



# Leitrim

Age Friendly Strategy  
2017-2020







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# Foreword

Our vision in Leitrim is to develop an inclusive, equitable county in which older people can live full, active, valued and healthy lives.

It gives us great pleasure to present Leitrim's 2<sup>nd</sup> Age Friendly Strategy. This strategy reflects the progress made to date and demonstrates the huge achievements and tangible impact that have been made by working collaboratively to improve the lives of older people living in Leitrim. We are now moving forward with our new strategy and have completed a detailed consultation process with our older people and all key service providers from the statutory, voluntary and community sectors to identify how we can make Leitrim an even better place to live as we grow older.

An age friendly county is a place where older people can stay living in their own homes and communities, lead healthy and active lives, get to where they want to go, when they want to and are valued contributors to the lives of their communities.

We would like to sincerely thank all the members of the Age Friendly Alliance from all sectors for their commitment and enthusiasm to the development of this strategy. We want to also thank the Older Persons Council for their input and guidance throughout the consultation and strategy formulation process. We look forward to working with the Older Persons Council and the Age Friendly Alliance throughout this strategy to ensure that Leitrim can truly become an Age Friendly Community.

Frank Curran,  
Chairman, Age Friendly Alliance  
Chief Executive, Leitrim County Council



Councillor Finola Armstrong McGuire  
Cathaoirleach, Leitrim County Council



# Background

This is the 2<sup>nd</sup> Age Friendly Strategy for Co. Leitrim. The programme is hosted under the leadership of the Chief Executive of Leitrim County Council. It is supported by Age Friendly Ireland and co-operates with the World Health Organisation framework.

The strategy has been developed by Leitrim Age Friendly Alliance in conjunction with the Older Persons Council and in consultation with older people.

The Alliance was set up in 2013 and is made up of all the key stakeholders within Leitrim who are advocating and working on behalf of older people in Leitrim.

This strategy has an interagency approach with more than 30 organisations working together to deliver specific actions over a four year period.



## The members of Leitrim Age Friendly Alliance are:

- Leitrim County Council - Chief Executive
- Leitrim County Council - Director of Services
- Health Service Executive - Older Persons Service Manager
- An Garda Síochana - Chief Superintendent
- Leitrim, Sligo, Mayo Education and Training Board - Chief Executive Officer
- Leitrim Development Company - Chief Executive
- Leitrim Local Enterprise Office - Head of Local Enterprise
- SLR Local Link - Manager
- Irish Farmers Association - Manager
- Citizens Information Service - Development Manager
- Credit Union - Marketing Manager
- Older People's Council - three representatives



The Older Persons Council was set up in 2013 and is made up of 24 older people from across the county, and staff and volunteers from agencies that work with older people. The OPC meet every six weeks and is a valuable resource in determining the needs of older people across the county.

The members of the Older Persons Council are:

- |                   |   |
|-------------------|---|
| Mary McFadden     | Bridget Kerrigan, (The RISE Project)                    |
| Patricia Flanagan | Geraldine Mullarkey, (HSE - Day Services and Home Help) |
| Sean Reynolds     | Marion Quigley, (Leitrim Calling)                       |
| Frances O'Reilly  | Joanne Tyrrell, (HSE - Mental Health)                   |
| Tess Gallogly     | Mary Flanagan, Homecareassist healthcare                |
| Ann Short         | Majella O'Donnell, Alzheimer Society of Ireland         |
| Philomena O'Brien | Maryanne Mulvey, Social Services - Older People         |
| Irene Redican     |   |



# Our Vision

“To develop an inclusive, equitable county in which older people can live full, active, valued and healthy lives”.



# Our Objectives

- Be a great place to live, work and grow older
- Have easily accessible public buildings, shops and services
- Incorporate older persons views into significant decision making processes
- Promote a positive attitude to ageing and address stereotypes about older persons
- Promote the integration of older people socially and economically
- Integrate services more effectively to provide a more efficient and effective service

# Need for an Age Friendly Strategy

Statistics both nationally and globally tell us that populations are ageing and people are living longer, healthier lives. Older people represent a rapidly increasing percentage of the population. The population of Ireland has been getting steadily older since the 1980's.

In 1985, 27.6% of the population of Ireland was 45 years old or over.

By 2016, the 45 and over group had risen to 37.2%.

The population aged 65 and over in Ireland increased between Census 2011 and Census 2016 by 19.1% to 637,567 in 2016.



## Local Context

From the chart below showing average age by county, we can see that Leitrim has a high average age coming third highest in the country after Mayo and Kerry.

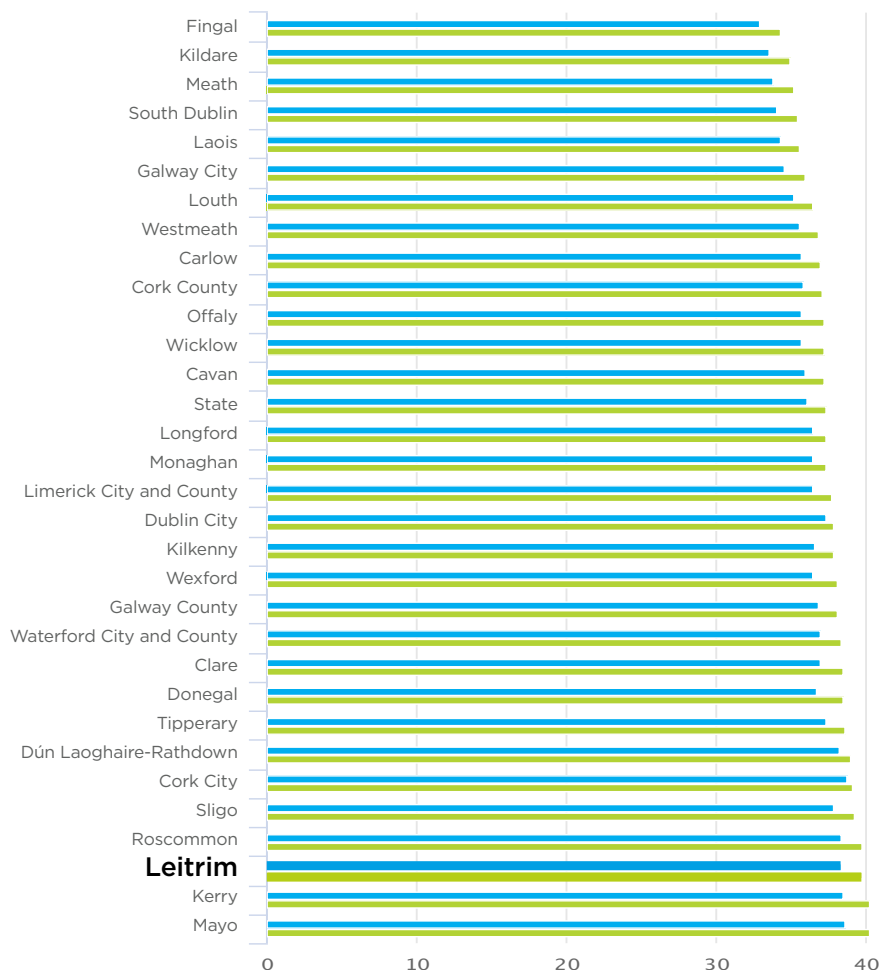
The national average is 37.4 years.

In Leitrim the average age in 2016 was 39.8, up from 38.4 in 2011.

Fingal has the youngest population, with an average age of 34.3.

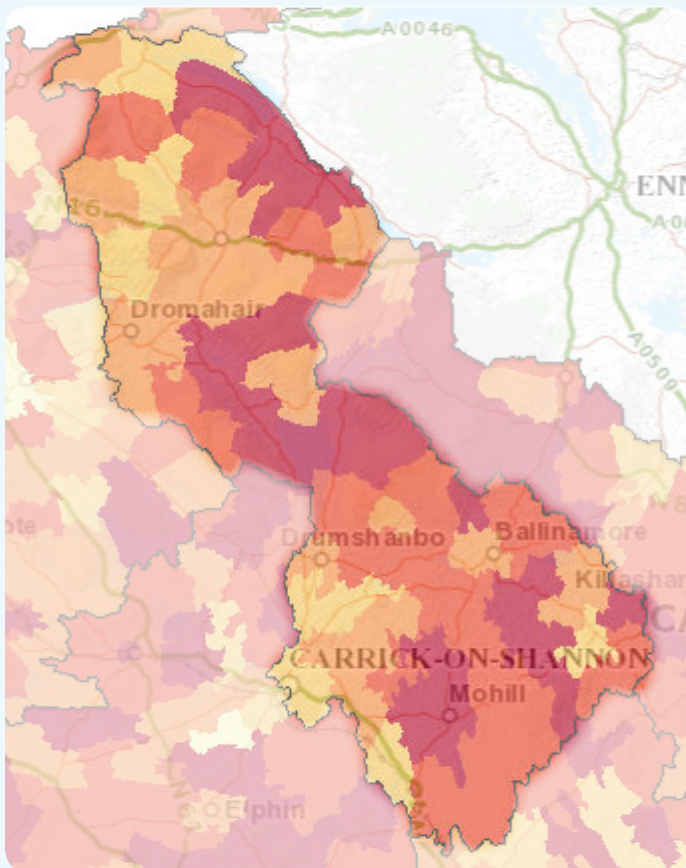
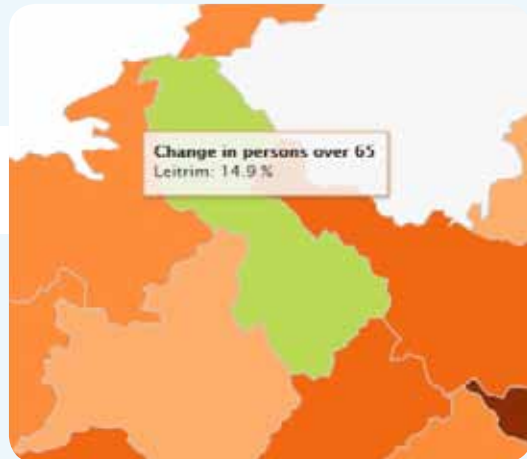
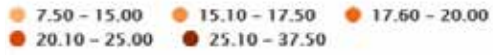
In Leitrim the increase in the population aged over 65 since 2011 was a significant 14.9%.

By contrast Leitrim has fewer young adults.





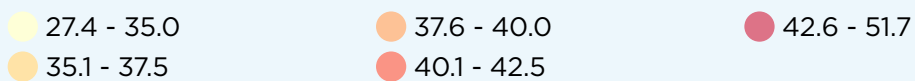
Percentage change in persons over 65 by county, 2011-2016



An Age Profile in Leitrim

Average age by Electoral Division, 2016

When broken down by electoral area, it can be seen that there are some areas with a much higher average age.



## Age dependency

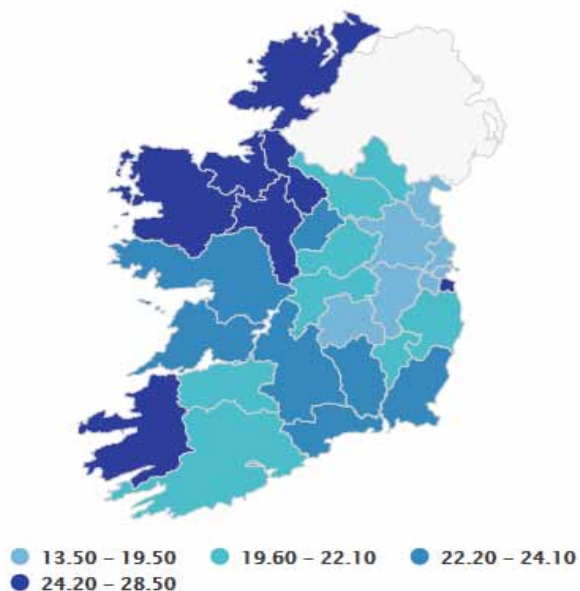
Dependents are defined for statistical purposes as people outside the normal working age of 15-64. Dependency ratios are used to give a useful indication of the age structure of a population with young (0-14) and old (65+) shown as a percentage of the population of working age (15-64).

The report, Census Summary Results described how the total dependency ratio for the country increased from 46 % in 2006 to 53 % in 2016.

While the number of people in Ireland aged 15-64 increased by 44,477 since 2011, the number of those aged 65 and over rose by 102,174 which is more than twice that amount.

The dependency ratio that refers to those aged 65 and over is referred to in the Census as old dependency. Leitrim has the second highest old dependency ratio in the country.

Old dependency in 2016, stood at 20% for the State, compared to 17% in 2011.



There were substantial differences at county level.

Leitrim was one of the counties with the highest old dependency ratios.

Leitrim's old dependency ratio in Census 2016 was 27%.

Highest was Mayo at 28%

The counties with the lowest ratios were Fingal at 14% and Kildare at 15%.

## Living Alone

The census 2016 shows that, of the total population aged 65 years and over in Ireland, 156,799 or 27% lived alone.

95% of usually resident persons aged 65 years and older lived in private households.

Among those aged 85 and over, 78% of the total were living in private households, also up from the 2011 rate of 76%.

## The Challenge

In Leitrim, we recognize the challenges that lie ahead. The age profile and age dependency profile of the population is growing year on year, and this places greater demand on a range of services.

Provision of services needs to ensure the continued inclusion and participation of older people, who are recognized as a key resource for their communities. Many existing community organizations in Leitrim were founded by, and are driven by older people in the community.

It is clear that older people want to live independent fulfilling lives, participating fully in the life of community.



## National Context

There are various policy documents of relevance to this area of work. Key among them is the National Positive Ageing Strategy 2013 which provides the blueprint for planning for an ageing population in Ireland in the future.

Other 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, introduced into the Nursing Home Support Scheme Act 2009, and 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.

In addition, the Department of Health and is leading a joint national programme with the Health Service Executive (HSE) and Age Friendly Ireland (AFI) to develop indicators to measure progress toward 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.

# 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. An outcomes based planning approach based on the framework developed by Age Friendly Ireland will be used in our strategy.

This approach begins with the end in mind and then determines the actions and activities which will best achieve that end. As learned from our previous strategy, beginning the planning process with broad outcomes, it is evident that no one agency on its own can improve these outcomes. Progress requires various agencies to contribute and work collaboratively to deliver an effective strategy.

This approach brings the needs of older person right to the core of the planning process and ensures their views, opinions and experiences are included.



Outcomes in this context will mean that older persons:

- Are valued as individuals for their unique life experiences, and 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 happier 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
- Feel and are safe in their own homes and communities
- Have the required information and communications to support them in achieving these outcomes.

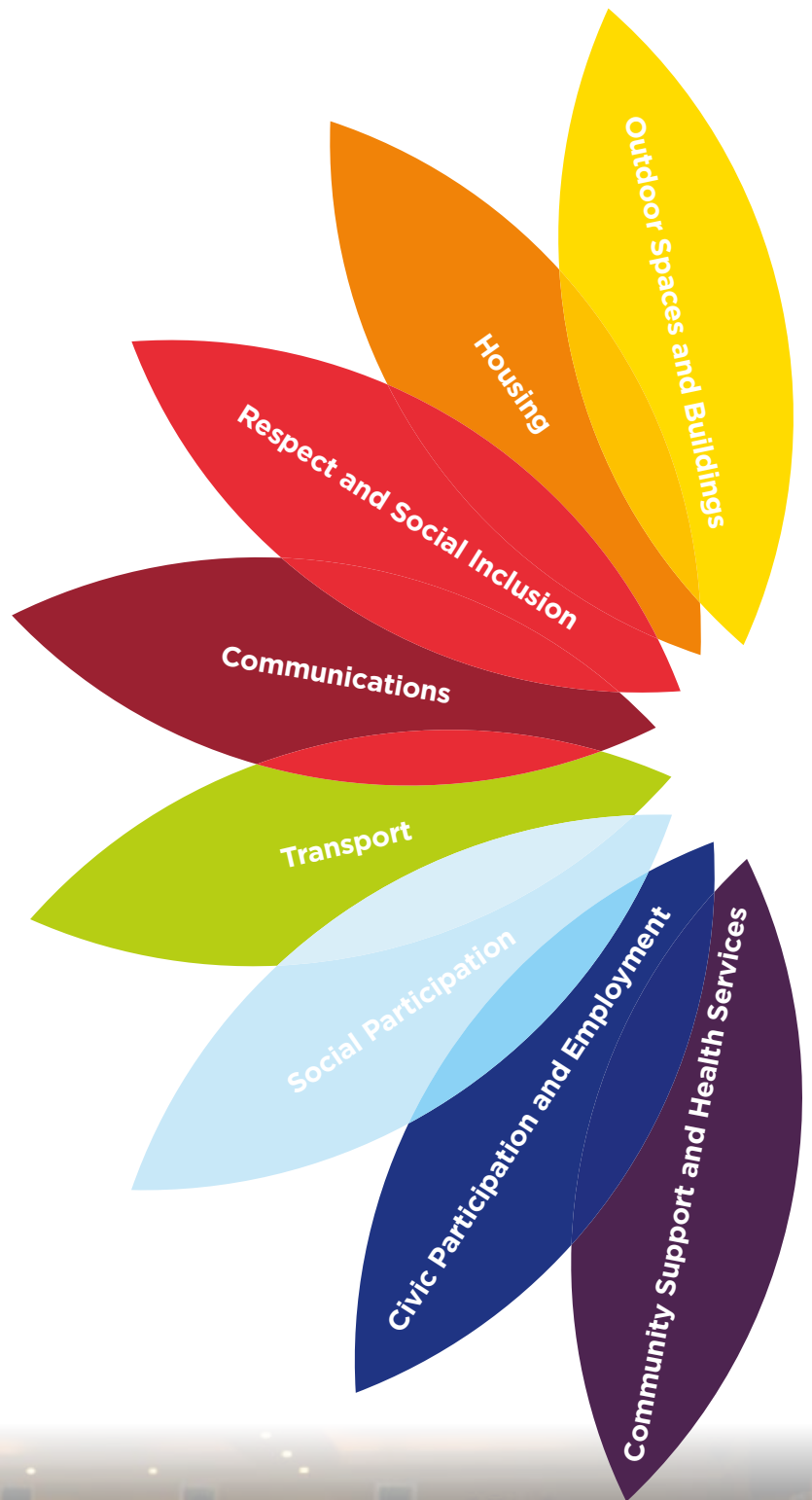


# The World Health Organisation

The World Health Organisation has been carrying out important work in this area through its 'Age Friendly Cities' programme.

The programme is part of an international effort to address environmental and social factors that contribute to active and healthy aging. The programme helps cities and communities to become more supportive of older people by addressing their needs across eight themes.

These themes form the basis of the Leitrim Age Friendly Strategy:



# Consultation Process – Capturing the voices of Older People

Both the Older Persons Council and the Alliance were instrumental in the consultation process.

The research and consultation process included the following elements;

- A baseline questionnaire to 160 older people made up of active age groups and hard to reach older people
- Structured discussions with the Older Persons Council
- One to one interviews with Alliance members to elicit agency responses to the findings and issues raised through the consultation process



As a result of this robust approach, a documented list of issues now exists along with creative solutions developed by the older people of Leitrim.

Many of the issues that were identified as particular assets and strengths, for example Rural Transport, are also the areas in which participants would like to see further investment and enhancement of existing provision.

It is important to recognize that every older person consulted felt that Leitrim was a good county in which to grow old. After all it is the happiest county in Ireland!







## Positives of living in Leitrim

## Key issues in Leitrim

- Limited Rural Transport
- Loneliness/Isolation
- Security
- Poor Communication Network
- Limited Support to live at home
- The weather!!!



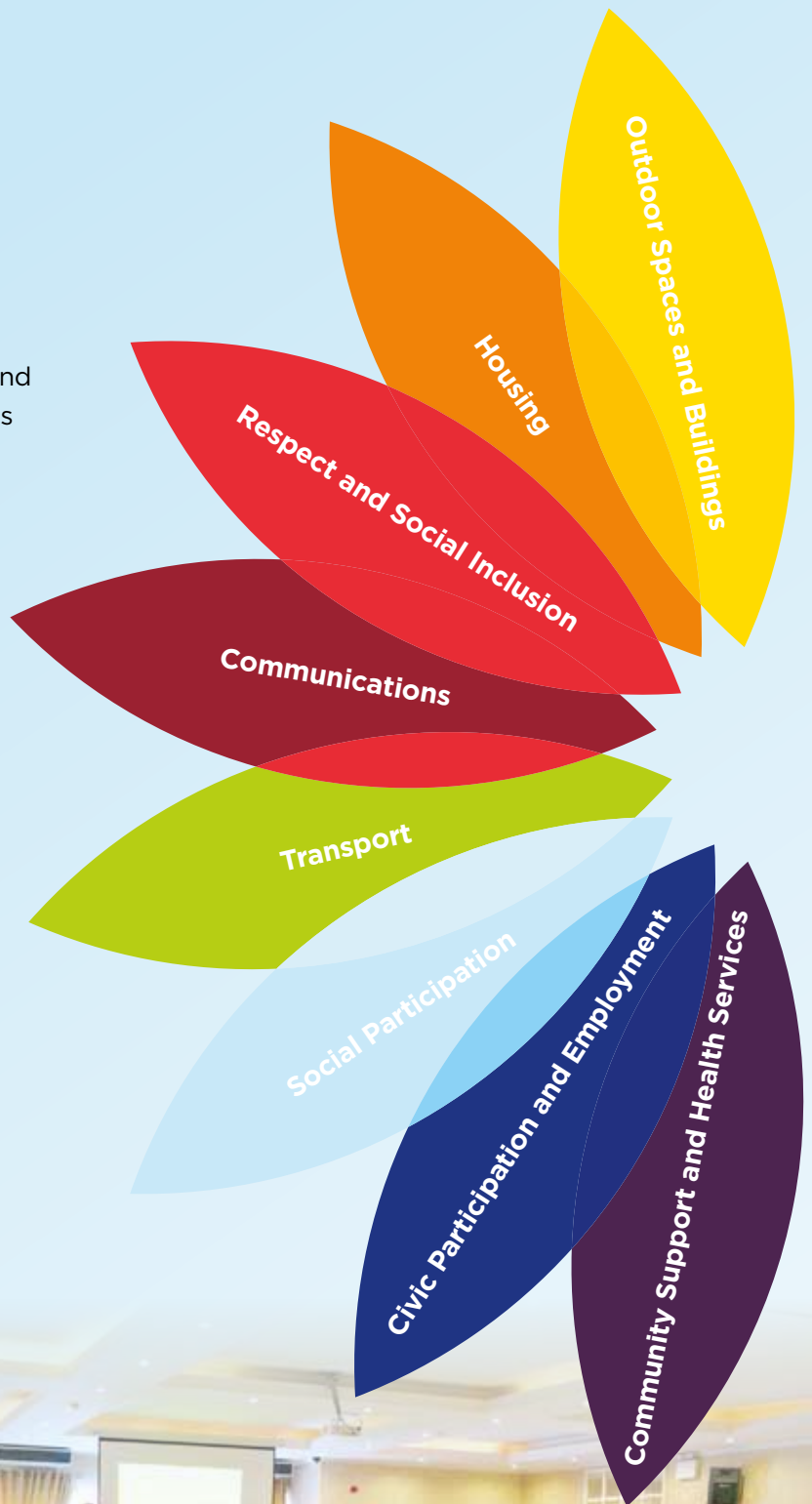
All of the issues highlighted in the consultation process and the suggestions of the older people regarding how these issues could be addressed, were considered by the appropriate Alliance partners during the one to one interviews and Alliance follow up.

The actions contained in the following section were developed by the Alliance partners in response to these. Because of the robustness of the process and the richness of the data, we are confident that this strategy is firmly evidence based.

# Outcomes of Strategy 2014-2016

There were many successes and achievements in the previous strategy under various themes and it is important to recognize the work completed by all stakeholders and also to learn for the future strategy.

The results are listed by theme and lead agency on the following pages.





# Outcomes of Strategy 2014-2016

## **Theme 1: Outdoor Buildings and Spaces**

Lead Agency: Leitrim County Council

Action: Age Friendly Towns - MOHILL

This initiative involved the active participation all local stakeholders, including community groups, County Council, local development, educational, farming and businesses. It was facilitated by Leitrim County Council in partnership with Mohill Community Network.

The steering group had 29 members representing 17 local groups and agencies. A walkability audit followed by consultations with older people and key stakeholders was carried out.

Actions completed to ensure a more age friendly environment were:

- O'Carolan monument paved in 2015, included bollards and a crossing at Castle Street.
- Pedestrian crossing installed at Treanmore/ Convent Lane junction
- Footpath along Convent Lane.
- Speed control ramps along Convent Lane, Shannagh Groove area.
- Phase one of a walking loop on Dromod Road which will link to Rynn Road footpath.
- The river is continually maintained and works are ongoing on unblocking the bridge.



Most of the actions necessary under the plan were to be delivered by Leitrim County Council. Manorhamilton was identified as second Age Friendly Town going forward.

## **Theme 1: Outdoor Buildings and Spaces**

Lead Agency: Health Service Executive

Action: Age Friendly Building

The HSE continues to retrospectively apply good practices to their current Day Care Centres and adopt Universal Design guidelines from the WHO Age Friendly Primary Care Centres Toolkit for proposed new public buildings, such as Primary Care Centres and Day Care Centres. A plan is in place to Age Friendly Proof the new 90 Bedded Nursing Unit proposed for Carrick on Shannon.

## **Theme 2:       Transportation**

Lead Agency: Local Link

Action :           **Rural Transport**

**South Leitrim Bus Route** provides a six day per week connectivity for passengers from Ballinamore to Carrick-on-Shannon via Dromod and Drumsna and Jamestown on a daily basis with Tuesday and Thursday Loops to both Carrigallen and North of Ballinamore. This service was launched on the 1st February 2016. The Service also provides important connectivity to the Bus Eireann and Expressway and Irish Rail Services scheduled service several times each day. The service also provides a daily round the town Mohill. Free Travel Pass Passengers constitute just over 66% of all Passengers.

**Carrick-on-Shannon Bus Route** Service has increased from three to five days week, providing links to town and to the train station morning and evening. This service has also been extended to Keshcarrigan, Effernagh, Drumcong, Kilclare, Kiltoghert and Castlecarra on Fridays. Older Age Passenger numbers have increased from an average of 3 to 8 on Fridays.

Local link provides 30 Rural Demand Responsive Services on a weekly basis. Services are monitored and changes made to meet the changing needs and circumstances of older passengers.





## Theme 2: Transportation

Lead Agency: Local Link

Action: Social Car Scheme

Local Link adopted the Leitrim Volunteer Car Scheme on the 1st February 2016. There are 5 Volunteer Drivers delivering a Car Service in the Manorhamilton, Drumshambo, Kinlough, Drumkeeran, Rossinver and Drumshanbo Leitrim Village & Carrick-on-Shannon area.

95% of all Car Journeys delivered to date relate to access to hospitals and Community Nursing Units

Local Link has a Service Level Agreement in place with the HSE for the delivery of specific transport needs of passengers identified by the HSE.

Local Link hires Hackney and Taxi Services based on the very specific needs of vulnerable passengers and with the prior approval of the HSE Sligo Leitrim.

The Driver is the most important person in the Local Link Chain as he/she is the first person that the Passenger meets. For this reason, a high standard of Compliance is maintained.

- All transport providers and drivers are Garda vetted.
- All transport providers and drivers must attend training on rotational basis every two years.
- All volunteer drivers attend facilitation and training.
- The Training Modules delivered include people and manual handling, passenger assistance, defensive driver training, wheelchair mobilisation and clamping.
- Safe use of the Wheelchair Lift.





### Theme 3 : Housing

Lead Agency: Leitrim County Council

Action: Supporting Independent Living

Leitrim County Council's allocation of €409,695 from the Department of the Environment, Community & Local Government was fully utilised in 2016 delivering supports under the Housing Adaptation Grants (HAS's), Mobility Aids Grants (MAG's) and Housing Aids for Older People (HOP's).

<b>Total 2016 Allocation</b>	€409,695.00	
	Quantity	Value
<b>Grant Aid Supports Paid</b>	50	€257,756
<b>Grant Aid Supports Approved Awaiting Claim</b>	34	€245,525
<b>Applications Received Not Yet Approved</b>	20	€72,500
<b>Total</b>		€575,781
<b>Overrun / Carryover to 2017</b>		-€166,086

Leitrim County Council has a very good track record in supporting older persons living in their own homes through the Housing Aid for Older Persons Grant Scheme, Housing Adaptation Grant Scheme and Mobility Aid Grant Scheme. Over the past five years (2012 - 2016) Leitrim County Council allocated 161 housing aids for older persons grants with a total value of €771,407.

	2012	2013	2014	2015	2016	Total	Value of Grants
<b>Adaptation (HAS)</b>	23	12	10	12	11	68	€748,799
<b>Mobility (MAG)</b>	26	13	17	13	11	80	€236,178
<b>Housing Aids (HOP)</b>	59	11	33	30	28	161	€771,407
	108	36	60	55	50	309	€1,756,385



### Theme 3: Housing

Lead Agency: Leitrim Development Company

Action: Older People feel safe at home

#### Better Energy Warmer Homes

Leitrim Warmer Homes deliver the 'Better Energy Warmer Homes Scheme', providing attic and cavity wall insulation and ventilation for houses built before 2006. The national criteria for the scheme restricts it to people in receipt of specific social welfare payments. Between 2014-2016 services were provided to 300 households, and at the same time fitting smoke alarms (provided by Leitrim County Council's Smoke Alarm Scheme) and giving energy efficiency advice and information.



#### Care and Repair

The Care & Repair handyman service has been operating in North Leitrim since 2012, undertaking small jobs for older people aged 65+. Between 2014-2016 Care & Repair completed 216 small jobs under employment schemes. A Rural Social scheme participant was employed exclusively on the Care & Repair Project to publicise the service and increase usage, as the numbers availing of the service are very low.



Due to lack of funding the service has not been extended to South Leitrim. Also, funding is needed to carry out more retrofitting work and offer more measures within households, such as boilers, windows and doors.

#### Employment Schemes

Leitrim Development Company operates Tus, Rural Social Scheme, Jobs Initiative and Community Employments Schemes across the county. In relation to the Age Friendly Strategy, these schemes benefitted older people in their inclusion as scheme participants, estate management in local authority estates and maintaining community facilities used by older people.

### **Theme 3: Housing and Home**

Lead Agency: An Garda Síochána

Action: Operation Doras/Crime Prevention ambassador programme

Leitrim has one independent living residence for the elderly located at Arus Brid in Drumkeerin. An Garda call to this premises on a regular basis and engage with the residents.

A register of elderly and vulnerable people has been compiled at station level to allow visits to be carried out by mobile units.

Operation Doras was successful on pilot basis in North Leitrim but unfortunately it has not yet been approved county wide.



### **Theme 3: Housing and Home**

Lead Agency: An Garda Síochána

Action: Bogus Callers Scheme



Information sessions were set up in various locations targeting older people.

Gardaí met and spoke with members of the community and handed out information and leaflets in relation to supporting safer communities, bogus callers and staying safe at home.

Text alerts are sent to advise when legitimate callers may be operating in a particular area.

#### **Theme 4: Social Participation**

Lead Agency: An Garda Síochána

Action: Community Text Alert Schemes



Gardai have met with the Active Age Groups in Kiltoghert, Leitrim Village and Carrick-on-Shannon and given advice in relation to home and personal security. Participation in text alert schemes is actively encouraged. Community Text Alert groups have been advised of the associated dangers where elderly are targeted.

#### **Theme 4: Social Participation**

Lead Agency: An Garda Síochána

Action: Garda Community Clinics

Gardai visited the Day Centre in St. Patrick's Hospital and the Independent Living residents in Drumkeerin on a regular basis. Gardaí have given talks through the Schools Programme in relation to our younger citizens having respect for the elderly.

#### **Theme 4: Social Participation**

Lead Agency: Leitrim Development Company

Action: Establish and Support Leitrim Older People's Council (OPC)

Leitrim Development Company have established and supported Leitrim Older Peoples Council, through the HSE funded 'Befriending, Advocacy and Support Worker for Older people role. The OPC meet on a six-weekly basis and are very active within the county. The main achievements of the OPC in the lifetime of the age Friendly strategy include:



- Producing and distributing the document: 'Making your Written Publications Age Friendly'
- Hosting the first National Convening of Older Peoples Councils in Carrick on Shannon
- Working with Bank of Ireland to make all their branches 'Age Friendly'
- Taking part in Age & Opportunity Active Citizenship and Leadership Training

The OPC have also been involved with a range of small projects and committees, including a loneliness research project with Trinity College and hosting a group of visiting Italian Senior Citizens.



## Theme 5: Respect and Social Inclusion

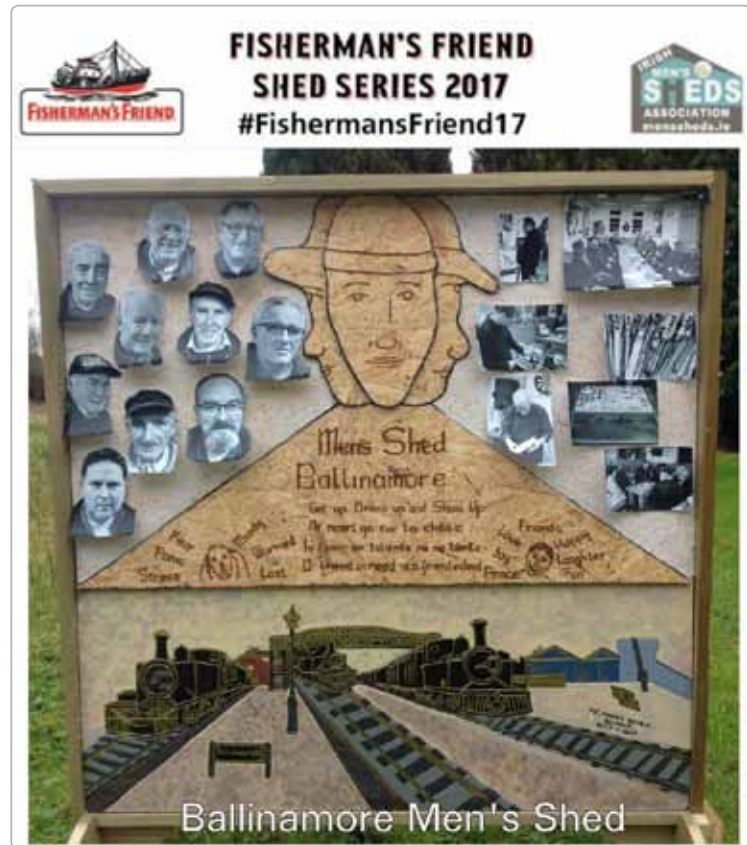
Lead Agency: Mayo Sligo Leitrim Education Training Board

Action: Men's Sheds

MSL ETB has since provided the use of the old Vocational School woodwork and metalwork rooms to the Ballinamore Men's Shed. They also have a Drop in Centre where men can gather for a cup of tea and a chat.

The group has made a significant contribution to the community through its donation of woodcraft such as window boxes, bird boxes and miniature trains, and they participate in local festivals.

There are a number of other men's sheds across County Leitrim, namely Manorhamilton, and Carrick-on-Shannon.



## **Theme 6: Civic Partnership and Employment**

Lead Agency: Local Enterprise Office

Action: Encouraging Entrepreneurship in over 50s

Promoting Entrepreneurship continued to be targeted at all age groups within the community with some preferential offering like space at the HIVE if required.

Strategically in 2016 LEOs have become more involved in the area of Better Energy Communities and will work to promote and implement same with the over 50s being a priority target.

We will also become more involved in the promotion and implementation of Age Friendly Business opportunities for the development of rural towns and better services to this sector.



## **Theme 6: Civic Partnership and Employment**

Lead Agency: Mayo Sligo Leitrim Education Training Board

Action: Accessing Community Education and Capacity

Mayo Sligo Leitrim ETB have supported and continue to develop and broaden the range of courses available to Leitrim Age Friendly Alliance throughout the county with individuals availing of both the Community Education Programme and the Back to Education Programme. Our Community Education courses have 430 individuals over the age of sixty currently participating on a choice of forty three different type of hobby courses throughout the county, and a further fifty five attending personal development/ return to employment type courses (BTEI).

Courses are chosen by individual groups and are free of charge and MSL ETB use the nearest community centre to deliver the course. MSL ETB work closely with Leitrim Development in targeting new groups and with the introduction of Local Link in 2016 courses are now more accessible

We also referred twenty groups to Digital Skills programmes which covered banking on line and farm accounts.





## **Theme 6: Civic Participation and Employment**

Lead Agency: Leitrim Development Company

Action: **Facilitation and Support for Active Age Groups**

Leitrim Development Company facilitated and supported 22 Active Age Groups in Leitrim, through the HSE funded 'Befriending, Advocacy and Support Worker for Older People' role. Groups are supported to apply for various grants, including Community Education Funding (ETB), Go For Life Funding (Sports Partnership) and the annual HSE funding that covers the running costs of the groups. They are also supported with any operational issues, such as AGM's and conflict resolution. Annual events such as 'Sports Fest', 'Dance Fest' and 'Body & Soul Day' are held for groups to attend, as a social platform to bring groups together and also to promote lifelong learning. Information on services and events is also distributed to all groups.

## **Theme 6: Civic Participation and Employment**

Lead Agency: Leitrim Development Company

Action: **Volunteer Website**

A volunteering website for Leitrim was established and two members of Leitrim Development Company staff administrate the website. The Volunteer Befriending project for Older People was established in South Leitrim by Leitrim Development Company in 2014. The project is operated in partnership with Leitrim Calling.

Volunteers are interviewed, Garda Vetted and trained and then matched with an older person who is experiencing isolation and loneliness. The older people are usually referred by Public Health Nurses and other health professionals, but are also occasionally self-referred or by a family member. There are currently 26 Older People availing of this service, with 8 people waiting to be matched with a Befriender. There are 19 volunteers actively befriending and 4 waiting to be matched.



## Theme 7      Communications and Information

Lead Agency      Citizens Information Service

Action              Provision of Age Friendly Information

Leitrim Citizens Information Service (CIS) offer face to face independent information, advice and advocacy to the public in addition to a telephone service. This includes form filling, contacting government departments or other agencies, appealing decisions by acting as an Advocate on their behalf. The CIS holds a Free Legal Advice Clinic (FLAC) monthly during which a local Solicitor attends and meets client(s) by appointment.



CIS also provide presentations and information evenings to a wide range of community groups throughout the county, including (but not limited to) various Active Age groups, Day Care Services, Irish Wheelchair Association, Teagasc.

Leitrim CIS features on monthly radio programmes and answers callers queries.

In 2014, 15% of the callers that attended Leitrim CIS were aged 66 and over. This number increased to 17% in 2015. The statistics for 2016 are not completed at this time.





## **Theme 8      Community Support and Health Services**

Lead Agency    Health Service Executive (HSE)

Action            **Community Health**

A Mental Health Community Team is based in the Primary Care /Mental Health Building in Manorhamilton and in the grounds of St Patricks Community Hospital, Carrick on Shannon.

The Mental Health Community Team operates over seven days with access to a clinical mental health nurse. There are six integrated Day Care Services attended by Older Persons and people with enduring mental health difficulties across north and south Leitrim.





# Action Plan

County Leitrim  
Age Friendly Strategy

2017-2020

# Theme One

## Outdoor Spaces and Buildings



Goal: Make outdoor spaces and buildings pleasant, clean, accessible and safe for older people.

No	Action	Indicator	Outcome	Lead	Partner Agency
1.1	<b>AGE FRIENDLY TOWNS</b>				
	Ensure an age friendly/accessible approach is embedded in the County Development Plan, Local Area Plans, all town and village renewal programmes and outdoor recreation spaces within Leitrim Co. Co.	Awareness and promotion campaign with LCC staff	Improved planning for roads, footpaths and buildings	LCC	Local Businesses & Community Organisations
	Pilot the Age Friendly Town Programme in Carrick on Shannon and Ballinamore & apply toolkit to said towns	No of changes in physical environment (seats installed, pavements, etc)	Improved Accessibility for all	LCC	Local Businesses & Community Organisations
	Complete actions on Walkability Audit Manorhamilton	Audit & Actions arising Complete	Improved Accessibility for all	LCC	Local Businesses & Community Organisations/ HSE

“Seating along the canal bank would be lovely”

1.2 AGE FRIENDLY BUILDINGS					
	Implement the Age Friendly Ireland Business Recognition Programme Step by Step Toolkit for Age Friendly Business	Age Friendly packages	Increased usage by older people of local business	LCC	Chamber of Commerce/ Local Businesses & Community Organisations
	Develop accessible car parking locations at business premises	Car parking spaces in close proximity to business	Improved Accessibility	LCC	OPC/ Local Businesses & Community Organisations
	Apply age friendly design to proposed new buildings such as Primary Care and Day Care Centres	Accessible public buildings	Improved accessibility	HSE	
	Ensure 9 branch libraries are accessible to all	Have accessible event spaces			
1.3 AGE FRIENDLY OUTDOOR SPACES					
	Age Friendly Outdoor Gyms	Promote existing outdoor gym in Drumshanbo; Seek funding for facilities in Carrick on Shannon and Manorhamilton	Improved health and wellbeing	Leitrim Sports Partnership	LDC
	Research need for bowling green in Ballinamore and explore funding opportunities for the community.	Bowling green in Co Leitrim	Improved health & wellbeing	Leitrim Sports Partnership/LCC	OPC / Active Age Groups
	Provide seating/ rest areas along designated walkways	Increased seating	Improved Health and wellbeing	LCC	Leitrim Sports Partnership/ Waterways Ireland
1.4 AGE FRIENDLY TOURISM					
	Proof tourist destinations to ensure they meet age friendly business charter	Audit & Actions arising Complete	Improved access for older people	LCC	OPC/Active Age Groups/ Leitrim Tourism/Local Businesses & Community Organisations
	Develop Carrick on Shannon as a destination for Age Friendly Tourism	Businesses with Age Friendly Charter	Increase in number of Age Friendly businesses	LCC	OPC/Leitrim Tourism/ Local businesses & organisations



# Theme Two – Transportation

Goal: Promote quality, safe, reliable, accessible transport services for all



No	Action	Indicator	Outcome	Lead	Partner Agency
<b>2.1</b>	<b>RURAL TRANSPORT</b>				
	Increase level of Local Link service. Continue to link with Bus Eireann and Expressway services to sustain services in North West	Audit & Actions arising Complete	Improvement in satisfaction levels with public transport	Local Link / Regional Transport Co-ordination Unit	
	Audit the current quality and locations of existing bus shelters and prepare an associated programme of works to rectify deficiencies	Audit complete and programme of works prepared	More Bus Shelters	Local Link	OPC/Active Age Groups / LCC
	Provision of additional local link routes throughout Co Leitrim which provide opportunity for onward connections via BE/Irish Rail	Number of additional local link routes in Leitrim. Increase in frequency of bus services per week from rural to urban centres in Leitrim	Sustainable & Accessible local link network of services in Co Leitrim which allow connection for onward journeys via BE/Irish Rail Services	Local Link	
<b>2.2</b>	<b>SOCIAL CAR SCHEME</b>				
	Provision and Promotion of volunteer community car scheme for Co. Leitrim	Number of trained volunteer drivers in place.	Transport models are responsive to varying needs of older people.	Local Link	Leitrim Volunteering Information Service (volunteering-leitrim.ie)

“I hate asking people for lifts”

# Theme Three – Housing

Goal: Support people to live independently in their own homes.



No	Action	Indicator	Outcome	Lead	Partner Agency
<b>3.1</b>	<b>SUPPORTING INDEPENDENT LIVING</b>				
	Commitment to provide Home Help, Home Care packages, and day care places	Number of people receiving support; Number of hours provided.	Support people to remain in their homes	HSE	
	Assist older people with necessary repairs/alterations to properties under Housing Aid for Older Person and Mobility Aids Grant	Simplified application process/ Assistance in completing forms/ Reduce processing time	Improved quality of life for those who choose to remain in their existing homes	LCC	Irish Council of Social Housing
	Promote older persons grant scheme to hospitals	Bi-Annual Promotional Campaign to all hospitals	Fewer delays in discharge from hospitals for older people	LCC	HSE /LDC/ Active Age Groups
	Seek inclusion of Assistive Technology within grant scheme	Acknowledgement of lobby for Assistive Technology to be included within grant scheme	Improved quality of life for those who choose to remain living at home	LCC	OPC/Active Age Groups
	Seek greater access to Home Help and increased number of hours of help provided	Acknowledgement of need for expansion of Home Help	More people able to choose to remain living at home	OPC/ Active Age Groups	
	Develop the frail elderly programme in partnership with the Integrated Care Programme for Older People (ICOP)	Number of older people where hospital admission is avoided and early discharge from acute hospital services	Hospital admission is prevented and early discharge facilitated for older people	HSE	ICOP

3.2 OLDER PEOPLE FEELING SAFE IN THEIR HOMES					
	Roll out National Fall Prevention Strategy	continue to provide falls prevention clinics across county leirim. Falls literature to be made available	Less trips and falls among older people	HSE	OPC/Active Age Groups
	Continue Warmer Homes Scheme	The number of persons availing of scheme	Improved quality of life for those who choose to remain living in their home	Leitrim Warmer Homes	LDC
	Launch and promote provision of smoke alarms	Number of persons availing for scheme	Improved Safety in the home	LCC	Leitrim Warmer Homes/LDC
	Make available suitable accommodation for older persons	Make new builds /retrofits age friendly in design	Better housing options	LCC	Housing Associations
3.3 OPERATION DORAS /CRIME PREVENTION AMBASSADOR PROGRAMME					
	Extension of Operation Doras (Piloted in North Leitrim)	Number of older people visited by Gardaí	Increased awareness of crime prevention and security measures	Garda Síochána	OPC/Citizens Information
	Bogus Callers Scheme	Notify people when genuine callers in the area by local media and Text Alert	Increased awareness and security	Garda Síochána	OPC/Citizens Information
3.4 COMMUNITY TEXT ALERT SCHEME					
	Amalgamate / integrate 17 Text Alert Areas for Co-Operation between areas/groups and increase coverage of scheme	Increased number of older people using Text Alert .  Start scheme in Manorhamilton / Kiltyclogher area	Increased feeling of safety within community	Garda Síochána	Muintir Na Tire, Mayo Sligo Leitrim ETC, LCC/LDC/IFA

3.5 GARDA COMMUNITY CLINICS					
	Continue Garda visits & Schools Programmes	Number of visits/ programmes complete	Increased awareness	Garda Síochána	LCC/LDC/OPC/ IFA Active Age Groups
	Promote Garda visits & Schools Programmes to increase participation	Number attending the programme	Increased awareness	Garda Síochána	LCC/LDC/OPC/ IFA  Active Age Groups
	Promote Victim Support Office	Promotional campaign complete	Increased awareness	Garda Síochána	LCC/LDC/OPC/ IFA Active Age Groups
	Reinvigorate Community Alert	Number of Community Alert areas	Greater security and Crime prevention	Garda Síochána	LCC/LDC/OPC/ IFA Active Age Groups

“It’s good to live on my own”

“Home help is great but we need more”

“The Gardaí are great but there’s not enough of them”



# Theme Four - Social Participation

Goal: Provide opportunities for older people to stay connected and play an active part in social life.



No	Action	Indicator	Outcome	Lead	Partner Agency
4.1	<b>LEITRIM'S OLDER PERSONS COUNCIL</b>				
	Ongoing support and facilitation of OPC	Meetings held 6 weekly	Continuity of support and facilitation of OPC	LDC	LCC /OPC/ HSE/Private Nursing Homes/ Alzheimer's Society of Ireland/ Community Orgs
	Promote Age Friendly Programme to Hard to Reach Older People	Increased membership	Increased number of participants	LDC	OPC / Active Age Groups/LCC
	Source funding to provide transport to meetings	Funding availability	Increased number of people participating in OPC	LDC / Local Link	OPC

“There are lots of groups that people can join”

“I love the call from Rossinver calling”

4.2 HEALTH AND WELL BEING					
	Promote a range of exercise programmes for older persons	Monthly Programme of events circulated to all older persons	Improved health and wellbeing	Sports Partnership	LCC/OPC/Active Age Groups/Day Care Centres/ Nursing Homes / HSE
	Continue to assist in funding applications for Go For Life Games	Increased funding for Leitrim	Improved health and wellbeing	Sports Partnership	LCC/LDC
	Promote Go For Life Games and Develop a County Team to participate in Go for Life National Games	Increased participation	Improved health and wellbeing	Sports Partnership	LCC/OPC/Active Age Groups/LDC
	Promote Artist in Communities Scheme to Older Persons Groups	Promotion complete	Improved health and wellbeing	LCC - Arts Section	LCC/OPC/Active Age Groups/LDC
	Implement Cycling without Age to Nursing Homes in Co. Leitrim	Funding availability for the purchase of Triobikes	Improved Health and Well Being	LCC	HSE/LDC
	Train staff in Care Environment on CARE PALS programme	Increased participation targetting older people with mobility issues	Improved Health and Well Being	Sports Partnership	HSE/LDC

“I like to go bowling and walking”

# Theme Five – Respect and Social Inclusion

Goal: Develop respect and understanding of older persons



No	Action	Indicator	Outcome	Lead	Partner Agency
<b>5.1</b>	<b>MENS SHEDS</b>				
	Commitment to roll out access to Social Prescribing model and Mental health initiatives to Men's Sheds	Improved mental health	Model rolled out to each of men's sheds	HSE	Men's Sheds/ RISE Project /Mayo Sligo, Leitrim ETB.
	Develop and promote Mens Sheds	Increased male participation	Improved social inclusion for men	Mayo, Sligo, Leitrim ETB	LDC/HSE/ Existing Mens Sheds.
	Men's Sheds to meet as county wide network	Quarterly meetings	Environment created where older men can engage and interact socially	Mayo, Sligo, Leitrim ETB	Men's Sheds/ LCC/IFA OPC/Active Age Groups
	Set up operational guidelines	Four men's sheds with generic operational plan	Environment created where older men can engage and interact socially	Mayo, Sligo, Leitrim ETB	LDC/Men's Sheds/LCC/ IFA OPC/Active Age Groups

“Men don't talk face to face;  
they talk shoulder to shoulder”

Barry Golding

5.2 ENHANCE ACCESS TO FINANCIAL SERVICES					
	Invite Representative from Credit Union onto Alliance	Rep on Alliance	Wider Access to Banking services	LCC	OPC
5.3 ENHANCE ACCESS TO LOCAL AUTHORITY SERVICES					
	Promotion of Homebound Borrowing Accounts	Increased access to library services	Improved health and well being	Leitrim Library Services	LDC
	Age friendly training to be provided to local authority staff	Number of staff trained	Enhances service due to better understanding of older persons' needs	LCC	
	Library Programming of Events such as lectures, film screening, performances, educational programmes	Number of Events Ran	Enhanced services to older people	Library Services	OPC
	Introduction of Craft Events, Creative Writing, Reading Groups, Language sessions	Number of Events Ran	Enhanced Services to older people		
5.4 PROMOTE INTERGENERATIONAL ACTIVITIES					
	Continue to facilitate and target Intergenerational events between youth organisations and older peoples groups	Range of inter-generational activities  Target 10 events	Enhanced understanding of mutual interests and concerns	LDC / ETB/ Library Service	LCC/ Active Age Groups/ Youth Clubs/ Schools

“We need to be able to talk to people in the banks”



# Theme Six – Civic Participation and Employment



Goal: Increase employment, volunteering and civic participation among older people

No	Action	Indicator	Outcome	Lead	Partner Agency
<b>6.1</b>	<b>START YOUR OWN BUSINESS PROGRAMME</b>				
	Create Promotional Campaign for over 55's on SYOB	Campaign implemented	Increased level of older person starting their own business	Leitrim Local Enterprise Office	LDC/ OPC/ Library Service
<b>6.2</b>	<b>BUSINESS MENTORING PROGRAMME</b>				
	Research opportunity of an Older Persons Mentoring panel	Research Completed	Older People Recruited as Business Mentors	Leitrim Local Enterprise Office	LDC/ OPC
<b>6.3</b>	<b>ENCOURAGE ENTREPRENEURSHIP</b>				
	Promote all enterprise centres and their services in Co Leitrim	Campaign implemented	Increased level of usage	Leitrim Local Enterprise Office	LDC/ OPC
<b>6.4</b>	<b>ACCESS TO COMMUNITY EDUCATION AND CAPACITY BUILDING</b>				
	Continue Back to Education & Community Education Programmes	Pilot programme in Drumshanbo	Increased participation from older persons	Mayo Sligo Leitrim ETB	LDC/ OPC
	Identify new courses	Research completed on new courses	Increased participation from older persons	Mayo Sligo Leitrim ETB	LDC/ OPC
	Promotional campaign to older people and those approaching retirement	Campaign complete	Increased participation from older persons	Mayo Sligo Leitrim ETB	
<b>6.5</b>	<b>FACILITATION AND SUPPORT FOR ACTIVE AGE GROUPS</b>				
	Commitment to fund LDC to provide ongoing support and facilitation for Active Age Groups	Support worker funded	Continuity of support and facilitation of Active Age Groups	HSE	LDC / RISE
	Continue to support and facilitate active age groups	Active Age Groups supported	Ongoing participation of older people	LDC	LCC
<b>6.6</b>	<b>VOLUNTEER WEBSITE</b>				
	Promote Volunteer in Leitrim Website ( <a href="http://www.volunteerinleitrim.ie">www.volunteerinleitrim.ie</a> )	Campaign complete	Increased number of volunteers	LDC	LCC

# Theme Seven - Communication and Information

Goal: Ensure that older people can access timely, practical information



No	Action	Indicator	Outcome	Lead	Partner Agency
7.1	<b>ACCESS TO INFORMATION TECHNOLOGY</b>				
	Increase IT availability for older persons	IT access points for older people	Increased IT Literacy among older persons	Mayo Leitrim Sligo ETB / Library Service	LCC/Leitrim Local Enterprise Office/ LDC
	Directory based website for older persons	Website	Increased access to relevant information	LDC	LCC/Leitrim Local Enterprise Office/ LDC
	Facilitate one to one IT training	No of persons trained	Increased computer literacy	Library Service	Age Action
	Implement and promote Digital Skills for Citizens Programme	Number of older people who participate	Increased IT Literacy among older persons	LDC/Irish Rural Link	LCC/Leitrim Local Enterprise Office/ LDC

“We need better Mobile Phone and Internet Services”

7.2 PROVISION OF AGE FRIENDLY INFORMATION					
	Commitment to work with partners to improve provision of age friendly information	Improved provision of information	Increased availability of age friendly information	Citizens Information	LDC /LCC/HSE/ Local Link/Mayo, Sligo, Leitrim ETB/ Library Service
	Citizens Information outreach service by appointment	Expansion of Citizens Information outreach services	Increased availability of information for older persons	CIC	LDC(Day Care Centres)/Nursing Homes
	Use radio to provide information to older people	Number of local radio features	Increased provision of information	CIC	
	Address physical barriers for many elderly/ rural dwellers in accessing services	Improved public transport	Increased IT Literacy among older persons	Local Link	LCC/Leitrim Local Enterprise Office/ OPC/Active Age Groups
	Address on line barriers for many elderly/ rural dwellers in accessing services	Improved Broadband/ Internet Improved IT Literacy	Increased IT Literacy among older persons	LCC	LCC/Leitrim Local Enterprise Office/ LDC/OPC/Active Age Groups
	Provide library collection in a range of formats - large print/ audio/electronic resources	Improved literacy	Increased Literacy	Library Services	LCC

“There’s lots on in the library”

# Theme Eight – Community Support and Health Services



Goal: To provide older people with easily accessible health and community services

No	Action	Indicator	Outcome	Lead	Partner Agency
<b>8.1</b>	<b>ADVOCACY, BEFRIENDING AND SUPPORT</b>				
	Continue and expand the Befriending Service in South Leitrim	Increased number of volunteers	Increase in social contact for older people	LDC	Leitrim Calling / Rossinver Calling
	Continue and expand Leitrim Calling and Rossinver Calling	Number of people receiving calls	Increase in social contact for older people	Leitrim Calling/ Rossinver Calling	
	Raise awareness of Go for Life program of activities	The number of initiatives aimed at older people	Increase physical activity amongst older people	LCC / Sports Partnership	OPC/ Active Age Groups
<b>8.2</b>	<b>COMMUNITY MENTAL HEALTH</b>				
	Integrated Day Care Services	Number of integrated day care centres to continue to be funded	Quality day services	HSE	LDC
	Develop a dementia technology library in St Patrick's Hospital to include support to Leitrim Community	Increased access to Dementia Assistive Technology	Increased support to people with dementia and their carers	HSE	
	Patient led forum in Day Care Centres	Number of Day Care Centres with patient led forum	Improved services in Day Care Centres	HSE/LDC	Day Care Centres

“Health Services could be more local... there is a lot that doesn't need to be done in a hospital”



# Monitoring, Review and Evaluation

An important part of the County Leitrim Age Friendly Strategy is the monitoring and reporting mechanism that support the co-ordinated approach to positive aging and ensure continued assessment. The Leitrim Older Persons Council will be an inherent part of this monitoring process and will have the opportunity at alliance level to challenge organisation heads if commitments are not being carried through.

In addition to monitoring progress on actions through quarterly meetings of alliance, an annual report will be published and submitted to the Alliance Group , the LCDC and the Older Persons Council. These reports will not only provide a valuable summary of the situation of older people in Co Leitrim, but will also help identify issues requiring action.

## Conclusion

The strategy presents a challenge and an opportunity for everyone who works and lives in Leitrim. The key to achieving our vision is the involvement of all different agencies, businesses and the local community working together. This is a living document.

We encourage all older people in Leitrim to take ownership of this strategy and help us work to improve the health and well being of the people of Leitrim.

**EVERYONE HAS A PART TO PLAY.**



# Abbreviations

AFCC	Age Friendly Cities and Counties
AFI	Age Friendly Ireland
CIS	Citizens Information Service
HaPAI	Healthy and Positive Aging Initiative
HSE	Health Service Executive
IFA	Irish Farmers Association
LCDC	Local Community Development Committee
MSL	Mayo Sligo Leitrim
ETB	Education Training Board
LCC	Leitrim County Council
PPN	Public Participation Network

# References

World Health Organisation's Age Friendly Cities: A Guide (2007)

Rebuilding Ireland (2011)

Programme for Government (2011-2016)

Leitrim County Development Plan

Healthy Ireland (2013)

Local Economic Community Plan

National Positive Aging Strategy (2013)

National Carers Strategy (2012)

Central Statistics Office, Census of Population 2016 – Profile 3 An Age Profile of Ireland <http://cso.ie/en/releasesandpublications/ep/p-cp3oy/cp3/aad/>

“The Longer I live the more  
beautiful life becomes”

Frank Lloyd Wright



# Leitrim

## Age Friendly Strategy 2017-2020

Leitrim Age Friendly County Programme

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