for people with a visual impairment within the Cavan Library. Age friendly library resources are available.

Intergenerational projects took place in April and May 2016 between members of the Older People's Council and transition year students. The three schools who participated were Loreto College, The Royal School and St. Clare's College, Ballyjamesduff. These projects were a huge success and plans are in place to continue working with the schools again from September 2016.

Allotments & community gardens are being sustained in:

- CAMCAS Ballyconnell
- Fairgreen, Cavan Town
- Bailieborough
- Drumlane
- Kingscourt
- A forthcoming community garden will be in place in Redhills in summer of 2016.

Cavan Sports Inclusion Officer delivered the following activities through the active adults (50+) programme.

- **Gentle Pilates** programmes were run in following areas, Virginia, Ballymachugh, Cliferna, Maudabawn, Kingscourt, Mountrugent, Lough An Lae and Ballinagh
- **Learn To Swim** programmes in Cavan Leisure Centre
- **Aqua Aerobics** programmes in both Cavan Leisure Centre and Cavan Crystal Hotel
- **Walk Active** in Cavan Town and Killeshandra
- **Chair Based Exercises** in Cootehill and Ballyjamesduff
- **Pitch and Putt** in Cornafean
- **Gentle Yoga** in Ballinagh and Corlough
- **Go For Life Games** in Stradone
- **Tai Chi** in Ballinagh
- **Line Dancing** in Kingscourt and Cavan Town

- **Stretch and Tone** in Ballinagh and Cavan Town
- **Sportsfest** in Stradone
- **Physical Activity Leaders** Dance Workshop in Castle Saunderson.



Theme 6 Communication & Information

Action 6.1: Awareness raising about the Age Friendly approach

Lead partner: Cavan 050 (now the Older People's Council) and Cavan Community Forum

- Raise awareness of Age Friendly work throughout the county, region and at national level, including displays, presentations and events.

- Promote the age friendly approach to community and voluntary groups for example through training and information.
- Promote the use Plain English by all service providers.
- * Produce an Age Friendly Guide to inform service providers of barriers facing older people.

Steps taken & progress:

A number of steps were taken to promote the Age Friendly Agenda within County Cavan both at a national and local level over 2014. These included:

- Bob Gilbert spoke about the Age Friendly Programme in County Cavan at the signing of the Dublin Declaration in November 2014.
- Age Friendly Awards & Recognition Ceremony held in Cavan in January 2015.
- Older Person's Forum Display at the Anti-Racism Ceremony in June 2014
- Launch and consultation event with older people from the Cavan Town area held for the Cavan Town Age Friendly Initiative in July 2014. Walkability audit also conducted within Cavan Town and Kilnaleck in conjunction with Older People's Groups.
- Launch of Age Friendly Business Recognition Scheme held in 2014 and widely publicised.

Cavan County Council participated in a literacy friendly audit with the National Adult Literacy Agency (NALA). A full audit on three sections of Cavan County Council was completed (roads, corporate services and library services) and a detailed action plan produced on how to make these sections more literacy friendly. One of the actions from within this plan is to promote the use of plain English amongst all staff members of Cavan County Council.

Template of an Age Friendly Guide produced by the Equality Authority identified.

*Monaghan have produced an age friendly guide which Cavan will adopt. Training will be provided by Monaghan on this in October 2016.

Action 6.2: Information supports for older people at home.

Lead partner: Cavan County Council

Deliver information actions to support older residents to remain in their homes including:

- Produce leaflet on the septic tank charge.
- Information sessions on fuel efficiency for older people's groups.
- Information on grants for energy saving measures.
- Produce a list of average prices for various capital works.
- Produce a list of contact details for trusted trades people.
- Create wider access for older people to information from the local authority (review Communication Strategy with consideration of texting service, mailshots, social media etc.)

Steps taken & progress:

Research is underway into the best methodology to use in compiling a list of trusted trades people. A link to a website address for approved registered electricians and contractors completing energy works has been put up on Cavan Age Friendly website.

The Older People's Council was created to improve communication. With this in mind a contact list has been established to provide members of the Council with information.

Cavan County Council has provided support to the Older People's Council to hold information sessions at the Older People's Drop-In Centre (commenced February 2015). This has helped to ensure vital information is communicated to older people directly.

Cavan County Council uses social media (Facebook & Twitter) to advertise all events / news /activities which would be of interest to the public on an ongoing basis.

Action 6.3: Citizens Information Programme

Lead partner: Citizens Information Service

- Introduce a follow-up programme to the pilot scheme where Citizens Information Service, County Cavan, visited older people's groups.
- Citizens Information training programme for older people – older people trained in taxation, pensions, form filling etc.

Steps taken & progress:

This training programme ran from September to October 2014 with a core group over five mornings.

Theme 7 Civic Participation

Action 7.1: Garda Schools Programme

Lead partner: An Garda Síochána

- As part of the Garda Schools Programme, develop a training module on Age Friendliness aimed at students in Primary and Secondary Schools which will be delivered by the Garda School Officers.
- Establish an Action Group comprising of representatives from An Garda Síochána, Dundalk IT (Netwell Centre), Monaghan Community Forum Support, Youth Work Ireland and the Teaching Profession.

Steps taken & progress:

An Action Group for Cavan and Monaghan has been set for the Garda Schools Programme.

A 50 minute training module on Age Friendliness aimed at students in Primary and Secondary Schools has been developed and delivered to a school in Clones in 2014 on a pilot basis. The evaluations from this have been sent to the Garda Community Relations Office and once ratified to be rolled out. Still awaiting ratification from Garda Community Relations.

Action 7.2: Participation of retired staff

Lead partner: Cavan County Council

- Support for Age Friendly workplaces.
- Encouraging retired staff to be involved in projects.
- Mentoring of staff approaching retirement.

Steps taken & progress:

Retired staff have been involved in Cavan County Council's CRAIC Advisory Group (disability) and in the IDEAL Network (diversity/equality) on an ongoing basis.

Retired staff are often invited back to attend Cavan County Council events / functions.

A two day 'Planning for Retirement Seminar' has been delivered to staff of Cavan County Council in January 2015. This seminar was delivered by specialists in this area and explored topics as a Positive Approach to Change in Retirement, Pension Schemes, Legal Matters, Personal Taxation, Social Welfare Entitlements, Health Diet and Exercise.

Action 7.3: Engagement with private sector

Lead partner: Ageing Well Network and Cavan Age Friendly Alliance

- Develop a corporate social responsibility action with a private sector company.
- Work with local businesses to provide incentives for older people (for example special offers in shops and restaurants) in collaboration with CART schedules.

Steps taken & progress:

Cavan County Council worked with Age Friendly Ireland and the Cavan Chamber of Commerce to deliver the Age Friendly Business Recognition Scheme. Twenty nine businesses within Cavan Town received recognition as being an Age Friendly Business and have adopted an Age Friendly Charter under this scheme. An award was received by Cavan Chamber of Commerce from Age Friendly to recognise the best practice work it undertook in the delivery of this scheme in early 2015. Further businesses within the town are interested in signing up to this scheme and plans are underway to deliver this again over 2016.

In 2016, the scheme was expanded to Cootehill with the assistance of Cootehill Chamber. Seven businesses signed up. Initial training in how to be an age friendly business was delivered to the Bailieborough Traders Association in 2014; however this group did not complete the full programme.

Action 7.4: Development of an Age Friendly Business Forum

Lead partner: Older Person's Forum (now the Older People's Council) and Cavan County Council

- Development of a business forum through the Cavan Older Person's Forum.
- Senior Enterprise Courses.
- Mentoring opportunities.
- Age Friendly Trade Fair.

Steps taken & progress:

Discussions about an Age Friendly Business Forum have taken place but it has not been established yet. An Economic Forum is now to be set up through the LCDCs. Enterprise Courses and mentoring opportunities will tie in with this once the Forum has been established.

Through the Cavan Age Friendly Town Initiative the Cavan Chamber of Commerce have agreed to provide assistance to the Age Friendly Trades Fair. This will take place in October 2016 in the Cavan Crystal Hotel.

Theme 8 Community Support and Health

Action 8.1: Research on the Doctor on Call Service

Lead partner: The Netwell Centre

- Appointment of a postgraduate to carry out a study on the health issues of older people with a specific focus on the North East Doctor on Call service.

Steps taken & progress:

Full report published in April 2014. Findings presented to the Age Friendly Alliance. First meeting of the Health Sub-Group took place in November to look at the implementation of actions under both the Age Friendly Town and County Strategy.

Action 8.2: Implement national programmes to improve health outcomes

Lead partner: Health Service Executive

Implementation of National Priority Programmes to improve health outcomes for older people at local level to include:

- Programme for the management of frail elderly.
- Programmes for the management and prevention of falls.
- Positive Mental Health.
- Chronic Disease Management.

Steps taken & progress:

The HSE have implemented the 'Service Without Walls' service over 2014, which addresses the management of frail elderly. It is an integrated programme between the acute services and the community. In 2015 Cavan Monaghan Community Services in conjunction with colleagues from the acute hospital have implemented a frail elderly integrated forum to ensure that the pathway through the acute hospital to the community or alternative setting is seamless.

This programme also addresses Chronic Disease Management.

The HSE received funding through CAIT in 2014 to deliver the 'Forever Autumn' programme across six residential units within Counties Cavan and Monaghan from September 2014 to February 2015. The overall aim of the programme was to reduce falls by 30% and this targeted was successfully achieved with falls being reduced to 58%. It is proposed that this programme will be rolled out to the community in 2016 and 2017.

Action 8.3: Increased focus on preventative care

Lead partner: Health Service Executive

- Increased focus on preventative care.

Steps taken & progress:

The provision of home care packages remains a priority for Cavan Monaghan community services. In 2015 we delivered 557 home care packages.

Also ongoing support provided for community initiatives such as Meals on Wheels, Day Care Centres.

Action 8.4: Review of acute care pathways and outpatient referrals

Lead partner: Health Service Executive

- Review patient pathways to acute care and referral process for Outpatient appointments for older people.

Steps taken & progress:

This action has yet to commence however this will be addressed via the integrated frail elderly forum.

Action 8.5: Targeted health promotion activities

Lead partner: Health Service Executive

- Delivery of health promotion activities targeting older people in Cavan:
- Roll out series of information workshops on common ailments relevant to older people (e.g. Stroke, Heart Attack etc).
- Design and roll out programme to promote health and well being.

Steps taken & progress:

Information sessions were held in the Older People's Drop-In Centre in 2015 which covered topics like wellness recovery action planning, nutritional information.

Pilates/light exercise classes were held during the Drop-In Centre in 2015 and another pilates class is scheduled for July 2016.

A series of workshops took place in November 2015 which included workshops on health issues e.g. dementia and bereavement. These were very well attended and will continue in consultation with Monaghan and Cavan Co Council in 2016.

Information sessions were delivered in the drop in centre in Cavan by the Service Manager for Older People on the home support service.

Action 8.6: Telecare and Telehealth Initiatives

Lead partner: Health Service Executive

- Adopt more proven services that enable older people to continue living at home such as telehealth & telecare and support services such as the Home Support Worker (Cul Taca).
- Employ Clinical Nurse Specialist within Primary & Community Services linked to operation of Acute Services Short Stay Unit & Rehabilitation Bed Patient Pathway to support independent living.

Steps taken & progress:

Seventy six Telecare Lifetime Home Packages were rolled out in County Cavan over 2014, funded through CAIT. These life time packages are still in place.

Plans are in place to recruit the Clinical Nurse Specialist. This will be progressed through the frail elderly integrated forum.

Conclusion

The Cavan Age Friendly Alliance is satisfied that significant progress has been made in delivering the county strategy from 2013-2016. This has contributed to the realisation of our ambition for Cavan to be recognised as a truly age friendly county. Preparation of the new strategy is in progress. Age friendly work is affiliated with the World Health Organisation. Nationally it is planned to align the age friendly work with Healthy Cities and Counties.