



Kilkenny

Age Friendly County  
*Celebrating Every Generation*

**ANNUAL REPORT** 2018



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# GLOSSARY

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- CEUD** *Centre for Excellence in Universal Design*
- CGA** *Comprehensive Geriatric Assessment*
- CHO 5 AREA** *Community Health Organisation Area No 5*
- DCU** *Dublin City University*
- ED** *Emergency Department*
- FRC'S** *Family Resource Centres*
- GEMS** *Geriatric Emergency Medicine Service*
- GP** *General Medical Practitioner or Doctor*
- HAPAI** *Health and Positive Ageing Initiative*
- HI** *Healthy Ireland*
- HSE** *Health Service Executive*
- ICPOP** *Integrated Care Programme for Older Persons*
- KAFSF** *Kilkenny Age Friendly Seniors Forum*
- KCETB** *Kilkenny and Carlow Education and Training Board*
- KCLR** *Kilkenny Carlow Local Radio*
- KILKENNY LCDC** *Kilkenny Local Community and Development Committee*
- KLP** *Kilkenny LEADER Partnership*
- KRSP** *Kilkenny Recreation and Sports Partnership*
- LAP** *Local Area Plan*
- MECC** *Making Every Contact Count*
- NTA** *National Transport Agency*
- PAL** *Physical Activity Leader*
- PHN** *Public Health Nurse*
- PPN** *Public Participation Network*
- SICAP** *Social Inclusion Community Activation Programme*
- SAGE** *Support & Advocacy Services for Older People*
- TÚS** *A labour activation initiative for people who are long-term unemployed*
- WHO** *World Health Organisation*
- WRAP** *Wellness Recovery Action Plan*

# FOREWORD BY COLETTE BYRNE

## *Chair of Kilkenny Age Friendly Alliance*

Kilkenny Age Friendly Alliance is delighted to introduce this annual report which outlines the programme of work undertaken by all implementing partners in 2018-the second year of the Kilkenny Age Friendly County Strategy 2017-2022.

All implementing partners are acutely aware that life expectancy is increasing. The most recent Census of population (2016) highlights that the 65 years and over age group saw the largest increase in population since 2011, rising by 19.1% to 637,567. The census recorded 456 centenarians, an increase of 17.2% on 2011. Over half a million or 577,171 in this older age group lived in private households, an increase of 19.6%, while those in nursing homes increased by 1,960 to 22,762. The Census also shows that the proportion of children and young adults aged less than 25 years old was 33.2 per cent in 2016 and this has been steadily declining since the late 1970's when 47.9 per cent of the population were in this age cohort.

There is therefore an ongoing need for service providers to create the environment to support active and positive ageing. The Health Service Executive is to be commended for its age friendly related services across its many departments. St Luke's Hospital has demonstrated its ongoing commitment to its older patients and visitors and has provided an extensive range of initiatives, programmes and works including the Geriatric Emergency Medicine Service (GEMS), *#endPIparalysis* campaign, its Discharge Lounge to support earlier discharge and its Kare Bears initiative. It has also provided friendly seating; colour coded directional floor signage and other signage, a drop off area for taxis and cars and a bus stop for the proposed Kilkenny City bus service. It is intended to obtain Age Friendly Hospital status for St Luke's Hospital in 2019.

Health Promotion, within the HSE, continues to provide directly or by partnering with other providers, programmes of personal awareness, self care and resilience building, specific training and awareness tailored to meet the needs of those with chronic conditions and general health awareness and promotion.

I note that An Garda Síochána established its Age Friendly Support Office and its Victims Office in 2018. An extensive programme of town hall type information meetings were held across the city and county. It continues to provide advice and guidance through its weekly crime-slot on local radio. I want to thank An Garda Síochána for its work in lessening the fear of crime amongst our older population especially amongst those who are considered the most vulnerable in our society.

The Kilkenny Age Friendly Seniors Forum represents the voice of older people and ensure that voice is heard through its representatives on many structures Local Authority, Health and Policing structures and through its targeted inclusion of older people in social and participatory activities. I note that the Forum now has 400 members. The report includes a summary of the very successful Kilkenny Age Friendly Seniors Forum Annual Conference, which was held in November 2018.

Kilkenny Chamber of Commerce agreed to champion, in Kilkenny City and County, the Age Friendly Business Recognition Programme which is a national initiative supported by Chambers Ireland and Local Authorities. Considerable progress had been made by year end and the programme will be launched in early 2019. I want to thank Kilkenny Chamber of Commerce for leading on this programme.

ALONE established its presence in Carlow Kilkenny in 2018 and the report outlines its strategic work programme. The Carlow-Kilkenny Contact Befriending Service is now part of ALONEs workload and its befriending Service with vulnerable older persons is increasing and their provision of 600 monitored alarms will provide re-assurance and safety to the older persons and families. I welcome ALONE to Carlow-Kilkenny and look forward to its involvement in the provision of services to our most vulnerable older adults. A more detailed account of ALONE's activities is provided in this report.

The Kilkenny Access for All Strategy was launched by the Public Participation Network and it aims to work with people of all ages who have disabilities, to support universal access for all in Kilkenny including our older adults. Kilkenny Carlow Education and Training Board continue to provide digital skills training to older persons and the Alzheimer Society of Ireland continues to support clients to participate in dementia specific activities in their specialist day care centres.

Kilkenny LEADER Partnership continues with its involvement through its Housing Aid programme, its engagement with and supports to Men's Sheds and Community shops. I especially welcome the growth in numbers of older volunteers to its Volunteer Information Service.

The need to keep active as we grow older is well recognised by Kilkenny Recreation and Sports Partnership. It has collaborated with primary care teams (GPs and Physios) to identify people with chronic illness, injury or disabilities, who are ready to progress from sedentary behaviour into physical activity and have identified with older participants the best path for participation in a supported environment. KRSP has also provided chair based exercises for older adults and focussed activity programmes such as Men on the Move and Women in Sport programmes and on nutritional talks.

I welcome and encourage the inclusion of age friendly principles in Planning Policy and in particular the specified policies in both the Thomastown and Callan Local Area Plans.

I also welcome the ongoing provision by Kilkenny County Council of age friendly seating, footpaths and bus shelters, gym equipment and age friendly car parking spaces and the significant public lighting upgrade programme taking place throughout the city and county.

Supporting older persons housing needs is an important element of Kilkenny County Council's housing policy. In 2018 the housing needs of 256 older people were met through the provision of housing accommodation and adaption supports, either in the form of direct provision of housing and improvements, or grants to older persons under the mobility aid, housing aid and other schemes.

Kilkenny County Councils Fire Service continues to promote fire safety in the home at community events and specifically through its home visits and smoke alarm installations.

The continued involvement of older persons with Kilkenny County Councils Library and the Arts services in the Bealtaine Festival and throughout the year is wonderful to see as is the ongoing involvement of older people in the many Heritage projects including the Fieldnames project and Heritage Week events.

It is intended to obtain Age Friendly Town status for Thomastown in 2019. A considerable amount of work was undertaken in 2018 in consulting with Thomastown's older citizens and with those who provide services to older persons. A draft Action plan has been prepared in response to the issues identified through the consultations, and it will be finalised and implemented in 2019

I want to thank the Kilkenny Age Friendly Alliance and its many stakeholders for their commitment and support in implementing the strategy. The ongoing commitment by all implementing partners, working collaboratively and with older people, to enhance the quality of life for older people in Kilkenny is clearly demonstrated in the report.

## Colette Byrne

*Chief Executive*

# SETTING THE CONTEXT

## *Growing Older in Ireland*

The population of Ireland has been getting steadily older since the 1980's. In Census 2016, 37.2 per cent of the population were 45 years or older compared to 34.4 per cent in 2011 and 27.6 per cent in 1986. The proportion of children and young adults aged less than 25 years old was 33.2 per cent in 2016 and this has been steadily declining since the late 1970's when 47.9 per cent of the population were in this age cohort. Persons aged 25 - 44 years old made up 29.5 per cent of the population in 2016 down from 31.6 per cent in 2011.

The 65 years and over age group saw the largest increase in population since 2011, rising by 102,174 to 637,567, a rise of 19.1%. The census recorded 456 centenarians, an increase of 17.2% on 2011. Over half a million or 577,171 in this older age group lived in private households, an increase of 19.6%, while those in nursing homes increased by 1,960 to 22,762.

Evidence shows that it is possible to live longer with a good quality of life by developing healthy lifestyles and social capital in our families, communities and society. Making both cities and rural communities age-friendly is an effective local policy approach for responding to population ageing. The physical and social environments are key determinants of whether people can remain healthy, independent and autonomous long into their old age.

**The World Health Organisation age-friendly cities guide highlights 8 themes that cities and communities can address to better adapt their structures and services to the needs of older people:**

- **Built environment**
- **Transport**
- **Housing**
- **Social participation**
- **Respect & social inclusion**
- **Civic participation & employment**
- **Communication**
- **Community support & health services**

## STRATEGY OUTCOMES

The Kilkenny Age Friendly Strategy 2017-2022 was prepared and the actions were decided on so as to provide the following outcomes for older people:

- That older people may live in communities that provide recreation, leisure and services that are accessible and responsive to the well being of people of all ages.
- That older people have the necessary information and transport to access the supports and services they need.
- That older people have choice and the necessary supports to live in the home and community that feels the most safe and secure.
- That older people feel and are involved and influential, and are valued for their life experience, talents, and contributions.
- That older people have increased opportunities to engage and be engaged in social, cultural and recreational activities with people of all ages.
- That older people be informed and connected to what is going on in the county through a variety of media from word of mouth to modern technology.
- That older people be involved in civic, social and economic campaigns and fora that enhance quality of life and engagement in the community.
- That older people have improved local supports and services to help maintain mental, physical, social and emotional health and well being.

**The Strategy contains 84 actions to be implemented over a period of 5 years by 10 implementing partners as follows:**

- **Kilkenny County Council**
- **Health Service Executive**
- **An Garda Síochána**
- **Kilkenny Recreation and Sports Partnership**
- **Kilkenny LEADER Partnership**
- **Kilkenny Age Friendly Seniors Forum**
- **The Kilkenny and Carlow Education and Training Board,**
- **Kilkenny Carlow Contact Be-Friending Service (now ALONE)**
- **The Alzheimer Society of Ireland**
- **Kilkenny Age Friendly Alliance**



Kilkenny Chamber of Commerce is represented on the Alliance and in 2018 it worked with the Alliance to develop an Age Friendly Business Recognition Programme for Kilkenny City and County which will be launched in 2019.

Kilkenny Public Participation Network is also represented on the Alliance. It developed and launched, in 2018, the Kilkenny Access for All Strategy 2018-2021. The programme works with people of all ages who have disabilities, with local businesses, with Kilkenny County Council and community groups to support universal access for all including older people.

## REPORT FORMAT

This is the second annual report on the current strategy and covers the year 2018. The report outlines the key actions taken in order to achieve the outcomes listed above.



# OUTDOOR SPACES AND BUILDINGS

# 1. OUTDOOR SPACES AND BUILDINGS

**OUTCOME:** *That older people may live in communities that provide recreation, leisure and services that are accessible and responsive to the well being of people of all ages.*

## ACTIONS

- Age Friendly principles are now being reflected in Planning Policy. The Thomastown and Callan Local Area Plans both acknowledge that positive ageing can be facilitated by means of various age friendly initiatives, including universal design and can be supported by the adoption of the appropriate development objectives to facilitate same within the planning process.
- The Thomastown Local Area Plan (LAP) (Policy AF1– Age Friendly) sets out that “It is the policy of the Council to support the vision of the Thomastown Age Friendly Committee to encourage a sustainable and age friendly community, which meets the needs of all residents”.
- The Thomastown LAP also provides written objectives “to support the actions set out in Kilkenny Age Friendly County Strategy 2017 – 2022 regarding the implementation of Age Friendly principles in the planning, design and delivery of physical infrastructure, public realm works, business and commercial premises, with particular reference to the Thomastown Age Friendly Action Plan where practicable” (AFO1.1) and “to support and facilitate the delivery of age friendly seating, bus stops and other public realm initiatives identified in the Walk ability study carried out for Thomastown” (AFO1.2).
- The Callan Local Area Plan also outlines an objective “to support the actions set out in Kilkenny Age Friendly County Strategy 2017 – 2022 where practicable.” (HC8).
- Kilkenny Access for All Strategy 2018-2021 was developed by Kilkenny PPN and launched in 2018. This is a programme which works with people of all ages who have disabilities, with local businesses, with Kilkenny County Council and community groups to support universal access for all in Kilkenny.
- The Access for All programme raises awareness of issues and concerns and providing disability awareness training to support businesses to include all those who face barriers including older people.
- The Thomastown Age Friendly Town initiative was substantially progressed in 2018. A comprehensive account of the initiative is outlined later in this report.

## OUTDOOR GYM EQUIPMENT

- A set of 5 pieces of Outdoor Gym equipment has been installed at the Fair Green Kilkenny City.

## PUBLIC LIGHTING

- A significant public lighting improvement programme continued to be provided throughout Kilkenny City and County. In 2018 2,240 public lights were upgraded, as part of the retrofitting program, in Ballyouskill, Ballyragget, Clogh, Castlecomer, Freshford, Goresbridge, Johnstown, Kilmanagh, Moneenroe, Urlingford, Bennettsbridge, Callan, Dungarvan, Gowran, Graiguenamanagh, Johnswell, Inistioge, Kells, Paulstown, Skeoughvosteen, Stoneyford, Thomastown Fiddown, Mooncoin, New Ross Environs, Owing, Piltown, Slieverue, Waterford City Environs, Kilmacow and Kilkenny City. There was great emphasis placed on upgrading public lighting within housing estates throughout the City and County. The brighter lighting is more focussed, adds to the feeling of security for residents, improves cctv surveillance and is eco friendly.

## AGE FRIENDLY SEATING

- 2 purchased –to be installed in Thomastown as part of Age Friendly Town programme.
- Refurbishment of seats on Parade and at Canal Square Kilkenny City



*Age Friendly Seating at Parade*



*Age Friendly Seating at Canal Square*

## AGE FRIENDLY FOOTPATHS

- Friarshill Thomastown, Fairgreen Callan, West Street Callan, Kells Village, Windgap Village, Kilkenny Street Castlecomer, Patrick Street Refurbishment, Greens bridge Street footpaths, Old Newpark footpaths, Glendine footpaths, Castle Road Footpaths, and Ballyfoyle Road, Kilkenny.



*Age Friendly Footpath at Castle Rd. Kilkenny*



*Age Friendly Footpath at Patrick St. Kilkenny*

## PEDESTRIAN CROSSINGS

- Kilmaganny National School, Clonmel Road Callan opposite the library, Castle Road Kilkenny near Switzer’s Gate and on the Freshford Road.
- Enhancements to existing crossing at Greens Bridge so as to provide longer crossing times.



*Age Friendly Pedestrian Crossing  
Freshford Rd. Kilkenny*



*Age Friendly Pedestrian Crossing  
Castle Rd. Kilkenny*

## FERRYBANK NEIGHBOURHOOD PARK

25 members of Ferrybank Active Retirement Group took part in the consultation process on the proposed uses of Ferrybank Neighbourhood Park. Their needs will be met through the provision of walkways and outdoor exercise equipment. Seating areas will be provided along the length of walkway and in particular in close proximity to the playground to serve parents and grandparents while their children use this play area. These facilities will be delivered on a phased basis with the walkways, seating and playground being provided in the first instance.



*Ferrybank Allotment Project  
assisting with planting of trees  
at a Family Fun Day held in the  
park in 2017.*

SECTION {TWO}



TRANSPORTATION

# 2. TRANSPORTATION

**OUTCOME:** *That older people have the necessary information and transport to access the supports and services they need.*

## ACTIONS

- Kilkenny Age Friendly Seniors Forum is an advocate for the advancement and introduction of a public transport system for Kilkenny City. It has collaborated with Kilkenny County Council and the National Transport Agency on this project.
- Kilkenny Age Friendly Seniors Forum had discussions with Kilkenny County Council throughout the year continuing to highlight the need for this service and based on surveys of patients identifying the need for transport from the train station to St. Luke’s Hospital.
- The Forum encouraged people to use the current interim service provided by Ring a Link pending the provision of the new City bus service.
- The National Transport Agency (NTA) has committed to the introduction of the service from Mid 2019 and it is expected that the service will be provided on two routes with effect from the 3rd quarter in 2019.

## BUS SHELTERS

- 2 Age Friendly Bus Shelters were provided in Castlecomer (Kilkenny Street & The Square),
- 2 Age Friendly Bus Shelters were provided in Piltown,
- A number of age friendly bus shelters are planned to be included in the proposed Kilkenny City Bus Service, to be provided in 2019.

## CAR PARKING SPACES

- 2 Age friendly spaces provided for in Thomastown – Market Street and Logan Street
- 1 Age Friendly car parking space provided on Upper Patrick Street Kilkenny



*Age Friendly car parking space on Upper Patrick Street Kilkenny*

## CYCLING

- Kilkenny Recreation & Sports Partnership, in conjunction with Kilkenny County Council organise activities in Kilkenny for Bike Week. Older cyclists continue to cycle and are part of regular Saturday morning cycling groups.
- Arising from KRSP’s cycle tutor led Couch to 40k cycling programme many older adults have continued to cycle and have become members of local cycling clubs



# HOUSING



# 3. HOUSING

**OUTCOME:** *That older people have choice and the necessary supports to live in the home and community that feels the most safe and secure.*

## ACTIONS

- Planning Permission has been granted by Kilkenny County Council for a private new housing development at Cloughabrody, Thomastown which includes 2 single storey housing units which have been designed to comply with the Centre for Excellence in Universal Design (CEUD) current document; 'Universal Design of Homes' and 'Housing for Older People; Future Perspectives' Age Friendly Ireland.
- In addition, a number of Age Friendly seats have been provided within the proposed development which will allow resting places within the open space between the location of the age friendly seating and the pedestrian access areas.
- Kilkenny County Council agreed a new housing programme for the period 2018-2021. The programme includes the following:
  - 16 houses that can be considered for letting to older persons if the need arises as follows: Castlecomer (2), Piltown (1), Crockershill (8), Thomastown (1) and Vicar Street (4)
  - under the Capital Assistance Scheme 57 houses are proposed of which a proportion will be let to older persons.
  - under the leasing provisions by approved housing bodies 15-20 houses will be set aside for older persons.
- 18 Older persons were allocated houses in 2018 - 15 of them were allocated Local Authority houses county wide and 3 were allocated houses by approved housing bodies: Cluid Housing, St. Patrick's Parish Voluntary Housing for the Elderly and The Good Shepherd Centre.
- 238 Older Persons homes were adapted to meet their housing accommodation needs in 2018 as follows:
  - 69 Housing Adaptation Grants were processed and paid by Kilkenny County Council.
  - 26 Mobility Aid Grants were processed and paid,
  - 143 persons over 66 years of age received assistance under the Housing Aid for Older Persons Scheme.
- Kilkenny LEADER Partnership continued to take referrals from Public Health Nurses and Community Welfare Officers to deliver the Housing Aid Scheme to assist older identified adults and other vulnerable groups with the maintenance of their home. All services are provided by "Trusted Tradesmen" on a referral basis that are Garda Vetting and approved.
- In 2018 through the Housing Aid Project, KLP continues to offer a specialised building/ home repairs service to older people. Clients are identified through networks; Active retirement groups, voluntary support networks, health professionals and other service providers. In 2018, 182 individuals benefited under the Housing Aid Programme.

## FIRE SERVICES

- The Fire Service continued with their "Home Fire Safety" Visits to elderly/vulnerable persons. Specifically focusing on adequate working smoke alarms these home visits are requested through local community groups across the County.
- In 2018 18 Home visits were undertaken, 37 smoke alarms and 4 Carbon monoxide alarms were fitted.
- Community Fire Safety evenings were held with Johnswell Retirement Group and in Gahan Nursing Home, Graiguenamanagh.



# RESPECT AND SOCIAL INCLUSION

# 4. RESPECT AND SOCIAL INCLUSION

**OUTCOME:** *That older people feel and are involved and influential, and are valued for their life experience, talents, and contributions.*

## ACTIONS

- A further investment was made in the Kilkenny County Council's library collection of stock so as to ensure all collections are relevant to older people's needs, in formats that are accessible and appropriate for older adults with varying abilities and resources.
- The Council's library service continues to encourage the participation of older people in cultural, recreational and creative activities across its network of 8 library branches and the mobile library service.
- Intergenerational projects in Graiguenamanagh library were very successful and allowed older people to exchange ideas with transition year students while also learning new digital skills from the students.
- Kilkenny Age Friendly Seniors Forum continue to represent the voice of older persons through its engagement on the various Strategic Planning groups (SPC's), the Public Participation Network (PPN) Kilkenny Recreation and Sports Partnership (KRSP) and the Kilkenny Local Community and Development Committee (LCDC) to advocate on behalf of older people.
- The Dementia programme which was provided through the HSE and Library services was promoted and supported by the Seniors Forum.
- Kilkenny Recreation and Sports Partnership continue to provide calendar of activities for older people throughout the city and county. Needs are identified by the Seniors forum and the calendar of events is promoted by the Seniors Forum.
- Kilkenny Age Friendly Seniors Forum engaged with ALONE on the provision of befriending service for Carlow/Kilkenny including a potential telephone befriending service.
- The Seniors Forum engaged with an Garda Síochána through community engagement programmes.
- The Seniors Forum also attended a number of events including the National Convention for all Older Peoples Councils in Ireland.
- The Forum secured the provision of one to one computer classes for older people through engagement with Age Action Ireland.
- Kilkenny and Carlow Education and Training Board prioritises the needs for older people in relation to learning opportunities. It continues to collaborate with groups in Urlingford, Graine, Thomastown, Kilkenny City, Goresbridge, Ballyragget, Galmoy, Stoneyford, Windgap and other locations, delivering courses in gardening, photography, computer skills, art and flower arranging, to mention a few.
- In partnership with Kilkenny Leader Partnership, Kilkenny and Carlow Education and Training Board (KCETB) is providing Digital Skills classes in Castlecomer.
- Kilkenny and Carlow Education and Training Board delivers courses which respond to the needs of the group and can facilitate groups in areas of interest to their own group such as Gardening, Photography, Computer Skills, Art, Flower Arranging to mention a few.
- It also works closely with Kilkenny Library Services which to provide classes countywide.

- All Active Retirement Groups are invited to avail of funding from the Community Education Department of Kilkenny and Carlow Education and Training Board.
- An Garda Síochána has an ongoing liaison with Public Health Nurses (PHN's) and an open communication channel with Director of Nursing in relation to vulnerable persons.
- An Garda Síochána visit Nursing Homes and Day Care Centres regularly and provide music and song on the occasion of the visits in December of each year.
- A Cross-Agency Database of Vulnerable Older Persons is in the course of preparation.
- During Operation Storm, on 31st January 2018, a team of ten (10) Gardai focussed on visits to Nursing Homes and Day Care Centres in Kilkenny City.
- A Garda Síochána also undertook ongoing visits to older persons living in Co Kilkenny as part of community engagement, especially those living alone.
- The Monday night walk series, organised by KRSP continue to be very popular with older adults. They depart Canal Square at 7pm and are guided by a walk leader.
- KRSP also provide physical activity classes such as Pilates and Chair Based Exercises in Callan (Blessed Edmund Rice and John Locke's centres); Introductory and Improver Swimming in the Ormond Hotel Leisure Centre, Aqua Aerobics in the Newpark Hotel and Beginners, Improvers and Advanced Pilates in the Watershed Leisure Centre. These programmes have over 460 participants.
- In 2018, successful Men on the Move groups operated in Castlecomer, Conahy and Kilkenny. The participants from this programme took part in the Medieval Mile run on December 7th in Kilkenny as an end of year celebratory event. It is planned to continue these Men on the Move programmes in 2019 and applications are invited from interested communities. Men on the Move is something that all men can take part in as a means of getting active again. The physical and social benefits from participation are brilliant and gives men a sense of belonging in their local community. In 2018, over 100 men took part in the Men on the Move programme.





# SECTION { FIVE }



# SOCIAL PARTICIPATION

# 5. SOCIAL PARTICIPATION

**OUTCOME:** *That older people have increased opportunities to engage and be engaged in social, cultural and recreational activities with people of all ages.*

## ACTIONS

- Kilkenny County Councils Library Service provided a dynamic and varied programme of events in response to local needs in 2018. This provided opportunities for older people to develop new skills such as knitting classes, book clubs, language circles, quilting classes and art classes.
- The Library service led and coordinated the 2018 Bealtaine programme with input from Alliance members. A comprehensive and varied programme of events was developed throughout the month of May, with targeted outreach to St Columba's Nursing Home, St Canice's Hospital and St Marys' Day Care centre.
- The library service participated in a range of other national and local festivals to encourage older people to reengage and participate with their community and develop new skills - Heritage Week, Culture Night and Poetry Day.
- Health Promotion within the HSE linked with the Library service in terms of promoting, recruiting for and delivering programmes of an 8 week programme for older adults in Ferrybank, entitled "Taking Stock".
- Another 8 week programme entitled 'Ageing with Confidence' was rolled out in Kilkenny City with the support of ALONE (formerly Kilkenny & Carlow Contact Befriending Service).
- Go for Life Games are delivered on a weekly basis in the Watershed for older adults. A Kilkenny team were represented in the National Go for Life Games in Dublin in June 2018. Over 300 older adults took part. The Kilkenny team won the overall prize for Best County on the day.



*Some of the participants of the 8 week "Taking Stock" programme run in Ferrybank Library with WIT student, Laura Dawson.*



*Some of the participants of the Kilkenny Ageing with Confidence group with tutor Paula O' Mahoney*

# Bealtaine Festival 2018



**57** Events Organised

Attendance **680**

## Top 5 Events



Alzheimer's  
Tea Day



Memories of  
Kavanagh  
show



Guitar  
Recitals



Melodies,  
Music and  
Memories



Free Blood  
Pressure  
Checks



Outreach



St. Columba's Nursing Home,  
Thomastown



St. Gabriel's Ward,  
St. Canices Hospital



St. Mary's Day Care Centre,  
Kilkenny



## OLDER ADULTS ARE THE FABRIC OF THEIR COMMUNITIES



### HELPING THEIR PARENTS



**1 in 4**

older adults living with parents provided basic care



**1 in 2**

provide financial assistance to older parents

### HELPING THEIR CHILDREN



**HALF**

of all older parents provide financial assistance to their children



**1 in every 2**

adults aged 54-74 spend 36 hours a month looking after their grandchildren

### ENGAGING IN THE COMMUNITY



**1 in every 2**

volunteered in the last year



WITH **1 in 5**

volunteering every week



**6 in 10**

enjoy regular social and leisure activities

### KEY INSIGHT

Better mood and quality of life are significantly associated with older adults who:

**1**

Engage in social participation

**2**

Volunteer regularly

**3**

Support their children and grandchildren

For more information please visit [www.tilda.ie](http://www.tilda.ie)



# COMMUNICATION AND INFORMATION

# 6. COMMUNICATION AND INFORMATION

**OUTCOME:** *That older people be informed and connected to what is going on in the county through a variety of media from word of mouth to modern technology.*

## ACTIONS

- A range of basic computer and tablet classes were provided in Kilkenny County Councils libraries, in collaboration with Age Action Ireland and Digitise the Nation.
- It is the aim of Kilkenny Age Friendly Seniors Forum to reach out to the widest audience as possible in the sharing of information to older people in Kilkenny City and County and it does so through Kilkenny Community Radio, KCLR, the Kilkenny People and emails.
- In 2018 the Forum provided information on a number of programmes through engagement with the local radio- Be Safe Be Seen, Winter Ready Programme, Provision of anti flu and pneumonococcol vaccinations.
- In 2018 Kilkenny County Council Heritage Office continued to engage with and support communities and older people on a range of cultural heritage programmes, projects and services including the launch of Talbots Tower & Kilkenny City Walls Brochure and Heritage Week in which over 90 events took place in Kilkenny many of them involving older persons.
- The Heritage Office undertook an audit of oral history recordings and collections for the county. The audit provides the first broad and coherent overview of the oral heritage recordings collected over many decades relating to the oral tradition and folklore of County Kilkenny which included many contributions from older persons. 51 collections of oral heritage relating to County Kilkenny, in 30 collections held both in Ireland and abroad, were identified.
- “The Whispering Fields”, a short film and part of the Kilkenny Field Names Project was commissioned by the Kilkenny Heritage Office with co-funding from the Heritage Council and Creative Ireland. It was premiered in Scoil Bhríde, Lisdowney on Friday 2nd November. The film celebrates the recording of field names in the areas of Clontubrid, Gathabawn and Lisdowney by local volunteers.
- The Heritage Office has produced a newsletter “Field” with news and updates from the Kilkenny Field Names Project where over 9,500 fieldnames have been collected many of them by local older adults with an interest in heritage and local history.
- The Heritage Council, Kilkenny County Council Heritage Office and Kilkenny Archaeology Ltd have developed a new Kilkenny City archaeological map and dataset. This is a treasure trove for anyone with an interest in Kilkenny City’s archaeology, and comprises all the archaeological reports and findings from the period 1968 to 2006.



- An Older Persons Champion was appointed within An Garda Síochána.
- An Garda Síochána established its Age Friendly Support Office. It was officially opened in Kilkenny Garda Station on 21st March 2018.
- An Garda Síochána also established a Victims Office, which was officially opened on 21st March 2018, and it continues to liaise and provide support, including welfare call backs to victims independent of investigative actions.
- The Victims Office also disseminates information on other organisational and agency supports to older crime victims.
- Town Hall style community forums were held by An Garda Síochána in/with Kilkenny City businesses community/vintners etc and for communities of Thomastown, Glenmore, Tullogher, Rosbercon, Kilmacow, Castlecomer, Clogh, Coan, Muckalee, Piltown, Mooncoin Kilmanagh, Kilkmanagh, Tullaroan, Callan, Urlingford, Freshford, Ballyhale, Stoneyford and Kilmaganny.
- An Garda Síochána continued with its Weekly Crime Slot on KCLR- each Wednesday, 10.30am and its Facebook page was used to promote messages to all age groups, including older persons.
- Kilkenny Public Participation Network (PPN) provides updates and information in respect of the Age Friendly Alliance to its 284 member organisations, via the PPN weekly newsletter and media platforms such as social media and the PPN website to ensure a wider audience reach.
- The Dept of Psychiatry of Later Life continue, through the Service Providers Forum, to highlight services available, by providing teaching sessions/talks to older peoples groups as requested and to continue to advocate for appropriate services for older people with mental health issues.
- Health Service Executive through the community dietetic services in Health Promotion & Improvement delivered a number of Xpert programmes, 6 week structured patient education for people with Type 2 Diabetes to 19 older adults in Kilkenny in 2018.
- KRSP use local media (newspaper and radio), parish newsletters, social media, emails and text to provide information to the Older Adult population in Kilkenny. KRSP also engage with key stakeholders to enhance communication channels such as the Age Friendly Alliance, Family Resource Centres and Community Organisations.







# CIVIC PARTICIPATION AND EMPLOYMENT

# 7. CIVIC PARTICIPATION AND EMPLOYMENT

**OUTCOME:** *That older people be involved in civic, social and economic campaigns and fora that enhance quality of life and engagement in the community.*

## ACTIONS

- Healthy Ireland at your Library initiative was rolled out across all library branches. The initiative provides a core collection of books on health and wellbeing including positive ageing, healthy eating and active living and wellbeing.
- A programme of Healthy Ireland events was held which included talks and workshops on diet, nutrition, healthy foods and lifestyles. This initiative facilitates health and wellbeing and encourages healthy habits and promotes active ageing.
- In partnership with Kilkenny Carlow ETB, the library service provided a range of community education courses throughout the year.
- Digital drop-in services were provided in Loughboy Library, Kilkenny City Library and in Graiguenmanagh library to assist older people in using technology and digital platforms.
- Kilkenny Age Friendly Seniors Forum held its Annual Bealtaine Seisium Session in the Home Rule Club, which was well attended.
- Kilkenny Age Friendly Seniors Forum held its annual conference at which 200 members attended. A full report on the Annual Conference follows later in this Annual Report.
- Representatives from Kilkenny Age Friendly Seniors Forum accompanied the Age Friendly Programme Coordinator to the National Age Friendly Convention held in Wicklow in November.
- In December 2018, Kilkenny Public Participation Network provided €5,800 in sponsorship for Christmas Capacity Building events which had a particular focus on age friendly activities for e.g. Senior Citizens Christmas Theatre production, elderly person(s) Christmas dinner. 10 Community groups around the county were supported in this regard.
- The PPN sponsored a variety of activities and events throughout the year that were inclusive and participatory.
- The PPN worked closely with the Men's Shed organisations and elderly associations around the county to develop capacity and leverage required supports.
- There was close collaboration between Kilkenny LEADER Partnership and Kilkenny County Council in assessing funding and in support the men's sheds in Kilkenny. A number of 'men's sheds' were supported to form and others to expand, including Graiguenamanagh, Thomastown, Castlecomer, Callan, Newpark FRC and Bishop Birch. Funding was provided for marketing supports as well as the purchase of some tools. Health and Safety training was also provided.

- KLP hope to form a Kilkenny Men's Shed Network in 2019 to promote their activities and collaborations.
- Kilkenny LEADER Partnership promoted their new Volunteering Information Service (VIS) with a view to promoting the social and varied benefits of volunteering. Through their planned Townlands Heritage Tourist Initiative it is expected that older adults will have the opportunity to engage and be included with local community heritage programmes recording and conserving their natural, cultural and built heritage assets to promote community sustainability and rural tourism.
- In 2018, KLP supported a number of groups which work closely with the elderly, Alone, Mount Carmel Callan, Kilkenny Age Friendly and St Luke's Hospital who are registered with the volunteering service. The service is eager to target older people for volunteering activities and for organisations and groups looking for volunteers. Currently approximately 13% of the VIS volunteers registered are over 65.
- In 2018 Minister Kyne announced plans to upgrade the remaining 8 Volunteer Information Services (Including Kilkenny) to full Volunteer Centres; this is expected to take place in the 2nd Quarter of 2019.
- In 2018 a volunteer expo was organised in MacDonagh junction with 35 community and voluntary organisations with stands at the event.

## KILKENNY AGE FRIENDLY SENIORS FORUM ANNUAL CONFERENCE

Kilkenny Age Friendly Seniors Forum held its annual conference on 13th November in the Ormond Hotel. The annual Conference affords an opportunity for older people throughout the city and county to listen to and share information on enlightening presentations on issues that are relevant to older people.

The Conference was chaired by John Coonan, Chairman of Kilkenny Age Friendly Seniors Forum. The Conference was launched by Minister of State for Local Government and Electoral Reform, Minister John Paul Phelan and was addressed by Cllr Eamon Aylward, Cathaoirleach of Kilkenny County Council and Cllr Chap Cleere, Mayor of Kilkenny City Municipal District.

Presentations were made by Colette Byrne, Chief Executive, Kilkenny County Council and Chair of the Age Friendly Alliance, Pat Doherty and Philip O Reilly, ALONE, Danielle Reddy Senior Occupational Therapist, GEMS Programme St. Luke's Hospital, Michael Delahunty Age Friendly Programme Coordinator, Kilkenny County Council, Marion Acreman, President Kilkenny Chamber of Commerce, Dominic Hayes, Chief Superintendent, An Garda Síochána, Jennifer Glansford and Billy O Keeffe, Age Action Ireland.

Members were enlightened on befriending services and housing for older people, lifelong learning and the introduction to computer skills for older people, the expansion of the age friendly business programme within Kilkenny City and County, services provided by the Local Authority in the Community including town and village renewal programmes, the availability of grants to support communities, the roll out of the age friendly towns programme, the value of co-operation and participation, An Garda Síochána's community engagement events and advice on safety and security.

Information display stands were provided by An Garda Síochána, Public Participation Network, Kilkenny County Council's Fire Services and Library Services, Ring -A- Link, Home Instead, Family Carers Ireland, Age Action, McDonagh Junction Age Friendly Shopping Centre, Kilkenny Recreation Sports Partnership, Newpark Resource Centre, Citizens Information, ALONE, Carlow Kilkenny Education Training Board, Health Promotion, Community Health Organisation 5 Area. 200 older persons attended the conference and were highly complementary to the organising committee of Kilkenny Age Friendly Seniors Forum.







# COMMUNITY SUPPORT & HEALTH SERVICES

# 8. COMMUNITY SUPPORT & HEALTH SERVICES

**OUTCOME:** *That older people have improved local supports and services to help maintain mental, physical, social and emotional health and well being.*

## ACTIONS

- An Garda Síochána is represented on the Thomastown Age Friendly Town Committee and it is working collaboratively with all service providers, older person's representatives and community interests to develop and implement an plan of community based supports and service provider actions to enable Thomastown to become an Age Friendly Town.
- Members and representatives of Kilkenny Age Friendly Seniors Forum, accompanied by staff from several service providers and Age Friendly Programme Coordinator, attended a CHO5 Area Patient Led Service Improvement Workshop in Faithlegg Hotel in November, the purpose of which is to further inform the Integrated Care Programme for Older Persons (ICPOP).
- The ICPop Listening Exercise builds on the previous consultations with older persons (Your Voice Matters, The National Patient Experience Survey and Listening to Older Persons workshop).
- St Luke's Hospital has further progressed its age friendly programme and continues to respond to older person needs. A comprehensive account of St Luke's Age Friendly activities is outlined later in this report.
- ALONE (formally Kilkenny Carlow Contact Befriending Service) currently provides monitored Alarms to 600 older people. This includes 108 people over 65, who obtained alarms in 2018. It is intended to promote this service further in 2019.
- Health Service Executive's Mental Health and Wellbeing Liaison Nurse for Travellers provided targeted mental health and wellbeing supports to Travellers in Kilkenny through individual brief interventions and wellbeing group workshops. Travellers in Kilkenny who presented in crisis were signposted to their GP for mental health assessments and onward referral to the Mental health services via GP when required.
- The Wellness Recovery Action Plan (WRAP) model of support was implemented through individual work to increase personal awareness self-care and resilience building. As part of the Traveller Health Chronic Conditions Programme in 2018 the Kilkenny Community Traveller Health Project and the Men's Health Worker took part in Diabetes Awareness Training delivered by Diabetes Ireland, Irish Heart Foundations Walking Leaders Programme, COPD Awareness Training and Asthma Awareness Training throughout 2018. This upskilled the Health Workers to use the Chronic Conditions Toolkit and deliver key health messages and provide signposting information to the Travellers over 55 who engage with their projects.

- Health Promotion within the HSE partnered with the Irish Family Planning Association to offer the 4 day Speakeasy Plus© training course in Kilkenny during Summer 2018 to professionals who work in the area of intellectual disability and wish to integrate sexual health promotion into their practice. This interactive training course gives practical tips on how to manage behaviour within healthy boundaries, while the information also gives professionals the opportunity to help their client make healthy informed choices. Participants develop their skills, knowledge and confidence in talking to clients with an intellectual disability about relationships, sexuality, growing up and keeping safe.
- A HSE Regional Sexual Health Promotion seminar was held on Wednesday 14th November 2018 as part of the Healthy Ireland funded regional initiatives. The aim of this day was to provide the opportunity to explore best practice in relation to sexual health promotion as well as ascertaining what is happening across the five counties; signposting those attending to sexual health training, resources and programmes as well as the supports & services available in sexual health across the south east community healthcare.
- Go for Life is the national programme for sport and physical activity for older people in Ireland. It is run by volunteers called PALs. A PAL is a Physical Activity Leader who is willing to lead activities. CarePALs workshops aim to empower staff and volunteers in day and residential care settings to lead suitable physical activities with older people. The model developed by Go for Life means that staff can deliver physical activity sessions, which can then be included as part of the daily or weekly routine without additional costs to the care service. CarePALs is for staff members or volunteers currently working in a residential or day care centre.
- Care PALS Refresher training was delivered to 11 health care workers in residential care in Kilkenny in April 2018 through Age & Opportunity, funded by the HSE.
- Health Service Executive, Health & Wellbeing **The Making Every Contact Count (MECC)** blended learning training programme was launched in June 2018. The overall aim of the training is to equip participants with the knowledge and skills to be competent to deliver a brief intervention with their patient in the area of lifestyle behaviour change with particular emphasis on Tobacco, Alcohol and Drug Use, Physical Activity and Healthy Eating - and Skills into Practice. The implementation will take place on a phased basis in 2019 with each CHO and Hospital group asked to identify a number of initial learning sites.



*Attending the Workshop on Integrated Care Programme for Older Persons in Faithlegg Hotel*



*Attending the Workshop on Integrated Care Programme for Older Persons in Faithlegg Hotel*

- Kilkenny County Councils Fire Service held Fire Safety talks with Kings River Community Residents Group, the Mill Family Resource Centre Urlingford and at public events including Danesfort Community Field Day and Speed of Light Festival, Gowran.
- County Kilkenny LEADER Partnership (CKLP) and Kilkenny County Council supported local community groups in the development of community shops in 2018. Billy's Tea Rooms and shop was opened in Ballyhale, Windgap is in the construction stage and will open in 2019 and a number of other towns and villages at predevelopment stage. These community shops and tea rooms are essential services to all in the villages but especially to the elderly where they provide a social outlet for all including those living in isolated areas.
- In 2018 KLP supported Lifelink to undertake a study into a feasibility Study for a Crisis Café in Kilkenny.
- In 2018, 30 Local Community Groups, including older adults, with a social inclusion remit were supported under the Social Inclusion Community Activation Programme (SICAP) by CKLP.
- CKLP supported, through the TÚS and Rural Social Scheme for the 'keeping open' of community facilities and the delivery of community/ voluntary services to older people.
- KRSP collaborate with primary care teams (GPs and Physios) to identify people who are ready to progress from sedentary behaviour/disability/chronic illness or injury into physical activity. Many referrals are older adults. Participants avail of the subsidised price and also allows participants to be rewarded for ongoing participation. There has been huge growth in this programme during 2018, and, currently, over 100 people avail of this programme.
- KRSP also continue to run a very popular Monday Night Walking programme in Kilkenny City, reaching out to over 70 participants. Get Ireland Walking provides the peer base for participants to try other activities.
- Women in Sport funding was provided to communities to activate and empower women to become more physically active.
- KRSP has delivered Healthy Ireland Inclusive Communities Programme. This was undertaken following successful application for Healthy Ireland (HI) funding through the LCDC. The programme specifically focused on those who experience health inequalities. KRSP worked with Newpark Family Resource Centre (FRC) and Fr. McGrath Family Resource Centre Kilkenny City, Mill Family Resource Centre Urlingford, Droichead Family Resource Centre Callan, Castlecomer Community and the Traveller Community to co-ordinate and support the delivery of health enhancing physical activity programmes and capacity building opportunities within these communities. A second Callan Pilates group was established through Healthy Ireland funding.

- KRSP also delivered chair based exercise classes to 15 older adults in Urlingford in February and March of 2018. Chair based exercise classes are a great form of exercise for older adults without the fear of falling. Classes last 40 minutes and are a great way of improving mobility and flexibility. On completion of the series of classes, a walk was organised in conjunction with Emeralds GAA Urlingford and all participants enjoyed music and light refreshments afterwards.
- Also as part of the Healthy Ireland programme, and in conjunction with Kilkenny County Library, KRSP delivered a series of walks. The 6 week programme took place in Castlecomer, Graignamanagh and Ferrybank. A nutrition talk was included and all participants received a Healthy Ireland t-shirt and goodie bag. Over 50 people took part, the majority of which, were older adults.

# ST LUKE'S GENERAL HOSPITAL

## OUTDOOR SPACES AND BUILDINGS

- Since the St Luke's General Hospital Carlow-Kilkenny Age Friendly Hospitals Steering Group was established in June 2016, it has developed and implemented a number of age friendly improvements. Membership of the committee includes staff from the hospital and community and key groups who share a common commitment to make St Luke's more accessible and welcoming for older people.
- In addition to the audits and surveys carried out in 2016 and 2017, a Walk ability Audit was carried out in April 2018 by people with disabilities and their carers.
- The Action Plan was progressed in 2018 in relation to the physical environment and the following initiatives were completed relating to outdoor spaces and buildings.

### The following has now been completed:

- Two Age Friendly parking spaces have been introduced in the main hospital car park close to the North (main) Entrance.
- Electronic signage was installed at the hospital entrances.
- Internal electronic signage was installed in 2018.
- Additional beam seating has been provided along the corridors to accommodate older people who may find the new link corridors long.
- Two soft armchairs were installed in the Emergency Department for older people.
- Signage was re-done in the new part of the hospital.
- Plans commenced for the development of colour coded directional floor signage, which will be completed in 2019.

## TRANSPORT

The St Luke's Technical Services Department and HSE Estates Department are liaising with Kilkenny County Council regarding the facilitation of a bus stop for the new local transport service. St Luke's is committed to providing such a bus stop close to the main (north) hospital entrance. The hospital now has a drop off area for taxis and patients/visitors at the new hospital entrance.

## RESPECT AND SOCIAL INCLUSION

Disability Awareness Training sessions and Traveller Cultural Awareness days were held in St Luke's in 2018.



*Participants and facilitators at one of the Traveller Cultural Awareness Training Days run by St Luke's in 2018.*

Representatives from Social Inclusion and Traveller Community Health Programme are part of the hospital's Patient Partnership Forum. A member of the St Luke's staff (Deirdre Dunne) also sits on the Regional Traveller Health Unit and the South East Intercultural Committee.

The collaborative work by staff and management of St Luke's with the Travelling Community in Carlow and Kilkenny was commended at the launch of two reports by the Minister of State for Mental Health & Older People Mr. Jim Daly T.D. Deirdre Dunne from St Luke's spoke at the launch about the work being undertaken in the hospital with regard to the education of staff on Traveller culture, the development of guidelines to support families of patients who are at end of life in the hospital, the installation in the hospital of art work and poetry by members of the Traveller Community, work underway to improve attendance rates in outpatient clinics, and the development of information posters for the hospital entrances in conjunction with the South East Traveller Health Unit.



*Pictured at the launch, front row (left to right): Esther Brennan, Minister of State for Mental Health & Older People Mr. Jim Daly T.D, Maggie Connors and Claire Fitzpatrick (Regional Traveller Health Coordinator, South East Community Healthcare). Back row (left to right): Thomas McCann (Director, Traveller Counselling Service), Brian Keogh (School of Nursing & Midwifery, Trinity College Dublin), Deirdre Dunne (St. Luke's General Hospital Carlow/Kilkenny), Jeanne Hendrick (General Manager, Social Inclusion Dept., South East Community Healthcare), Anne Buggy (Director of Nursing, Carlow-Kilkenny/South Tipperary Mental Health Services), Josie Moran, Mary Byrne, Brigid Wall, Elizabeth Cash, Josie Cash, Diane Nurse (HSE National Lead, Social Inclusion), Anna Marie Lanigan (Head of Service for Primary Care, South East Community Healthcare), Tom O'Reilly, Suzanne Denieffe (Dept. of Nursing & Healthcare, Waterford Institute of Technology) and Winnie Cassidy.*

## COMMUNICATIONS & INFORMATION

### National Healthcare Communications Programme

St Luke's was one of six acute hospitals nationally chosen to be a pilot site for the HSE's National Healthcare Communication Programme. The programme focuses on how staff communicates with patients, visitors and their colleagues. The programme, which was developed following the publication of the 2017 National Patient Experience Survey, will be rolled out to all acute hospitals in the country in 2019.

Prof Paul Kinnersley from Cardiff (*pictured right at one of the sessions in St Luke's*) and Wini Ryan from the HSE presented Module 1 and Module 2 of the National Healthcare Communications Training Pilot Programme to clinical and non-clinical staff in St Luke's.





## COMMUNITY SUPPORT AND HEALTH SERVICES

### Introduction of Geriatric Emergency Medicine Service (GEMS) at St Luke's -

In February 2017, the Geriatric Emergency Medicine Service (GEMS) team was established. The GEMS team is an interdisciplinary team consisting of Consultant Geriatrician, Clinical Nurse Specialist, Occupational Therapist, Physiotherapist and administrative support.

All patients 75yrs and over, who attend the acute floor are screened upon triage for frailty. If a patient is screened as being GEMS positive, he/she receives a Comprehensive Geriatric Assessment (CGA) within 72 hours by the GEMS team.

Comprehensive Geriatric Assessment (CGA) is the gold standard for the development and co-ordination of integrated planning for treatment and long term follow up. CGA's have been shown to improve better outcomes for older people.

All appropriate referrals are generated as part of the front door assessment (in the Acute Medical Assessment Unit or Emergency Department), to ensure early intervention to avoid functional decline while in hospital.

### In 2018 alone:

- 5141 people over the age of 75 presented to St Luke's over 75's
- 43% of these were deemed positive for frailty
- 66% had Comprehensive Geriatric Assessments carried out (61% were done at the point of admission, e.g., Acute Medical Assessment Unit or Emergency Department)
- 17% of those identified were treated and discharged
- Of those people who received a GGA, 91% were found to be at risk of polypharmacy, 26% at risk of malnutrition and 29% at risk of delirium
- 69% came from home and 63% were discharged home
- Only 4% went to Long Term Care.

A designated inpatient ward area for GEMS patients (formerly Medical 1), has also been opened where all staff are trained in frailty, and therefore these patient's needs can be fully catered for. Patients that present out of hours are followed up in a day hospital setting where they receive all the benefits of the original GEMS objectives.

Representatives of the Geriatric Emergency Medicine Service team attended the Acute Frailty Network Conference in the UK in 2018. The team met up with over 15 other sites in their cohort from the NHS at the conference, which was held in London.



### End PJ Paralysis Campaign

St Luke’s General Hospital Carlow-Kilkenny launched its ‘End PJ Paralysis’ campaign to encourage people to get up and get dressed each day. Research has shown that most people feel better in their own clothes and, statistically, have shorter lengths of stay in hospital when they get up, get dressed and get moving as soon as possible.

Research also shows that patients who stay in their pyjamas or gowns longer than they need are likely to lose mobility, fitness and muscle strength, making it harder for them to regain independence. Getting dressed is something that we do every day, but for hospital patients, it can mean the difference between going home to live independently or with support.



The campaign #EndPJParalysis started on Twitter and has spread internationally.

To launch the campaign, staff at St Luke’s were encouraged to wear their pyjamas to work on the 17th April 2018 – to give patients, families and carers a view of how it looks, and to show staff how patients feel when they wear their pyjamas all day.

The above photo of staff (in their PJs!) was taken at the launch of the St Luke’s #end PJ Paralysis Campaign.



## Minister's Visit

Minister for Health Simon Harris visited St Luke's on the 16th July where he met with members of the Executive Management Team, GEMS team, Kilkenny Seniors' Forum, Friends of St Luke's and the Susie Long Hospice Group. He also visited the GEMS ward and Acute Stroke Unit and spoke to Danielle Reddy, Occupational Therapist, about the #endpjaralysis campaign.

## Award for St Luke's GEMS Team

The St Luke's GEMS team were commended at the the Irish Healthcare Awards 2018 in Dublin on the 17th October. The team are pictured right with their award.



## Internationally

Dr Emer Ahern, Consultant Geriatrician, pictured (left) was one of the main speakers at the Lean Healthcare Academic Conference in Stanford in October 2018 where she presented on Building a Model Line for Frailty. Dr Ahern leads the GEMS in St Luke's, which was the first hospital in the Ireland East Hospital Group to screen for Frailty.



## Locally

The work of the GEMS service in St Luke's was highlighted at the Kilkenny Seniors' Forum Age Friendly Conference in Kilkenny in November. Danielle Reddy, Occupational Therapist with the GEMS team, spoke about the success of the service since its inception. She is pictured right delivering her presentation.



## **SAGE**

St Luke's General Hospital Carlow-Kilkenny has actively promoted the SAGE advocacy service among staff and patients through email to all staff, posters and leaflets left in public areas.

## **Supporting Earlier Discharge**

The Discharge Lounge which was opened in December 2016 in St Luke's General Hospital Carlow-Kilkenny continues to facilitate earlier and planned discharges. The Discharge Lounge, which is open Monday-Friday and run by a Staff Nurse and Health Care Assistant, caters for patients who are medically fit for discharge and are awaiting final discharge letters, pharmacy scripts etc and who are waiting on family members to collect them.

Patients being discharged from hospital go to the Discharge Lounge early each morning where they are cared for until their documentation is completed. Information is given to each patient on what to expect when they go home, their medication etc. Discharging patients early from the ward each morning also frees up beds for new patients being admitted to the hospital.

Predicted dates of discharge are documented for each patient on admission to the hospital and are reviewed each day. This allows each member of the multidisciplinary team (medical, nursing, occupational therapists, dieticians, speech and language therapists etc) to plan their workload, link with Community Services and Primary Care where necessary, and prioritise patients according to their need and discharge date.

Each of the initiatives outlined above has resulted in earlier, more focused, and informed discharges for patients and better bed management planning in terms of discharges and admissions to wards.

## **Sensory Garden**

Plans are underway to develop a Sensory/Dementia specific garden adjacent to the GEMS Ward.

## **Kare Bears Project**

The Kare Bears Project at St Luke's General Hospital Carlow-Kilkenny is now in its fourth year. The initiative is run in conjunction with Ossory Youth and Coláiste Pobail Osraí where Transition Year students visit the hospital each Friday and spend time with older people in the GEMS Ward and Medical 2, and children in the Paediatric Ward. The students, who are supervised at all times by Youth Leaders from Ossory Youth, sit and chat to older people, play music for them, play cards, accompany them for short walks etc. Feedback from patients, hospital staff, Ossory Youth staff and the Transition Year students has been extremely positive. The students also provide Carol Singing in the hospital at Christmas time and carry out random acts of kindness in the hospital at other times of the year.

## **Age Friendly Hospitals Committee**

The St Luke's Age Friendly Hospitals Committee is represented on the Age Friendly County Alliance. Members of the St Luke's Committee – John Coonan, Mary O'Hanlon, Brede Murphy, Murty Brennan and Joe Butler - are also active on the Kilkenny Seniors Forum and Carlow Older Persons' Forum.

## **St Luke's Patient Partnership Forum**

The St Luke's Patient Partnership Forum meets four times per year to discuss ways in which services can be improved upon in the hospital. The views of older people are represented on the Patient Partnership Forum by members of the Kilkenny Seniors' Forum and Carlow Older Persons' Forum.

## **Disability Focus Group**

A Disability Focus Group was held in January 2018 with organisations representing people with disabilities to examine how services could be improved for people with disabilities under three main headings – Physical Environment, Care Processes and Communication. A Steering Group and three sub-groups have been established to oversee these quality improvements. The sub groups are currently developing a ‘My Story’ patient passport to help to improve the patient’s transition from home to hospital.

## **Making Every Contact Count**

Making Every Contact Count was established by the HSE in 2016 to support the implementation of Healthy Ireland in our health services and help people to make healthier lifestyle choices. During routine consultations, health professionals ask patients about lifestyle behaviours related to chronic disease. The goal of these ‘contacts’ is to address risk factors for chronic disease. Through these contacts, health professionals will help patients achieve positive long-term behaviour change.

The main risk factors health professionals will talk about are tobacco use, alcohol and drug use, unhealthy eating and physical activity.

Chronic disease treatment puts an unsustainable pressure on the current health services. Making Every Contact Count aims to relieve that pressure by helping prevent chronic disease and empowering patients to manage their chronic disease.

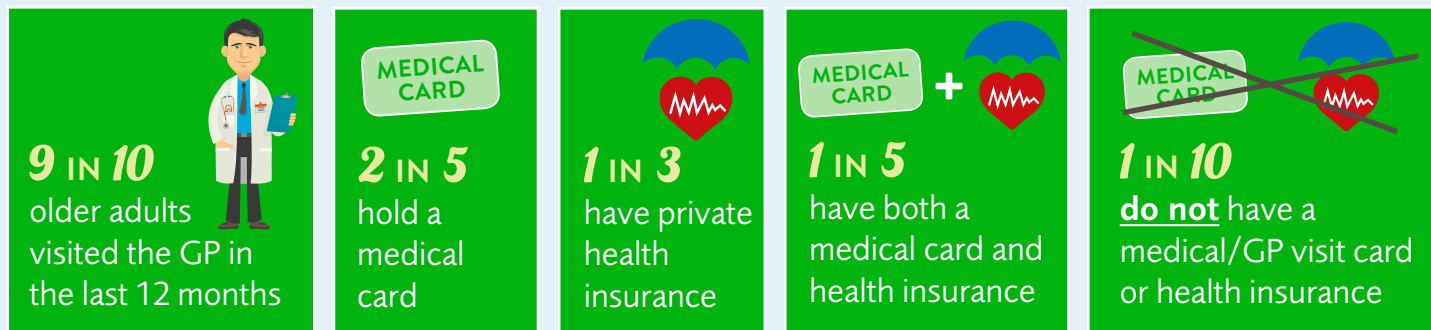
There are approximately 30 million ‘contacts’ to the Irish health service every year. 14 million of these are with GP services. 80% of GP consultations and 60% of hospital bed days relate to chronic diseases.

Healthcare professionals are being asked to take the opportunity during their daily contacts with patients and service users to support patients to make lifestyle choices that help prevent chronic diseases and promote self-management of existing chronic diseases.

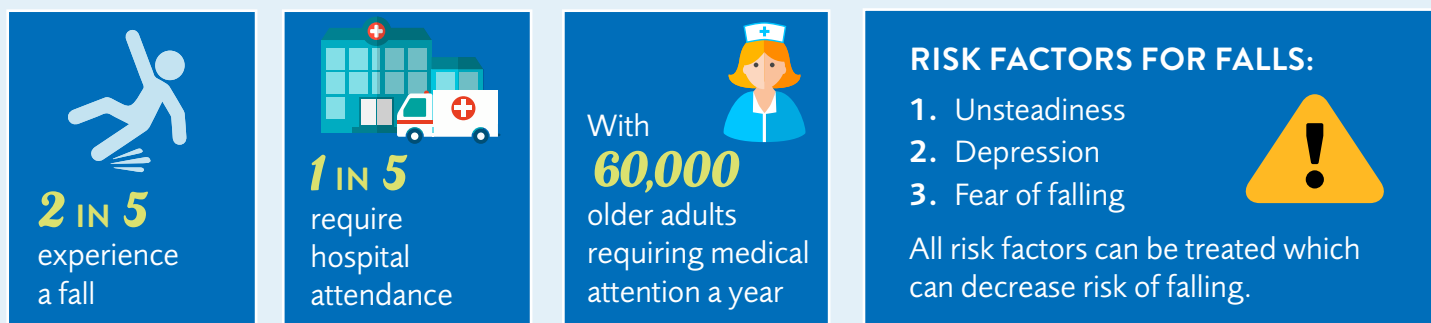
Training was rolled out on Making Every Contact Count in St Luke’s Hospital’s Outpatients and Maternity Departments.

## OLDER ADULTS CAN DO MORE TO IMPROVE THEIR PHYSICAL AND MENTAL HEALTH

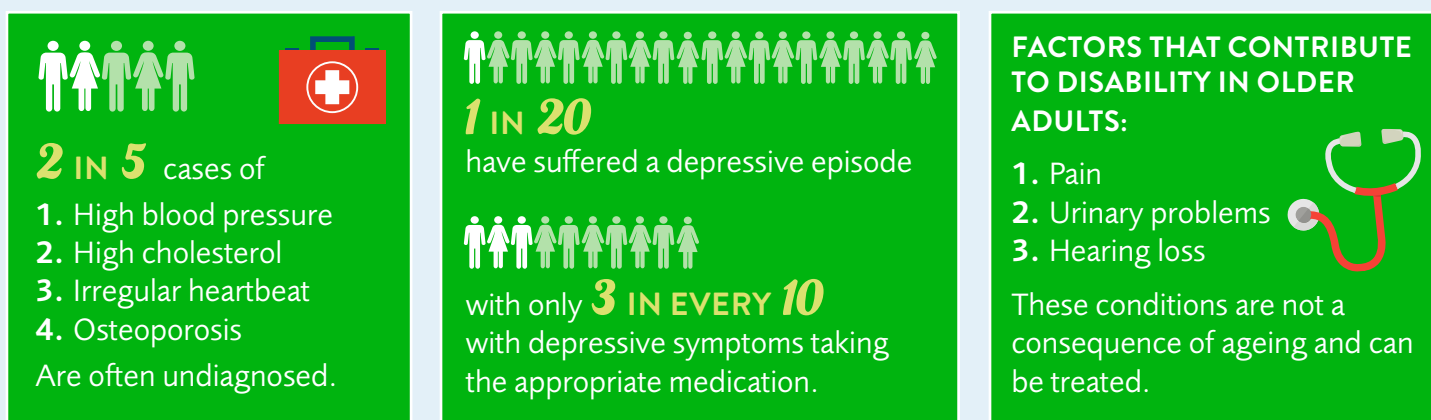
### LOOKING AFTER YOUR HEALTH



### FALLS ARE COMMON



### UNTREATED "TREATABLE" CONDITIONS



Talk to your GP if you have any concerns about your physical or mental health

For more information please visit [www.tilda.ie](http://www.tilda.ie)

# THOMASTOWN - AGE FRIENDLY TOWN

The Age Friendly Towns initiative enables towns and neighbourhoods to join a great movement in Ireland in which larger towns, smaller towns and local neighbourhoods have already participated.

The Thomastown Age Friendly Town Plan will set out the vision for the town alongside the actions to achieve that vision and address the key issues facing older people which have been identified by the older people of Thomastown. The plan will act to mobilise all communities in Thomastown to share responsibility and co-operate locally and with the identified Implementing Partners (and others) to implement feasible and achievable solutions.

This plan will also serve to inform future applications for funding under various local and national schemes administered by various Government Departments, State Agencies and Non Government Organisations (NGO's).

By working together and harnessing productive partnerships the older residents of Thomastown will share in the completion of initiatives which will be responsive to their needs.

When three key initiatives have been achieved the Thomastown Age Friendly Action Group will apply to Age Friendly Ireland for Age Friendly Town recognition status. That status will provide the opportunity to share in the growing recognition of Age Friendly Towns across Ireland and strengthen the implementation of Kilkenny's Age Friendly Programme.

## AGE FRIENDLY TOWN OBJECTIVES

**The objectives of the Thomastown Age Friendly Towns Initiative are to:**

- Make the town a great place to grow old - Measured by the Age Friendly outcomes in a survey, before and after the project and measured through the implementation of the actions outlined in the Action Plan,
- Engage older adults in shaping and enhancing their communities for the benefit of everyone - Measured by the number of older adults volunteering, the number of hours volunteered and the number of projects,
- Demonstrate the benefits of a multi-stakeholder planning approach, informed and supported by older adults - Measured by the number of key stakeholders approached, the number of key stakeholders who took part in consultations and the number of key stakeholders who were involved in the solutions ,
- Learn 'what works' in this context and use the findings to inform better approaches to planning - Measured by the findings documented in the reports.

## THE THOMASTOWN AGE FRIENDLY ACTION GROUP

The Thomastown Age Friendly Action Group was formed with the assistance of Kilkenny Age Friendly Programme Co-Coordinator, in January 2018, and with the support of Kilkenny Age Friendly Alliance.

The Group is drawn from older person representatives in Thomastown together with the providers of key services to older persons. It comprises of representatives from the Kilkenny Senior's Forum, Thomastown Community Network, An Garda Síochána, Health Service Executive, County Kilkenny Leader Partnership and Kilkenny County Council.

Its membership is as follows:

<b>Brede Murphy</b>	<i>Kilkenny Seniors Forum</i>
<b>Anne McLoughlin</b>	<i>Kilkenny Seniors Forum</i>
<b>Sergeant Ted Hughes</b>	<i>An Garda Síochána</i>
<b>Sergeant Catherine O' Gorman</b>	<i>An Garda Síochána</i>
<b>Josephine Galway</b>	<i>Health Service Executive - St Columbas Hospital</i>
<b>Majella Cunningham</b>	<i>Health Service Executive - Public Health Nursing</i>
<b>Emir Slattery</b>	<i>Senior Executive Engineer County Council</i>
<b>Amy Granville</b>	<i>Assistant Planner County Council*</i>
<b>Breda Gardner</b>	<i>Thomastown Community Network</i>
<b>Murey Healy</b>	<i>Thomastown Community Network</i>
<b>Christine Walsh</b>	<i>Kilkenny Leader Partnership</i>
<b>Lianne Kelly</b>	<i>Kilkenny County Council</i>
<b>Michael Delahunty</b>	<i>Kilkenny County Council</i>

**\* Amy Granville replaced Caitriona Bambrick, Executive Planner**

## Achievements to date

The Thomastown Age Friendly Action Group is a local collaboration which has managed the process involved in enabling Thomastown to become age-friendly. 2018 was a busy year for the Action Group which

- Established itself as the Thomastown Age Friendly Town Action Group,
- Identified and mapped the Town area for the purposes of the Age Friendly process,
- Mapped the Towns assets and its key services to older persons in the town,
- Identified the key access routes in Thomastown being used by older persons,
- Undertook Walkability Audits of those key routes,
- Presented the Walkability Audit findings report to the Municipal District Engineer,
- Consulted with older persons by means of an On-Street Survey and compiled a report of the key findings,
- Consulted with service providers and older people through a facilitated workshop and compiled a report of the key findings.

## Managing the Plan

It is intended that the Thomastown Age Friendly Action Group will have overall responsibility for managing the implementation of the plan when it is finalised. Kilkenny Age Friendly Programme through the Kilkenny Age Friendly Alliance, Kilkenny LCDC and Kilkenny County Council will play leading parts in implementing many of the actions outlined in the plan (subject to available resources) and will use its good offices to influence other key partners as necessary.



## Next Steps

The Thomastown Age Friendly Action Group will undertake key next steps in Q1 2019 as follows:

- Draw up the Draft Action Plan, make the Action Plan publicly available in Thomastown and consider any submissions and revise if considered appropriate,
- Present the Thomastown Age Friendly Action Plan to Kilkenny Local Community Development Committee (LCDC), to The Age Friendly Alliance and to Kilkenny County Council,
- Speak to the Media and arrange public awareness of the Plan,
- Manage the implementation of the Plan,
- Gain Recognition as an Age Friendly Town.



*Walkability Study 1 – Men's Shed Thomastown, Kilkenny Co Co, Thomastown Gardaí.*

# ALONE

On Thursday 13th December 2018, the Minister of State at the Department of Public Expenditure and Reform, Kevin 'Boxer' Moran TD, launched ALONE's services in Carlow and Kilkenny in the Parade Tower, Kilkenny Castle. The launch of ALONE's Carlow and Kilkenny services is an important step to recognising and tackling the issues facing older people in our area. Loneliness and social isolation, in particular, can have a major impact on a person's life and wellbeing, but with the help of ALONE; more individuals can reach out and receive the help they need.

The Kilkenny Carlow Contact Befriending Service became part of ALONE and its staff transferred to ALONE. ALONE is a dynamic national organisation which has supported older people to age at home for over 40 years. It works with all older people, many with physical and mental health difficulties such as frailty, dementia, and depression.

It provides solutions to issues such as loneliness and social isolation, lack of access to medical services, poverty, homelessness and housing difficulties. Using individualised support and care plans, it offers support coordination, friendship and support, housing with support and assistive technology to help people to overcome these problems.

ALONE also provides training, technology and support to 60 friendship and support organisations across the country. ALONE's services are quality approved, independently evaluated and are delivered 365 days a year.

ALONE is now a merger of five organisations which operate nationally, under a strong and experienced board of management. ALONE's vision is for every older person to have the opportunity to age happily and securely at home.

## **ALONE'S STRATEGIC ACTIONS ARE AS FOLLOWS:**

### **Creation of an ALONE Service Hub based in Kilkenny**

ALONE will work with the relevant organisations in Kilkenny to reimagining and make positive ageing at home a reality for all. It aims to do this by rolling out its service hub. A hub is a Community Health Area within which all older people have access to the full range of key services to enable them to age independently and well at home. Service teams sit at the centre of the hub, creating the link between older people and service providers.

### **Developing the Befriending Service in Kilkenny**

ALONE will continue to recruit volunteers from around the county to visit the most socially isolated older people in Kilkenny. There will be a particular focus on supporting older people in the most marginalised regions of Kilkenny. This growth will be largely dependent on support from the relevant statutory, community and voluntary agencies working with older people across the county.

### **Developing a Telephone Befriending Service in Kilkenny**

ALONE aims to develop a telephone befriending and information service in partnership with the HSE initially in Kilkenny but will eventually roll out to all counties in the South East Community Health region including Carlow, Waterford, Wexford and South Tipperary. This service will enable and empower older people to remain active and included in their communities directly and indirectly.

## Ensuring access to assistive technology that enables independent living

ALONE will provide access to assistive technology which will enable and empower older people to live independently in their own homes for as long as possible. It will work with Kilkenny County Council and other Approved Housing Bodies on providing assistive technology within the home. ALONE's BConnect service connects organisations and individuals with the knowledge, training and technology they need to support people to live independently at home.

## Developing referrals to ALONE's Support Services in Kilkenny

ALONE will focus on developing referrals for their Support Services in Kilkenny. ALONE's Support Service Coordinator will work with the older person to assess and identify their needs. This assessment is uploaded onto its Management Information System and a support plan will automatically be created to meet the needs of the Older Person.

## Organising Social Events for Volunteers and Older People

ALONE will run a number of social events in partnership with other agencies to support both volunteers and Older People living in the community. These events will promote volunteerism and will aim to reduce loneliness and social isolation among older people in the community.

## Developing referrals to ALONE's Support Services in Kilkenny

ALONE will continue to work in partnership with the Father McGrath Centre, Kilkenny City and with local Public Health Nurses to provide personal alarms to older people under the Pobal Senior's Alert Scheme. This essential service supports people to remain living in their own homes knowing that contact is only a press of a button away.



*Enjoying the afternoon Tea Dance in St Canice's Neighbourhood Hall*



*Enjoying the afternoon Tea Dance in St Canice's Neighbourhood Hall*



*ALONE information stands at Volunteer Fairs in Kilkenny*



*ALONE trip to Castlecomer Discovery Park*

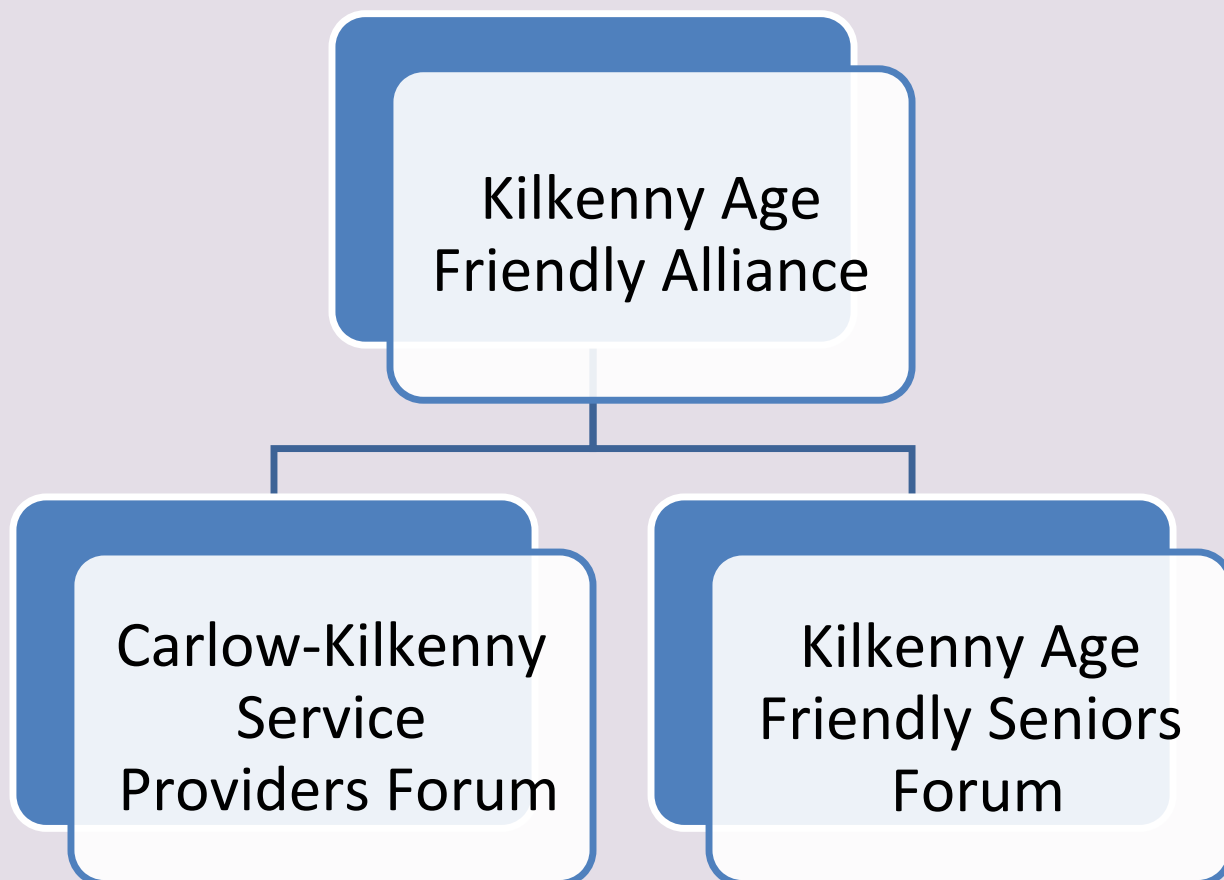


*Minister Kevin “Boxer” Moran officially launches ALONE services in Carlow & Kilkenny*



*ALONE Coffee Morning in SuperValu Market Cross*

# AGE FRIENDLY SUPPORTING STRUCTURES



# KILKENNY AGE FRIENDLY ALLIANCE

The Kilkenny Age Friendly Alliance is a multiagency voluntary partnership that works closely with older people in Kilkenny to ensure that policies and plans reflect their needs. Meeting regularly throughout the year the Alliance holds the responsibility for the development and implementation of Kilkenny's Age Friendly Strategy and manages its progress annually through the publication of their annual report, the preparation and implementation of annual work plans, the sharing of best practice and the exchange of information.

Members of the Kilkenny Age Friendly Alliance as at 1<sup>st</sup> December 2018

Name	Organisation
Colette Byrne	Chief Executive, Kilkenny County Council
John Coonan	Chairperson, Kilkenny Seniors Forum
Murty Brennan	PRO, Kilkenny Seniors Forum
Dominic Hayes	Chief Superintendent, An Garda Síochána
Anthony Farrell	Inspector, An Garda Síochána
John Hurley	CEO, Kilkenny Chamber of Commerce
Moira Duggan	Kilkenny Leader Partnership
Stephanie Lynch	Health Service Executive
Tara Hunt	HSE Manager of Older Person Services Carlow/Kilkenny
Teresa Hennessy	HSE Health Promotion and Improvement
Deirdre Dunne	HSE St.Lukes Hospital, Kilkenny
Nicola Keeshan	Kilkenny Recreation and Sports Partnership
Margaret Whelan	PPN Development Officer
Siobhan O' Brien	Kilkenny Carlow ETB
Seamus Nugent	Kilkenny Recreation and Sports Partnership
Amy Granville	Kilkenny County Council
Josephine Coyne	Kilkenny County Council
Michael Delahunty	Programme Coordinator, Kilkenny County Council
<b>SUPPORTED BY</b>	
Teresa Mahon	Kilkenny County Council

In 2018, the Alliance held 4 meetings at which all agencies and service providers gave updates on and discussed the following initiatives:

Organisation	Initiatives
Kilkenny County Council	Thomastown- Progress on Age Friendly Town
	Kilkenny City Bus Route – update.
	Bus Shelters in Castlecomer.
	Age Friendly Seating upgrade/retrofit on Canal Walk, Bishop Meadows walk, Parade and Canal Square.
	Age Friendly Footpaths in Kells village, Friarshill in Thomastown and Castlecomer
	Pedestrian Crossings at Castle Road and Freshford Road.

Organisation	Initiatives
<b>Kilkenny County Council</b>	<i>Public lighting schemes in Thomastown and John Street, Kilkenny.</i>
	<i>Amenities upgrade in Coppengagh and Ferrybank Park.</i>
	<i>Provision and fitting of smoke alarms for vulnerable dwellings.</i>
	<i>New Age Friendly Car Parking Spaces installed on Patrick Street, Kilkenny and Thomastown.</i>
	<i>Initiated the Age Friendly Business Recognition Scheme</i>
	<i>Housing Initiatives for Older People.</i>
	<i>Adaptation to existing Older People housing through grants.</i>
	<i>Modern Technology for safe and secure doors and windows.</i>
	<i>Kilkenny County Library Services: ---</i>
	<i>Bealtaine Programme</i>
	<i>Healthy Ireland at your Library</i>
	<i>E-Services for the Elderly</i>
	<i>Inter-generational Activity in Library</i>
<i>IT and Technology programme</i>	
<b>Kilkenny Recreation and Sports Partnership</b>	<i>Operation Transformation National Walk</i>
	<i>Introduction to the Gym</i>
	<i>Walking Programme</i>
	<i>Men on the Move</i>
	<i>Get back on your Bike</i>
	<i>Bike Week – Cycling for wellness</i>
	<i>Walking Football</i>
<b>An Garda Síochána</b>	<i>Crime Prevention Seminar for Elderly People.</i>
	<i>Community Engagement across Carlow/Kilkenny</i>
	<i>Purple Flag: Safer Socialising.</i>
	<i>Older People Crime and Crime prevention.</i>
	<i>Older People Register.</i>
	<i>Text Alert Groups.</i>
	<i>Visible presents at engagements attended by older people</i>
	<i>KCLR Crime Slot /messages for Older People.</i>
	<i>Planned day of action to call to day-care centres</i>
	<i>Local Policing Partnership – in conjunction with the PPN and Age Friendly Alliance.</i>
<i>Civilisation initiative</i>	



Organisation	Initiatives
<b>Kilkenny Seniors Forum</b>	<i>Links with the National network of Older Peoples Council</i>
	<i>Participation in Healthy Ireland Workshops.</i>
	<i>Good Morning Telephone Service.</i>
	<i>Attended the National Conference for Older People 8th &amp; 9th Nov.</i>
	<i>Submissions made to County Development Plan 2020-2026.</i>
	<i>Letter to Minister of Health re lack of beds for the elderly</i>
	<i>Kilkenny Age Friendly Seniors Conference 13th November.</i>
	<i>Attendance at the HSE Listening in Faithlegg Hotel.</i>
	<i>Developing policy on GDPR for Senior Forums.</i>
	<i>Attendance at the launch of Alone Service</i>
	<i>Publication by Kilkenny Citizens Information Service, Kilkenny Kids &amp; Life incorporating a Directory of Services for older adults</i>
<b>Health Service Executive</b>	<i>Items discussed at Service Providers Forum Meeting.</i>
	<i>Directory of Services</i>
	<i>Participation in on walk ability and transport survey.</i>
	<i>The Geriatric Emergency Medicine Service (GEMS).</i>
	<i>National Patient Experience survey in May</i>
	<i>Befriending service and social inclusion</i>
	<i>New Thomastown Nursing Home by 2021</i>
	<i>4 New clinical nurse specialists</i>
	<i>Recruitment drive for more home support staff.</i>
	<i>Sheltered housing and step- down initiatives</i>
	<i>Winter Ready programme</i>
<i>Forming stages of Integrated Care for Older Persons ICPOP.</i>	
<b>Kilkenny Chamber of Commerce</b>	<i>Update on Age Friendly Business Recognition Scheme</i>

# KILKENNY AGE FRIENDLY SENIORS FORUM

The Kilkenny Age Friendly Senior's Forum was established in 2010. The structure of the Forum was agreed by older people during consultation meetings and comprises of members from older peoples' groups and individuals.

The Kilkenny Age Friendly Senior's Forum represents the voice of the older people throughout Kilkenny. This voluntary group gives the opportunity for older people to share their concerns as older people living in their community and to work with key agencies and service providers to resolve these issues. The aim of the Forum is to ensure that Kilkenny is a great place to grow old in.

The Forum ensures that older people in Kilkenny participate in the decisions with agencies which affect their lives. It provides an active channel of communication between the Kilkenny Senior's Forum and the Age Friendly County Alliance which is an overarching group made up of statutory and non-statutory agencies that provide services to older people.

It ensures that it represents the views of older people at local, regional and national level. There are currently 400 members and it is currently looking for new members with a variety of skills and interests to continue to develop Kilkenny as a great place in which to grow old.

## **MEMBERSHIP IS FREE**

**The Kilkenny Age Friendly Seniors Forum may be contacted at**

***Kilkenny Age Friendly Seniors Forum***

***42 Parliament Street, Kilkenny***

***Phone Number 056-7772787***

***Mobile 087-6218589***

***E mail agefriendlycounty@gmail.com***

# CARLOW KILKENNY SERVICE PROVIDERS FORUM

Name	Organisation
Tara Hunt	<i>HSE - Manager of Older Persons Services (Chair)</i>
Dr Mia McLaughlin	<i>HSE Consultant Old Age Psychiatrist</i>
Caroline Kennedy	<i>Alzheimer Society of Ireland</i>
Dr Emer Ahern	<i>HSE Consultant Geriatrician</i>
Teresa Hennessy	<i>HSE - Senior Health Promotion Officer</i>
J J Nolan	<i>County Kilkenny LEADER Partnership</i>
Joan Doogue	<i>Manager St. Fiacc's House, Carlow</i>
Marian Manning	<i>St. Lazarian's Carlow</i>
Michael Delahunty	<i>Kilkenny County Council</i>
Karl Duffy / Annette Fox	<i>Carlow County Development Partnership</i>
Mary Farrell	<i>Sacred Heart Hospital, Carlow</i>
Neifinn Bolton	<i>HSE Occupational Therapist, Dept of Psychiatry of Later Life</i>
Edel Keogh	<i>St. Catherine's Community Centre, Carlow</i>
Wayne Fennell	<i>Carlow Older Persons Forum</i>
Margaret Moore	<i>Carlow County Council</i>
Amy Granville	<i>Kilkenny County Council</i>
Betty Dewberry	<i>Kilkenny Age Friendly Seniors Forum</i>
Deirdre Watson	<i>Kilkenny Age Friendly Seniors Forum</i>
Mary Walsh	<i>Family Carers Ireland</i>
Aidan Fitzpatrick / Anthony Farrell	<i>Garda Síochána</i>
Josie Galway	<i>Director of Nursing, St. Columbas Hospital, Thomastown and Castletomer District Hospital</i>
Agnes Noud	<i>Manager Carlow Day Centre</i>
Josephine Coyne	<i>County Librarian Kilkenny County Council</i>
Mary Colclough/Eleanor Doyle	<i>ALONE (Carlow / Kilkenny Contact Befriending Service)</i>

