



MEATH
Age Friendly Strategy
2017–2020





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Foreword



As Chief Executive of Meath County Council and member of the Meath Age Friendly alliance it gives me great pleasure to present the 2nd Meath Age Friendly Strategy. This strategy reflects the progress made to date, what our Older Persons said together with the findings of Healthy and Positive Ageing survey that was carried out. All this evidence has been collated and developed collaboratively with our alliance partners and represents a positive step forward in identifying how we intend to achieve the actions we have committed to, in the strategy.

As life expectancy increases, the need to ensure that our county becomes a great place in which to grow old in is increasing too. It is clear that the percentage of Meath's ageing population is growing and therefore we must be ready to face the challenges that this will bring to society.

It is recognised that where we live, the physical, social and cultural environment impacts hugely on how we live. An Age Friendly county is a place where more older persons can stay living in their own homes and communities, lead healthy and active lives, go where they want to and be valued contributors to their communities.

Meath County Council together with it's partners on the Age Friendly alliance is committed to empowering and participating in the continued development of their communities both rural and urban. Often it is the very simple things that will improve the quality of life for everyone, be it a secure neighbourhood or accessible streets and buildings. These simple things benefit a whole community both young and old.

This strategy is the culmination of a detailed consultation process that brought all the older people in Meath together and the key service providers from the statutory, voluntary, community and private sectors to identify how we can continue to make Meath a great

place to live, work, enjoy life and grow older. With this vision and ambition we can all work together across our towns, villages and neighbourhoods.

I want to thank the chair of the Age Friendly alliance, Michael Finnegan, members of the alliance and the community section for their continued support and assistance with bringing together this 2nd strategy for Meath.

Jackie Maguire, Chief Executive, Meath County Council

Introduction

This is the 2nd Age Friendly strategy for Meath. The Age Friendly county programme was launched in 2011, and operated under a five year strategy which began in 2012. The programme is hosted under the leadership of Meath County Council Chief Executive Jackie Maguire, is supported by Age Friendly Ireland and operates within the World Health Organisation framework. The Age Friendly cities and counties programme is now active in all 31 local authorities in Ireland, aiming to make our country a truly great place in which to grow old. The programme is built on the recognition of the valuable role that older persons can and should play in shaping their communities for the better by asking them to participate in the decision making process and being responsive to their suggestions. This second strategy gives solution focussed commitments to improving key areas of infrastructure, transportation, services, information and our overall response to all older persons issues across the county. The strategy has been developed by the Meath Age Friendly alliance in consultation with older persons in Meath. The alliance is a voluntary partnership which was formally established in 2011, and is chaired independently by Mr. Michael Finnegan. It is made up of senior personnel across multi sector agencies that promote a positive approach to ageing, and includes representatives of the Meath Laterlife Network / Older Peoples Forum.

The members are:

- Meath County Council – Chief Executive
- Meath County Council – Director of Services
- Health Service Executive – General Manager
- An Garda Síochana – Chief Superintendent
- Louth Meath Education & Training Board – Chief Executive Officer
- Third Age Foundation – Chief Executive Officer

- Third Age Foundation – Head of National Development
- National University Ireland Maynooth – President
- Meath County Council Political Representative – Councillor
- Meath Partnership – Chief Executive Officer
- Local Link Transport Co-Ordination Unit – Chief Executive Officer
- Netwell Research Centre – Director
- Meath Laterlife Network / Older Peoples Forum – Two Representatives

Each Age Friendly alliance member has given commitments in this strategy that will significantly help to improve the quality of life of the current population of older persons in Meath and for future generations. An Age Friendly county has been described by Age Friendly Ireland as a county that recognises the great diversity among older persons and promotes their inclusion in all areas of life. It recognises that if you design with an older person in mind you will universally support all people all of all ages and build a sustainable Ireland for all.

The Meath Age Friendly strategy builds on existing international and national strategies and frameworks, such as:

- World Health Organisation’s Global Age-friendly Cities: A Guide (2007)
- Dublin Declaration (2011)
- Rebuilding Ireland (2016)
- Programme for Government (2011–2016)
- Meath County Development Plan (2013–2019)
- National Positive Ageing Strategy (2013)
- Healthy Ireland (2013)
- Local Economic Community Plan (2016–2021)



Signing of the Dublin Declaration (2011)

Our ambition to be Age Friendly means that Meath will:

- Be a great place to live, work and grow older
- Ensure critical services are accessible and delivered cost effectively and efficiently
- Have easily accessible public buildings, shops and services
- Incorporate older person's views into significant decision making processes
- Promote a positive attitude to ageing and address stereotypes about older persons
- Create opportunities for older persons to be engaged with their county socially, as employees and as volunteers
- This is a far-reaching strategy with a number of actions that will be delivered by various organisations over the four year period. Many of the actions will have a very tangible impact on Meath, while others, such as those relating to awareness-raising, will be more subtly felt.

“Design for the young and you exclude the old; design for the old and you include the young”

Bernard Isaacs, Founding Director of
the Birmingham Centre for Applied Gerontology

Meath: Local Context

County Meath is situated in north Leinster and in close proximity to Dublin. It is the second largest county in Leinster and is a vital component of the Greater Dublin area. The county benefits from a wealth of natural and man-made resources. It is supported by a well-developed road and rail infrastructure system which provides access to international transport networks at Dublin airport and Dublin port and the remainder of the country. The fertile soils provide the basis for a thriving agricultural and food sector.

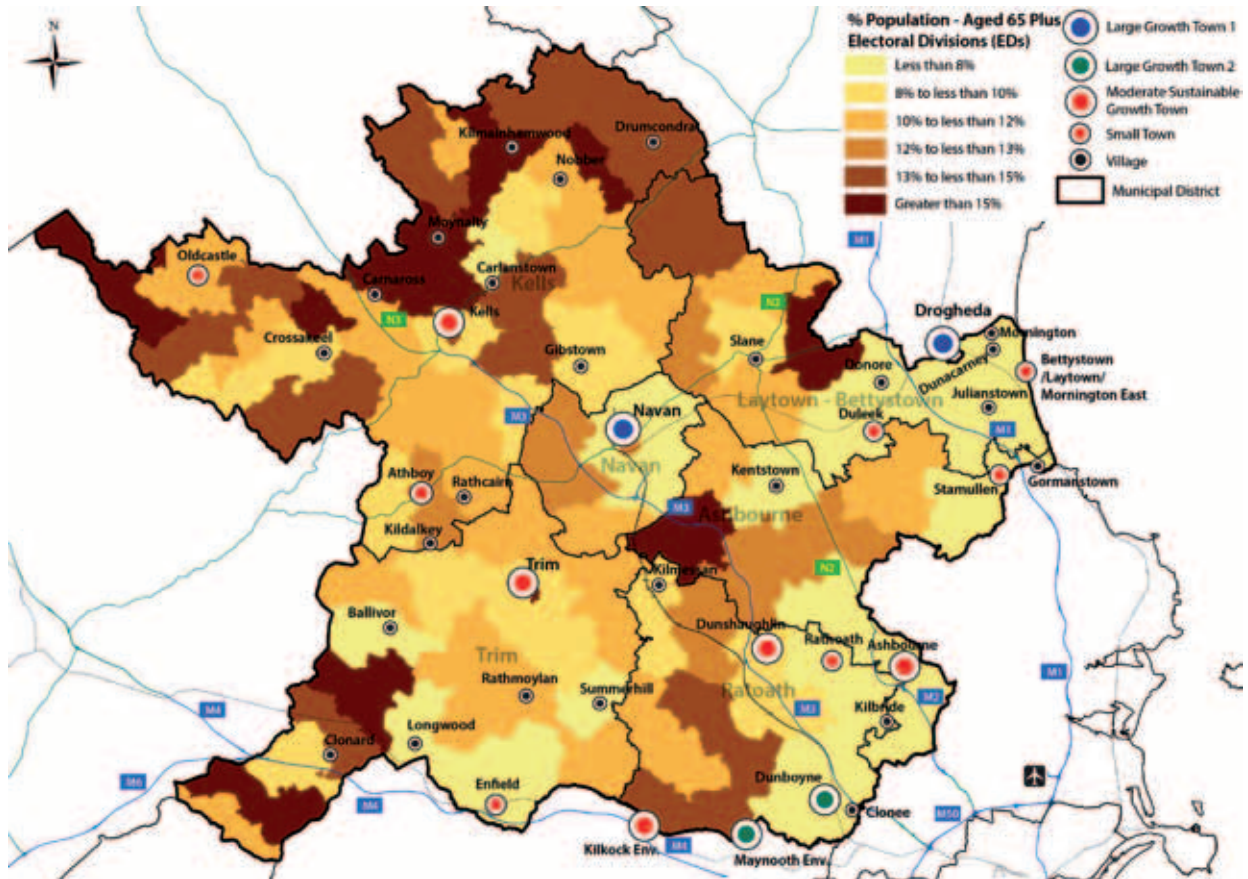
The county has an exceptionally rich history and a unique cluster of nationally and internationally renowned historic sites, one of which, Brú na Bóinne, is deemed by the United Nations to be of ‘outstanding universal value to humankind’. Heritage gives each town, village and rural area in Meath a character and local distinctiveness which contributes to a strong sense of place and an immense source of pride for its people and communities.

The 2016 census showed large variations in population change by county. Among the fastest growing counties were the commuter belt counties of Meath, Kildare and Laois.

Change in population 2006–2016 in Ireland			
Census Year	Population	Actual change since previous census	Average annual percentage change since previous census
2006	4,239,848	291,116	2.0%
2011	4,588,252	348,404	1.6%
2016	4,757,976	169,724	0.7%

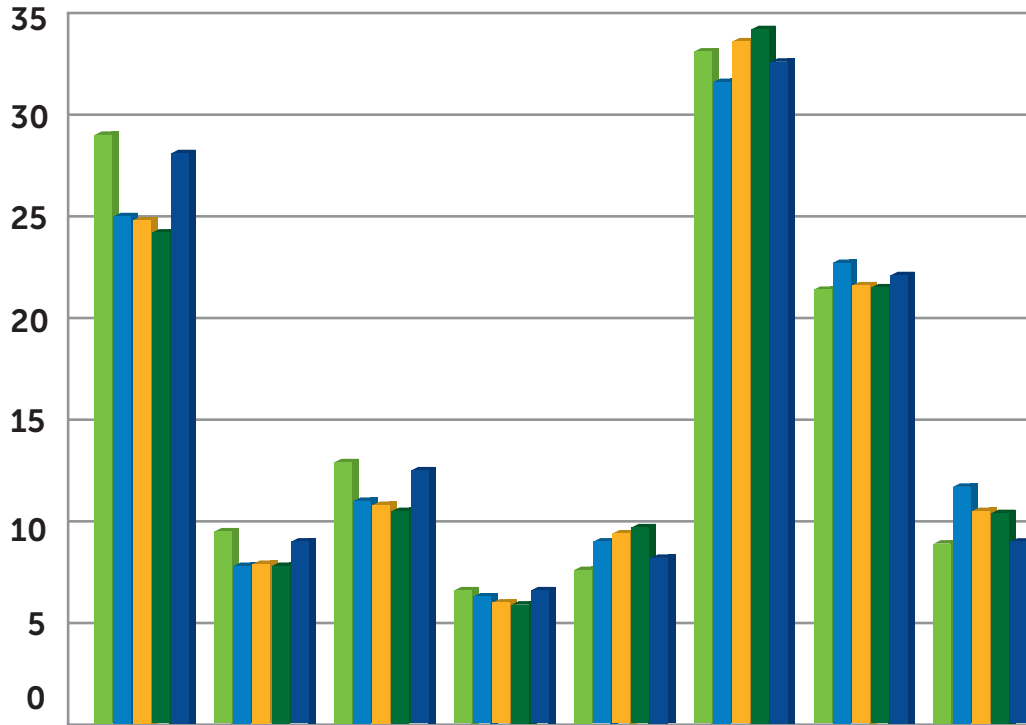
In relation to the demographic in Meath the 2011 census shows that 30.3% of our county's population aged 45+ was 55,793. The total population of County Meath stood at 184,135. Early statistics from 2016 Central Statistics Office indicate that the overall population has increased to 194,942 an increase of 10,807 representing a 5.9% increase in the last 5 years. The population is made up of 96,714 males and 98,228 females.

Population aged 65+ Years



Age Breakdown Census 2011

Age Breakdown %



	0-18 Years	0-4 Years	5-12 Years	13-17 Years	18-24 Years	25-44 Years	45-64 Years	65+ Years
Meath	29	9.5	12.9	6.6	7.6	33.1	21.4	8.9
State	25	7.8	11	6.3	9	31.6	22.7	11.7
Eastern and Midlands	24.8	7.9	10.8	6	9.4	33.6	21.6	10.5
GDA	24.2	7.8	10.5	5.9	9.7	34.2	21.5	10.4
Mid East	28.1	9	12.5	6.6	8.2	32.6	22.1	9

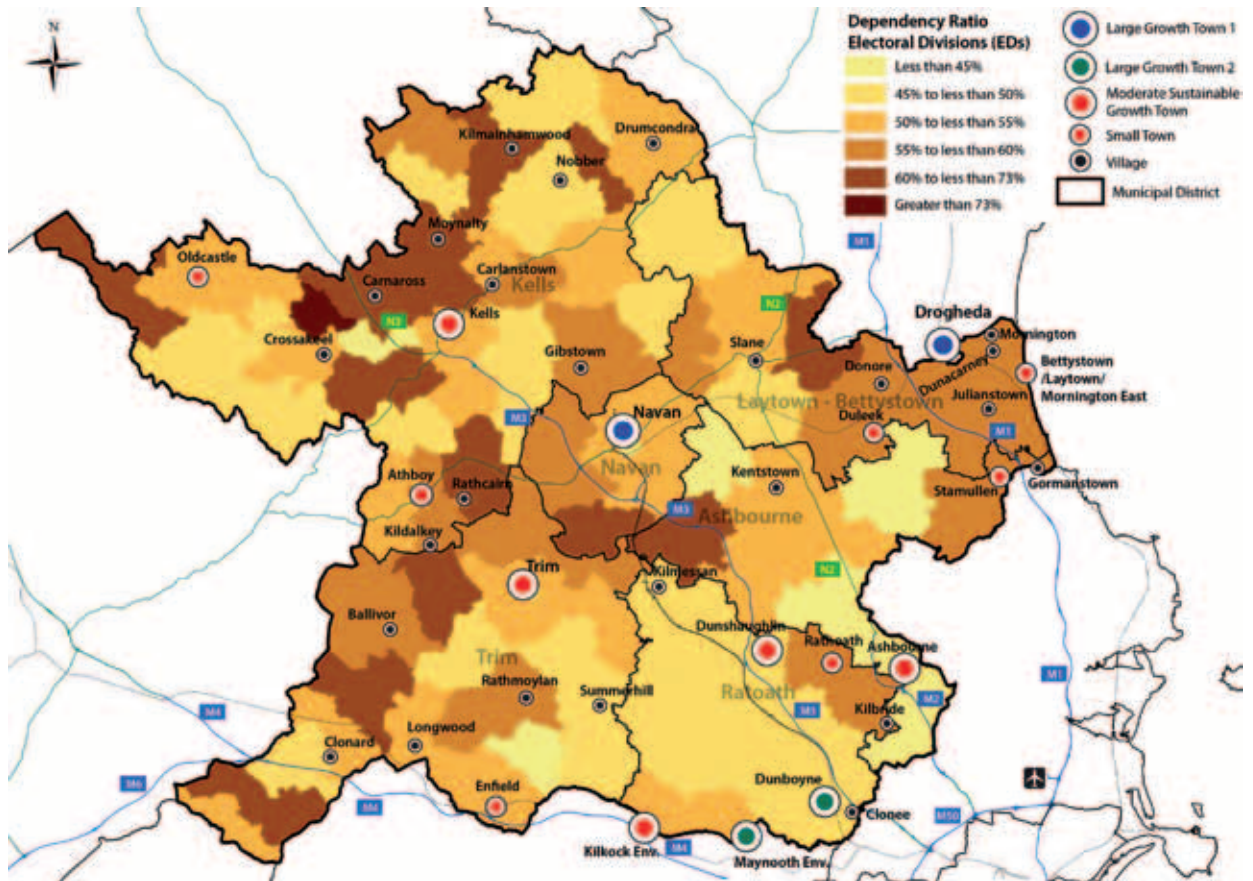
Population 0–18 and 65+ years				
	Aged 0–18yrs		Aged 65+	
	N	%	N	%
Ashbourne	7,360	27.1	2,141	7.9
Kells	8,634	27.4	3,744	11.9
Laytown-Bettystown	9,591	30.4	2,632	8.3
Navan	9,810	29.8	2,557	7.8
Ratoath	9,580	30.0	2,536	8.0
Trim	8,425	29.0	2,712	9.3
Meath	53,400	29.0	16,322.0	8.9
State	1,148,687	25.0	535,393	11.7

Given that we are a relatively young county we will project significant increases in our ageing population in years to come. Kells municipal district currently has the highest proportion of people aged 65 and over and also has the highest old age dependency rate in the county which is significantly higher than other areas of the county.

Older Persons Consultation Workshop,
Trim Castle Hotel, April 2016



Age Dependency



In 2013 the central statistics office published its regional population projections (2016–2031). The estimate that in the mid east region which includes Meath, the population of older people aged 65+ will increase to 17%.

Regional Population Projections 2016–2031							
Regional Authority area	Population 2011	Natural increase	Internal migration	External migration	Total increase	Population 2031	Average annual increase
	Thousands						%
Border	516	49	-22	-9	18	533	0.2
GDA	1,795	298	92	11	401	2,197	1.0
Dublin	1,262	188	47	23	257	1,519	0.9
Mid-East	534	110	45	-11	144	678	1.2
Midland	284	39	-21	7	25	309	0.4
Mid-West	378	43	-10	-1	32	410	0.4
South-East	499	58	-16	9	51	550	0.5
South-West	662	80	-18	8	71	733	0.5
West	441	31	-6	-10	15	456	0.2
State	4,575	598	0	15	613	5,188	0.6

Disadvantage is an issue across the county and has grown in recent years and there are particular concentrations of disadvantage, particularly in areas of north Meath and in the urban centres. Spatially, disadvantage is concentrated in Kells and Navan municipal districts with the Ratoath and Ashbourne municipal districts considerably more affluent.

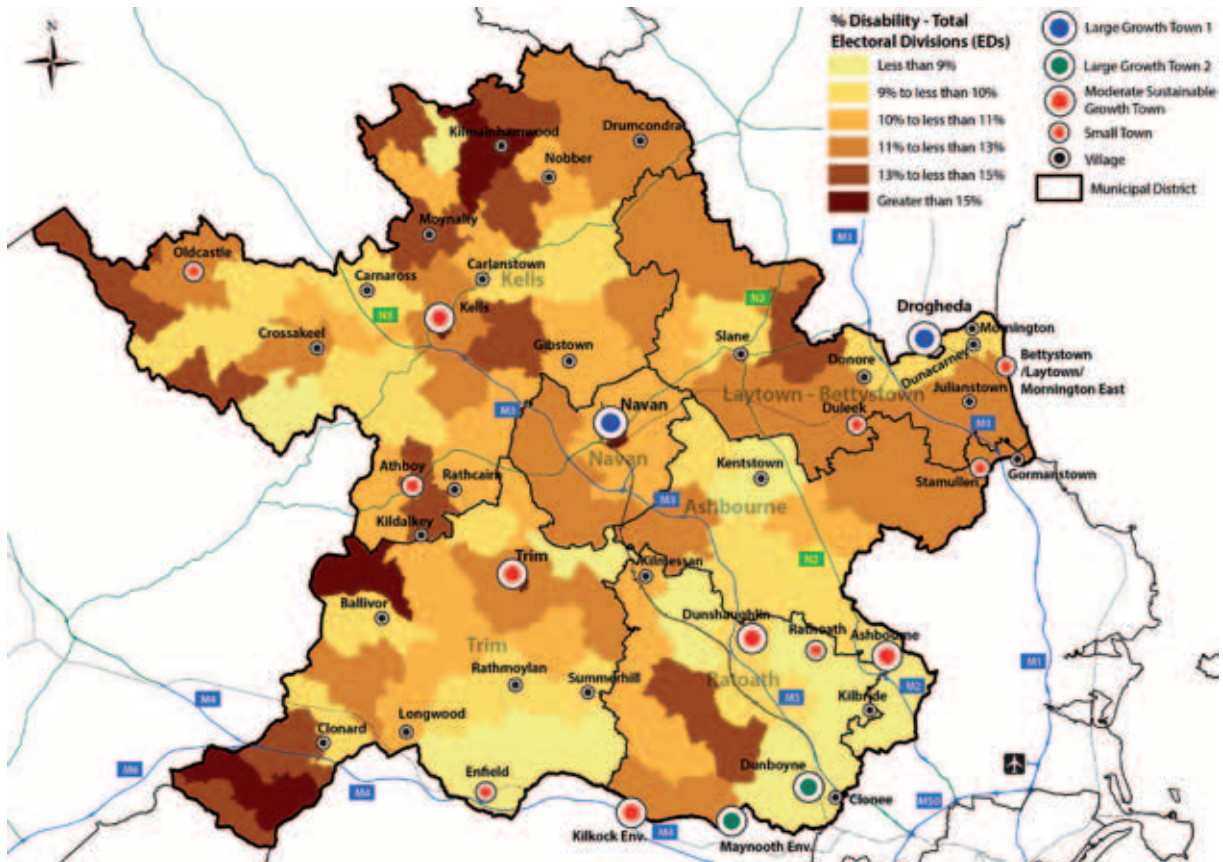
Outside of the main commuter areas, public transport is an issue in Meath and issues of accessibility, affordability and availability were highlighted during the consultations with older persons. Progress and the achievement of the Age Friendly targets will therefore require collaboration and partnership across agencies and sectors.

Census 2011 Disability			
	Total Population		Total with a disability
		Number	%
Ashbourne	26,878	2,627	9.8
Kells	31,352	3,756	12.0
Laytown-Bettystown	31,366	3,425	10.9
Navan	32,742	3,771	11.5
Ratoath	31,667	2,888	9.1
Trim	28,820	3,202	11.1
Meath	182,825	19,669	10.8
State	4,525,281	595,335	13.2
Mid-East	526,501	61,654	11.7
Greater Dublin Area	1,774,608	225,993	12.7
Eastern & Midlands	2,177,129	279,102	12.8

According to the 2011 census, there are 19,669 people with a disability in county Meath, accounting for 10.8% of the population, lower than the average for the State of 13.2%. A total of 11.5% of people with a disability were aged between 0 and 14 years, 7.4% aged between 15 and 24 and almost 30% aged 65 years and over. Those with a disability were far more likely to finish education at lower levels than those without a disability. The total number of people providing unpaid care in Meath in 2011 was 6,632 or 3.6% of the population, slightly lower than the average for the State. At municipal district level, the highest number of unpaid carers was in the Kells MD at 4.2%.

Disability and Age					
Age	Number	%	Age	Number	%
0-14	2,270	11.5	45-64	5,605	28.5
15-24	1,450	7.4	65+	5,821	29.6
25-44	4,523	23.0	Total	19,669	100.0

People with a disability



This strategy has been developed following extensive consultation with older persons and service providers including a round table consultation with over 150 people, focus groups, desk top research, planning meetings with key stakeholders, workshops with practitioners and baseline research. The voice of older persons has been central to the development of the strategy and older persons will remain at the heart of its implementation.



Older Persons Consultation Workshop, Trim Castle Hotel April 2016

Why we are continuing to adopt an Age Friendly Strategy

Statistics both nationally and globally tell us that populations are ageing as people are living longer, healthier lives. The Department of Health notes that by the year 2036, the number of older persons aged 65 and over, living in the State, is expected to increase by 250%. In Meath, our population has increased from 184,135 in 2011 to 194,942 in 2016 and a projected increase to 210,260 in 2022.

The **World Health Organisation** has been carrying out important work in this area through its 'Age Friendly Cities' programme. This programme is part of an international effort to address environmental and social factors that contribute to active and healthy ageing. The programme helps cities and communities to become more supportive of older persons by addressing their needs across eight themes:

- Outdoor Spaces & Buildings
- Transportation
- Housing
- Respect & Social Inclusion
- Social Participation
- Communication & Information
- Civic Participation & Employment
- Community Support & Health Services

In Meath, we want to be prepared for the future. We recognise that our population of older persons is increasing year on year, and that there will be increasing demand on services into the future. We also recognise that older persons today have higher expectations to be involved, heard and included. While it is necessary to plan for services, we are also focusing on the opportunities that an ageing society brings. Older persons are a resource for their communities and their inclusion will enrich the whole community. Our vision is that if we consider the views and issues facing the current older population we will be ready and prepared for the increase in the demographic profile.

National Policy on Ageing

There are various policy documents of relevance to this area of work. Key among them is the national positive ageing strategy 2013. The strategy provides the blueprint for planning for an ageing population in Ireland into the future.

Other pertinent policy documents include the national carer's strategy 2012 and the national dementia strategy 2014. Numerous health-related policies are also relevant, among them the national policy on elder abuse arising from the report of the working group on elder abuse, protecting our future 2002 and the 2009 review of the report, the nursing home support scheme Fair Deal, introduced into the nursing home support scheme act 2009, and the standards, regulation and inspection of nursing homes introduced in the health act 2007. More recently rebuilding Ireland 2016 highlights the importance of planning for an ageing population in relation to housing.

Outcomes-based planning

The Age Friendly alliance will seek to ensure that this strategy achieves measurable outcomes for older persons that demonstrate improvements in their quality of life. To guide us in this ambition, we will use an outcomes-based planning approach based on the framework developed by Age Friendly Ireland.

This approach begins with the end in mind and then determines the actions and activities, the means, which will best achieve that end. By beginning the planning process with broad outcomes, it quickly makes it clear that no one agency on its own can improve these outcomes, but that progress requires various agencies to contribute and work collaboratively in a creative way to improve the lives of older persons. It therefore challenges the 'silo' approach to planning which encourages agencies to focus solely on what they see as their core roles and responsibilities rather than appreciating how they can contribute in a broader sense to the achievement of a range of outcomes.

This approach will also allow the Meath alliance to demonstrate progress in implementing its action plan, to show that it is 'making a difference' by identifying relevant ways of measuring progress and tracking these indicators over the lifetime of the action plan. This is an increasingly important consideration as resources have become scarcer and there is a more pressing need to account for their effective use.

Finally, the approach brings the needs of older adult's right to the core of the planning process and ensures their views, opinions and experiences are given serious consideration in the planning process used by the alliance.

Outcomes for older persons in this context will mean that older persons:

- Are valued as individuals for their unique life experiences, have meaningful opportunities to shape and enhance the communities in which they live
- Have opportunities for civic, social and economic participation and life-long learning
- Are supported to stay living in their own homes and connected to their communities
- Lead healthier and active lives for longer
- Are able to get to where they want to go, when they want to go
- Live in places where the social and physical environments are conducive to being out and about

Older Persons Consultation Workshop,
Trim Castle Hotel, April 2016



- Feel and are safe in their own homes and their communities
- Have the required information and communications to support them in achieving these outcomes

In order for this approach to work, it is important that policies, strategies and services are based on a positive ageing approach that is informed by the needs of older adults and evidences from research. Each action will contribute to the achievement of one or more of the above-named outcomes.

Healthy and Positive Ageing Initiative (HaPAI) baseline research

The Department of Health is leading a joint national programme with the Health Service Executive (HSE) and Age Friendly Ireland (AFI) to develop indicators to measure progress towards the objective of making Ireland a great place in which to grow old. Supported by Atlantic Philanthropies, this project, the Healthy and Positive Ageing Initiative (HaPAI) operates on a national and local level.

At local level, many Age Friendly County Programmes have committed to participate in the HaPAI initiative through the administration of a single survey in up to twenty local authority areas during 2015 and 2016. A standardised questionnaire has been used, allowing comparisons with national benchmarks from surveys such as The Irish Longitudinal Study on Ageing (TILDA) or European benchmarks such as the European Quality of Life survey (EQLS). The HaPAI/AFCC survey has included questions from each of the eight themes in the Age Friendly County Strategies.

In Meath, 500 people aged 55 and older were interviewed for the survey during 2015. Results have shown that, in general, the majority of those aged over 55, living in the Meath area are happy with the local environment. For example 86% of people like living in their neighbourhood 'a lot', and 76% are happy with the general appearance and upkeep. The

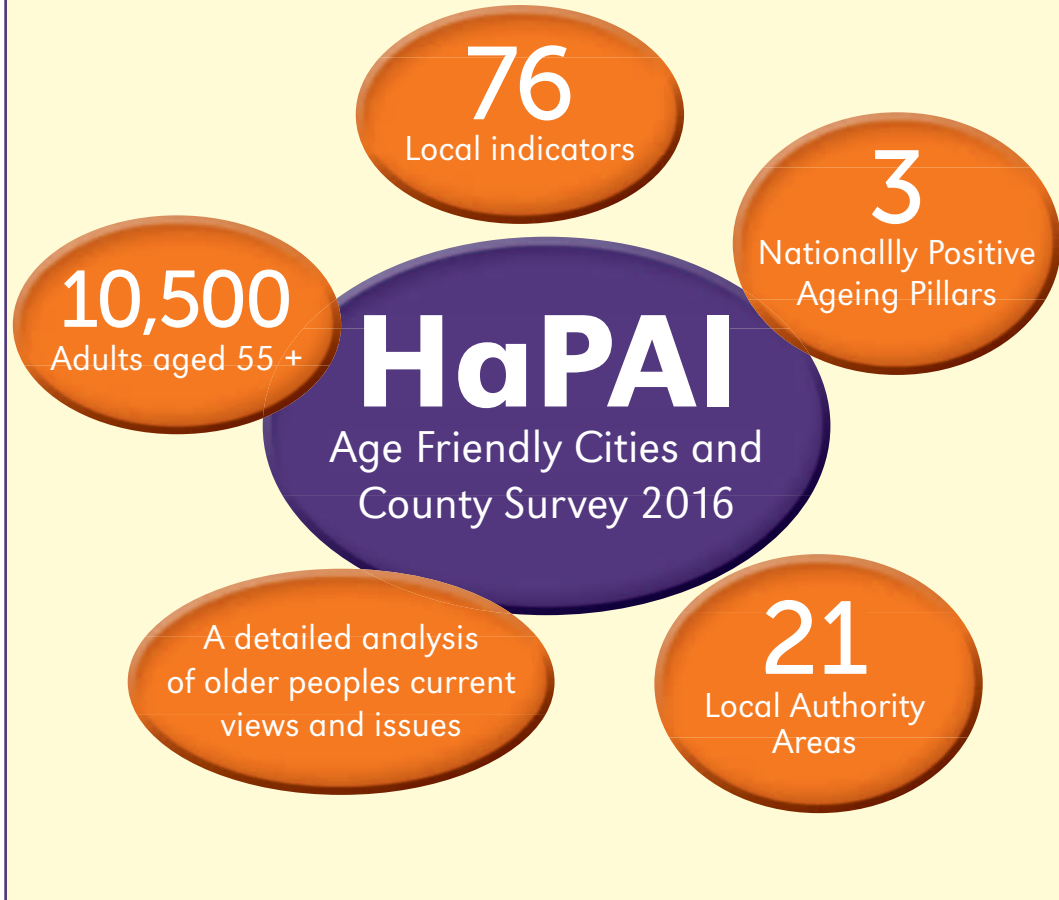
findings of the survey suggest that there are some issues that the Age Friendly Counties programme could address in order to ensure that Meath can become an even better place to grow old in.

Throughout the strategy, feedback is included under the various themes to highlight where key actions could address the current barriers facing older persons.

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Age Friendly Cities and County survey overview



Themes

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



1 Outdoor Spaces and Buildings

“We should create an app. to help people connect and look for companionship so we can go places, meet up or chat”

The consultation process highlighted that people had very positive experiences and outlined where and what was working well and these models should be replicated. Older persons were specific about where barriers to the physical environment occurred.

Progress to date: Key highlights

The programme rolled out an Age Friendly town programme with a dedicated planner. Following extensive desktop research, the establishment of an implementation group, a walkability survey and consultation, an action plan was produced to make Trim a more Age Friendly town. Implementation is ongoing with visible improvements and forged links have led to better outcomes for older persons living in Trim and its environs.

There has been continuous upgrading of public buildings to enable greater accessibility. Examples include the installation of automatic front doors in council district offices and lifts in buildings including County Hall.

The libraries throughout county Meath are being upgraded with accessible toilets, ramps, hand rails replaced and shelving and counters lowered.

As part of the council's annual road-works programme, footpaths are being made more accessible by dropping kerbs to provide and improve road crossing points for pedestrians.

What the Older Person said

- More seating on walking routes
- A knowledge of distances between seats would be beneficial
- Dog fouling a big issue especially for wheelchair users
- A lack of adult gym equipment at playgrounds
- More cycle lanes as people do short trips
- Buildings and environment need to be Age Friendly so people can access services
- Need to improve signage in some areas whilst other areas have too much signage
- Parking spaces can be too tight or narrow
- Some footpaths too narrow to use walking aids or too high for mobility scooters
- Pedestrian crossings are unsafe in some areas
- Need for ramps and hand rails entering into some premises
- Some front line services to be more orientated towards the needs of older persons
- Public lighting required in parks to encourage walking and promote safety
- Hooks needed in toilets for walking sticks and mirrors required in disabled toilets

Healthy and Positive Ageing Initiative (HaPAI): Headline Findings from Meath Survey

Access to services

- Two thirds (66%) of people aged 55+ in Meath have no difficulty accessing essential services (shopping, Garda, postal, banking, transport or health services) and 71% have

- no difficulty accessing social services (recreational, park, green areas, community centres)
- Although the services are available in the local area, the services that older persons found most difficult to access were:
 - * Cinema or other entertainment; 22% reported a difficulty
 - * Public transport; 19% reported a difficulty
 - * Local Gardaí/Garda station; 19% reported a difficulty

Satisfaction with aspects of the built environment

- 96% of people in Meath like living in the area
- Two thirds (69%) of the over 55's are dissatisfied with the availability of public toilets
- 65% of the over 55's are dissatisfied with the availability of seats or resting places
- 25% of the over 70's and 21% of those aged 55–69 are dissatisfied with the quality and continuity of paths or pavements

Actions

- 1.1 Based on the recent SLIOTAR research findings and the recommendations in the Universal Design Guidelines produced by the Centre of Excellence in Universal Design, we will recommend that the design principles are a consideration in planning applications and advise of the importance of sustainability in all pre planning clinics for future developments across the physical environment.

Lead: Meath County Council

Key Partners: Centre of Excellence in Universal Design (CEUD)

Age Friendly alliance

- 1.2 Ensure that all future development plans and local area plans include appropriate policies and guidance requiring universal design guidelines to be incorporated into future planning.

Lead: Meath County Council

Key Partners: Age Friendly alliance

1.3 Building on the work carried out in Trim we will continue to deliver the Age Friendly town process to develop actions and solutions that will be responsive to local issues addressing physical, social and economic barriers. Following the delivery of the housing and public realm training workshop in Meath with key practitioners we will commit to delivering the following:

- Promote urban and town renewal so that town living can be sustained and restored
- Provision of urban plaza areas for older persons to meet
- Identify vacant spaces and maximise their usage to support the community
- Carry out a walkability to identify areas that require Age Friendly seating
- Identify shops & commercial premises that will adopt windowsill seating
- Maximise the usage of service boxes by converting to seating
- Identify areas in town centres where Age Friendly parking can be installed
- Review pedestrian crossing timings as part of the walkability audit
- Install leaning posts and mobility supports at pedestrian crossings
- Work with businesses to facilitate the use of toilets for older persons
- Review the use of materials on footpaths such as cobblelock which presents a barrier to pedestrians
- Through schools and Comhairle na nÓg, to encourage intergenerational programmes
- Identify areas that could be utilised as community gardens or allotments led out by the local community
- Encourage cycling for older persons by providing cycle stands in key areas
- Look at models of connecting rural and urban locations by longer cycle lanes

- Tackle the issue of dog fouling and the negative impact it has on wheelchair users
- Include outdoor gym equipment located beside play grounds in the play policy

Lead: Meath County Council

Key Partners: Age Friendly alliance

Meath Laterlife Network / Older Peoples Forum

Local Business sector

Public Participation Network

- 1.4 Procurement is the process by which a public authority enters into a contract with an external contractor or supplier to carry out works or provide goods or services. Public procurement is the term used to describe the purchasing of works, supplies and services by Local Authorities. Meath County Council enters into contracts across a number of areas including major construction projects, maintenance of existing buildings, roads, equipment and others. Meath County Council will ensure that all public works contracted by the local authority will take cognisance of sustainability, accessibility and universal design principles.

Lead: Meath County Council

Key Partners: Age Friendly alliance

Outputs and Outcomes

- Greater accessibility of streets, public spaces and buildings for all ages and capacities
- Generating footfall and greater participation of older persons in towns and villages
- Creation of safer and sustainable environments
- Increased awareness surrounding the accessibility needs of older people
- Promote Age Friendly design principles across a multi agency spectrum to ensure that all developments are planned to meet the needs of a diverse range of people

- Highlights models of good practice thus enhancing competitiveness in the business sector and excellence in customer services
- Increased accessibility to public services by older persons
- Retention of essential services particularly in rural areas
- Ensures continued access to services by providing supports such as transport connectivity
- Promotes the inclusion of older people and reduces isolation
- Ensures that service provision is demand led and allows the opportunity for greater alignment of services

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Trim Castle Hotel, April 2016





2 Transportation

“Having a bus pass makes things much easier”

Throughout the consultation we heard a number of challenges presented in relation to transport however since the initial strategy more people reflected positive experiences particularly in relation to the Local Link transport service. Whilst transport is still a significant issue for many older persons it is recognised that the local link service has provided tremendous support for older persons particularly in relation to accessing critical services.

Progress to date: Key highlights

A working group from key stakeholders including Flexibus, Meath County Council Roads & IT Section, Bus Éireann, Health Service Executive, Meath Laterlife Network / Older Peoples Forum, An Garda Síochána, Meath Partnership, and the Meath Volunteer Centre was established to carry out a survey of transport needs in the county. The survey included identifying transport service needs, mapping existing transport services and examined the integration and expansion of some of these services.

Local Link (formerly the rural transport company Flexibus) has extended its service to link with the Health Service Executive hospital service originating from Cavan that serves Kells, Navan, Trim and Dunshaughlin to transport passengers with accessible needs attending the national hospitals.

In line with the smarter travel policy, Meath County Council is actively working with the National Transport Authority (NTA) progressing a new bus hub in Navan. This will improve accessibility to public transport and improve quality of life which is a key objective of the policy.

Progress has also been made over the last two years with twenty new bus stops installed by the council in conjunction with the NTA and Bus Éireann.

The Meath road safety officer along with the Gardaí and the Road Safety Association (RSA) continue to roll out safety & awareness presentations to groups which include older persons. These are rolled out to over 10,000 recipients per year which includes over 1,000 older persons. This has resulted in a reduction in fatalities and injuries on Meath roads and the challenge now is to maintain and improve on these statistics.

What the Older Person said

- Need to increase rural transport provision for older persons
- There is a lack of public transport throughout the day in some areas
- More bus stops would be ideal at each end of towns and on rural routes as it can be a long walk to the stops
- Customer care training for older persons to be rolled out to public transport drivers
- Should have information and awareness adverts when changes made to bus routes
- No level access onto buses from kerbs and steps are too high for older person at times
- Look at having more shelters and seating at bus stops particularly in rural areas
- Access to medical services & appointments is a significant issue when you are a non driver and limited public transport in the area.
- The Trim bus to Drogheda/Laytown should go via the hospital in Drogheda

- Review the bus service to Dunboyne train station, Blanchardstown Shopping Centre and Connolly Hospital
- Continue to work with agencies and secure a bus stop at Navan hospital
- Disabled parking bays can be misused, more Age Friendly parking spaces needed at supermarkets, post offices and at other essential services
- Continue to promote the volunteer car scheme
- More information would assist to access the taxi services in Kells and Trim

Healthy and Positive Ageing Initiative (HaPAI): Headline Findings from Meath Survey

- Three quarters (83%) of the 55–69 age group and 63% of the over 70's are current drivers and the majority of people do not have any problems with transport
- Similar proportions of the over 55's report that a lack of transport rarely or never causes them difficulties for socialising (80%); doing essential tasks (82%); or attending health or social care appointments (81%)
- 11% of the over 70's and 9.2% of 55–69 year olds experience difficulties with transport most or all of the time. When we looked at people who were not drivers, the numbers who experienced a difficulty rose to over one quarter (26%) of the over 70's and one third (33%) of those aged 55–69
- Participants with walking difficulties, 49% of 55–69 year olds and 22% of the over 70's have difficulties with transport most or all of the time
- People are generally very happy with public transport in the area however one quarter (23%) rated it as poor or very poor
- Nationally when the Irish longitudinal study on ageing (TILDA*) asked this question in 2011, 35% of people rated transport in their area as poor or very poor

***References** – Nolan A, O' Regan C, Dooley C, Wallace D, Hever A, Cronin H, et al. (2014). The Over 50's in a Changing Ireland. Dublin. The Irish longitudinal study on ageing.

Actions

- 2.1 The Transport Co-ordination Unit (Local Link) will make a tender submission to the National Transport Authority (NTA) for public transport service provision for Stamullen and Ardcaith. If successful, a critical element will be promoting awareness of the service to encourage usage and footfall. This service has been identified as a current gap to connect older persons with health appointments, public services and daily shopping. The Transport Co-ordination Unit (Local Link) will also tender for a school service from Ballivor to Kilcock which will be an additional route for older people and commuters.

Lead: Transport Co Ordination Unit (Local Link)

Key Partners: National Transport Authority

Meath Laterlife Network / Older Peoples Forum

Public Participation Network

Health Service Executive

Louth Meath Education Training Board

Primary and Secondary Schools

- 2.2 Building on the current success of the volunteer car scheme co ordinated by Local Link they will seek to review the service and identify gaps. Local Link will seek to scale up the service in those key areas and link with the Age Friendly alliance to identify potential volunteers and recipients for the service. Training for drivers will continue to be provided by the Louth Meath Education & Training Board.

Lead: Transport Co Ordination Unit (Local Link)

Key Partners: Louth Meath Education Training Board

Age Friendly alliance

Third Age Foundation

Meath Laterlife Network / Older Peoples Forum

Public Participation Network

Health Service Executive
Meath Partnership

- 2.3 The existing transport working group will conduct the mapping exercise of current bus stops and shelters and identify particular areas where older persons are reluctant to use public services due to lack of shelter. The working group will identify how to resource and prioritise the installation of shelters and seating.

Lead: Transport Co Ordination Unit (Local Link)

Key Partners: Meath County Council

Meath Laterlife Network / Older Peoples Forum

Bus Éireann

- 2.4 Age Friendly parking will be scaled up to encourage older persons to travel to key services. It will also support volunteer drivers when transporting older persons to appointments. Age Friendly parking is required at locations that host services for older persons including hospitals, shopping centres, post offices, pharmacies, social welfare offices, and others. Building on the already successful deployment of Age Friendly parking spaces, we will aim to roll out across municipal districts and work with key Age Friendly alliance partners to install at identified locations.

Lead: Meath County Council

Key Partners: Transport Co Ordination Unit (Local Link)

Age Friendly alliance

Business sector

- 2.5 Bus service drivers will participate in an Age Friendly training & awareness programme

Lead: Age Friendly alliance /Bus Éireann

Key Partners: Meath County Council

Outputs and Outcomes

- Readily available resource that outlines the full range of transport services available
- Cost effectiveness and maximising passenger capacity
- Promote the usage of public transport and greater awareness of transport services
- Promote greater attendance at appointments and increased access to local services
- Older persons being able to attend activities on a social and cultural basis
- Increase in frequency and volume of transport options available to older persons
- Increased passenger numbers
- Greater availability of transport in rural parts of County Meath
- Promote economic growth by giving older persons access to retailers
- Support families and carers visiting relatives in hospitals and residential facilities
- Grow the footfall of people using local services and encourage people to access towns, rural areas, tourist attractions in Meath
- Reduce the level of isolation felt by older persons due to lack of transport
- Ease the transport cost and burden on an older person

Older Persons Consultation Workshop,
Trim Castle Hotel, April 2016





3 Housing

“Good neighbours are very important”

In relation to housing we heard positive feedback from older persons about living in their own communities with the majority of people wishing to remain living independently for as long as possible in a safe and secure environment. Where a person lives, impacts significantly on how they live, so the location, access to services, transport and feeling part of the community can be as important as the physical design of the home. This relates to both the urban and rural context.

Progress to date: Key highlights

Community Gardaí continue to be more visible in the community, giving advice to older persons regarding personal security and safety in the home. They continue to promote this information through the community alert and neighbourhood watch schemes.

The crime prevention initiative was rolled out by An Garda Síochána in 2013. The success of the pilot is attributed to An Garda Síochána engaging with local older persons. Each of the crime prevention ambassadors were recruited and trained locally. In turn the trained ambassadors paired up to visit older persons in their community, with the objective of ensuring that older persons can feel safe and secure in their own homes and continue living in their homes. The key to this success has been working in partnership, led by An Garda Síochána and supported by Ireland’s Age Friendly

Counties programme, Muintir na Tíre and Meath Laterlife Network/Older Peoples Forum. To date over twenty two older persons in Meath have been trained by the Gardaí as crime prevention ambassadors. The assistant Garda commissioner awarded each ambassador with a certificate at a launch event on the 3rd December 2013. This event acknowledged the dedication of the volunteers involved in delivering vital crime prevention advice to older persons in the community.

What the Older Person said

- Would like affordable integrated housing for the older persons and close to services
- Most persons happy in their own home with good neighbours and would not move
- Grants can be restrictive, a requirement to add a % of own money towards the grant
- Different groups doing various things with a lack of co-ordination between them
- Gardaí to target more groups to give talks on text alert schemes
- Re-instate and expand the crime prevention programme in the county
- We like to find out what's going on by the traditional methods such as word of mouth, local radio LFM, parish bulletin or resource centres

Healthy and Positive Ageing Initiative (HaPAI): Headline Findings from Meath Survey

- Under one in six (17%) aged 55+ in Meath have some difficulty with facilities in their homes such as shortage of space, home too big for current needs, lack of bath/shower, lack of downstairs toilet/bathroom and lack of space to sit outside
- 8.3% reported that their home does not have a downstairs toilet or bathroom and 9.1% reported that their home is too big for their current needs
- 13% of people aged 55+ had difficulty keeping their house warm in the last 12 months. This is higher than the European Quality of Life Survey 2012 average of 5%

- A total of 11% of people aged 55–69 and 11% of people aged 70+ have problems with housing conditions such as rot in windows and floors or leaks in walls or roof
- 15% aged 55–69 and 19% of the over 70's have difficulty with housing upkeep. 18% of people aged 70+ compared with 13% aged 55–69 have difficulty carrying out housing maintenance themselves
- 15% over 70's and 12% aged 55–69 have difficulty with the cost of housing upkeep
- When asked would they move if their current home was no longer suitable due to ill health, the majority were negative or neutral about the various options to move
- Participants were positive about adapting their home to their needs, 78% of over 70s and 71% aged 55–69. The percentage of respondents who were positive towards moving to an adapted type of housing was significantly lower, 24% over 55's were positive about this option
- Smaller proportion of over 55's were positive about living together with their children 21% and living together with a few older persons 16%
- 14.4% of over 55's had an experience that left them concerned for their safety
- The majority of people over 55 feel safe, 89.6% over 70 feel safe in their homes at night. However, 28.6% women and 12.9% men feel unsafe “out and about” at night

Rebuilding Ireland: Current policy context

Designed to accelerate housing supply in this country, **Rebuilding Ireland** is tackling our country's housing shortage. This action-driven plan will result in a dramatic increase in the delivery of homes nationwide. Ambitious and imaginative in its reach, and radical in its approach, this plan will address the needs of homeless people and families in emergency accommodation, accelerate the provision of social housing, utilise vacant homes and improve the rental sector. A significant priority for the government, this innovative and future-facing plan of action ranges across financing measures, better use of existing homes, new construction and rental sector improvements, while effective methods for

delivering on the plan's stated ambitions will also be refined.

"We are on a mission to ensure that everyone can access a home, either with support from the state or from their own resources. This is a major priority for the government and we are determined to deal with the dramatic under supply of housing and the effect it has on people and communities. This is an action-driven focused plan with substance committed to a major increase in delivery of homes year on year to 2021".

*Simon Coveney TD. Minister for Housing, Planning,
Community and Local Government*

Extract from Rebuilding Ireland

"The ageing of our population represents one of the most significant demographic and societal developments that Ireland faces in the years ahead, with the number of people over the age of 65 expected to reach 1.4 million by 2041. Across this same period, the number over the age of 80 is set to quadruple, from 128,000 in 2011 to some 480,000. The implications for public policy in areas such as housing, health planning are considerable.

Government policy is to support older people to live with dignity and independence in their own homes and communities for as long as possible. In terms of cost effectiveness, home care costs in Ireland are estimated to be consistently lower than hospitalisation. For many, living in adapted or specialist housing reduces reliance on health and social care services and can result in measurably improved health status and lower rates of hospital admissions, while also contributing to a greater sense of wellbeing.

There is, therefore, a requirement for a range of housing choices and options for older people. In developing that aspect of this action plan, account has been taken of a number of strands of Age Friendly Ireland's work, including

- *A consultation process with older people across 31 local authorities*

- *Findings from housing for older people (future perspectives research study 2016)*
- *Initial results emerging from the Healthy and Positive Ageing Initiative (HaPAI) survey which involved c.10,500 household-based interviews*
- *The training programme for local authority staff in housing, public realm and planning*
- *Learning from Age Friendly county multi-agency projects*

Older persons have specific housing requirements such as being in proximity to their family and social networks, the need for access to public and other essential services, recreation and amenities. A new cross-departmental/inter-agency approach will therefore be taken to progressing housing initiatives for older people, including a Dublin City Council pilot project for a sixty-home development which will be commenced in 2016, with opportunities for similar proposals in other local authority areas to be pursued in parallel.

Given the importance of housing adaptation and other grants that help older people live comfortably in their own homes for longer through local authority and HSE programmes, we will explore the process of accessing these grants”.

Actions

- 3.1 Under the existing housing adaptation grant scheme administered by Meath County Council we will ensure that the process includes technology supports that can assist older persons to continue living in their own homes independently such as the use of 24 hour mobile monitored alarms, fall detectors, monitored smoke & carbon monoxide detectors, bogus caller alerts, passive infra red detectors, wandering alerts and others (telecare). We will make use of the existing Seniors Alert Scheme funding under the Department and promote access to it ensuring outlay costs are funded and availing of the housing adaptation scheme to support additional peripherals. We will ensure referrals and availability are widely promoted through partner agencies that can support the delivery of telecare to help prevent critical incidents occurring.

Lead: Meath County Council

Key Partners: Housing, Community & Cultural Development Strategic Policy Committee

Public Participation Network

Health Service Executive

An Garda Síochana

Department of Social Protection

- 3.2 We will aim to future proof housing developments in both the social and private sectors to ensure we build lifetime homes and environments across the County. In keeping with the newly published Housing Action Plan we will consult and identify where local customisations can be adopted to ensure that future builds and developments are mindful of universal design principles particularly in relation to location, proximity to amenities and health care facilities, transport services and community services.
- 3.3 A review of the our Housing Allocations Scheme to include the provision of Age Friendly appropriate housing for older persons and making better use of larger housing stock to accommodate families.
- 3.4 The inclusion as standard of a downstairs bathroom/wet room facility and structures that can be altered to accomodate reduced ability without having to carry out retrospective construction works.
- 3.5 Examine the suitability of smaller social houses to accommodate older persons living alone. Building on the learning from the Great Northern Haven and the recently published SLIOTAR housing report we will take cognisance of the physical design elements and the use of brownfield sites.

3.6 Highlighting the importance of town centre location and access to services, in our local area plans we will seek to zone urban centres for partial provision of older persons housing.

3.7 Proactively work with Voluntary Housing Bodies to promote the development of increased social housing schemes and co-identifying suitable sites and locations.

Lead: Meath County Council

Key Partners: Voluntary Housing bodies

Alliance members

3.8 A basic introduction to social media will commence in Eureka School, Kells involving transition year students, crime prevention officer and the local active retirement group. The social media will allow the students to show how skype, facetime, facebook, twitter, whatsapp and viber can be set up and used to keep in contact with friends, family locally or living abroad and identify safe links to services for the elderly.

Lead: An Garda Síochana

Key Partners: Meath Laterlife Network / Older Peoples Forum

3.9 We will develop a buddy programme whereby an older person will encourage another older person to sign up for a particular scheme such as text alert or local community group. This peer to peer support will enable older persons to participate in support services and activities allowing them to feel safer.

Lead: An Garda Síochana

Key Partners: Meath Laterlife Network / Older Peoples Forum

Public Participation Network

Meath County Council

Joint Policing Committee

3.10 We will update the register of all text alerts, community alert and neighbourhood watch schemes. Along with local community garda, victims service office and crime prevention officer details, these lists will be distributed to older persons to allow greater connectivity within the county to support services.

Lead: An Garda Síochana

Key Partners: Meath County Council

Public Participation Network

Meath Laterlife Network / Older Peoples Forum

Joint Policing Committee

3.11 Under the national garda strategy for Older Persons it requests that each division collates a register of older persons living in each county. Meath will undertake to develop this register in keeping with the national strategy objectives and ensuring that there is an up to date database of all our citizens aged 65 and over.

Lead: An Garda Síochana

Key Partners: Meath County Council

Alliance Partners

3.12 An Garda Síochana currently roll out talks on personal home safety and security across the county. In order to maximise the opportunity to engage with all older persons and that we reach people in both urban and rural settings we will work with the public participation network to reach the widest possible audience. We will also continue to work with rural communities through the Irish Farmers Association and build on the established relationship in settings heavily populated by rural farmers such as marts.

Lead: An Garda Síochana

Key Partners: Age Friendly alliance

Public Participation Network

Outputs and Outcomes

- Planning, design and delivery of future developments will reflect an understanding of the Age Friendly principles outlined
- Person centric design and homes that adapt to the ageing process thus reducing the number of older persons prematurely entering long term care facilities
- Longevity of tenancies with older persons remaining as part of their communities
- Reduction in future costs for retrospective adaptations
- Timely intervention including hospital admissions, primary and community care and long term care
- Timely discharges from acute settings, back to home by ensuring that relevant supports are in place thus freeing up much needed acute beds
- Increase of appropriate self-management of chronic diseases
- Effective communication links between Gardaí and older persons living across Meath
- Increased trust and confidence with a decrease in fear of crime amongst older persons living across Meath
- Access for older persons to housing grants and information to allow them to continue living in their own homes
- Appropriate and effective consultation, communication and information dissemination processes and systems are in place
- Publications, including grant application forms, are clear, accessible and easy to read
- Greater availability of the care and repair service to older persons

- A register of Trusted Tradesmen in place resulting in safer homes
- Reduction in the number of older persons being targeted by bogus callers
- Positive impact on older persons remaining safe in their own homes

Older Persons Consultation Workshop,
Trim Castle Hotel, April 2016





4 Respect and Social Inclusion

“Older people are very positive”

Our feedback highlighted that whilst there are a broad range of groups, older persons feel that there is a lack of awareness and information. People were also concerned about mental health issues and isolation. A physical barrier to communicating effectively can be poor broadband connectivity. People also felt that intergenerational projects are a wonderful opportunity to promote positive relations across the generations.

Progress to date: Key highlights

The arts office and library services run an extensive programme to celebrate the Bealtaine festival each May with creative workshops, talks, music concerts, exhibitions, touring theatre and a flash mob dance project in many of their branches.

The Third Age foundation runs intergenerational initiatives with a number of schools. One initiative saw volunteers teach knitting to pupils in national schools. Another initiative was run in Kilcock with transition year students learning how to dance. This was so successful it was rolled out again the following term. The “Way We Were” programme is an initiative by older persons exhibiting artefacts in schools and nursing homes which is ongoing over the last number of years.

What the Older Person said

- Lack of retirement planning to enable older persons to transition more seamlessly back to non working life
- Not enough volunteering opportunities and/or lack of information
- Lots of organisations but little information on how to access them
- Isolation and mental health issues, present a huge challenge for older persons
- Be more Dementia Friendly and aware of the issues facing people with dementia and their carers
- Broadband is an issue in certain areas and prevents people from being connected

Healthy and Positive Ageing Initiative (HaPAI): Headline Findings from Meath Survey

- Most people aged 55+ in Meath have never personally experienced negative attitudes or behaviour towards them as an older person
- One tenth of people aged 55+ (10%) said that they had had such an experience
- The most common sources of negative attitudes were from younger people (6.5%), people providing financial services (4.4%), and from people in the community (3.7%)

Actions

- 4.1 Create a leaflet in conjunction with the Meath Laterlife Network / Older Peoples Forum on “Intergenerational Respect – Younger and Older Persons”. This leaflet can build on the intergenerational work that is ongoing across the county and help to reduce stereotypes across the generations. The leaflet can be used for delivering the material to school going children though the class room talks led out by the Road Safety Authority (RSA).

Lead: Third Age Foundation

Key Partners: Road Safety Authority

An Garda Síochana

The Meath Laterlife Network / Older Peoples Forum

Louth Meath Education Training Board

Comhairle na nÓg

- 4.2 The Louth Meath Education and Training Board (LMETB), in partnership with the Meath Laterlife Network/Older Peoples Forum, will identify training needs and skill requirements of older persons attending day care centres and day hospitals across the county. They will link with other groups through the public participation network to draft specific courses which are responsive to the needs of older persons and deliver the courses in the community and centres which are easily accessible and comfortable for older persons thus maximising the opportunity for people to attend.

Lead: Louth Meath Education and Training Board

Key Partners: The Meath Laterlife Network / Older Peoples Forum

Public Participation Network

Health Service Executive (HSE)

- 4.3 Create awareness of dementia and alzheimer's information and support services across the community, voluntary, public and private sector to ensure there is a greater understanding of the challenges facing older persons with dementia, their carer's and families. We will work with the local support groups to disseminate information to the widest possible audience. We will link with Dublin City University to promote the online Dementia Elevator training programme which is an education programme to help individuals, communities and health systems to support people with dementia.

Lead: Meath County Council

Key Partners: The Meath Laterlife Network / Older Peoples Forum

Age Friendly alliance

Public Participation Network

Private Sector

Outputs and Outcomes

- Meath County Council will operate in accordance with Age Friendly principles when dealing with older persons
- Alliance members will operate in accordance with Age Friendly principles when engaging with older persons
- Older persons will have more positive experiences and outcomes in their use of services provided by Meath County Council and alliance member organisations
- Communications methods will be age proofed
- Reduction in the stereotype image of older persons and ageing
- To continue growing a culture of multi-generational respect
- Increased interaction and engagement between younger people and older persons
- Increase in volunteers for community-based initiatives for younger people, leading to sustainability of programmes
- Cost neutral/low cost solutions that respond to issues of isolation with a wide impact
- More inclusivity of older persons
- Sustainability of strong communities in both rural and urban areas



5 Social Participation

“Paid parking gives everyone a chance to leave their car in a safe place and deters people from parking in the same spot all day”

Social participation is a critical element of daily living. Interacting with people, services and activities is core to our quality of life. Through the consultation phase older persons made many suggestions as to how older persons could be given the confidence to engage more positively and how we can remove simple barriers that dissuade older persons from active participation.

Progress to date – Key highlights

In 2012 Meath Partnership established the Meath Laterlife Network/Older Peoples Forum which is the representative body of all older persons across the County. The forum hosts network events on an annual basis to consult with older persons. An executive committee of fifteen people has been elected to act in a representative capacity for the older persons. A facilitator assists in developing the capacity and skills of the committee and to guide and advise them in their activities. The committee meets on a monthly basis. Two members of the forum sit on the Age Friendly alliance and thus have a direct role in advising and providing feedback and suggestions to the alliance members.

The library and arts department in Meath County Council run various initiatives ranging from knitting, gardening, drama to musical memories.

The “Dawn Chorus” was an intergenerational choir event held by the council in May 2013. This was part of the Bealtaine celebrations and took place on the Hill of Tara. Over three hundred people participated and the intergenerational choir was made up of the Third Age active retirement group, Navan male choir, Kilmessan church choir, St Joseph’s NS, Navan, St Peters college, Dunboyne, parents choir from St Oliver’s NS, Navan, Scoil Colmcille NS, Skryne, Moynalvey NS choir and Meath County Council staff choir.

Meath Partnership supports 10 Men’s Shed projects in Meath, namely in Moynalty, Summerhill, Navan, Broomfield, Dunshaughlin, Athboy, Kells, Ashbourne, Dunboyne and Ratoath. The Men’s Shed members have ownership of the project and decide their own programme of activities. Members come together on a weekly basis to socialise, help their community and collaborate on projects. Some local initiatives that participants have been involved in, included projects to assist the local tidy towns committee with making flower boxes and bird houses, making props and painting backdrops for local plays or attending to the local community garden.

What the Older Person said

- Older persons who have lost a loved one would benefit from a bereavement club
- In many communities there is no facility to meet in or a local cinema to attend
- More daytime activities for older persons needed, including bookclubs, walking clubs and others with current activities attended mainly by women
- Sporting facilities more targeted at older persons. Encourage over 70’s to take part
- GAA trying to get all ages back into clubs. How can we help this to progress
- Support communities to identify and establish community gardens
- Pedestrianise some streets in urban centres, more accessible then for older persons

Healthy and Positive Ageing Initiative (HaPAI): Headline Findings from Meath Survey

- Social participation in Meath is below the national average; 24% of people participate in a community group at least once a month and 24% participate weekly
- The national average for participation in a community group at least once a month is 49% (TILDA 2014)
- Aged 70+ have a higher level of weekly participation of 26% compared to those aged 55–69 years at 22%
- 63% of people aged 55+ meet socially at least once a week with 7% meeting socially less than once a month or never
- One quarter (28%) aged 55–69 and over a third (36%) of those aged 70+ feel lonely sometimes or often
- Three quarters aged 55+ (75%) were satisfied with the availability of social contacts within walking distance of their home, one quarter (23%) reported the social activities in Meath do not interest them
- 13% said they cannot get to where the activities are happening and 12% reported negative attitudes towards older persons being involved in the activities

Public Participation Network

Public Participation Networks (PPN) were introduced nationally as part of the reform of Local Government in 2014. The role of the PPN is to enable the public to take an active role in decision and policy making of Local Authorities, to facilitate the local community to articulate a diverse range of views and interests, and to be the main link through which the Local Authority connects with the community and voluntary sector.

***References** – Nolan A, O’ Regan C, Dooley C, Wallace D, Hever A, Cronin H, et al. (2014). The Over 50’s in a Changing Ireland. Dublin: The Irish Longitudinal Study on Ageing.

Meath PPN is open to all not for profit groups within the county, who register under one of three pillars, depending on their activities be it Environmental, Social Inclusion or Community/Voluntary. In addition to being registered on a pillar, each group is registered within its Municipal District within the county. The county plenary is made up of all member groups in the county and this plenary met for the first time in May 2016.

The PPN facilitates the representation and participation of the public on local authority committees, such as the Local Community Development Committee (LCDC), Strategic Policy Committees (SPC) and Joint Policing Committee (JPC). The representatives for these committees were elected by the PPN during 2015. Currently the Meath Laterlife Network / Older Peoples Forum is a registered group on the PPN and the current chair sits on a number of sub committees, including the Joint Policing Committee, so that the voice of older persons is always represented at the table.

The activities of the PPN are co-ordinated by the PPN secretariat. The secretariat in Meath is made up of 12 members, who were nominated from each Municipal District, and from each of the pillars. The secretariat ensures the proper functioning of the PPN. Since its formation in February 2015, the PPN secretariat in Meath have set up a “referrals register” to record and track issues referred to them by their members on the PPN, arranged the branding and website for the PPN, and are currently compiling a work plan based on the priorities raised at the county plenary meeting. They intend to identify three to five issues or themes to focus on for the coming year.

Actions

- 5.1 In order to enhance the opportunities for older persons to participate and specifically in a consultative forum the Meath Laterlife Network / Older Peoples Forum will continue to work closely with the PPN to ensure that opportunities for the voice of the forum to be represented on specific groups and structures is maintained. Working with the PPN will ensure that information and communication channels are fluid and a cooperative and collaborative relationship continues. Through the alliance the forum will continue

to work with key Age Friendly alliance members to have their voice heard, will work with strategic policy committees and make written submissions to key public developments.

Lead: The Meath Laterlife Network / Older Peoples Forum

Key Partners: Public Participation Network

Strategic Policy Committees

Joint Policing Committee

Meath County Council

Age Friendly alliance

- 5.2 We will identify opportunities for older persons to actively participate in their communities and make a contribution which will include the collation of specific skills among older persons living in each municipal district and create a skills exchange programme to help support each other. We will also map existing successful programmes, including intergenerational programmes, and identify what can be scaled up across the county.

Lead: The Meath Laterlife Network / Older Peoples Forum

Key Partners: Public Participation Network

Louth Meath Education Training Board

- 5.3 As part of the national Bealtaine festival rolled out annually in partnership with Age and Opportunity we will continue to take part in one of Ireland's biggest arts festivals. From dance to cinema, painting to theatre, Bealtaine showcases the talents and creativity of both first-time and professional older artists. In Meath we will give the opportunity for older persons to participate in arts and culture, to communicate traditions between the generations and create opportunities for the novice to discover a new talent. The Meath arts office will engage with the library services and a range of organisations associated with older persons to continue to deliver a range of Bealtaine events across the length and breadth of the county.

Lead: Meath County Council

Key Partners: Age and Opportunity

Library Services

Arts Office

Public Participation Network

Meath Laterlife Network / Older Peoples Forum

Outputs and Outcomes

- Increased participation of older person in community activities
- Opportunities for older person to use life experiences and skills for the benefit of their communities, impacting positively on economic growth and the retention of indigenous skills
- Enhanced intergenerational interaction which reduces stereotypes and will promote a culture of multi generational respect
- Facilitate access for older person to participate in social activities which they have identified as being of interest to them
- Reduce incidences of loneliness and isolation among older persons
- Older persons will lead longer, healthier and more fulfilling lives
- Increase the physical participation of older persons with chronic diseases such as chronic obstructive pulmonary disease (COPD), diabetes and congestive heart failure
- Encourage the younger older person to introduce physical activity into their daily lives thus producing better health outcomes



6 Communication and Information

“Neighbours are very supportive and we rely on each other”

Information and the way it is communicated is critical so that older persons can live full and independent lives. We hear of the barriers that face older persons from jargonised forms to limited communication methods. These barriers are not only felt in Meath they are heard across the country. A range of media, both traditional and modern, is essential so that people can continue to avail of services and participate fully.

Progress to date: Key highlights

One issue identified amongst older persons was an overwhelming desire for a central location for information. This became an important deliverable of the Age Friendly programme. One of the first actions was to set up a working group to facilitate the development of the Meath Age Friendly website. This would form part of the national website which had county specific pages already developed. The working group met to agree and assign tasks for the collation of information for the website as each county had to populate their own pages and to ensure their information is up-to-date. The aim of the website is to be the one-stop-shop for information for older persons www.agefriendly.ie

Meath Partnership facilitates and co-ordinates the Meath Laterlife Network/Older Peoples Forum. The network has been proactive in communicating essential information and promoting awareness through their network meetings, newsletters, press releases and interviews on LMFM radio. The Meath Laterlife Network/Older Peoples Forum has a website: www.connectinlaterlife.eu and a facebook page.

The Library service rolled out a number of IT courses in conjunction with Age Action Ireland and Google in which the “Silver Surfer” programme was run to encourage older persons to learn new computer skills. Google donated six notebooks which are available in the library to any group wishing to improve their skills.

The Crime Prevention officer with An Garda Síochana operates a slot on LMFM radio every week to give updates on what is happening throughout the county. A facebook page is also in operation which reaches out to over 250,000 persons a week.

What the Older Person said

- At times insufficient information available relating to professional services such as the Fire department, Gardaí, Solicitors, HSE
- More discretion is desirable when dealing with customers in banks
- Feel that banks are not user friendly and banking on-line can be confusing
- Some older persons prefer to communicate by phone than online
- Local Radio is more important than the newspaper for some older persons
- Older persons not well informed on information changes
- There is a fear of technology and therefore need better access to IT and training
- Good text alert system in place, ideal to have more participation
- Use plain english in forms and ensure information is available in various formats

Healthy and Positive Ageing Initiative (HaPAI): Headline Findings from Meath Survey

- Under half (46%) of the over 55's have used the internet almost every day in the last three months. This is higher than the national average of 35% (TILDA 2014)
- There is a clear age difference in daily internet usage, 57% of the 55–69 age group and 21% over 70 use the internet almost every day
- Daily internet use in Meath is higher than the national average of 17% of over 70's and 46% aged 55–69 use the internet almost daily (TILDA, 2014)
- 56% aged 70 never use the internet compared with one fifth (19%) aged 55–69
- The top three sources of information for over 55's are television (95%), word of mouth (88%), and radio (87%)
- One tenth of people aged 55+ (11%) report difficulties getting information on health care services, 11% of the over 55's have difficulties getting information about other services and 7.2% over 55's report difficulty getting information about local events

Actions

- 6.1 The Age Friendly alliance will seek to establish an information slot on Age Friendly matters on the local airwaves through LFM and local media and ensure that relevant and current information has a dedicated slot on a regular basis.

Lead: Meath County Council

Key Partners: Age Friendly alliance

- 6.2 An Garda Síochána will continue to promote information on safety & security using a multiple range of media to ensure that everyone will have the opportunity to hear up to date information.

These methods will include:

- The Meath Garda Síochana facebook page
- Text alert scheme
- Regular LMFM safety slot
- Regular meetings with community groups
- Database of community alerts and neighbourhood watch schemes
- Work with the Irish Farmers Association (IFA)
- Talks in schools
- Collaborative work with the public participation network
- Community guards on board flexibus
- Annual safety and security information day

Lead: An Garda Síochana

Key Partners: Local media
Public Participation Network

Joint Policing committee

Schools

6.3 Our Libraries, in partnership with Third Age foundation will respond to the demand for basic IT training courses for older persons by running training programmes in rural areas and will maximise participation. The programmes will include;

- Group texting
- Skype and facetime
- Facebook, twitter, instagram
- Laptops, smart phones and tablets

We envisage the engagement of younger people to co deliver the training programmes to the older persons in their local communities.

Lead: Meath County Council

Key Partners: Third Age Foundation
Louth Meath Education Training
Public Participation Network
Meath Laterlife Network / Older People Forum

Outputs and Outcomes

- Create opportunities for older persons to become involved in issues that affect them
- Demonstrate to older persons that they are valued in society
- Encourage transfer of wisdom and knowledge through intergenerational activities
- Increased awareness of the needs of older persons from an education and training perspective with an opportunity to customise programmes specific to these needs
- Healthier, happier and better prepared older persons
- Promotes participation in older years and independent living
- Creation of a more inclusive society and an ethos of participative democracy
- Greater understanding by front line staff on the challenges, stereotypical images and concepts of ageing when engaging with the older person
- The encouragement of a positive culture around ageing
- Allows to build a mutual respect and understanding of life skills
- Promotion of a safer and more inclusive society



7 Civic Participation and Employment

"I am doing part-time voluntary work in the post office at 66 years of age and I love it"

Older persons feel very passionately about the continued need to be active post retirement. Choice is a critical component so it is important that older persons have options to contribute whether it is in a paid or a voluntary capacity. There is not enough emphasis on encouraging and supporting retirement transition and the consultation highlighted that there is much work to be done in this area.

Progress to date: Key highlights

The Meath Laterlife Network / Older Peoples Forum executive committee has undertaken a broad range of training to support them in developing the required skills and knowledge to represent older persons in the county. Training included, building media relations, age equality workshop, participation and leadership workshop, ageing with confidence training, change and social analysis workshop which focused on enabling social change, communicating with the media workshop, human rights workshop, public speaking and much more.

The executive committee has participated in a number of consultations with the HSE including the HSE listening day in November 2014, the Beaumont Age Friendly hospital

consultation and Our Lady's hospital Navan walkability survey in December 2014.

Members have attended a number of conferences including the 'Caring and Sharing Our Resources' conference in Drogheda and 'Only the Lonely' in Dublin. Some members also attended the launch of the Cavan Age Friendly strategy and attended the signing of the Dublin declaration on Age Friendly Cities and Communities in 2012.

The Executive Committee has also undertaken a number of study visits to the Netwell Centre at Dundalk Institute of Technology, to the MacAuley Place in Naas and visited Dun Laoghaire/Rathdown Older Persons Forum. The Meath Laterlife Network / Older Peoples Forum also hosted a visit from PAUL partnership in Limerick in relation to establishing an older person's forum there.

Meath Local Sports Partnership endeavour to support the increase in participation in sport and physical activity of older persons in Meath. Older persons participated in the following programmes:

- Mature movers programme includes activities such as movement for life, resistance training, core stability, balance, fall prevention, seated pilates and bowls
- The games for life programme provides boccia, kurling, flisk, bowls and box hockey equipment at a reduced cost and training to older persons
- Fitness made easy is a gym based programme which includes an introduction to the cardiovascular machines like the treadmill, bike and cross-trainer. The programme is tutor led and participants will get the opportunity to exercise as a group within the gym environment

What the Older Person said

- Many classes are based in Navan, harder to park, costly and difficult for non drivers to reach
- Some groups don't have static facilities and need a more permanent location for stability and continuity

- There is a need for more volunteers, be it for a few hours a day or one day a week
- Additional bereavement classes for widows and widowers
- Workshops would assist planning for retirement and post retirement employment

Healthy and Positive Ageing Initiative (HaPAI): Headline Findings from Meath Survey

- In Meath, 23% aged 55–64 are retired, nationally this figure is 17% (TILDA 2014)
- Over 65's 73% of people are retired, nationally the figure is 70% (TILDA, 2014)
- In Meath, 51.5% aged 55–64 are employed/self-employed; the national figure is 49%
- 7.8% of those aged 65+ are employed or self-employed, nationally the figure is 9%
- A total of 6.9% aged 55–64 were unemployed in Meath at the time of survey
- Over one quarter (26%) women 55+ look after home or family compared to less than 1% of men aged 55+
- A total of 4.4% 55+ reported being permanently sick or disabled
- One quarter (25%) aged 55–69 volunteer once a month and 11% volunteer once a week. Aged 70+, 18% volunteer once a month and 7.7% volunteer once a week
- Volunteers aged 55+, 93% are satisfied with the amount of time they spend volunteering. Just 2.7% would like to increase and less than 1% would like to decrease the amount of time they spend volunteering

Actions

- 7.1 Following on from the success of the roll out of the Touchstone Programme we will ensure that this course is sustained and delivered annually with continued support & collaboration with the Meath Laterlife Network / Older Peoples Forum and National University Institute Maynooth (NUIM). We will work with key partners such as the

Louth Meath Education and Training Board (LMETB) to sustain the programme and ensure that other programmes establish at a local level as a direct output of the participants creativity.

Lead: Third Age Foundation

Key Partners: Meath Laterlife Network / Older Peoples Forum

NUIM

LMETB

- 7.2 Third Age Foundation will seek to conduct a pilot with Dublin City University on training its current pool of senior helpline volunteers on student welfare issues and possibly host a telephone support service. If successful this pilot could extend to other areas of the country.

Lead: Third Age Foundation

Key Partners: Dublin City University

- 7.3 Third Age Foundation will review global volunteering models to identify where older persons can provide community based after school and child care supports to enable its younger workforce to continue to thrive economically, safe in the knowledge that a robust community childcare scheme is in place.

Lead: Third Age Foundation

Key Partners: Schools

Meath Childcare Committee

PPN

Volunteer Centre

Meath Laterlife Network / Older Peoples Forum

Outputs and Outcomes

- Economic growth particularly around senior enterprise and senior entrepreneurship
- Older persons to be involved in social enterprise and identify models of good practice
- Create opportunities for older persons to engage in volunteering activities
- Position Meath as an Age Friendly environment for foreign direct investment
- Wealth creation and sustainable incomes for older persons
- Improved service delivery to older persons
- Promotion of rural development and local enterprise opportunities
- An environment in which older persons can look forward to retirement with purpose
- Greater awareness of the Age Friendly concept and the needs of older persons
- Promotion of National Adult Literacy Agency guidelines and use of plain language
- Older persons supported to remain at home and connect to their communities
- Allow for civic, social and economic participation and life-long learning
- Older persons have greater access to IT equipment, training and increased IT literacy
- Create opportunities for retired people to engage with the workplace, leading to skills transfer and the creation of positive role models

Older Persons Consultation Workshop,
Trim Castle Hotel, April 2016





8 Community Support and Health Services

“Long ago Health Nurses knew everyone in the locality”

Accessing health services in the community, in primary care and acute settings in a timely and positive way has major impact on the quality of lives of people of all ages not just older persons. Often times simple things such as physical barriers, lack of transport, poor communication can impact very negatively on a person’s experience when engaging health services. This consultation covered all aspects from visiting a GP, medication compliance to experiences in hospital.

Progress to date – Key highlights

There are five HSE day centres in Meath which are nurse led offering day places with two of the centres offering a physiotherapy service.

Day care service provides assessment, health screening, care and support in order to promote and assist people living at home.

In Dunshaughlin day centre a multidisciplinary rehabilitation service for clients post a recent stroke or having a recent diagnosis of parkinson’s disease, multiple sclerosis or motor neuron disease was set up and opened in January 2013. The multidisciplinary team

consists of physiotherapy, occupational therapy, speech & language therapy and nursing.

Meath services for older persons engage with voluntary organisations and state services that provide citizen information and crime prevention talks to clients that attend the day centres.

Through Section 39 grants the HSE support community led projects across the county such as advocacy services, local meals on wheels in a large number of local towns as well as the alzheimer society with local arrangements in Navan and Oldcastle.

In November 2014 the HSE appointed an integrated care clinical nurse specialist for diabetic patients to support local GP's in the care of diabetic patients in the community. In December 2014 two podiatrists were put in place to provide community based services to all patients with a high risk foot which eliminated the need for in patient treatment in a hospital.

Message in a bottle is an initiative supported by the council. A small clear plastic bottle containing information on personal details and medical conditions is kept in the persons' fridge and a sticker is placed on an outside window or door to assist the emergency services. These bottles are also known as personal information packs (PIPs) and are available at chemists and health centres.

Our Ladys Hospital Navan undertook a walkability survey with the Meath Laterlife Network / Older Peoples Forum to identify the physical barriers that faced older persons when accessing acute services. Since the walkability, new Age Friendly signage has been installed in the hospital to improve the way for older persons and all other patients.

The Meath Laterlife Network / Older Peoples Forum also took part in a series of national listening meetings and also the Beaumont Age Friendly hospital process which gave them an opportunity to share some of the barriers and challenges they faced when accessing services as well as suggesting solutions.

What the Older Person said

- Access to public health nurses
- Patients get same appointment times for GP's and outpatients
- Paid parking costs and drivers time is an issue when waiting for patients
- Waiting time for ambulances in rural areas can be too long
- Private versus Public care is a two tier system
- People need to lean on local supports in their community
- Independent living is preferred by a lot of older persons
- Personal care should include chatting to the person and taking time out with them
- Landline is required to get a panic alarm
- Should have more social outlets for persons on their own
- Primary care centres and hospitals should ensure there are bus stops located outside
- Professionals and public bodies should give talks on their services
- Health nurses are good communicators and know everyone living in the area
- Round medication pills roll if they fall, should look at other shapes for them

Healthy and Positive Ageing Initiative (HaPAI): Headline Findings from Meath Survey

- 85% aged 55–69 and 64% aged 70+ say that their health is either good or very good
- One tenth (12%) aged 55+ smoke daily, the figure nationally is 14% (TILDA, 2014)
- Very few aged 55–69 (3.5%) have any personal care needs, this rises to 12% of those aged 70+. Of the 70+ 93% of them receive assistance
- One sixth (16%) of people aged 70+ need assistance with house-keeping and 83% of them receive some assistance

- Over one tenth (13%) of those aged 70+ need assistance with their personal mobility, and 100% of these participants reported that they receive assistance
- Among those aged 55–69, 3.5% need assistance with personal care, 4% need assistance with house-keeping and 4.2% need assistance with their mobility
- 23% aged 55–69 and 54% aged 70+ have a long standing illness or health problem
- Those aged 55+ with a long standing health condition, 15% are severely limited in their everyday activities
- 51% aged 55 to 69 and 34% aged 70+ report doing at least 150 minutes of moderate physical activity per week. Nationally the figures are 53% in the 55 to 69 age group and 34% of the over 70s. (TILDA, 2014)

Actions

8.1 The HSE will work with HSE estates at national level to identify where it can include universal design principles in the procurement process to ensure that future builds, development and retrospective works incorporates the recommendations. It will also work with the distribution of section 38 and 39 grants to ensure accessibility is reflected in the funded projects.

Lead: HSE

Key Partners: Age Friendly alliance

8.2 The HSE will roll out the housing and public realm training module for key internal staff involved in the elements of estate management across Meath to ensure that awareness and cognisance is created of the challenges and barriers older persons face when accessing services in the community.

Lead: HSE

Key Partners: Age Friendly Ireland

8.3 The HSE will review its current primary care centres across the county and consider where it can link with transportation providers and the county council to maximise the accessibility of the current sites. It will also work with key partners in preparation of the new developments including Trim and engage with the Meath Laterlife Network / Older Peoples Forum in relation to proposed developments at Bettystown and Navan.

Lead: HSE

Key Partners: Local Link

Bus Eireann

Meath County Council

An Garda Síochana

8.4 The HSE has established an integrated forum that includes key personnel from both the acute and community sectors. HSE will broaden the scope of this group and include key local authority staff to develop a more integrated approach to delivering community based care services and maximise the capacity of older persons to continue living at home in their own environments and communities.

Lead: HSE

Key Partners: Meath County Council

8.5 HSE to develop a model of care to reduce unnecessary or premature admission to nursing homes. The exercise shall evaluate the concept of various step down facilities such as nursing homes, day care facilities, home support packages etc.

Lead: HSE

Key Partners: Age Friendly alliance

8.6 Review existing primary care centres across the county and conduct a walkability of each centre with the Meath Laterlife Network / Older Peoples forum to collate a checklist of physical and social barriers that are reducing the access to the services.

The design stage of all new builds shall be scrutinised by HSE staff in conjunction with representatives from older persons to ensure that when completed it is functional and fit for purpose.

Lead: HSE

Key Partners: Age Friendly alliance

Meath Laterlife Network / Older Peoples Forum

8.7 HSE shall rollout an appropriate programme of health promotion and wellbeing for older persons. This will include recommended diets and exercise.

Lead: HSE

Key Partners: Meath Laterlife Network / Older Peoples Forum

Age Friendly alliance

Outputs and Outcomes

- Improved health for older persons and awareness raised of the wider health and wellbeing issues for older persons
- Combating rural isolation and supporting older persons to remain at home
- Promotion of independent living and peer support
- Older persons feeling valued and a greater sense of belonging engendered in them by communities
- Fewer admissions to residential care
- Community mental health teams located in primary care centres
- More information on services and greater access to information

Implementation Plan for County Meath Age Friendly Strategy 2017–2020

Theme 1: Outdoor Spaces and Buildings					
No.	Action	Lead Agency	Partner Agency	Timeline	Measurable
1.1	Based on the SLIOTAR research findings and the recommendations in the Universal Design we will recommend the design principles are a consideration in planning applications and advise of the importance of sustainability in all pre planning clinics for future developments across the physical environment	MCC	CEUD MAFA		
1.2	Ensure all future development plans and local area plans include appropriate policies and guidance requiring universal design guidelines to be incorporated into future planning	MCC	MAFA		
1.3	Building on the work carried out in Trim we will continue to deliver the Age Friendly town process by working to develop actions and solutions that will be responsive to local issues addressing physical, social and economic barriers	MCC	MAFA MOPC Business Sector PPN		

No.	Action	Lead Agency	Partner Agency	Timeline	Measurable
1.4	<p>Procurement is the process by which a public authority enters into a contract with an external contractor, supplier to carry out works or provide goods or services. Public procurement is the term used to describe the purchasing of works, supplies and services by Local Authorities. Meath County Council enters into contracts across a number of areas including major construction projects, maintenance of existing buildings, roads, equipment, marketing and others. Meath County Council will ensure that all public works contracted by the local authority will take cognisance of sustainability, accessibility and universal design principles</p>	MCC	MAFA		

Theme 2: Transportation

No.	Action	Lead Agency	Partner Agency	Timeline	Measurable
2.1	<p>Local Link will make a tender submission to the National Transport Authority (NTA) for public transport service provision for Stamullen and Ardcath. If successful, a critical element of success will be promoting awareness of the available service to encourage usage and footfall. This service has been identified as a current gap to connect older persons with health appointments, public services and daily shopping. Local Link will also tender for a school service from Ballivor to Kilcock which will be an additional route for older persons and commuters</p>	Local Link	NTA LLN/OPF PPN HSE LMETB Primary & Secondary Schools		
2.2	<p>Building on current success of the volunteer car scheme co-ordinated by Local Link they will seek to review the service and identify gaps in service. Local Link will seek to scale up the service in those key areas and link with alliance members to identify volunteers and recipients of the service. Training for drivers will continue to be provided by the Education & Training Board</p>	Local Link	LMETB MAFA Third Age LLN/OPF PPN HSE MP		

No.	Action	Lead Agency	Partner Agency	Timeline	Measurable
2.3	The existing transport working group will conduct the mapping exercise of current bus stops and shelters and identify particular areas where older persons are reluctant to use services due to lack of shelter. The working group will identify how to resource and prioritise the installation of shelters and seating	Local Link	MCC LLN/OPF Bus Eireann		
2.4	Age Friendly Parking will be scaled up to encourage older persons to travel to key services. It will also support volunteer drivers when transporting older persons to appointments. Age Friendly parking is required at locations that host services including hospitals, shopping centres, post offices, pharmacies, social welfare offices and others. Building on the already successful deployment of Age Friendly parking spaces we will aim to roll out and work with key Age Friendly alliance partners to install at identified locations	MCC	Local Link MAFA Business Sector		

Theme 3: Housing

No.	Action	Lead Agency	Partner Agency	Timeline	Measurable
3.1	<p>Under the existing housing adaptation grant scheme administered by the council, we will ensure the process includes technology supports that can assist older persons to continue living in their homes independently such as the use of 24 hour mobile monitored alarms, fall detectors, monitored smoke & carbon monoxide detectors, bogus caller alerts, passive infra red detectors, wandering alerts and others (telecare). We will make use of the senior alert scheme funding under the Department and promote access to it ensuring outlay costs are funded and availing of the housing adaptation scheme to support additional peripherals. We will ensure referrals and availability are widely promoted through partner agencies that can support the delivery of telecare to help prevent incidents occurring. We will ensure the reach is to all older persons and not limited to those living in social housing</p>	MCC	Housing, Community & Cultural Development SPC PPN HSE An Garda Síochana DSP		

No.	Action	Lead Agency	Partner Agency	Timeline	Measurable
3.2	We will aim to future proof housing developments in both the social and private sectors to ensure we build lifetime homes and environments across the County. In keeping with the newly published Housing Action Plan we will consult and identify where local customisations can be adopted to ensure that future builds and developments are mindful of universal design principles particularly in relation to location, proximity to amenities and health care facilities, transport services and community services	MCC	VHB MAFA		
3.3	A review of the Housing Allocations Scheme to include the provision of Age Friendly appropriate housing for older persons and making better use of larger housing stock to accommodate families	MCC	Voluntary Housing Bodies MAFA		
3.4	The inclusion as standard of a downstairs bathroom/wet room facility and structures that can be altered to accommodate reduced ability without having to carry out retrospective construction works	MCC	VHB MAFA		

No.	Action	Lead Agency	Partner Agency	Timeline	Measurable
3.5	Examine the suitability of smaller social houses to accommodate older persons living alone. Building on the learning from the Great Northern Haven and the recently published SLIOTAR housing report we will take cognisance of the physical design elements and the use of brownfield sites	MCC	VHB MAFA		
3.6	Highlighting the importance of town centre location and access to services, in our local area plans we will seek to zone urban centres for partial provision of older persons housing	MCC	VHB MAFA		
3.7	Proactively work with Voluntary Housing Bodies to promote the development of increased social housing schemes and co-identifying suitable sites and locations	MCC	VHB MAFA		
3.8	A basic introduction to social media will commence in Eureka School, Kells involving transition year students, crime prevention officer, the local active retirement group. The social media will allow the students	An Garda Síochana	OPC MCC MP JPC		

No.	Action	Lead Agency	Partner Agency	Timeline	Measurable
	to show how skype, facetime, facebook, twitter, whatsapp and viber can be set up and used to keep in contact and identify safe links to services for the older persons				
3.9	We will develop a Buddy Programme whereby an older person will encourage another older person to sign up for a particular scheme such as text alert or local community group. This peer to peer support will enable older persons to participate in support services and activities allowing them to feel safer	An Garda Síochana	OPC PPN MCC JPC		
3.10	We will update the register of all text alert, community alert and neighbourhood watch schemes and map these supports so that a visual outline of where key groups and services are located can be easily distributed to older persons allowing greater connectivity with local supports	An Garda Síochana	MCC PPN OPC JPC		
3.11	Under the national garda strategy for older persons it requests that each division collates a register of older	An Garda Síochana	MCC MAFA		

No.	Action	Lead Agency	Partner Agency	Timeline	Measurable
	<p>persons living in each county. Meath will undertake to develop this register and ensure that there is an up to date database of all our citizens aged 65 and over</p>				
3.12	<p>An Garda Síochana currently rolls out talks on personal and home safety and security across the county. In order to engage with all older persons we will work collaboratively with the PPN to ensure that we reach the widest audience. We will also continue to work with rural communities through the Irish Farmers Association and build on the already established relationship in settings heavily populated by rural farmers such as marts</p>	An Garda Síochana	MAFA PPN IFA OPC		

Theme 4: Respect and Social Inclusion

No.	Action	Lead Agency	Partner Agency	Timeline	Measurable
4.1	Co create a leaflet in conjunction with the Meath Laterlife Network/ Older Peoples Forum on “Intergenerational Respect – Younger and Older Persons”. This leaflet can build on the intergenerational work that is ongoing and help to reduce stereotypes across the generations. The leaflet can be used as a basis for delivering the material to school going children through the class room talks led out by the Road Safety Authority (RSA)	Third Age	RSA OPC LMETB Comhairle na nÓg		
4.2	The Louth Meath Education and Training Board (LMETB), in partnership with the Meath Laterlife Network/Older Peoples Forum, will identify the training needs and skill requirements of older persons attending day care centres and day hospitals across the county. They will link with other groups through the PPN to draft specific courses which are responsive to the needs of older persons and	LMETB	OPC PPN HSE		

No.	Action	Lead Agency	Partner Agency	Timeline	Measurable
	<p>deliver the courses in the community centres which are easily accessible for older persons thus maximising the opportunity for people to attend</p>				
4.3	<p>Create awareness of dementia and alzheimer’s information and support services across the sectors to ensure there is a greater understanding of the specific challenges facing older persons with dementia, their carers and families. We will work with the local support groups to disseminate information to the widest audience. We will link with Dublin City University to encourage promotion of the online Dementia Elevator training programme which is an education programme to help individuals, communities and health systems to engage with and support people with dementia</p>	MCC	OPC AFA Stakeholders PPN Private Sector		

Theme 5: Social Participation

No.	Action	Lead Agency	Partner Agency	Timeline	Measurable
5.1	To enhance the opportunities for older persons to participate in a consultative forum the Meath Laterlife Network/Older Peoples Forum will work closely with the PPN to ensure the voice of the older persons represented on specific groups and structures is maintained. Working with the PPN will ensure that information and communication channels are fluid. Through the Age Friendly alliance the LLN/OPF will continue to work with key Age Friendly alliance members to have their voice heard, will work with strategic policy committees and make written submissions to key public developments	LLN/ OPF	PPN SPCs JPC MCC MAFA		
5.2	We will identify opportunities for older persons to actively participate in their communities and make a contribution which will include the collation of a range of the specific skills sets among older persons living in each municipal district	LLN/ OPF	PPN LMETB		

No.	Action	Lead Agency	Partner Agency	Timeline	Measurable
	and create a skills exchange programme to help support each other. We will also map existing successful programmes, including intergenerational programmes, and identify what can be scaled up across the county				

Theme 6: Communication and Information

No.	Action	Lead Agency	Partner Agency	Timeline	Measurable
6.1	The Meath Age Friendly Alliance will seek to establish a regular information slot on Age Friendly matters on the local airwaves through LMFM and ensure that relevant and current information has a dedicated slot on a regular basis	MCC	MAFA		
6.2	An Garda Síochana will continue to promote information on safety & security as widely as possible using a multiple range of media to ensure that everyone has an opportunity to hear up to date information	An Garda Síochana	Local Media PPN JPC Schools		
6.3	Our Libraries, in partnership with Third Age foundation, will respond to the demand for basic IT training courses for older persons by running training programmes in rural areas and will maximise participation	MCC	Third Age PPN OPC		

Theme 7: Civic Participation and Employment

No.	Action	Lead Agency	Partner Agency	Timeline	Measurable
7.1	Following on from the success of the roll out of the Touchstone Programme we will ensure that this course is sustained and delivered annually with continued support & collaboration with the Meath Laterlife Network/ Older Peoples Forum and National University Institute Maynooth (NUIM). We will work with key partners such as the Louth Meath Education and Training Board (LMETB) to sustain the programme and ensure that other programmes establish at a local level as a direct output of the participants creativity	Third Age	OPC NUIM LMETB		
7.2	Third Age Foundation will seek to conduct a pilot with Dublin City University on training its current pool of Senior Helpline Volunteers on Student Welfare Issues and possibly host a telephone support service. If successful this pilot could extend to other areas of the country	Third Age	DCU		

No.	Action	Lead Agency	Partner Agency	Timeline	Measurable
7.3	Third Age will review global volunteering models to identify where older persons can provide community based after school and child care supports to enable its younger work community to continue to thrive economically, safe in the knowledge that a robust community childcare scheme is in place	Third Age	Schools MCC PPN Volunteer Centre LLN/OPF		

Theme 8: Community Support and Health Supports

No.	Action	Lead Agency	Partner Agency	Timeline	Measurable
8.1	The HSE will work with HSE Estates at national level to identify where it can include universal design principles in the procurement process to ensure that future builds, development and retrospective works incorporates the recommendations. It will also work with the distribution of section 38 and 39 grants to ensure accessibility is reflected in the funded projects	HSE	MAFA		
8.2	The HSE will roll out the Housing & Public Realm training to key staff involved in estate management to ensure that awareness and cognisance is created of the challenges and barriers older persons face when accessing services in the community	HSE	Age Friendly Alliance		
8.3	The HSE will review its current primary care centres across the county and consider where it can link with transportation providers and the council to maximise the accessibility	HSE	Local Link Bus Eireann MCC An Garda Síochana LLN/OPF		

No.	Action	Lead Agency	Partner Agency	Timeline	Measurable
	of the current sites. It will also work with key partners in preparation of the new developments including Trim and engage with the LLN/ OPF in relation to proposed developments at Bettystown and Navan				
8.4	The HSE have established an Integrated Forum group with key personnel from both the acute and community sectors. HSE will broaden the scope of this group and include key local authority staff to develop a more integrated approach to delivering community based care services and maximise the capacity of older persons to continue living at home in their own environment	HSE	MCC		
8.5	HSE to develop a model of care to reduce unnecessary or premature admission to nursing homes. The exercise shall evaluate the concept of various step down facilities such as nursing homes, day care facilities, home support packages etc	HSE	MAFA		

No.	Action	Lead Agency	Partner Agency	Timeline	Measurable
8.6	<p>Review existing primary care centres across the county and conduct a walkability of each centre with the Meath Laterlife Network/Older Peoples Forum to collate a checklist of physical and social barriers that are reducing the access to the services. The design stage of all new builds shall be scrutinised by HSE staff in conjunction with representatives from older persons to ensure that when completed it is functional and fit for purpose</p>	HSE	MAFA LLN/OPF		
8.7	<p>HSE shall rollout an appropriate programme of Health Promotion and Wellbeing for older persons. This will include recommended diets and exercise</p>	HSE	LLN/OPF MAFA		

Contact Information

EMERGENCY SERVICES		
<p>In Ireland we have two emergency numbers</p> <p>999 and 112</p> <p>'Remember to stay calm, stay focused and stay on the line'</p>		
<p>Garda District HQ, Meath</p> <p>046 9036116 www.garda.ie/stations</p>		
HELPLINES		
Aware Lo-call helpline	1890 302 302	
Alzheimer Society of Ireland	1800 34 1341	www.alzheimer.ie
Senior Helpline	1850 44 04 44 046 955 7766	
Samaritans	1850 60 90 90	www.samaritans.org
Bereavement Counselling	01 839 1766	www.bereavementireland.com
Irish Hospice Foundation	01 679 3188	www.hospicefoundation.ie
National Association of Widows	01 872 8812	www..nawi.ie
St. Vincent De Paul North East Region	1800 677 777	
Consumers Association of Ireland	01 637 3961	

UTILITIES		
ESB Network Emergency	1850 372 999	
Bord Gáis Emergency	1850 205050	
Eircom Emergency (To report land line faults)	1901	
Irish Water	1890 278 278	
MEATH COUNTY COUNCIL		
Meath County Council	046 9097000	www.meathcoco.ie customerservice@meathcoco.ie
Emergency Number (after office hours)	1890 445 335	
Motor Tax Office	046 9022416	www.motortax.ie
Driving Licence (apply online)		www.ndls.ie
Library HQ Navan	046 9021134	
Solstice Arts Centre	046 9092300	
Civil Defence	046 9097214	
USEFUL NUMBERS		
Navan Hospital	046 9078500	
Meath MABS	0761 072680	
Flexibus – Meath Accessible Transport	046 9074830	FREEFONE: 1800 303707

USEFUL NUMBERS

Bus Eireann	041 9835023	
North East Doctor on Call Ltd	1850 777911	046 9241533
Citizens Information Services	046 9074125	
Department of Social Protection	1890 500 000	



Older Persons Consultation Workshop, Trim Castle Hotel, April 2016

Abbreviations

AFCC	Age Friendly Cities and Counties
AFI	Age Friendly Ireland
CEUD	Centre of Excellence in Universal Design
CNN	Comhairle na nÓg
COPD	Chronic Obstructive Pulmonary Disease
DCU	Dublin City University
DSP	Department of Social Protection
EQLS	European Quality of Life Survey
HaPAI	Healthy and Positive Ageing Initiative
HSE	Health Service Executive
IFA	Irish Farmers Association
JPC	Joint Policing Committee
LCDC	Local Community Development Committee
LMETB	Louth Meath Education Training Board
MAFA	Meath Age Friendly Alliance
MCC	Meath County Council
MLLN /OPF	Meath Laterlife Network / Older People's Forum
MP	Meath Partnership
NALA	National Adult Literacy Agency
NTA	National Transport Authority

NUIM	National University of Ireland Maynooth
PIP	Personal Information Packs
PPN	Public Participation Network
RSA	Road Safety Authority
SLIOTAR	Sustainable Living Integrating Older Adults with Technological Advancements in Regeneration
SPC	Strategic Policy Committee
TILDA	The Irish Longitudinal Study on Ageing

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