



Age Friendly Strategy 2016-2020



Ireland is ageing. The number of people aged 65+ will increase by about 250% in the coming decades, while the working age population will start to shrink. The number of very old persons, defined as 80 years and older, will increase by 400%. At the same time fewer young people will be available to provide informal and formal support and care.

Today's opportunity is to find sustainable solutions to address the challenges linked to population ageing. The vision of making Ireland the best country in the world in which to grow old will require significant investment to support everyone's equal and meaningful participation in the social and economic life of their community. This can be done through the creation of what the World Health Organisation (WHO) calls age-friendly environments, i.e. the adaptation of our physical and social environments to the various needs of all generations.

Promoting age-friendly cities and counties is the aim of the National Positive Ageing Strategy and Age Friendly Ireland. Age Friendly Ireland brings together key organisations and community members at local, regional and national level, committed to developing and implementing a strategy and action plan on age-friendly environments based on the WHO Age-Friendly Cities' Guide and in the spirit of the 2013 Dublin Declaration on Age-Friendly Cities and Communities in Europe.



Contents

Message from Cathaoirleach	iii
Foreword	iv
Introduction	1
Background	2
The Dublin Declaration	3
What is Age Friendly?	4
Why Local Government is ideally placed to lead	5
Why Other Organisations should get involved	5
Celebrating Older People in Society	6
Examples of Positive Ageing in County Sligo	8
Age Friendly Cranmore	8
Sligo Lend A Hand	9
121 Digital Programme	10
Memories of The Dancehall	11
Sligo GAA	11
Get Ireland Active	12
Go For Life	12
Sligo Active Retirement Network	12
Setting the Context	13
International Context	13
National Context	13
Local Context	14
Your Sligo Age Friendly Programme	15
(i) Age Friendly Structures	15
(ii) Age Friendly Strategy and Action Plan	18
(iii) Capturing the Voices of Older People	19
(iv) A Shared Vision	22

Contents (Continued)

Themes	23
1 Outdoor Spaces and Building	24
2 Transportation	26
3 Housing and Home	28
4 Value and Respect	30
5 Social Participation and Inclusion	32
6 Civic Participation and Employment	34
7 Information and Communication	36
8 Community Supports and Health Services	38
Monitoring, Implementation and Review	40
Going Forward: Critical Success Factors	41
Acknowledgements	42
Appendices	43
Appendix 1: Other Strategies and Frameworks	43
Appendix 2: Development of Age Friendly Initiatives	44
Appendix 3: Sligo Age Friendly Alliance Organisations	45
Glossary of Terms	48



Message from the Cathaoirleach

The Age Friendly Programme is one of the most significant global initiatives undertaken to address the issue of our ageing population.



The changing demographics at international, national and local level requires a strategic, concerted approach from all stakeholders.

14% of Sligo's population is over 65, which is higher than the national average. In 2014, Sligo County Council became a signatory to the 'National Age Friendly and Cities Programme', which envisages making Ireland the best country in the world in which to grow old, an ambition we can all readily subscribe to and support.

While this is a complex and hugely important issue, there is a consensus that the Age Friendly Programme should focus on a number of key objectives, aimed at enabling people to live full and active lives as they age. This can be achieved by encouraging people to continue to learn, develop and

work, to participate in social, economic and public life and to be valued and respected in their communities. I expect the 'Older People's Council' to play a pivotal role in driving the Age Friendly agenda, as it will take responsibility for implementing many of the changes identified through the extensive consultation process.

The 'Sligo Age Friendly Strategy' will identify and introduce mechanisms by which older adults in our community can become genuine partners in the ongoing planning and delivery of services in Sligo.

Councillor Rosaleen O'Grady,

Cathaoirleach
Sligo County Council





Foreword

As Chairperson of the Sligo Age Friendly Alliance it is my great pleasure to introduce the Sligo Age Friendly Strategy 2016-2020.



Sligo became part of the national Age Friendly Programme in November 2014 and set up the Sligo Age Friendly Alliance to make Sligo a great place in which to grow old. The benefits of establishing an Age Friendly strategy for Sligo are wide ranging and significant. An age friendly county is a place where more and more 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 go, and are valued contributors to the lives of their communities.

This strategy provides an outline of what we, the Alliance, will do to improve the services and facilities that are currently available. As a result of the public consultation process we received feedback and ideas regarding topics such as housing, transport, safety, civic participation and communication.

I would like to thank everyone who took part in the development of this strategy – members of the Alliance, the Implementation Group and members of the public, young and old, who attended focus groups and consultation meetings.

I would like to acknowledge the ongoing support and commitment of the Members of the Alliance to the Strategy development process and urge their continued involvement in the implementation and delivery phase. As a group we welcome the challenges of this strategy and look forward to its implementation.

Ciarán Hayes
Chief Executive, Sligo County Council
and
Chairperson, Sligo Age Friendly Alliance





Introduction

This document outlines a strategy to improve the lives of all people in County Sligo as they age, and to create a county where future generations can reach old age feeling healthier, more positive and more engaged.

The aim is to make Sligo an Age Friendly County with all member agencies working together to promote and maintain the best possible health and well-being for people, and to make our County a great place in which to grow up and grow old.

Paramount to creating a strategy focussing on ageing is a recognition that older people are a valuable resource with huge levels of expertise, experience and resources to assist in the growth and development of this County. While Sligo County Council has taken the leadership role in the development of this strategy, Age Friendly is very much a multi-agency approach, with older people at the core. This reflects a widespread recognition that no one group is able to respond to the challenges and opportunities that our changing demographic presents.

This Strategy and accompanying Action Plan for Sligo have been developed through consultation with older people and the organisations working with them. It presents our collective vision and goals for what an Age Friendly Sligo will be and offers an outline of practical and cost-effective ways to achieve these goals.

To support the implementation, monitoring and ongoing evaluation of the Sligo Age Friendly Strategy a number of structures are established including:

Sligo Age Friendly Alliance

Age Friendly Implementation Group

The Sligo Older People's Council





Background

County Sligo's Age Friendly County Strategy has been compiled in recognition of the changing demographics of Older People in the County.

In its development it also takes account of the international context of policy and best practice led out through the World Health Organisation (WHO) Age Friendly Cities Programme. This strategy takes into account those factors that relate to older people's participation in society and focuses on issues that are relevant to people as they age within our society.

The strategy is based on an agreed framework setting out the main objectives relating to older people and identifying practical actions that can be achieved in order to improve quality of life throughout County Sligo. The actions identified are realistic and achievable and, most importantly, were developed in direct response to priorities raised by older people. The proven success of the age friendly structure lies in its ability to drive partnership and innovation that brings about creative solutions without additional financial resources. The ethos of the programme is about better collaboration, more effective use of resources and the inclusion of the community as drivers of change.

An Alliance dedicated to the vision of an age friendly Sligo has been established to manage this process. This group comprises of senior management and decision makers from organisations that provide services to older people. See Appendix 3 for a full list of all members and contact details.





The Dublin Declaration

The Age Friendly Communities Declaration (now known as the Dublin Declaration on Age Friendly Cities and Communities) was initially developed in association with the 1st International Conference on Age Friendly Cities which was held in Dublin in September 2011. It is endorsed by the World Health Organisation.

The regions, cities, counties and communities, globally, who have signed the Dublin Declaration to date share a common set of values and principles. They are prepared to commit to actions that will improve the quality of life of older people (now and into the future), strengthen and sustain our systems and services across all sectors and stakeholders, and promote a culture of innovation that will foster growth and development.

The aim of the Declaration is to solicit support for a range of actions that are broadly based on the eight domains identified by the WHO in its Global Age-friendly Cities Guide. The

Declaration expresses the clear and strong commitment of political leaders of cities and communities to strengthen and champion action to make their communities more age friendly and highlights the need for ongoing improvement across a range of interrelated domains of older people's lives. It commits signatories to undertake a continuous cycle of improvement through a planning process which will be supported by participation in the WHO's Global Network of Age-friendly Cities.

Sligo formally signed the Age Friendly Communities Declaration at City Hall, Dublin on 27th November 2014.



Signing of the Dublin Declaration, 2014



What is Age Friendly?

The Age Friendly Cities and Counties Programme is Ireland's adaptation of the WHO's Age Friendly Cities and Communities model.

The Programme is being rolled out throughout the State by Age Friendly Ireland, a not-for-profit organisation who provide technical and policy support to participating local authorities and other partners. Age Friendly Ireland is hosted by Dublin City Council on behalf of the local government network.

According to WHO (2007), an Age Friendly City supports and enables people to age actively through policies, services and structures which recognise that older people have a wide range of capabilities and resources. An Age Friendly place:

- Anticipates and responds to the needs and preferences of older people
- Respects their decisions
- Protects the most vulnerable
- Promotes inclusion

The practical features of this model are detailed in the Checklist of Essential Features of Age-friendly Cities (WHO, 2007).

From a national perspective the Age Friendly Cities and Counties Programme is in pursuit of a vision that every county in Ireland will be a great place in which to grow old.

The WHO definition of Age-Friendly describes a society in which...



service providers, public officials, community leaders, faith leaders, business people and citizens recognize the great diversity among older persons, promote their inclusion and contribution in all areas of community life, respect their decisions and lifestyle choices, and anticipate and respond flexibly to ageing-related needs and preferences





Why Local Government is ideally placed to lead

Local and national government are responsible for policy areas related to the provision of critical services.

They are therefore crucial partners in a partnership which allows older people to participate in the community's life, prevents isolation and make goods and services more accessible.

By gathering older peoples needs and views, local authorities will be able to

identify end-users' needs in each of the WHO domains. Older persons themselves are indeed the best placed to say how a city or town can become a better place for its ageing population. It is also important to consult all age groups to ensure that local and regional authorities take into account needs of all generations.



Why Other Organisations should get involved

- By investing in the age-friendly environment organisations help focus on prevention and empower people to live independently for longer, which lowers the pressure put on family carers, formal care facilities and thus on public budgets.
- Age Friendly supports people to actively contribute to the socio and economic life of their community, notably through consumption of goods and services, employment and volunteering.
- Beyond economic benefits, age-friendly environments are also a means to ensure that the rights of older people are protected, regardless of their age and abilities. Indeed, it guarantees that they benefit from equal opportunities to participate in the society and to age with dignity. Moreover, age-friendly environments benefit not only older people but all generations, for example better accessibility of outdoor spaces and transport is useful for families with pushchairs or people with heavy luggage.
- Creating age-friendly environments is a great way to bring together different partners (policy-makers, employers, services providers, social actors, citizens, etc.) and thus making cities and regions more inclusive and dynamic through the participation of all people regardless of age.



Celebrating Older People in Society

Unrivalled Support and Care

Many older people provide support and care to their spouses, children, grandchildren and even their own parents. In 2011, more than 59,000 people over the age of 55 provided regular unpaid personal help for a friend or family member with a long-term

illness, health problem or disability (CSO, 2012a). The Irish Longitudinal Study on Ageing (TILDA) found that nearly half (46%) of people over the age of 50 provided care for their grandchildren (TILDA, 2011).

Social Capital and Volunteering

While 12.6% of all volunteers are over the age of 65 (CSO, 2007), informal help to neighbours and friends, such as providing transport or watering plants, was provided by nearly one in four (23%) people over the age of 50 (TILDA, 2011). Society not only benefits from the unpaid work of older people but satisfaction with life among older people is strongly related to the perceived benefits of voluntary work, community involvement and purposeful activity (Gallagher, 2008).

“As people live longer, healthier lives, they continue to play important economic and social roles in society”

WHO, 2002; Goode and Fitzgerald, 2005; Birren, 2009



Revitalizing the Irish Economy

Economically, older people are a growing consumer group which presents new opportunities for businesses. In 2010, there were twenty three Aged Economies in the world, and by 2040 this is expected to rise to eighty nine countries, including Ireland (UNFPA and Help Age International, 2012). Aged Economies are those in which consumption by older people surpasses that of youth.



75%
EU Wealth

50%
of Spending

People over 60 own 75% of the wealth in the EU and account for 50% of consumer spending.

€3,333 Billion+
EU Combined Wealth

Europeans are also important consumers with a combined wealth of over €3,333 billion. Older Europeans will be healthy and active for longer and they will participate in employment for longer, contributing their "wisdom" to value-creation.

€10 Billion+
Annual Income in Ireland

Elder customers (65+) in Ireland have revenue declared annual income (2012) of over €10 billion.

Loyal Customers

Older people are loyal customers, outspending younger shoppers and have time to shop around.

21% 60yrs+
By 2050

The over 60's demographic will be the only demographic that expands in the next 40 years. At present, 10% of the world's population is over 60. By 2050 there will be over 9 billion people in the world. 21% will be over 60.

(UN World Population Prospects: The 2008 Version)

50% Toys

50% of all toys are bought by grandparents.

3 X Trips / Year
In Ireland

Over 50's take an average of three trips a year in Ireland, staying three nights away.



Examples of Positive Ageing in County Sligo

Age Friendly Cranmore

In 2015, Cranmore agreed and launched its Age Friendly Strategy, making it the first Age Friendly Estate in Ireland. The programme is managed by a local steering group, which comprises of local residents, older people, community and statutory organizations working in partnership to improve the quality of life for the Cranmore community. The programme makes use of key learning's from Age Friendly Ireland in the roll out of the Age Friendly Towns programme.

To date the achievements of the programme include;

- An intergenerational project with local primary schools to explore how children see older adults and what ambitions they have for themselves when they reach old age.
- A walkability audit of the estate with local residents, disability and toddler groups, and key Council staff. Findings from this audit will inform works under the regeneration programme, they will also be looked at by the steering committee to explore how local community groups can respond to the identified issues.
- A local walking group to encourage physical activity among residents, as well as offering a social outlet.
- A partnership with the local Youthreach group to work on intergenerational projects. Currently, work is being completed on making memory boxes to be donated to parents of stillborn children



Age Friendly Cranmore has been nominated for a national Age Friendly Environment Award.



- A 'Remedies' booklet to be distributed around the estate which sees young residents interviewing older residents about traditional herbs and remedies. This will eventually feed into the larger community planting project which will see the community grow many traditional herbs to be used by residents for healthier eating.
- Working in partnership with the Hawk's Well Theatre to record memories from the 1916 era.

Sligo Lend a Hand

Sligo Lend a Hand delivers a free minor repair and visitation service to vulnerable adults and older people in Sligo town and county. Volunteers visit homes in pairs to carry out jobs which are too small and cost prohibitive to call in professional. During the course of the visit volunteers are trained and encouraged to identify potential safety risks in the homes, pass on crime prevention advice, and document concerns of service users by means of visit reports. Callers are referred by Social workers, care visitors and peer users and partner organisations within the project. Activity is reviewed at monthly steering committee meetings.

The organisation is registered with Seniors Alert scheme and facilitates provision of standard pendant personal alarms also providing advice where additional monitored peripherals would be useful. The service has expanded to county wide following a successful pilot in Sligo town. Presently, the service receives an averaging 12 calls per day. Service now operates from 11 to 3pm and has been enabled by the support of a coordinator and outreach officer under the Tús programme.



Benefits of the visits to users are numerous;

- Connection with community.
- Minor tasks which could potentially harm or injure deleted at no cost to user.
- Fostering of relationships and engagement with services.
- Use of bogus traders minimised.
- Delivery of basic safety and security advice and in some instances installation of small items and visiting to reduce isolation.
- Many care professional services value the service as a bridge in discharge situations in particular.

Sligo Lend a Hand has been nominated for a national Age Friendly Safety and Security Award.



121 Digital Programme

Summerhill College transition year students, in association with the Sligo Age Friendly Alliance, participated in a six week programme called "121 Digital". This programme provided a course of personalised 'one to one' lessons for older people in relation to the use of Smartphone / laptop / tablet. The learning programme was held on Monday afternoons and consisted of six sessions spanning over an hour and a half. During these sessions, the Transition Year students shared their digital skills with older adults in the local community, providing opportunities for the older people to ask various questions and overcome challenges they may have experienced when using technology.



It is hoped that the programme will be available again from September 2016 in Summerhill College and the Institute of Technology Sligo, as feedback received from the sessions indicated it was very effective and successful.

The Transition Year students were provided with opportunities to develop their interpersonal skills, including communication and listening skills, along with teaching skills and learning experiences from developing and sustaining relationships with the older people.

Feedback from the sessions...

- “ I found the programme and the students very helpful; I even updated my mobile phone to a smart phone. The sessions really helped me to understand how to use these phones and I loved having the opportunity to ask questions.
- “ The programme opened up a whole new world for me, learning new things about technology and how it can make a difference in my life.
- “ The lessons were a sociable outlet for me and other learners; we had fun from start to finish.
- “ I am more in touch with family & friends now, my friends and relations tell me that it is easier to contact me now after I have improved my ability to use my phone.



Memories of The Dancehall

Sligo Active Retirement Group and transition Year students from Sligo Grammar School participated in the "Memories of the Dancehall" intergenerational project, which was facilitated by the Sligo Central Library and Sligo County Museum and supported the Sligo Age Friendly County programme. This initiative provided an opportunity for members of Sligo Active Retirement Group to share their first hand experience of the Sligo dancehall period. The Grammar Transition Year students helped to share this collected knowledge with the wider community in the creation of a public museum exhibit relating to the Sligo dancehall period in the decade of the 1960s.

From February until April 2015, Transition Year Students of Sligo Grammar School worked on a weekly basis with members of Sligo Active Retirement in the collection of oral history accounts and artifacts relating to the dancehall period in Sligo. Some of these items included Dancehall Gowns, Gentlemen's suits and male attire, Perfume bottles and cosmetic bottles,



any photography relating to the period, Dancehall admission slips/ set lists/ posters and currency from the period.

This project provided an innovative context in which to promote meaningful intergenerational dialogue between the participants.



Sligo GAA

Sligo GAA has an 'Inclusion and integration' committee that, among other responsibilities, assists older members by organizing events and commemorating team successes at important milestones (40th anniversary of Connacht final win). Trips which include a guided tour of the Croke Park complex are very popular.





Get Ireland Active



Get Ireland Active is the National Physical Activity plan under the Healthy Ireland strategy which aims to promote Physical Activity in Ireland through implementing various programmes, policies and activities. One of these activities is the “Get Ireland Walking” initiative, which helps people establish and join walking groups in their communities and increase their physical activity participation. “Walking Wednesdays” is the 6 week walking group programme for people aged over 50 years in Sligo east city, supported by the Sligo Sport and Recreation Partnership.

Go For Life



The Go for Life Programme is the national programme for Sport and Physical Activity for older people which aims to increase participation among older people in recreational sport activities. The programme is administered by Age and Opportunity, and overseen by a Steering Group comprising representatives of the Irish Sports Council, Age and Opportunity, the Federation of Active Retirement Associations, the Irish Senior Citizens Parliament and the National Council on Ageing and Older People.

Sligo Active Retirement Network



Active Retirement Ireland is a national network of groups that stand up for older people, empower them and support them to get the most from their retirement. As Active Retirement Ireland is Ireland's largest community-based older people's organisation, it can be a powerful voice for not just its 24,500 members, but for all older people and can play a pivotal role in advocating for the most vulnerable people in the community, as well as its members. There are 17 registered Active Retirement groups in County Sligo.

International Context

The twentieth century brought great changes in longevity. Globally, average life expectancy at birth has increased by 20 years since 1950. In the developed world, the very old (age 80+) are the fastest growing population group. People are experiencing older age differently from their grandparents' generation, enjoying longer lives, better health and more active lifestyles.

The World Health Organisation (WHO) identifies that population ageing is one of humanity's greatest triumphs. It is also one of our greatest challenges. At the beginning of the 21st century, global ageing is putting increased economic and social demands on all countries. At the same time, older people are a precious, often ignored, resource that makes an important contribution to the fabric of our societies.

“ Making cities and counties age-friendly is one of the most effective policy approaches for responding to demographic ageing¹ ”

The WHO argues that countries can afford to get old if governments, international organisations and civil society enact “active ageing” policies and programmes that enhance the health, participation and security of older citizens. They stress that the **time to act is now**.



National Context

The National Positive Ageing Strategy was officially launched in 2013 by Kathleen Lynch, Minister of State for Disability, Equality, Mental Health and Older People.

In general, people in Ireland are living longer than previous generations. A century ago, average life expectancy was in the region of

fifty years. Today, average life expectancy for men in Ireland is 76.8 years and for women is 81.6 years, and life expectancy at the age of 65 is rising faster here than anywhere else in the EU. While this is a huge triumph of medicine, the challenge for society is to ensure that this is not just expansion of life years, but expansion of quality life years.

¹ World Health Organisation (2002) 'Policy Framework on Active Ageing'

Ireland will experience an unprecedented ageing of the population in the first half of the twenty-first century and by 2041 there will be an estimated 1.3 million to 1.4 million people aged over 65 years, representing 20-25 per cent of the total Irish population. The greatest increases are expected in the over-80 year's age group, where numbers are expected to increase four-fold in future years.

If we are to achieve the goal of creating an Age Friendly Ireland, we must start planning today for a future that starts tomorrow.

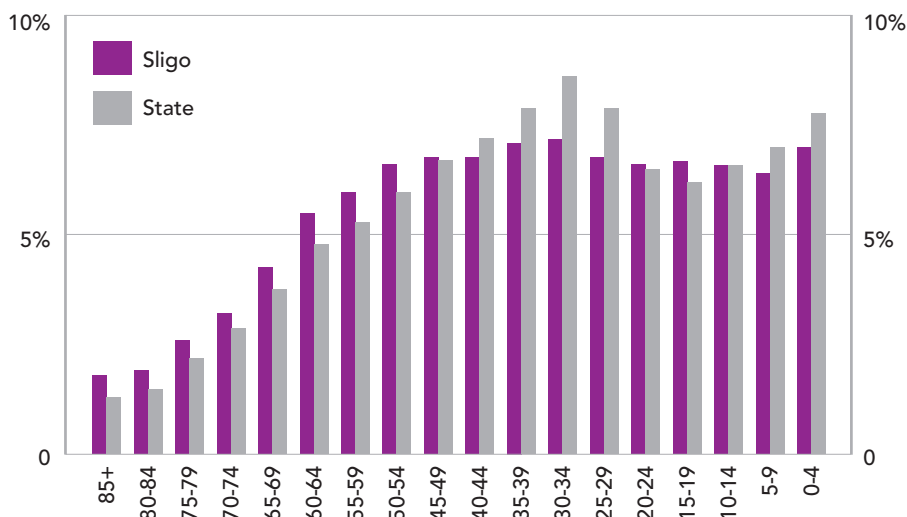
National Service Plan 2016

Goal 1: Promote health and wellbeing as part of everything we do so that people will be healthier. Incorporated in this goal is actions relating to Positive Aging, including the action to

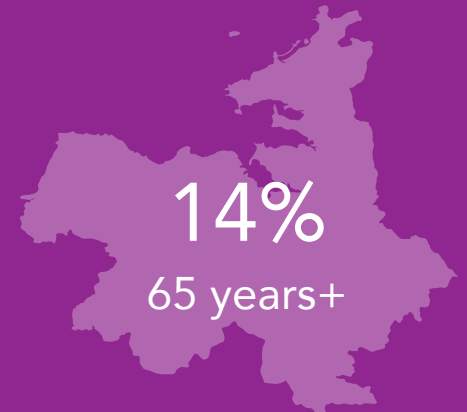
"Support all local authorities to implement the Age Friendly County Programme"

Local Context

The following graph compares the population of Sligo and the state in relation to age, demonstrating that the population of Sligo has a higher proportion of older adults than the state (CSO,2011).



Snapshot Statistics



14% of the population in Sligo is >65 (Higher than the National average of 11.7%)

For the first time in history internationally we are seeing more people over 65 than under 5. In Sligo the number of people over 65 is double the number of people under 5.



9,043
> 65 years

4,594
< 5 years



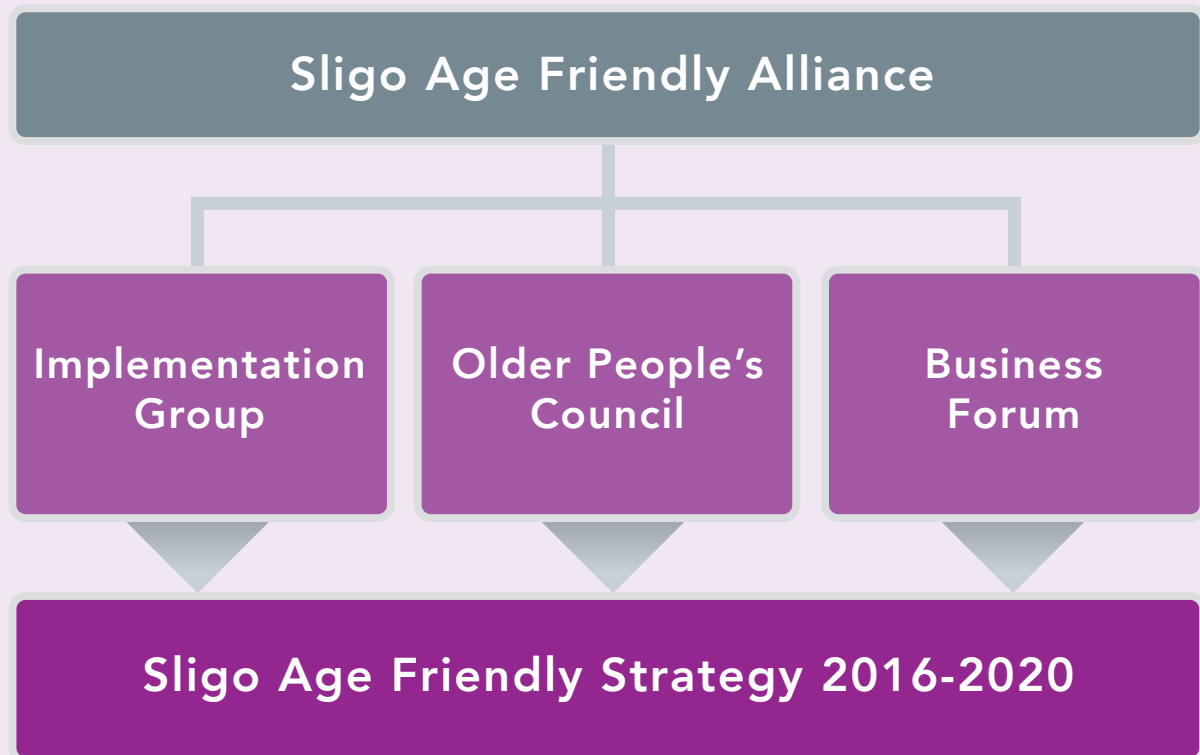
In Sligo 8,759 persons were registered as having a disability in April 2011, of whom 3,597, representing 41.1 per cent of the total, were aged 65 years and over.



Your Sligo Age Friendly Programme

i

Age Friendly Structures



Sligo Age Friendly Alliance

The Sligo Alliance is chaired by Ciarán Hayes, Chief Executive of the local authority. The group comprises the most senior decision makers from the key public, private and not-for-profit agencies involved in providing supports and services to older people. Also at the Alliance table will be representatives from the Business Forum and, most importantly, representatives from Sligo Older People's Council.



Sligo Age Friendly Alliance Members pictured at the first meeting of the Sligo Age Friendly Alliance in October 2014.

Back Row L/R: Ms. Madeline McGovern, Ms. Dorothy Clarke, Ms. Deirdre Lavin, Cllr. Seamus Kilgannon, Mr. Chris Gonley, Mr. Ciarán Hayes, Mr. Gerald O'Connor, Ms. Aine Mc Carty, Mr. Sean McHugh, Chief Superintendent Michael Clancy.

Front Row L/R: Ms. Geraldine Delorey, Ms. Vanessa Clarke, Ms. Sarah Wetherald, Cllr. Rosaleen O'Grady, Mr. Damien Mc Callion.

Age Friendly Implementation Group

This group is responsible for the development and implementation of the action plan which accompanies this strategy. With representatives from the Alliance member organisations the group explores how to improve the range and quality of services provided and make them more responsive to the expressed needs of older people.

Business Forum

This forum is designed to stimulate awareness among the business community about how best to grow their customer base, by deepening their understanding of older people's needs, preferences, behaviors and attitudes. It will comprise business leaders from the area who have an interest in responding to those needs and see the opportunities for businesses to benefit from the 'age-friendly county initiative'. They explore opportunities across a range of sectors, including leisure, retailing, financial services, transport, health, communications and volunteering.

Sligo Age Friendly Strategy

This plan acts as a blueprint for Sligo as it sets out on the road to becoming an age friendly place. It contains specific commitments by agencies, service providers and older people's organisations, often in collaboration, to implement agreed changes reflecting the priorities expressed by older people in the consultation process.

Age Friendly Action Plan

The Age Friendly Action plan details the specific activities that are going to happen in Sligo under the vision of age friendly. All action plans are based on a 'mapping of the needs' together with the detailing what already exists to meet these needs and what is still needed. This action plan is reviewed on an annual basis and a report given to the community regarding progress. This action plan is intended to evolve over the lifetime of the strategy to reflect changing needs.

Sligo Older People's Council (Sligo OPC)

OPC's are representative groups of older people, established by local authorities in response to the National Positive Ageing Strategy (2013), through which older people can raise issues of importance, identify priority areas of need and inform the decision-making process of the City or County Age Friendly Initiative. They also offer a user perspective in monitoring the implementation of the Strategies. The Councils are intended to be representative of the diversity of the older population in the city or county, linked with local older people's groups and supportive of the participation of the most marginalised.



ii Age Friendly Strategy and Action Plan

What is the Thinking behind this Strategy?

The Sligo Age-Friendly Strategy is action-focused and designed to evolve to meet the changing needs of the people of Sligo. All of the partners in the Alliance have a strong commitment to achieve its aims, which is made easier by the fact that the different partners share a number of principles such as:

1. A recognition that older people are critical contributors to our society. Their direct involvement in deciding priorities, shaping actions and bringing about change is essential to successful planning.
2. An acknowledgement that local communities can tap into older people's knowledge and experience. When they do communities can more easily face their challenges and develop innovative responses to their service needs, particularly as they relate to ageing.
3. Support for the generational and inter-generational dividend to be gained from both adopting age-friendly practices and planning with ageing in mind since the 'yet-to-age' group also aspire that as they 'age' they will live in a respectful, inclusive and caring community.



Copies of the action plan that accompany this strategy will be available on the website of Sligo County Council and other Alliance organisations.

Hard copies will also be available in public libraries and at the County Council offices at Riverside. Copies are also available upon request from Sligo County Council on **071 91 1111** or email agefriendlysligo@sligococo.ie



The plan will be reviewed on an annual basis to ensure that activities committed to are being progressed and to enable us to inform the community of same.



Our annual report will give the community a clear and visual insight into what has been achieved and will raise awareness of all the hard work going on around the county.

The Consultation Process

In order to ensure that the priorities and ambitions of all key groups, particularly older people and their organisations, are reflected strongly in the Age Friendly Strategy for County Sligo we needed to undertake a consultation process to capture the voice of the community and find out what really mattered to them.

Consultations were held across the county with individuals and groups including Active Retirement Groups, retired teachers and nurses, HSE service users, Comhairle na nóg and individuals.

All comments included in this strategy document reflect issues raised directly by people in the community during the consultation process.

Some of these comments relate to the services delivered by national organisations and therefore the Sligo Age Friendly Alliance may not be in a position to deal directly with such issues.



Views expressed by the public during the consultation process...

“ *O’Connell Street is hard to navigate* ”

“ *The text alert is fantastic and should be expanded* ”

“ *We need support to stay at home... it is the most important thing* ”

“ *Rural transport... critical to ensuring older people stay part of the community* ”

“ *Our train station is the most inaccessible place* ”

“ *The information is out there – the problem is accessing it* ”

“ *Respect needs to be earned by young and old* ”

“ *Ageism is still an issue* ”

“ *Social activities really make the difference between isolation and happiness* ”

“ *There is a great sense of pride and spirit in some areas of the community* ”

“ *We need to focus on prevention not cure* ”

“ *Older workers have a vast amount of knowledge that is lost* ”

“ *Home help is top of the agenda* ”

A Shared Vision

In planning for this Age Friendly future, we need to set out a clear overall vision for Sligo.

Our vision is for:

“ Sligo as a county where older people are respected, included in decision-making and acknowledged for their contribution to community life. ”



THEMES

This next section explores the WHO themes, identifying why they are important, what we want to achieve under them and what aspects of them older people want us to prioritise. We also give an insight into some of the commitments already given by participating organisations and communities.



Outdoor Spaces and Building

Key Outcome

Older people are supported to be 'out and about' by the built and social environment in Sligo.

Why Our Environment is Important

The creation and modification of the built environment can affect the lives of all community members in both negative and positive ways. The condition of our environment impacts on our physical and mental health, and can mean the difference between independence and dependence in the lives of people in the community living with mobility issues, including a cohort of older people.

By creating an urban environment where older people are supported to be 'out and about' we also create an environment that is friendly to people with disabilities, children and parents with pushchairs

As Glenn Miller of the Canadian Urban Development Institute put it

"If you design for the young you exclude the old, but if design for the old you include everyone."



Photo by David Hackett

The Voice of Our Community...

Views expressed by the public during the consultation process:

- “ A safe environment for recreation and leisure should be provided by organisations
- “ Appropriate seating in shops and along walkways and access to public toilets should be provided within the city
- “ O’Connell Street should be made an age friendly centre both during the day and at night. This may include reviewing issues such as heavy traffic and fall hazards.
- “ Physical activity could be promoted in our towns and villages. Sligo County Council is to be congratulated on the work they are doing with parks and outdoor gym equipment. The possibility of regular courses to educate how to use the gym equipment and parks and walkways developed with an intergenerational focus would be very beneficial.
- “ Installing outdoor gym equipment in clusters with overhead shelter would encourage more exercise participation.
- “ Promoting the importance of socialising and availing of these facilities needs to be promoted.
- “ Some shops and businesses in the town may not be accessible to people with mobility issues, this needs to be addressed.
- “ Increased seating at bus shelters is required to make the service comfortable for older people.
- “ Promotion of rural town and villages needs to be increased, along with community participation.
- “ Library opening and closing times could be changed as libraries provide learning and social opportunities.

Sample Actions:



- › Sligo County Council will work with Sligo OPC and age friendly businesses to ensure that the redevelopment of O’Connell Street is in line with Age Friendly planning.
- › To help improve the walkability of communities, Sligo County Council will support the completion of walkability audits for a selection of towns and villages in the county across 2016 & 2017
- › Encourage and support the use of the outdoors for physical activity and sport for older adults. Initiatives include;
 - + Intergenerational recreational space developed in Cleveragh Park including Bowls area, Tennis courts and outdoor Table Tennis.
 - + Outdoor gym programmes and outdoor boules facilitated.
 - + Community walking groups established.
- › Sligo County Council will support the pilot of the Age Friendly Town initiative in one area of the county, starting in 2016.
- › Sligo Hawk’s Well will work in partnership with Sligo Age Friendly and Sligo IT to become an age friendly cultural centre.

The **Sligo Age Friendly Action Plan** contains details of all the actions as agreed by the Sligo Age Friendly Alliance



Transportation

Key Outcome

People can get where they need to go, when they need to

Why Transport is Important

The impact of transport on the quality of life of older people cannot be stressed enough. Access to inclusive public transport can help older people to avail of goods, services, employment and other activities, as well as being a passport to independent living and full participation in society. In general where services are centralised or closed,

older people are often those most affected. Access to safe, flexible and accessible transport options is a key factor in older people's ability to remain independent and to actively participate in their community. One of the most common causes of social isolation is limited access to transport and recent studies.



The Voice of Our Community...

Views expressed by the public during the consultation process:

- “In relation to the bus service, bus shelters and stop locations need to be reviewed, especially access for people with mobility issues.
- “Increasing awareness among public transport drivers of the needs of older people would be very beneficial.
- “Rural transport and accessibility are critical in supporting older people to stay part of the community and to prevent many of the health issues associated with isolation. For this reason, rural transport services should be increased and to help relieve the dependence on family transport.
- “The cost of travel may discriminate against people with disabilities or mobility issues.
- “Sligo train station is very inaccessible, especially to those with mobility issues or in wheelchairs. There is a lack of parking and it is located up a steep road with lots of passing cars.



Sample Actions



- Provide Bus Stop Logo's at the identified stopping points along the LocalLink routes. Identify locations for Accessible Bus Shelters in Co. Sligo where this is required and based on the identified need for Services following consultation with Passengers and Town Teams in County Sligo.
- Design and re-design a number of key transport routes which connect isolated rural dwellers with the mainstream of community activity in County Sligo affording access to mainline rail and expressway services on at least 6 days week.
- Roll out an awareness campaign about rural and local transport available in County Sligo.



The **Sligo Age Friendly Action Plan** contains details of all the actions as agreed by the Sligo Age Friendly Alliance



Housing and Home

Key Outcomes

Older people can stay living in their own homes and communities for as long as possible

Older people feel and are safe at home and out in the community

Why Housing is Important

There is a clear desire from people to grow old in their own home and community.

Good quality, affordable, well-designed housing is a key element to older people's health and quality of life and whether they are able to age independently and actively in their community. Its adequacy and its proximity to community and social services allow older residents to live comfortably and safely, while housing affordability gives them peace of mind, a feeling of stability, and contribute to their social inclusion.

Housing also gives a vital meaning to people's social identity, status and place in society. For many older people the decision to age in their own community, and thus enjoy healthy ageing, depends on whether they feel safe and secure at home and out and about.



The Voice of Our Community...

Views expressed by the public during the consultation process:

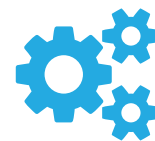
Home

- “ Services that support staying at home needs to be increased, remaining at home is the most important thing in maintaining our quality of life.
- “ A more holistic approach to health care provision is required, including all aspects of health and older people in care and treatment services.
- “ The HSE and local authorities should work together to ensure continuous liaising with older people living in the community. This would support in minor interventions to support people, such as identifying needs for outdoor grab rails.
- “ Home help is a major issue and there is not enough time allocated to people. Organisations need to work together to address this issue and increase the availability of these services.
- “ Increasing the awareness of Isolation among older people is necessary as isolated people feel very vulnerable, even if they are living in town centres.

Safety

- “ Increasing the visual presence of the Gardaí may reduce the perception of crime and promote a safe and comfortable environment.
- “ Educating older people on how they can be safe at home would help reduce falls and prevent injuries.
- “ Promoting the positive stories and happenings in our communities in the media would increase community ethos.
- “ The text alert system is fantastic and should be expanded. Ongoing support should be provided to keep the system active and to ensure new members join.
- “ There should be more support for programmes such as Lend a Hand which can make a real difference. Rogue traders are an ongoing concern and a compiled list of endorsed people to use would provide peace of mind.

Sample Actions



- Convene a series of county-wide and localised Community Alert/Neighbourhood Watch meetings with the specific item of Safety and Security for older people on the agenda.
- Sligo County Council will ensure that all future social and public housing development takes consideration of lifetime adaptability guidelines.



The **Sligo Age Friendly Action Plan** contains details of all the actions as agreed by the Sligo Age Friendly Alliance

Value and Respect

Key Outcomes

Older people are valued as individuals for their unique life experiences

We create a society with mutual respect across generations

Why Respect is Important

Seniors' participation in social activities helps preventing social isolation, and intergenerational activities are mutually enriching and fulfilling for all ages: older people passing on knowledge, traditions and experience and the younger ones may help seniors with for example new technologies.

Negative preconceptions of ageing still exist. Public attitudes, behaviours and representations of older age may marginalise and exclude older people, and

by doing so contribute to older people's isolation. It inhibits older people feeling valuable and society from benefiting from the participation and the experience and knowledge of older people.

Our current consultation processes result in a distinct lack of involvement of older people on decisions that concern them. If we want to develop relevant and adequate products and services for older people, they have to be consulted throughout the thinking, the designing and the development processes.



The Voice of Our Community...

Views expressed by the public during the consultation process:

- “ Young people to keep in touch with older people all year round and not just during the winter months.
- “ Young people that help older people may be seen as patronising and there needs to be opportunities for them to work alongside older people.
- “ A mentoring scheme by retired people would be a great asset to the community and would allow for transfer of knowledge and experience.
- “ Family units are changing and there is not as much natural opportunity for young people to have older adults as influences in their lives, or for older adults to stay connected with the young.
- “ Garda Vetting is recognised as important when working with children or older adults, but the current processes are off putting, timely and onerous. It may prevent people from helping or volunteering with organisations.
- “ Stigma attached to ageism still exists. Communities should be aware that we want the same opportunities to be provided in the community as other people.
- “ Respect needs to be earned by both young and old.

Sample Actions



- Age Friendly Training to be delivered to frontline staff of all key alliance organisations.
- Gardaí adapt their Garda schools programme to include a focus on respect across generations using the Age Friendly module.
- Each Alliance member organisation will incorporate the principles of the vision, mission and values of the Sligo Age Friendly Strategy into their own strategies, plans and service provision.

“ Old age is like everything else. To make a success of it, you've got to start young.

Theodore Roosevelt

”



The **Sligo Age Friendly Action Plan** contains details of all the actions as agreed by the Sligo Age Friendly Alliance

Social Participation and Inclusion

Key Outcome

Older people are supported to participate fully in their community and maintain social connections

Why Inclusion is Important

Social dynamics and relationships greatly contribute to quality of life, both in terms of practical and emotional support. Participating in leisure, social, cultural and spiritual activities fosters integration within society and helps engaged, informed and motivated to take part in activities in which they are valued and needed.

Loneliness among older people is a significant public health challenge and several studies have identified the extent of loneliness among older people in Ireland, for example Golden et al (2009) in a study of

over 1200 people found that 35% of people over the age of 65 years living in their own homes in Dublin were lonely.

International evidence has shown that loneliness is linked to depression, disturbed sleep and increased risk of clinical dementia in later life. It also increases the risk of heart disease, accelerates the process of ageing and is associated with increased mortality

Social inclusion is a key dynamic in society that has a positive impact on healthy active ageing.



The Voice of Our Community...

Views expressed by the public during the consultation process:

- “ There is a great sense of pride and spirit in some areas of the community which should be promoted.
- “ Older people should actively try to reduce isolation and get involved in as many activities as they can. They could participate in local organisations, these organisations also need to support the older people to become involved.
- “ Increasing the opportunities available to older people to get active and involved with social activities would mean the difference between isolation and ill health problems or happiness and well being. I hope there are no more cuts to community supports.



Sample Actions



- Development of measures to address isolation in the community using the SICAP programme and family support programmes.
- All alliance members will commit to hosting one event a year that provides a social participation opportunity to older adults and the wider community. These events will be coordinated to ensure an even spread across the year.
- Support the establishment of community gardens as proven methods of enhancing both physical and mental wellbeing of all people.



The **Sligo Age Friendly Action Plan** contains details of all the actions as agreed by the Sligo Age Friendly Alliance

Civic Participation and Employment

Key Outcome

Older People participate in economic and public life and are given meaningful opportunities to influence the future of their community

Why it is important

The domain of civic participation and employment recognises older peoples contribution to the socio and economic life of their community, e.g. through employment, volunteering or citizenship. Older people can gain fulfilment from active involvement in voluntary activities or work, as it provides satisfaction, increases their health and well-being and keeps them socially engaged while making the society benefit from their knowledge and experience, strengthening the intergenerational relationships in the population and offering lifelong learning opportunities.

There have been reports of age discrimination in the workplace. Building up employers' positive attitude towards retaining and recruiting older workers would help ensure equal employment opportunities for seniors and knowledge transfer opportunities benefiting younger workers.



The Voice of Our Community...

Views expressed by the public during the consultation process:

“Some organisations rely on technology and the internet as a means for people to engage and have input into future developments. Personal interaction should be supported to enable older people to express their opinion and reduce the use of recorded messages.

“There are huge changes taking place across the public sector in terms of accessing information, applying for supports, strengthening community networks. The community should be supplied with information on these changes to establish a supportive environment.

“More educational courses for older people are needed to help us stay relevant, such as computer courses, form filling etc. There are loads of activities established but finding information on details can be difficult. Linking with the IT would also be beneficial.

“Current retirement practise is discriminatory and ‘a sad reflection on society today.’ Individuals should be given the choice as to when they give up work and should reflect the changing situations in society as it is no longer possible to survive for 20 odd years on a pension.

“Older workers have a huge supply of knowledge and should be given the opportunity to transfer this to new workers, providing years of experience and expertise.

“While volunteering is a welcome pastime, it is not an alternative to working for older people.

Sample Actions



- To pilot one of Irelands first Age Friendly Workplaces.
- Establish and Support the ongoing operation and expansion of the Sligo Older People's Council as the representative body for all older people across the county.
- We will promote and roll out the Age Friendly Business Recognition Scheme in Sligo town to support the overall vision of making Sligo a Business Improvement District. We will also look to expand the programme to smaller towns across the county.
- We will harness the knowledge and experience of older people by developing intergenerational business mentoring programmes.

“Age is not lost youth but a new stage of opportunity and strength

Betty Friedan



The **Sligo Age Friendly Action Plan** contains details of all the actions as agreed by the Sligo Age Friendly Alliance



Information and Communication

Key Outcome

Older people have the information they need to live full lives

Why Information is Important

Staying connected with family, friends, events, news and activities with timely, accessible and practical information is a key part of active ageing. Communication and information in all its different forms supports an on-going connection with the world, through e.g. access to services, leisure and social participation, advocacy and practical advices. Technology may however contribute to social exclusion. Affordable access to computers for seniors in community facilities and computer training adapted to senior's needs can help improve digital literacy, including a good understanding of the benefits of new technologies.

Successful organisation, communication and information leads to better community engagement. Engagement provides people with opportunities to have a greater say in what happens in their community and their county and to have a greater say in decision-making.

The need for better coordinated information and communication in Sligo emerged as an important issue for older people. Older people considered it difficult to find information about services available to them. Information for older people needs to be available in a range of formats as the older age spectrum covers a number of generations, many of whom may not be familiar with the use of current technology. Providing accessible, relevant and accurate information is essential for older people.



The Voice of Our Community...

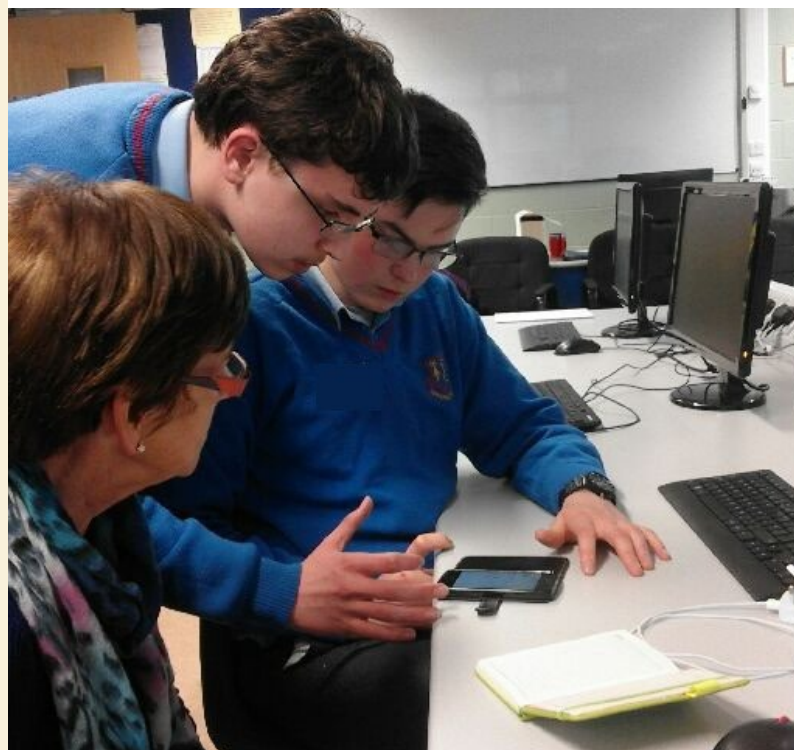
Views expressed by the public during the consultation process:

- “ Too much essential information is now online and out of reach to many older people in the community as they face challenges accessing it; Not everyone has access to computers, broadband is inadequate in some areas, not everyone is computer literate.
- “ Organisations work together and submit a weekly/monthly information piece in the local newspaper/radio with information provided by older people for older people.
- “ We need support in filling out forms as the content of form can be confusing and extensive.
- “ Establishing information points in places frequented visited by older people such as popular shops, libraries would be beneficial.
- “ An information booklet would be a great help outlining key local services and entitlements, including how to access them and times of year they are available. There should be an emphasis on health, pensions, grants and transport. This could be available in post offices and shops which older people regularly visit.
- “ A friendly call service for the county would be great to both lessen feelings of isolation as well as a way to get information to people who are not able to get out and about and socialise.

Sample Actions



- Establish a regular information session on local radio hosted by older people.
- Each alliance member will utilise the Age Friendly Publications guideline when circulating information.
- Create a communications plan and deliver key messages at key time of the year for delivery i.e.
 - + During Positive Ageing Week in September.
 - + During the Bealtaine Festival in May.



The **Sligo Age Friendly Action Plan** contains details of all the actions as agreed by the Sligo Age Friendly Alliance



Community Supports and Health Services

Key Outcome

People as they age can lead healthier and more active lives for longer

Why is it Important

Community supports and health services matter. Such supports and services organise and deliver healthcare at the ground level through private and public healthcare professionals and through public, private, and non-profit healthcare facilities.

The achievement of positive healthcare outcomes in any village or town is linked to the quality of the community in that village or town. There must be people who are willing: to work together to encourage physical activity; to lobby local representatives on healthcare issues and agendas; to develop and defend healthy environments and facilities; to ensure a range of public and social activities

Accessible and affordable community and social and health services are crucial to keep seniors healthy, independent and active. This involves an appropriate supply of care and social services that are conveniently located to where older people live, and of adequately trained health and social workers to provide these services. A range of services along the continuum of care, such as preventive care, geriatric clinics, hospitals, adult day centres, respite care, rehabilitation, residential nursing home care, home care and palliative care, are needed to meet older persons' diverse needs.



The Voice of Our Community...

Views expressed by the public during the consultation process:

“Home help is an important issue among older people. As the HSE faces challenges to provide the required hours, is there a possibility of community organisation or families helping to provide this service.

“More services need to be delivered within the community setting and bring health to older people, removing the difficulties of organising transport and commuting long distances to receive health care.

“Reorganising the hospital appointment system, such as coordinating appointments on an area basis, would take into consideration the distance older people are travelling to attend these appointments.

“For older people admitted into hospital on a long term in-patient basis, and there are lack of opportunities for fresh air and exercise. Developing small gardens and walkways would help with recovery and stress.

“Preventative methods to ill health must be a main focus in contrast to curative methods. We need to start with our young people and make sure they grow up with more knowledge about how to improve and maintain their health which would reduce the likelihood of them facing the same problems we see today.



Sample Actions



- Support a diverse range of quality physical activity and sports programmes and events which encourage age friendly community based participation.
- Facilitate education and training opportunities in physical activity for older adults targeting new and existing volunteers, coaches and community personnel.
- We will support Active Age groups across county Sligo to become engaged with the Age Friendly programme, stay connected to their community, expand their membership and maintain the health and wellbeing of members.

“We’ve put more effort into helping folks reach old age than into helping them enjoy it”



The **Sligo Age Friendly Action Plan** contains details of all the actions as agreed by the Sligo Age Friendly Alliance



Monitoring, Implementation and Review

An important part of the County Sligo Age Friendly Strategy is the monitoring and reporting mechanisms that support the co-ordinated approach to positive ageing and ensure continued assessment.

The Sligo Older People's Council will be an inherent part of this monitoring process and will have the opportunity at alliance level to challenge the members on the delivery of actions.

In addition to monitoring progress on actions, a short report will be published on a quarterly basis and submitted to the Alliance on Age Friendly issues in the county. The Alliance will also report to Sligo County Council on a regular basis. These reports will then be used to produce an annual report which will be publicly available.

These reports will not only provide a valuable summary of the situation of older people in County Sligo, but will also help to identify new issues requiring action as part of the on-going Age Friendly Strategy. We would encourage all people in Sligo, who identify an issue that is impacting the health and wellbeing of people as they age, to use the structure of the Sligo Older People's Council to raise the issue and inform the development of this strategy going forward.





Going Forward: Critical Success Factors

Achieving our vision depends on the involvement of a number of different agencies.

Everyone has a part to play. The success of this Age Friendly Strategy will depend on everyone working together for the community of Sligo.

People need to think about where they are now and the choices they will want to make to have a positive older age. Most people want to continue to contribute to society and there is a role for all of us to work within our communities to enable this to happen. There is much debate to take place on how this will best be achieved, and this debate needs to take place at the local level.

The Age Friendly Strategy has been developed in partnership with a wide range of people and organisations. It is a living document. Continuing and building on these relationships is essential in order to achieve our goals.

For more information on the Age Friendly Programme in Sligo, or to get involved, please contact the Sligo Age Friendly Co-ordinator, Sligo County Council.

Phone: **071 9111111**

E-mail: **agefriendlysligo@sligococo.ie**



Acknowledgements

Many people contributed to the development of this Sligo Age Friendly County Strategy.

Chairperson	Mr. Ciarán Hayes
Local Government	Cllr. Rosaleen O’Grady
	Cllr. Seamus Kilgannon
	Ms. Dorothy Clarke
State Agencies	Chief Superintendent Michael Clancy
	Ms. Geraldine Delorey
	Ms. Geraldine Mullarkey
	Ms. Deirdre Scott
	Ms. Mary Clarke
	Ms. Camilla Kelly
Local Development / Community Sector	Mr. Chris Gonley
	Mr. Gerald O’Connor
	Mr. Sean McHugh
	Ms. Orla Barry
	Ms. Vanessa Clarke
	Ms. Aine McGarty
	Ms. Deirdre Lavin
Age Friendly Regional Consultant	Ms. Sarah Wetherald
Age Friendly Local Co-ordinator	Ms. Dolores McDonagh

Firstly, special thanks to members of the Sligo Age Friendly Alliance, their efforts helped shape the Age Friendly programme in Sligo and contributed to the development and implementation of many of the older people’s activities and events.

Sligo Age Friendly Alliance also wishes to acknowledge and thank:

- › Age Friendly Ireland, for the resources, guidance and support which contributed to creating and establishing the Sligo Age Friendly County Programme.
- › The groups and individuals who participated in the public consultation and focus groups including: Probus Club, Abbeyquarter, INTO Retired Teachers, ASTI Retired Teachers, ICA Sligo, retired HSE staff and the many individuals who attended events.
- › Thanks the staff of Sligo County Council involved in the development of the strategy, the organisation of meetings and events: Ms. Maura Marren, Ms. Marie Doherty and Ms. Leanne Tolan (student).

Appendix 1: Other Strategies and Frameworks

The Sligo Age Friendly Strategy builds on existing international and national strategies and frameworks, such as

- › The Madrid International Plan of Action on Ageing (2002)
- › World Health Organisation's Global Age-friendly Cities: A Guide (2007)
- › National Action Plan on Social Inclusion 2007-2016
- › Programme for Government 2011-2016
- › Sligo County Development Plan 2011-2017
- › Putting People First: Action Programme for Effective Local Government (2012)
- › National Positive Ageing Strategy (2013)
- › Healthy Ireland (2013)

This strategy also provides a practical and proven way to fulfil many of the commitments laid out in the County Sligo Local Economic and Community Plan (LECP) 2016-2021, particularly in relation to social inclusion, economic development and health and wellbeing.

Appendix 2: Development of Age Friendly Initiatives

- 2007** | Publication of WHO Age-friendly Cities and Communities: A Global Guide.
- 2010** | Creation of the WHO Global Network of Age-friendly Cities and Communities.
 - Launch of the European Innovation Partnership on Active and Healthy Ageing (EIP AHA), of which one Action Group works on age-friendly environments and the preparation of the Covenant on Demographic Change.
- 2011** | Dublin Declaration on Age-Friendly Cities and Communities, signed by 40 Mayors on the occasion of the first WHO international conference on age-friendly cities.
- 2012** | European Year 2012 on Active Ageing and Solidarity between Generations. The EY2012 Coalition called for a Covenant on Demographic Change to develop age-friendly environments in Europe.
- 2013** | Second version of the Dublin Declaration on Age-Friendly Cities and Communities, signed by 60 cities and municipalities and encompassing a new EU pledge to uphold a set of principles to measure, benchmark and drive future development of age-friendly cities.
 - Launch of National Positive Ageing Strategy (NPAS), Ireland.
- 2014** | Launch of the AFE-INNOVNET Thematic Network on innovation for age-friendly environments with financial support from the European Commission to start mobilising an EU-wide community of local and regional authorities and other stakeholders to exchange practices, learn from each other, and prepare the launch of the Covenant.
 - Publication of the European Social Protection Committee (SPC) report on “Adequate social protection for long-term care needs in an ageing society”, which also highlights the need to create age-friendly environments.
 - Dublin Declaration signed by all LA areas in Ireland.
- 2015** | Publication by the European Commission of the background paper “Growing the European Silver Economy” Publication of the OECD “Ageing in Cities” report.
 - Publication of ILO study on “Long Term Care protection for older persons: A review of coverage deficits in 46 countries”, which also highlights the need to create age-friendly environments.
 - Publication of the WHO “World report on Ageing and Health”, which mentions age-friendly environments as a key area for action.
 - Launch of the Covenant on Demographic Change (Age Friendly Ireland).

Appendix 3: Sligo Age Friendly Alliance Organisations



The Age Friendly Cities and Counties Programme is part of a World Health Organisation response and strategy to Ireland's ageing population. It recognises that there is a need for a national programme that is rooted in a different type of thinking and acting if counties are to adequately plan for the unprecedented demographic shift that Ireland is facing.

The Irish Age-Friendly Cities and Counties Programme aims to create communities where all of us as we age, enjoy a good quality of life and continue to participate fully in the life of those communities.

Sarah Wetherald,
Regional Development Consultant
West of Ireland,
Age Friendly Ireland

Email: sarah@agefriendlyireland.ie

Phone: 0831263821

Website: www.agefriendlyireland.ie



The Citizens Information Board is the statutory body which supports the provision of information, advice and advocacy on a broad range of public and social services. Citizensinformation.ie provides comprehensive information on public services and on the entitlements of citizens in Ireland. We gather information from various government departments and agencies, and make sure that you have all the information you need, presented in an easy-to-understand way.

Sligo CIC, Unit 3 & 4, Bridgewater House, Rockwood Parade, Sligo

Phone: 0761 07 6390

Tubbercurry CIC Teach Laighne, One Stop Shop, Humbert Street, Tubbercurry

Phone: 071 912 0433



An Garda Síochána is the national police service of Ireland. Today, An Garda Síochána is a community based organisation with over 14,500 Garda and Civilian employees, who serve all sections of the community. An Garda Síochána has a long established tradition of working closely with communities all across Ireland. By fostering and maintaining effective community partnerships, and ensuring a more visible Garda presence, we work to achieve a reduction in crime and the fear of crime in our communities.

Sligo Garda Station,
Pearse Road, Sligo

Phone: 071 9157000

Appendix 3: Sligo Age Friendly Alliance Organisations



IT Sligo is one of Ireland's most successful third level educational institutions. A regional leader in education, innovation and economic and social development, the IT provides courses with the real-world skills that students need to thrive in the modern workplace.

Email: admissions@itsligo.ie

Phone: 071 91 55222



Local Link provides safe secure and reliable Public Transport services in local and rural areas of Ireland.

Aras An Chontae,
Carrick-on-Shannon, Leitrim

Phone: 071-9650437

Email: slr@locallink.ie



Muintir na Tíre - National Association for the Promotion of Community Development in Ireland. Muintir na Tíre is a national voluntary organisation dedicated to promoting the process of community development. Canon Hayes founded the organisation in 1937. Muintir na Tíre aims to enhance the capacities of people in communities, rural and urban, to become involved in local social, economic, cultural and environmental development. The Community Alert programme addresses the issues of community care, community safety and community crime prevention in a partnership between Muintir na Tíre and An Garda Síochána.

Northern Region (Donegal, Cavan,
Monaghan, Sligo, Leitrim, Louth)
Vanessa Clarke

Email: veeceeze@hotmail.com

Email: communityalert1@eircom.net

Phone: 086 6000757



The authority responsible for local government in County Sligo.

The council is responsible for housing and community, roads and transportation, urban planning and development, amenity and culture, and environment.

Office Hours:

9am - 5pm Monday to Friday

Email: info@sligococo.ie

Phone: 071 91 11111

Appendix 3: Sligo Age Friendly Alliance Organisations



Sligo LEADER Partnership Company was formed in 1996 in an effort to address locally the issues of economic and social under development in Sligo. Sligo LEADER Partnership Company is responsible for delivering programmes which are aimed at improving the quality of life for the people of Sligo.

Core responsibilities include the delivery of the LEADER/ Rural Development Programme (RDP) and the Social Inclusion and Community Activation Programme.

County Sligo LEADER Partnership Company Ltd.,
Development Centre,
Cleveragh Road, Sligo, Co. Sligo
Phone: 071 9141138
Email: info@sligoleader.ie



Sligo Lend a Hand is a free service carrying out small or minor repair jobs in the homes of vulnerable and older people supporting them in their desire to maintain independence, in the community in increased comfort and safety. Contact us to avail of this service or if you would like to volunteer

Phone: 0871776386
Hourse: 11-3pm Mon-Fri
Email: sligolendahand@hotmail.com



Sligo Sport and Recreation Partnership was established in 2001 to increase levels of participation in sport and physical activity in County Sligo. SSRP aims to achieve this by engaging with sporting bodies, community organisations and statutory bodies. SSRP work includes the provision of information on sport and physical activity, the facilitation of education and training opportunities and support for programmes/ events that encourage increased levels of participation. At national level the SSRP links with Sport Ireland regarding strategic direction, programmes and events which encourage participation in sport and physical activity.

Phone: 071 9161511
Email: info@sligosportandrecreation.ie
Web: www.sligosportandrecreation.ie



Glossary of Terms

WHO: The World Health Organization is a specialized agency of the United Nations that is concerned with international public health. The WHO monitors various areas relating to public health; Health systems, Non-communicable diseases, Promoting health through the life-course, Communicable diseases, Preparedness, surveillance and response, and Corporate services.

Sligo County Council: The authority responsible for local government in County Sligo. The council is responsible for housing and community, roads and transportation, urban planning and development, amenity and culture, and environment

Age Friendly Alliance: The group of senior managers from local government, health, transport and voluntary services, the Gardaí, third level institutions and other sectors dealing with older people.

Older People's Council (OPC): This is a group of older people in the city/county who have volunteered to become part of the Age Friendly County programme. Once formed, the Older People's Council elects an Executive Committee, the Chairperson of which sits on the Age Friendly Alliance.

Public Participation Network (PPN): The PPN is a grouping of people from various community and voluntary agencies in your county or city. The PPN exists to offer the public a means to communicate directly with the local authority.

The Dublin Declaration: This Declaration is a document which commits local authorities to a five year cycle of continual assessment and improvement to make their communities and cities more age friendly.





Age Friendly Co-ordinator

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