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 2nd 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 2nd 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
- Patricia Flanagan
- Sean Reynolds
- Frances O’Reilly
- Tess Gallogly
- Ann Short
- Philomena O’Brien
- Irene Redican
- Bridget Kerrigan, (The RISE Project)
- Geraldine Mullarkey, (HSE - Day Services and Home Help)
- Marion Quigley, (Leitrim Calling)
- Joanne Tyrrell, (HSE - Mental Health)
- Mary Flanagan, Homecareassist healthcare
- Majella O’Donnell, Alzheimer Society of Ireland
- Maryanne Mulvey, Social Services - Older People
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.
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 measureable 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 exiting 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

- Good Neighbours
- Friendly Helpful People
- Pace of Life
- An Garda Síochána
- Active Age Groups
- No Pollution
- Neighbourhood Watch
- Bus and Train Service
- Rural Transport
- HSE Services – GP/PHN/NOOWDOC
- Environment – open spaces
- Text Alert System
- Hospital Car Scheme
- Privacy
- Disabled Badge System
- Panic Alarm System
- RISE/Rossinver Calling/Drumshanbo
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.

Key issues in Leitrim

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

<table>
<thead>
<tr>
<th>Total 2016 Allocation</th>
<th>€409,695.00</th>
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<tbody>
<tr>
<td><strong>Quantity</strong></td>
<td><strong>Value</strong></td>
</tr>
<tr>
<td>Grant Aid Supports Paid</td>
<td>50</td>
</tr>
<tr>
<td>Grant Aid Supports Approved Awaiting Claim</td>
<td>34</td>
</tr>
<tr>
<td>Applications Received Not Yet Approved</td>
<td>20</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>€575,781</strong></td>
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<tr>
<td><strong>Overrun / Carryover to 2017</strong></td>
<td>-€166,086</td>
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</table>

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.

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

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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.

Gardai 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. Gardai 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.

<table>
<thead>
<tr>
<th>No</th>
<th>Action</th>
<th>Indicator</th>
<th>Outcome</th>
<th>Lead</th>
<th>Partner Agency</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.1</td>
<td>AGE FRIENDLY TOWNS</td>
<td>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.</td>
<td>Awareness and promotion campaign with LCC staff</td>
<td>Improved planning for roads, footpaths and buildings</td>
<td>LCC</td>
</tr>
<tr>
<td></td>
<td>Pilot the Age Friendly Town Programme in Carrick on Shannon and Ballinamore &amp; apply toolkit to said towns</td>
<td>No of changes in physical environment (seats installed, pavements, etc)</td>
<td>Improved Accessibility for all</td>
<td>LCC</td>
<td>Local Businesses &amp; Community Organisations</td>
</tr>
<tr>
<td></td>
<td>Complete actions on Walkability Audit Manorhamilton</td>
<td>Audit &amp; Actions arising Complete</td>
<td>Improved Accessibility for all</td>
<td>LCC</td>
<td>Local Businesses &amp; Community Organisations/HSE</td>
</tr>
</tbody>
</table>

“Seating along the canal bank would be lovely”
## 1.2 AGE FRIENDLY BUILDINGS

<table>
<thead>
<tr>
<th>Activity</th>
<th>Benefits</th>
<th>Responsible Bodies</th>
</tr>
</thead>
<tbody>
<tr>
<td>Implement the Age Friendly Ireland Business Recognition Programme Step by Step Toolkit for Age Friendly Business</td>
<td>Increased usage by older people of local business</td>
<td>LCC Chamber of Commerce/Local Businesses &amp; Community Organisations</td>
</tr>
<tr>
<td>Develop accessible car parking locations at business premises</td>
<td>Improved Accessibility</td>
<td>LCC OPC/Local Businesses &amp; Community Organisations</td>
</tr>
<tr>
<td>Apply age friendly design to proposed new buildings such as Primary Care and Day Care Centres</td>
<td>Improved accessibility</td>
<td>HSE</td>
</tr>
<tr>
<td>Ensure 9 branch libraries are accessible to all</td>
<td>Have accessible event spaces</td>
<td></td>
</tr>
</tbody>
</table>

## 1.3 AGE FRIENDLY OUTDOOR SPACES

<table>
<thead>
<tr>
<th>Activity</th>
<th>Benefits</th>
<th>Responsible Bodies</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age Friendly Outdoor Gyms</td>
<td>Improved health and wellbeing</td>
<td>Leitrim Sports Partnership</td>
</tr>
<tr>
<td>Research need for bowling green in Ballinamore and explore funding opportunities for the community.</td>
<td>Improved health &amp; wellbeing</td>
<td>Leitrim Sports Partnership/LCC</td>
</tr>
<tr>
<td>Provide seating/rest areas along designated walkways</td>
<td>Improved Health and wellbeing</td>
<td>LCC</td>
</tr>
<tr>
<td>Proof tourist destinations to ensure they meet age friendly business charter</td>
<td>Improved access for older people</td>
<td>LCC OPC/Active Age Groups/Leitrim Tourism/Local Businesses &amp; Community Organisations</td>
</tr>
<tr>
<td>Develop Carrick on Shannon as a destination for Age Friendly Tourism</td>
<td>Increase in number of Age Friendly businesses</td>
<td>LCC OPC/Leitrim Tourism/Local businesses &amp; organisations</td>
</tr>
</tbody>
</table>
# Theme Two – Transportation

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

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

“I hate asking people for lifts”
Theme Three – Housing

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

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

<table>
<thead>
<tr>
<th>Initiative</th>
<th>Description</th>
<th>Outcome</th>
<th>Responsible Bodies</th>
</tr>
</thead>
<tbody>
<tr>
<td>Roll out National Fall Prevention Strategy</td>
<td>continue to provide falls prevention clinics across county leitrim. Falls literature to be made available</td>
<td>Less trips and falls among older people</td>
<td>HSE OPC/Active Age Groups</td>
</tr>
<tr>
<td>Continue Warmer Homes Scheme</td>
<td>The number of persons availing of scheme</td>
<td>Improved quality of life for those who choose to remain living in their home</td>
<td>Leitrim Warmer Homes</td>
</tr>
<tr>
<td>Launch and promote provision of smoke alarms</td>
<td>Number of persons availing for scheme</td>
<td>Improved Safety in the home</td>
<td>LCC Leitrim Warmer Homes/LDC</td>
</tr>
<tr>
<td>Make available suitable accommodation for older persons</td>
<td>Make new builds/retrofits age friendly in design</td>
<td>Better housing options</td>
<td>LCC Housing Associations</td>
</tr>
</tbody>
</table>

### 3.3 OPERATION DORAS /CRIME PREVENTION AMBASSADOR PROGRAMME

<table>
<thead>
<tr>
<th>Initiative</th>
<th>Description</th>
<th>Outcome</th>
<th>Responsible Bodies</th>
</tr>
</thead>
<tbody>
<tr>
<td>Extension of Operation Doras (Piloted in North Leitrim)</td>
<td>Number of older peopled visited by Gardaí</td>
<td>Increased awareness of crime prevention and security measures</td>
<td>Garda Síochána OPC/Citizens Information</td>
</tr>
<tr>
<td>Bogus Callers Scheme</td>
<td>Notify people when genuine callers in the area by local media and Text Alert</td>
<td>Increased awareness and security</td>
<td>Garda Síochána OPC/Citizens Information</td>
</tr>
</tbody>
</table>

### 3.4 COMMUNITY TEXT ALERT SCHEME

<table>
<thead>
<tr>
<th>Initiative</th>
<th>Description</th>
<th>Outcome</th>
<th>Responsible Bodies</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amalgamate / integrate 17 Text Alert Areas for Co-Operation between areas/groups and increase coverage of scheme</td>
<td>Increased number of older people using Text Alert. Start scheme in Manorhamilton / Kiltyclogher area</td>
<td>Increased feeling of safety within community</td>
<td>Garda Síochána Muintir Na Tire, Mayo Sligo Leitrim ETC, LCC/LDC/IFA</td>
</tr>
</tbody>
</table>
### 3.5 GARDA COMMUNITY CLINICS

<table>
<thead>
<tr>
<th>Activity</th>
<th>Outcome Measure</th>
<th>Increased awareness</th>
<th>Garda Síochána</th>
<th>LCC/LDC/OPC/IFA Active Age Groups</th>
</tr>
</thead>
<tbody>
<tr>
<td>Continue Garda visits &amp; Schools Programmes</td>
<td>Number of visits/programmes complete</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Promote Garda visits &amp; Schools Programmes to increase participation</td>
<td>Number attending the programme</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Promote Victim Support Office</td>
<td>Promotional campaign complete</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Reinvigorate Community Alert</td>
<td>Number of Community Alert areas</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

*“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.

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

“There are lots of groups that people can join”

“I love the call from Rossinver calling”
<table>
<thead>
<tr>
<th>4.2 HEALTH AND WELL BEING</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Promote a range of exercise programmes for older persons</strong></td>
</tr>
<tr>
<td><strong>Continue to assist in funding applications for Go For Life Games</strong></td>
</tr>
<tr>
<td><strong>Promote Go For Life Games and Develop a County Team to participate in Go for Life National Games</strong></td>
</tr>
<tr>
<td><strong>Promote Artist in Communities Scheme to Older Persons Groups</strong></td>
</tr>
<tr>
<td><strong>Implement Cycling without Age to Nursing Homes in Co. Leitrim</strong></td>
</tr>
<tr>
<td><strong>Train staff in Care Environment on CARE PALS programme</strong></td>
</tr>
</tbody>
</table>

“I like to go bowling and walking”
Theme Five –
Respect and Social Inclusion

Goal: Develop respect and understanding of older persons

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

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

Barry Golding
### 5.2 ENHANCE ACCESS TO FINANCIAL SERVICES

<table>
<thead>
<tr>
<th>Invite Representative from Credit Union onto Alliance</th>
<th>Rep on Alliance</th>
<th>Wider Access to Banking services</th>
<th>LCC</th>
<th>OPC</th>
</tr>
</thead>
</table>

### 5.3 ENHANCE ACCESS TO LOCAL AUTHORITY SERVICES

<table>
<thead>
<tr>
<th>Promotion of Homebound Borrowing Accounts</th>
<th>Increased access to library services</th>
<th>Improved health and well being</th>
<th>Leitrim Library Services</th>
<th>LDC</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age friendly training to be provided to local authority staff</td>
<td>Number of staff trained</td>
<td>Enhances service due to better understanding of older persons’ needs</td>
<td>LCC</td>
<td></td>
</tr>
<tr>
<td>Library Programming of Events such as lectures, film screening, performances, educational programmes</td>
<td>Number of Events Ran</td>
<td>Enhanced services to older people</td>
<td>Library Services</td>
<td>OPC</td>
</tr>
<tr>
<td>Introduction of Craft Events, Creative Writing, Reading Groups, Language sessions</td>
<td>Number of Events Ran</td>
<td>Enhanced Services to older people</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### 5.4 PROMOTE INTERGENERATIONAL ACTIVITIES

<table>
<thead>
<tr>
<th>Continue to facilitate and target Intergenerational events between youth organisations and older peoples groups</th>
<th>Range of inter-generational activities</th>
<th>Enhanced understanding of mutual interests and concerns</th>
<th>LDC / ETB / Library Service</th>
<th>LCC / Active Age Groups / Youth Clubs / Schools</th>
</tr>
</thead>
</table>

“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

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

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

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

“We need better Mobile Phone and Internet Services”
## 7.2 PROVISION OF AGE FRIENDLY INFORMATION

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

“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

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

“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

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)
“The Longer I live the more beautiful life becomes”

Frank Lloyd Wright