

National Updates



An Roinn Sláinte  
Department of Health

Sláintecare.



Feidhmeannacht na Seirbhíse Sláinte  
Health Service Executive



comhairle chontae na mí  
meath county council

**Age Friendly Ireland and the Department of Health are rolling out a new joint programme ‘Healthy Homes’ across 9 Local Authority areas.**

The programme’s ambition is to enable everyone to live longer healthier lives by keeping care close to home and expanding the range of health and social care services in the community. This is particularly important for older people, who access these services more frequently. It is about providing a range of alternatives for older people who may otherwise transition into long term residential care prematurely.

The Age Friendly Ireland shared service together with 9 Local Authorities will lead out on the Healthy Homes Programme | Phase 1. Age-Friendly Ireland will manage the resourcing of 1 National Manager – Healthy Homes Programme to devise, roll out and oversee a standardised methodology for the delivery of the national programme for a period of two years, together with 9 dedicated Local Co-ordinators – Healthy Homes Programme who will be responsible for local roll out. The management and day-to-day co-ordination of the roles will be anchored in the national Age Friendly Ireland local government-led shared service in Meath County Council. Each of the 9 post holders will be responsible for the co-ordination and successful delivery of the programme objectives at local level, from a day-to-day operational perspective.

This programme demonstrates how public health can be addressed through the infrastructure of Local Government. Local Authorities and the HSE working effectively together offers the opportunity to best enable older people to remain living independently in their own homes and communities.

These roles are now being advertised and can be viewed on [www.publicjobs.ie](http://www.publicjobs.ie) at the following links:

- [Healthy Homes Programme | Phase 1 – National Manager](#)
- [Healthy Homes Programme | Phase 1 – Local Coordinators](#)



Rialtas na hÉireann  
Government of Ireland



Feidhmeannacht na Seirbhíse Sláinte  
Health Service Executive

## Public Health Measures

Ireland remains at level 5 restrictions. You can see the [measures in place here](#).

## COVID-19 Vaccination Programme

The vaccination programme continues to be rolled out nationwide, and more than 240,000 vaccines have been administered.

Daily vaccination data is now available to all on the COVID-19 Data Hub and is on the COVID-19 Tracker App. The data is from 48 hours previously to allow for validation.

The next group (**people aged 85 and over**) in the COVID-19 vaccine programme will be invited by GPs from **Monday 15<sup>th</sup> February**, bringing the vaccine programme firmly into the community. You'll find answers to your questions about the vaccination programme on [www.hse.ie/covid19vaccines](http://www.hse.ie/covid19vaccines).

## COVID-19 vaccine information for people with sight loss

Working with NCBI, information about COVID-19 vaccines for people with sight loss have been created in Braille, audio and large print. These have been distributed to NCBI members. The large print format is also [available on hse.ie](#).

## Where to find COVID-19 Vaccination Information

Age Friendly Ireland are delighted to be partnering with the HSE to support the distribution of COVID-19 Vaccination Information and we **ENCOURAGE EVERYONE** to read about the COVID-19 vaccine and to get their information from a factual, trusted source – here are the links to the pages with information on the vaccine:

- Check [hse.ie/covid19vaccine](http://hse.ie/covid19vaccine) for information about the vaccine, information on this page is updated regularly
- Find the vaccine information materials at [www.hse.ie/covid19vaccinematerials](http://www.hse.ie/covid19vaccinematerials)
- Details on getting the COVID-19 vaccine is updated regularly [here](#)
- Read the [full COVID-19 Vaccine Allocation Strategy](#)
- Read the [National Immunisation Advisory Committee Chapter about COVID-19 vaccine](#)
- [COVID-19 vaccine information for health professionals](#)

## Online Stress Control programme

[The Online Stress Control programme is available at stresscontrol.ie](http://www.stresscontrol.ie)

HSE Health and Wellbeing are offering a free Stress Control programme. Stress Control is an evidence-based programme that teaches you practical skills to deal with stress. The programme helps participants recognise the signs of stress. It covers topics including how stress affects our bodies and our thoughts. It teaches skills to overcome panicky feelings and tips to getting a good night's sleep. Dr Jim White will live-stream the classes, free-of-charge. You can watch the sessions either in the afternoon or evening. This is a free programme. Find out more on [www.stresscontrol.ie](http://www.stresscontrol.ie)



comhairle chontae na mí  
meath county council



Cumann Lucht Bainistíochta Contae agus Cathrach  
County and City Management Association

### Get Up, Get Dressed, Get Moving

Check out this wonderful song written by Ettie Kilbride to support the Get Up, Get Dressed, Get Moving Campaign and to put a smile on everyone's face. Well done Ettie this is brilliant. [Part 1](#) & [Part 2](#)



### National No Smoking Day Webinar

National No Smoking Day on Wednesday 17th Feb from 12 -1 [REGISTER HERE](#). The HSE are looking to engage smokers in their 28 Day Challenge in March and to build a Tobacco Free Ireland. National No Smoking Day is an opportunity to highlight how far we have come in relation to denormalising tobacco use in Ireland and to call on all sectors of society to support the next steps. As you may know reducing smoking and tobacco use remains one of the key targets for HSE Health and Wellbeing and staff from the HSE Tobacco Free Ireland Programme and colleagues will give some insights in this webinar into the ongoing work involved. People who smoke are more likely to get COVID 19 and the risk of having a severe infection is more likely compared to those who don't smoke. Now, more than ever, it is vitally important that we collectively take actions to protect respiratory health at a population level. Preventing tobacco initiation and helping those who do smoke to successfully quit is the single most effective way of achieving this.

### Public Health Information Links

As always, for the most up to date information and advice on Coronavirus, please go to: [www.gov.ie/en/campaigns/c36c85-covid-19-coronavirus/](http://www.gov.ie/en/campaigns/c36c85-covid-19-coronavirus/); <https://www.hpsc.ie/a-z/respiratory/coronavirus/novelcoronavirus/>.

**tilda**

Staidéar Fadaimseartha na hÉireann um Dhul in Aois

The Irish Longitudinal Study on Ageing

### Older people should increase exercise prior to Covid-19 vaccination

Regular aerobic or moderate exercise in weeks and months prior to Covid-19 vaccination can help improve antibody responses post vaccination in older people, according to researchers at Trinity College Dublin. The recommendation is outlined in a report by scientists leading the ongoing Irish Longitudinal Study on Ageing (Tilda). Adults aged 60 and older should consistently incorporate some form of exercise such as a brisk walk at least two to three times per week prior to vaccination, they conclude. Vaccine efficacy in older adults can be a challenge due to ageing effects on the immune system. As people age, ability to produce robust antibody responses following vaccination declines; they are less likely to generate long-term protection often required for full immunity to a virus.

Tilda researchers evaluated information on flu vaccine uptake and health behaviours which govern vaccine efficacy, ahead of rollout of the Covid-19 vaccine for older adults. Their report analyses data from Tilda participants between 2016 and 2019, outlining prevalence of flu vaccination and levels of physical activity among those who received the vaccine – notably evidence showing the positive effects of prolonged physical activity on vaccine efficacy. Read more [HERE](#)



comhairle chontae na mí  
meath county council





## Alzheimer Society of Ireland | New Day Care at Home Service – February 2021

The Alzheimer Society of Ireland day care centres around the country have been temporarily closed since March 2020 due to the COVID-19 restrictions. There is no doubt that the continued closure of these services is having a huge impact on so many families and the ASI is engaged in ongoing discussions with the HSE to reopen these centres as soon as possible.

However, our new Day Care at Home service has been greatly welcomed since it was rolled out in August 2020. The new service - while no substitute for face-to-face day care – allows the ASI to connect in with families and to deliver some much-welcomed stimulation and activities within the home and these two hours also allows the carer to take a break.

The new service is growing week-on-week and thanks to our dedicated teams, we have rolled out the service across most CHO areas. To date, we have completed just over 700 assessments in over 40 locations, and we are now providing over 1,100 hours a week care to over 280 clients within the home. This is all thanks to our fantastic staff for the effort and energy in rolling out this new service and embracing all the new training and learnings required to manage the risk. There are plans to both expand into a few more locations with this service and to increase the hours of care in some of the existing locations.

There are also some excellent [activity packs](#) available to download and print on the ASI website.

Check out the list of virtual events for February. For more information, or to request an invite to any of the below you can email Jamie on: [Jamie.SherlockWalsh@alzheimer.ie](mailto:Jamie.SherlockWalsh@alzheimer.ie)

## ASI Virtual Events in February 2021

People from all over the country are invited to join us at any the following events!

|                  |                                  |                 |
|------------------|----------------------------------|-----------------|
| 2 <sup>nd</sup>  | Tipperary/Waterford Virtual Café | 11:30 – 12:30pm |
| 3 <sup>rd</sup>  | Meath Virtual Café               | 11 – 12pm       |
|                  | Mindful Melodies Social Club     | 1:30pm- 2:30pm  |
| 4 <sup>th</sup>  | The ASI National Virtual Choir   | 2 – 3pm         |
| 8 <sup>th</sup>  | Castleknock Virtual Social Club  | 2 – 3pm         |
| 9 <sup>th</sup>  | Clare Virtual Social Club        | 2 – 3pm         |
|                  | Louth/Monaghan Virtual Café      | 4:30 – 5:30pm   |
| 10 <sup>th</sup> | Mindful Melodies Social Club     | 1:30 – 2:30pm   |
| 11 <sup>th</sup> | Malahide Virtual Social Club     | 2 – 3pm         |
|                  | The ASI National Virtual Choir   | 2 – 3pm         |
| 16 <sup>th</sup> | Galway Virtual Café              | 11 – 12pm       |
| 17 <sup>th</sup> | Mindful Melodies Social Club     | 1:30 – 2:30pm   |
| 18 <sup>th</sup> | The ASI National Virtual Choir   | 2 – 3pm         |
| 22 <sup>nd</sup> | Castleknock Virtual Social Club  | 2 – 3pm         |
| 23 <sup>rd</sup> | Wexford Virtual Café             | 11 – 12pm       |
|                  | Clare Virtual Social Club        | 2 – 3pm         |
|                  | Glasnevin Virtual Café           | 7 – 8pm         |
| 24 <sup>th</sup> | Mindful Melodies Social Club     | 1:30 – 2:30pm   |
| 25 <sup>th</sup> | Malahide Virtual Social Club     | 2 – 3pm         |
|                  | The ASI National Virtual Choir   | 2 – 3pm         |

**AgeAction**  
For all older people

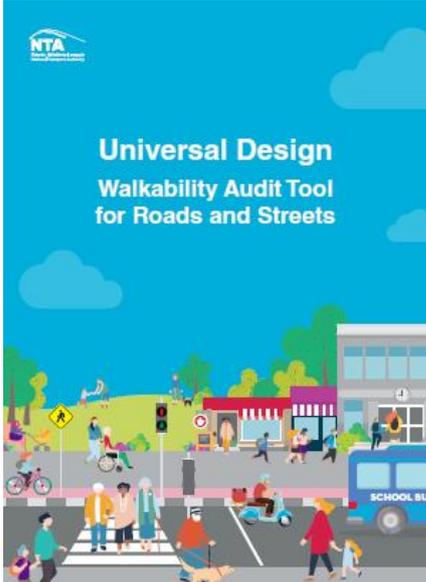


### Age Action | Getting Started Keep in Touch Programme – Remote One to One Tutoring

Do you know someone who could benefit from FREE one-on-one digital literacy tutoring?

As part of Age Action's Getting Started digital umbrella, we developed the Keep In Touch (KIT) in response to COVID-19. This remote national learning initiative helps older people improve their digital literacy skills, so they are more connected, informed and supported specifically during periods of social distancing.

We are offering five hours tutoring, by phone, to anyone who feels that they need support with using their smart device or laptop. Covering topics like how to set up an email, how to download an app, and how to use video to see your loved ones, learners will be matched with a volunteer tutor who will cover the topics the learner chooses, at their pace. We will also send learners a 40-page learning booklet with lots of smart images to help with tutoring sessions.

|   |   |
|---|---|
|   | <p>If you would like further information about Age Action’s Getting Started KIT, or if you or someone you know would like to be matched with a tutor, please call 01 4756989 and we will call you back for details. Alternatively, email <a href="mailto:gettingstarted@ageaction.ie">gettingstarted@ageaction.ie</a> for details.<br/> <a href="https://www.ageaction.ie/how-we-can-help/getting-started-kit">https://www.ageaction.ie/how-we-can-help/getting-started-kit</a></p>   |
| <br><br><br><br> | <p><b>Universal Design Walkability Audit Tool for Roads and Streets</b></p> <p>Age Friendly Ireland have been carrying out walkability audits in towns with older people as part of our programmes for a number of years. In 2014, the NDA started working with Age Friendly Ireland on a series of walkability audits with a Universal Design approach. This led to many types of people carrying out the audits, not just older people but also included people with vision impairments, with reduced mobility, and parents with young children in buggies in their own areas.</p> <p>The NTA joined the process with the Green Schools programme (for school children) in 2018 to input into the Universal Design Walkability Audit Tool. The Audit is intended to be carried out by a wide range of people of various ages and abilities including disability and older people’s organisations, advocacy organisations, school travel planners, members of the public and Local Authority officers for their own local areas. The finished audit should be completed to individual Local Authorities for their consideration. The final tool is available <a href="#">HERE</a></p>  |
|    | <p><b>Department of Children, Equality, Disability, Integration and Youth (DCEDIY)   Supporting Children Campaign</b></p> <p>The Department of Children, Equality, Disability, Integration and Youth (DCEDIY) recently relaunched the Supporting Children campaign in light of intensified COVID-19 restrictions.</p>  <p><a href="#">Supporting Children</a> is a campaign developed by DCEDIY to support vulnerable children, young people, and their families in challenging times. It was first launched on the 19<sup>th</sup> June 2020, highlighting the range of services and supports in place and the innovative responses this sector</p>  |

|  |   |
|--|---|
|  | <p>was making to meet the needs of vulnerable groups across a range of service areas, from Child Protection and Welfare to Education Support, Parenting and Family Support, and others.</p> <p>The campaign is designed with two purposes. It encourages all of us to look out for vulnerable children whose lives and supports have been severely disrupted during the current pandemic. It also spotlights the <a href="#">Supporting Children</a> website, pointing to a wide range of information detailing supports for children, young people and families across six key areas. This information campaign has been updated based on service user feedback from the initial phase. They are also working with Tusla to ensure the campaign information is presented in an accessible and useful format.</p> <p>Supporting Children is funded under What Works (<a href="http://www.whatworks.gov.ie">www.whatworks.gov.ie</a>). The campaign recognises the serious impacts both the pandemic and associated restrictions are having on the most vulnerable in our society and aims to demonstrate and harness the available supports that are in place.</p>  |
|  | <p><b>Irish Centre for Social Gerontology (ICSG)</b></p> <p><b>Symposium Series: Marginalised Ageing and Inclusive Systems</b></p> <p>The second webinar in the series of the Marginalised Ageing and Inclusive Systems Webinar Series will focus on Promoting Marginal Older Adult Voices and Identities: Launch of the findings of the Older Traveller and Older Adult Homeless (OTOH) Study. ICSG are delighted to invite you to join them for a presentation of the findings and a launch of three Briefing Papers. The launch will take place on Thursday 18<sup>th</sup> February at 3.00pm as a part of the Irish Gerontological Society 2021 Scientific Programme. In addition to a presentation of findings, the webinar will also feature perspectives of key stakeholders, international experts and members of the older Traveller and older homeless communities. The registration link is available <a href="#">HERE</a>.</p> <p>This research was led by the Irish Centre for Social Gerontology and completed in conjunction with researchers from NUI Galway, Queens University Belfast, Newcastle University and the University of Limerick.</p> <p>This study was conducted in collaboration with the HSE National Social Inclusion Office, Safety-Net Primary Care, Galway Traveller Movement, Age &amp; Opportunity, Community Healthcare Organisation 8 and Pavee Point.</p> <p><b>Getting Ireland’s Adults COVID-Vaccination Ready</b></p> <p>ICSG are delighted that to host their first public lecture of the IGS discussing How to boost uptake and increase the efficacy of the HSE COVID-19 vaccine rollout. The event is on Wednesday 17<sup>th</sup> February 2021 3.00-4.15 p.m. <a href="#">This link will bring you to the event website.</a></p> <p>Maximising the impact of vaccine effectiveness in the context of the COVID-19 pandemic will be a key element in reducing the susceptibility of older adults to COVID-19. Any health behaviours which will boost immunity, and in particular the immune response to the SAR2CoV vaccine,</p> |

are very important. As vaccination against SARS-CoV-2 is rolled out, it is important that learnings from previous vaccination programmes among older adults are used to maximise immune system responses. Speakers are Prof Luke O’Neill, Prof Rose Anne Kenny and chaired by Ms Olivia O’Leary, Journalist and IGS past-president Dr Diarmuid O’Shea. Panellists include Dr Colm Henry, Chief Clinical Officer HSE; Dr Siobhán Kennelly, National Clinical and Advisory Group Lead for Older Persons (HSE); Prof Rose Galvin, Physiotherapist; Ms Deirdre Lang, Director of Nursing Older Persons Services (HSE). The panel will contribute towards addressing issues raised and questions posed by the audience.



**106-year-old passing time in lockdown playing piano | RTE News**

On the 14<sup>th</sup> floor of a 15-storey building near the Eiffel Tower, in Paris, Colette Maze, born in 1914, looks to the clouds for inspiration, saying music is more important for her than any type of food. Ms Maze, who has been playing the piano since the age of four, was raised in a bourgeois family, as her father managed a fertilizer plant, while her strict mother stayed at home.

Home-schooled by her parents for several years, she was accepted at the Normal School of Music in Paris when her family moved to the French capital. There, she learnt routines based on yoga and finger gymnastics, which she credits for her still-agile fingers on the keyboard. She then became a supporting piano player at several music schools in the city, a profession she sustained for most of her adult life.



Read more and watch the video of this inspirational lady [HERE](#)



**Join us live on Facebook**  
**Monday 15th**  
**Wednesday 17th**  
**and Friday 19th**

**at 11am for**  
**Age & Opportunity**  
**Movement Minutes**



#AgeandOpportunity

Sessions can be watched live on their Facebook page [www.facebook.com/ageandopportunity](http://www.facebook.com/ageandopportunity) or afterwards on their YouTube page [www.youtube.com/ageandopportunity](http://www.youtube.com/ageandopportunity) where a playlist of all Movement Minutes sessions to date can be viewed.

## Local Updates



### Age Friendly Fingal Guide



“This Age Friendly Fingal Guide is being brought to you through our Fingal County Council “Keep Well Resilience Campaign”, that is designed to show people how they can mind their physical and mental health and wellbeing during this coming year. You will also find a range of social supports that are available for your use. You all play a vital role in our community and I would encourage you to stay safe, while staying active at home by developing helpful habits and including them into your daily and weekly routine, this will help keep your mind and body active and healthy. We hope you enjoy” - Louise Edmonds Age Friendly Fingal Programme Manager

## Your Voice



We’ve heard about so much good work going on all around the country, please let us know what’s happening in your area so we can share those innovative ideas with everyone. Please email us your news to Rachel at [rleavy@meathcoco.ie](mailto:rleavy@meathcoco.ie) Information is one thing we can share right now!

## International Updates



### IFA Virtual Town Hall | In Conversation with Dr. Kiran Rabheru: Preventing the effects of loneliness and social isolation for older persons

The International Federation on Ageing held a Town Hall event earlier today called ‘In Conversation with Dr. Kiran Rabheru: Preventing the effects of loneliness and social isolation for older persons’. A recording of this event will be available on the Federation’s website <https://ifa.ngo/>



## Important Tips

Always have your **Eircode** close by in case of emergency. You can find your Eircode [here](#)

Perhaps keep a **daily diary** to record the people you are in contact with every day, so if you develop symptoms it will be easier to trace them



**Coronavirus COVID-19**

**If you have fever and/or cough you should stay at home regardless of your travel or contact history.**

If you have returned from an area that is subject to travel restrictions due to COVID-19 you should restrict your movement for 14 days. Check the list of affected areas on [www.hse.ie](#)

**All people are advised to:**

- > **Reduce** social interactions
- > **Keep a distance** of 2m between you and other people
- > **Do not** shake hands or make close contact where possible

If you have symptoms visit [hse.ie](#) OR phone HSE Live **1850 24 1850**

**How to Prevent**

- Wash** your hands well and often to avoid contamination
- Cover** your mouth and nose with a tissue or elbow when coughing or sneezing and discard used tissue
- Avoid** touching eyes, nose or mouth with unwashed hands
- Clean** and disinfect frequently touched objects and surfaces
- Stop** shaking hands, exchanging gifts, hugging, kissing or greeting others in person
- Distance** yourself at least 2 metres from any other people, especially those who might be unwell

**Symptoms**

> Fever (High Temperature) > A Cough > Shortness of Breath > Breathing Difficulties

**For daily updates visit**  
[www.gov.ie/health/covid-19](#)  
[www.hse.ie](#)

WASH HANDS TO STOP VIRUS SPREAD  
[www.nhs.uk/coronavirus](#)

Riann na Míreann  
 Government of Ireland

## Useful Contacts

**Age Friendly Ireland Shared Service Office** Telephone: 046 9097413  
 Or Email: [leavy@meathcoco.ie](mailto:leavy@meathcoco.ie)

**HSE Advice Line:** Callsave 1850 24 1850  
 Call from 8am – 8pm Monday to Friday and 10am to 5pm Saturday and Sunday

The following is the list of each **Local Authority's Helpline** phone numbers

| Local Authority                  | Community Response Number |
|----------------------------------|---------------------------|
| Carlow County Council            | 1800 814 300              |
| Cavan County Council             | 1800 300 404              |
| Clare County Council             | 1800 203 600              |
| Cork City Council                | 1800 222 226              |
| Cork County Council              | 1800 805 819              |
| Donegal County Council           | 1800 928 982              |
| Dublin City Council              | 01 222 8555               |
| DLR County Council               | 1800 804 535              |
| Fingal County Council            | 1800 459 059              |
| Galway City Council              | 1800 400 150              |
| Galway County Council            | 1800 928 894              |
| Kerry County Council             | 1800 807 009              |
| Kildare County Council           | 1800 300 174              |
| Kilkenny County Council          | 1800 326 522              |
| Laois County Council             | 1800 832 010              |
| Leitrim County Council           | 1800 852 389              |
| Limerick City and County Council | 1800 832 005              |
| Longford County Council          | 1800 300 122              |
| Louth County Council             | 1800 805 817              |
| Mayo County Council              | 094 906 4660              |
| Meath County Council             | 1800 808 809              |
| Monaghan County Council          | 1800 804 158              |

|                                   |              |
|-----------------------------------|--------------|
| Offaly County Council             | 1800 818 181 |
| Roscommon County Council          | 1800 200 727 |
| Sligo County Council              | 1800 292 765 |
| South Dublin County Council       | 1800 240519  |
| Tipperary County Council          | 076 106 5000 |
| Waterford City and County Council | 1800 250 185 |
| Westmeath County Council          | 1800 805 816 |
| Wexford County Council            | 053 919 6000 |
| Wicklow County Council            | 1800 868 399 |