Leitrim

Age Friendly Strategy

2022 - 2026

Contents

Foreword

Our Vision in Leitrim is to develop an inclusive, equitable County in which older people can live full, active, valued and healthy lives. We want to ensure that older people in Leitrim fit into this vision.

The world population is ageing, we are living longer and healthier lives than previous generations. In Leitrim, we want to ensure that as people grow older, they can live independently in their own homes and communities as long as possible. We need to enable our older population to lead healthy and active lives and get to where they want to go, and ensure they remain valued contributors to the lives of their communities.

This strategy outlines the objectives of all members of the Age Friendly Alliance to ensure that Leitrim continues to grow as an Age Friendly County and value the contribution of the older members in our society.

We would like to sincerely thank all the members of the Age Friendly Alliance and the Older Peoples Council (OPC) for their contribution and commitment to the development of this Strategy and we look forward to working with you throughout the lifetime of this strategy to ensure that Leitrim can continue to grow as an Age Friendly County.

Councillor Ita Reynolds Flynn
Cathaoirleach, Leitrim County Council

Mr. Lar Power,
Chairman, Age Friendly Alliance
Chief Executive, Leitrim County Council

Leitrim's OPC has been running for over 10 years and was started by representatives of Leitrim Development Company, Leitrim County Council, Age Friendly Ireland and Mayo Sligo Leitrim Education Training Board (MSLETB).

We give a voice to the real issues encountered by all our members. We raise these issues with the agencies on Leitrim Age Friendly Alliance. Where the issues are not just local, we can discuss them at national level at the National Network of Older People's Councils and the Annual Older People's Convention.

We are now starting a new chapter and Leitrim OPC are actively looking for new members who are committed to the actions in this strategy. We recognise the need to represent the diversity of all the older population of Leitrim. We wish to include the views of 'younger' older people as well as 'older' older people!

As Chairperson of Leitrim Older People's Council, I welcome this new strategy and look forward to collaborating with the Alliance, so we can all look forward to a great quality of life as we age in "Lovely Leitrim".

Hazel Humphreys
Chairperson, Leitrim OPC
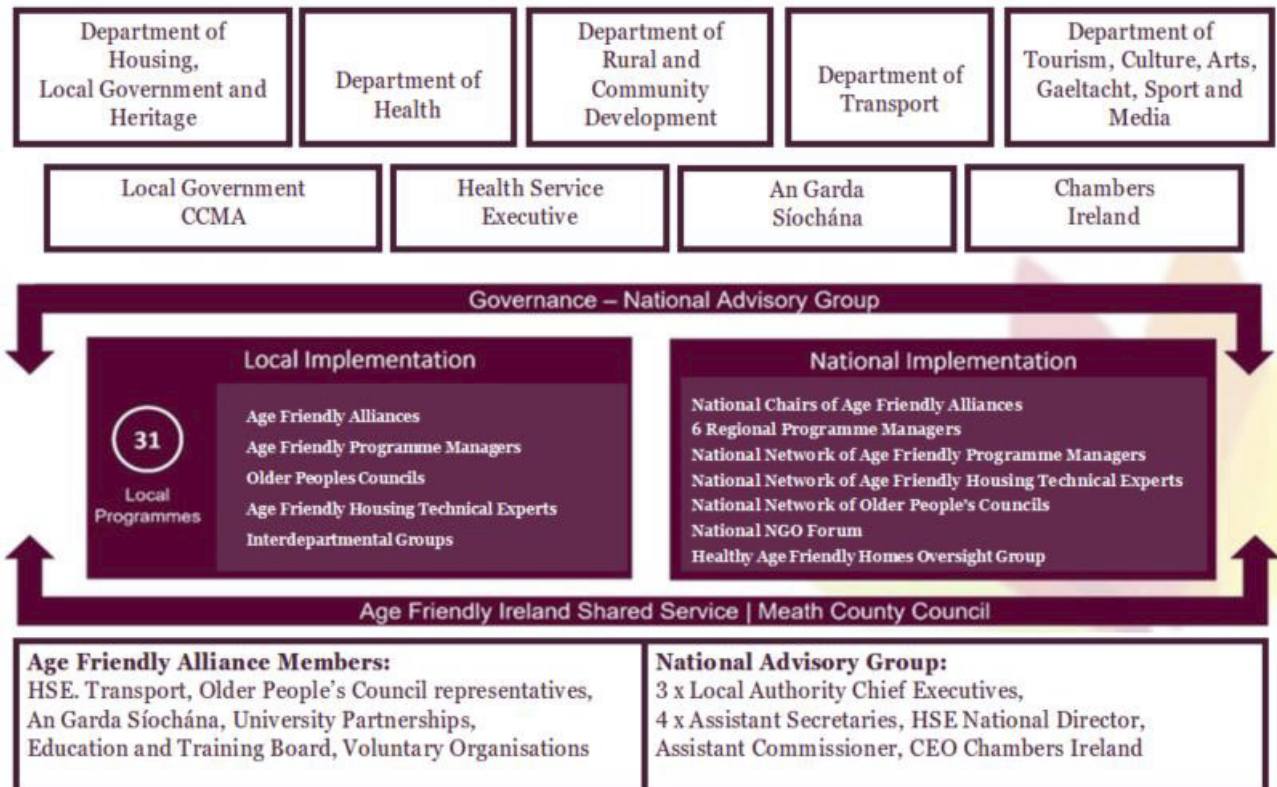
Age Friendly Ireland

Age Friendly Ireland is a shared service of local government hosted by Meath County Council. The shared services manage the national Age Friendly Programme, affiliated to the World Health Organisation's Age Friendly Cities and Communities Network. The national programme is operated through a team-based framework of 31 local Age Friendly Programmes hosted in local government.

The National Age Friendly Shared Service supports cities, counties, towns, villages, and rural communities across Ireland to prepare for the rapid ageing of our population by paying increased attention to the environmental, economic and social factors that influence the health and well-being of older adults.

Age Friendly Programmes work to provide walkable streets, housing and transportation options, access to key services and opportunities for older people to participate in community activities. By doing so, these communities are better equipped to become great places, and even lifelong homes for people of all ages.

Local Age Friendly Programmes are informed by a positive ageing perspective and seeks to enhance and improve the lives of older people across the country by giving them a voice in the decision-making processes that affect their ability to live full and active lives. Initiatives focus on areas such as housing, transport, caregiving, community engagement, volunteering, social inclusion and combating isolation among older citizens.

Age Friendly Ireland Structures and Governance

Department of Housing, Local Government and Heritage	Department of Health	Department of Rural and Community Development	Department of Transport	Department of Tourism, Culture, Arts, Gaeltacht, Sport and Media

Local Government CCMA	Health Service Executive	An Garda Síochána	Chambers Ireland

Governance – National Advisory Group

31 Local Programmes

Local Implementation
- Age Friendly Alliances
- Age Friendly Programme Managers
- Older Peoples Councils
- Age Friendly Housing Technical Experts
- Interdepartmental Groups

National Implementation
- National Chairs of Age Friendly Alliances
- 6 Regional Programme Managers
- National Network of Age Friendly Programme Managers
- National Network of Age Friendly Housing Technical Experts
- National Network of Older People's Councils
- National NGO Forum
- Healthy Age Friendly Homes Oversight Group

Age Friendly Ireland Shared Service | Meath County Council

Age Friendly Alliance Members:
HSE. Transport, Older People's Council representatives, An Garda Síochána, University Partnerships, Education and Training Board, Voluntary Organisations

National Advisory Group:
3 x Local Authority Chief Executives, 4 x Assistant Secretaries, HSE National Director, Assistant Commissioner, CEO Chambers Ireland

Age Friendly Leitrim

Leitrim's Age Friendly Strategy builds on the previous Age Friendly Strategy and is informed by the World Heath Organisations (WHO) Global Age Friendly City & Communities Programme and the National Age Friendly Programme.
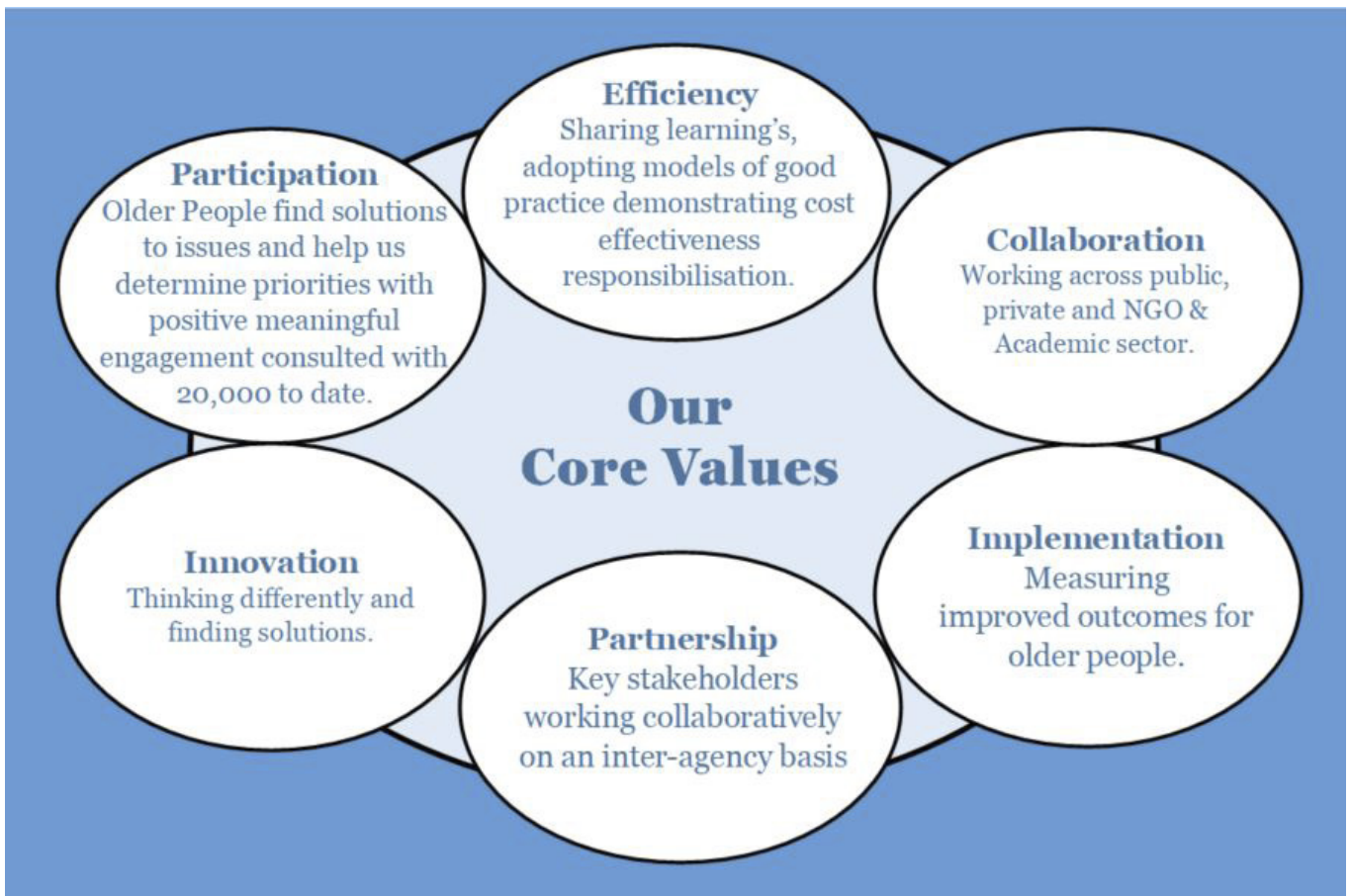
Leitrim Age Friendly Alliance brings together older people, public, private, community and voluntary service providers seeking to improve outcomes in the planning and delivery of our services to older people.

Our Vision
To develop an inclusive, equitable County in which older people can live full, active, valued and healthy lives.
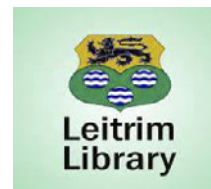
Our Values
Our core values aligned to that of the National Age Friendly Programme are:

Leitrim Age Friendly Alliance Members

Leitrim Age Friendly Alliance September 2022

Leitrim Older Peoples Council

Leitrim Older Peoples Council is a representative group of older people who identify areas of priority need, raise issues of importance, influence the decision-making process of Leitrim's Age Friendly Programme and also participate in national Age Friendly structures.

The key purpose of the Older Peoples Council is to provide the authentic voice of older people representing diversity that exists among our ageing population. Its representatives are key collaborators and stakeholders who co-design the actions and objectives of the Age Friendly Strategy.

Representatives from the Older Peoples Council are also members of the Leitrim Age Friendly Alliance. Its memberships are also involved with Active Retirement Groups, Feel Good Clubs, Men's Sheds and bring a wealth of lived experience from a variety of walks of life.

Leitrim Older People's Council September 2022

Age Friendly Policy

The Age Friendly Ireland Programme commenced in 2008 and is affiliated to the World Health Organisation's Global Age Friendly Cities and Communities Programme.   Under a Memorandum of Understanding with the Age Friendly Shared Service, Leitrim County Council has committed to service levels, procedures and processes in the delivery of its Age Friendly County Programme. This strategy has been developed in the context of a variety of other existing national and local strategies to include the following:

National Positive Ageing Strategy		Housing Options for our Ageing Population	
Our Rural Future Rural Development Policy 2021-2025		National Transport Authority Statement of Strategy 2018-2022	
Healthy Ireland Strategic Plan 2021-2025		National Disability Inclusion Strategy 2017 - 2021	
National Dementia Strategy 2014		National Volunteering Strategy 2021-2025	
Garda Siochana Older People's Strategy 2010		Leitrim County Council Corporate Plan 2019 - 2024	
Healthy Leitrim Plan 2019 - 22		Leitrim County Development Plan 2015-2022	

County Leitrim - A Snapshot of Population and Ageing

County Leitrim located in the Northwest of Ireland, bordering Northern Ireland is the 7th smallest county in the country with an area of 1,876 km² and has 27 towns and villages.

Carrick on Shannon is the largest town in the county followed by Ballinamore and Manorhamilton.

The majority (89.3%) of the population reside in rural areas.

The County's population is the lowest in the country with a density of population per km2 at 19.9 which is also the lowest in the country

Total Population in 2022 is 35,087 Representing a 9.5% increase in population from 2016.

In 2016, of a population of 32,044, 9,521 (29.7%) were aged 55 or over.

The average age in 2016 was 39.8, an increase from 38.4 in 2011.

Leitrim has proportionally more older people.

The dependency ratio of people aged 65 and over in Leitrim was 27.3, making it the second highest in the country (Census 2016)

Communication & Information

Civic Participation & Employment

Community Supports & Health Services

Respect & Social Inclusion

Social Participation

Housing

Transportation

Outdoor Spaces & Buildings

Age Friendly LEITRIM

Celebrating Every Generation

Theme 1: Outdoor Spaces and Buildings

Goal:

To make outdoor spaces accessible and safe for older people, thereby creating walkable communities and age friendly spaces.

Leitrim's Older Residents told us ....

Ease of Getting Around Local Village/Town

95 Responses	33% Very Easy	25% Easy	21% Fairly Easy	13% Difficult	8% Very Difficult

Ease of Accessing/Using Shops in Local Village/Town

96 Responses	28% Very Easy	30% Easy	24% Fairly Easy	15% Difficult	3% Very Difficult
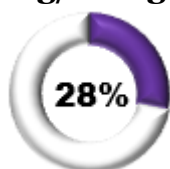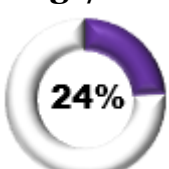
Ease of Accessing/Using Public Buildings in Local Village/Town
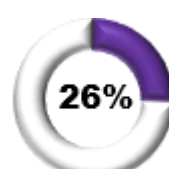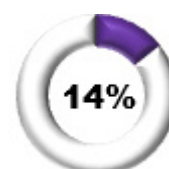
90 Responses	29% Very Easy	30% Easy	26% Fairly Easy	14% Difficult	1% Very Difficult

Level of Comfort in Local Businesses
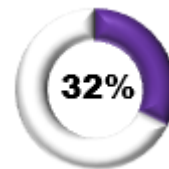
93 Responses	6% Extremely	25% Very	32% Comfortable	31% Somewhat	6% Uncomfortable

Car Parking   62% of participants said there was enough car parking spaces close to shops and services.

Public Toilets   76% of survey participants said there were no toilets available for general public use.

Roads   Participants said rural residents don't feel safe on roads

Footpaths   Participants mentioned obstructions - cars, trees, flowerpots, etc

Individual Comments on Amenities and Environmental Issues

Public Seating covered seating areas, occasional seating along public roads

Some disabled marked toilets are not suitable for wheelchair users

Can Post Offices be adapted to allow for privacy when dealing with transactions – also seats/waiting area to make it easier to queue

Our Age Friendly Standards

Environment	Public areas are clean and pleasant
Buildings	Buildings are well-signed outside and inside with sufficient seating and toilets, accessible elevators, ramps, railings and stairs and non-slip floors.
Services	Services are situated together and are accessible. Special customer service arrangements are provided, such as separate queues or service counters for older people.
Public Toilets	Public toilets outdoors and indoors are sufficient in number, clean, well maintained, and accessible.
Outdoor Seating	Green spaces and outdoor seating are sufficient in number, well-maintained and safe.
Pavements	Pavements are well-maintained, free of obstructions and reserved for pedestrians. Pavements are non-slip, are wide enough for wheelchairs and have dropped curbs to road level.
Pedestrian Crossings	Pedestrian crossings are sufficient in number and safe for people with different levels and types of disability, with non-slip markings, visual and audio cues and adequate crossing times. Drivers give way to pedestrians at intersections and pedestrian crossings.
Cycle Paths	Cycle paths are separate from pavements and other pedestrian walkways.
Safety	Outdoor safety is promoted by good street lighting, garda patrols and community education.

Objectives:

To implement Age Friendly Town Programme.

To provide Hazzard Free Public Spaces.

To provide Age Friendly Parking.

To ensure Buildings from which services are delivered are Age Friendly.

Theme 2: Transportation	**Goal:** Promote safe, accessible, appropriate, and reliable transport services and infrastructure for active living to enable people to maintain their mobility, independence, and connections as they get older.

Leitrim's Older Residents told us .....
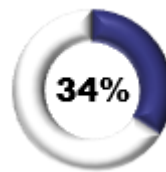
There is sufficient public transport for my needs

78	40%	50%	10%
Responses	True	False	Don't Know/N/A

There is a bus stop within walking distance of my home

82	34%	56%	10%
Responses	True	False	Don't Know/N/A

There is a shelter at my local bus stop
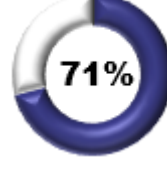
62	21%	71%	8%
Responses	True	False	Don't Know/N/A

There is a train station near my home
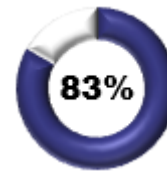
78	13%	83%	4%
Responses	True	False	Don't Know/N/A

I need to be driven (or other assistance) to get to bus stop

69	51%	42%	7%
Responses	True	False	Don't Know/N/A

Purpose of Using Public Transport

15.5% of survey participants use public transport to attend medical appointments; 22% to go shopping/other services; 9.6% to go out socially.

Reasons for not using

84% of survey participants said because suitable public transport is not available; 91.5% prefer to use their car.

Individual Comments on Access to and Suitability of Public Transport

Doesn't suit hospital or medical appointments

I live in an isolated area where there is no public transport

Elderly people require bus services to attend appointments and access services such as banks and also for day to day activities

Our Age Friendly Standards

Affordability	Public transportation costs are consistent, clearly displayed and affordable
Reliability & Frequency	Public transport is reliable, frequent and operates at night, weekends and public holidays.
Travel Destinations	All key destinations such as hospitals, health centres, shops, banks and community centres are accessible by public transport. All areas and key services are well serviced with adequate well connected transport routes within the county and beyond.
Age Friendly Vehicles	Vehicles are clean, well-maintained, accessible, not overcrowded and have priority seating that is respected
Specialised Services	Sufficient specialised transport services are available for disabled people
Priority Seating	Priority seating for older people is provided and respected by other passengers
Safety, Comfort	Public transport is safe from crime and is not over crowded
Transport Stops and Stations	Drivers stop at designated stops and beside the curb to facilitate boarding and wait for passengers to be seated before driving off. Stops and stations are conveniently located, accessible, safe, clean, well-lit and well-marked with adequate seating and shelter.
Information	Comprehensive and accessible information is provided to users about routes, schedules and special needs facilities.
Voluntary Transport	A voluntary transport service is available where public transportation is too limited.
Taxis	Taxis are accessible and affordable and drivers are courteous and helpful.

Roads	Roads are well maintained, with coverd drains and good lighting. Traffic flow is well-regulated Roadways are free of obstructions that block drivers' vision. Traffic signs and intersections are visible and well placed
Parking	Parking and drop-off areas are safe, sufficient in number and conveniently located. Priority parking and drop-off spots for people with special needs are available and respected.
Education	Driver education and refresher courses are promoted for all drivers.

Objectives:

To deliver a new redesigned integrated transport plan for Leitrim which incorporates the needs of all older people.

To provide transport services in rural areas.

To plan, encourage & programme the delivery of a robust infrastructure of age friendly bus stops.

To deliver a promotion and communication campaign to ensure awareness of all transport services available for older persons.
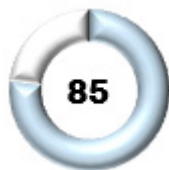
Theme 3: Housing

Goal:

**Support older people
to live independently in their own
community for as long as possible**

Leitrim's Older Residents told us .....

My home is suitable for my long-term needs

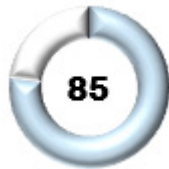| 85 | 68% | 20% | 12% |
| Responses | Yes | No | Not Sure |

Home is easy to heat and warm enough in winter

| 85 | 69% | 31% |
| Responses | Yes | No |

Aware of grants available to upgrade home
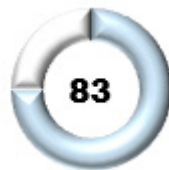
| 83 | 39% | 40% | 21% |
| Responses | Yes | No | Not Sure |

Feel safe and secure in own home

| 83 | 75% | 0% | 25% |
| Responses | Yes | No | Sometimes |

Victim of scams (bogus calls etc)

| 87 | 43% | 57% |
| Responses | Yes | No |

**Home Maintenance
Local Gardai**

31% of survey participants said they struggled with getting repairs and maintenance to their homes.
64% of survey participants said they didn't know their local Garda.

Individual Comments on Housing & Safety and Security in the Home

As people get older the cost of adaptations is outside their ability to undertake or to finance

A new strategy is needed to deal with home adaptations for older people leaving hospital

More plans around housing development for people who may wish to downsize

Our Age Friendly Standards

Affordability	Sufficient affordable housing is available in areas that are safe and close to services and the rest of the community.
Essential Services	Sufficient and affordable housing for frail and disabled older people, with appropriate services is provided locally.
Rental Housing	Public and commercial rental housing is clean, well-maintained and safe
Maintenance	Sufficient and affordable home maintenance and support services are available.
Design	Housing is well constructed and provides safe and comfortable shelter from the weather. Interior spaces and level surfaces allow freedom of movement in all rooms and passageways.
Modifications	Home modification options and supplies are available, affordable and providers understand the needs of older people.

Objectives:

To provide supports to enable older people to live in their own homes for as long as possible.

To plan and encourage the delivery of Age Friendly housing.

To increase safety and security for older people in their homes.

Theme 4:

Respect and Social Inclusion

Goal:

Enable older people to be truly valued, respected and integrated in the wider community.

Leitrim's Older Residents told us .....
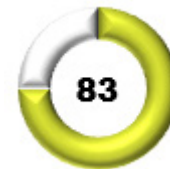
Sometimes feel lonely and isolated

32	25%	19%	56%
Responses	Agree	Partly Agree	Disagree

I feel part of and included in my local community

83	60%	28%	12%
Responses	Agree	Partly Agree	Disagree

I attend one or more groups or clubs in my area

86	66%	11%	23%
Responses	Agree	Partly Agree	Disagree
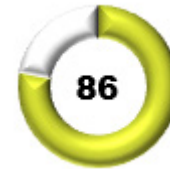
There are opportunities for me to meet people of all ages

34	29%	56%	15%
Responses	Agree	Partly Agree	Disagree

I have felt discriminated against because of my age

81	10%	14%	76%
Responses	Agree	Partly Agree	Disagree

As an OAP, I am treated very well and respected and am very much part of the community. The community spirit is alive and well here and long may it continue

Create opportunities for people of different ethnic and cultural backgrounds to meet and share

Would like to see more concentration in education opportunities for older people within the community, a lot of older people wish to keep active through education

Our Age Friendly Standards

Respectful and Inclusive Services	Older people are regularly consulted by public, voluntary and commercial services on ways to serve them better. Services and products to suit varying needs and preferences are provided by public and commercial services. Service staff are courteous and helpful.
Public images of ageing	Older people are depicted positively and without stereotyping.
Intergenerational and Family Interactions	Community-wide settings, activities and events attract all generations by accommodating age specific needs and preferences. Older people are specifically included in community activities for "families".
Public Education	Schools provide opportunities to learn about ageing and older people and involve older people in school activities.
Community Inclusion	Older people are recognised by the community for their past as well as their present contributions.
Economic Inclusion	Older people who are less well-off have good access to public, voluntary and private services.

Objectives:

To provide opportunities for older people to stay socially connected and to play an active part in the social network.

To actively engage in and promote national and local initiatives which seek to address respect and social inclusion.
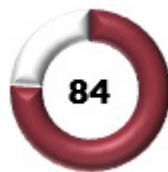
To explore initiatives which help to combat loneliness and promote wellbeing in long term residential care settings.
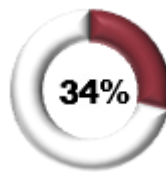
**Theme 5:
Social
Participation**

**Goal:
Support older people's participation in
social life to combat loneliness and
isolation**

Leitrim's Older Residents told us .....

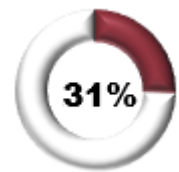|			
Enough opportunities to socialise in my local area	84 Responses	34% Agree	35% Partly Agree	31% Disagree
Activities & events are organised in places that are easy to get to	85 Responses	34% Agree	35% Partly Agree	31% Disagree
I receive information about events & activities in a suitable format	85 Responses	49% Agree	24% Partly Agree	27% Disagree
There are opportunities for me to participate in exercise	85 Responses	40% Yes	29% No	31% Sometimes
Supports are available to help me attend activities	85 Responses	22% Yes	29% No	49%
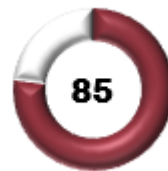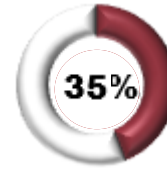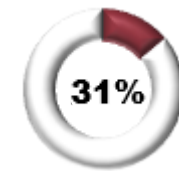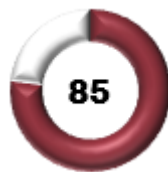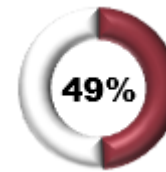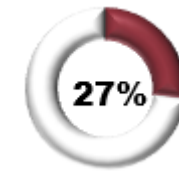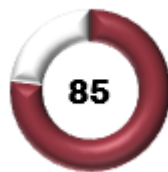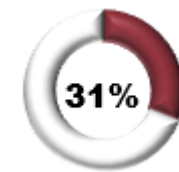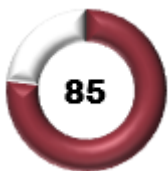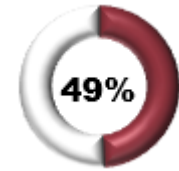
Popular Social Activities   The most popular types of social activities enjoyed are coffee, meals, visiting/meeting people and attending clubs.
Popular Exercise   Walking was the most reported physical activity.

Individual Comments on Social Participation

There is very little social activities in my area – anyone wishing to socialise is required to drive

It would help if a list of services locally were made available to new people

The Active Age is good for those that attend

Our Age Friendly Standards

Accessibility of events and activities	Venues for events and activities are conveniently located, accessible, well-lit and easily reached by public transport. Events are held at times convenient for older people. Activities and events can be attended alone or with a companion.
Affordability	Activities and attractions are affordable, with no hidden or additional participation costs.
Range of Events and Activities	A wide variety of activities is offered to appeal to a diverse population of older people.
Facilities and Settings	Gatherings including older people are held in various local community spots, such as recreation centres, schools, libraries, community centres and parks.
Promotion and awareness of activities	Good information about activities and events is provided, including details about accessibility of facilities and transportation options for older people.
Addressing isolation	There is consistent outreach to include people at risk of social isolation.
Fostering Community Integration	Community facilities promote shared and multipurpose use by people of different ages and interests and foster interaction among user groups

Objectives:

To provide opportunities for older people to stay socially connected and to play an active part in the social network.

To provide opportunities for older people to participate in organised physical, creative and cultural activities.

Theme 6:

Communication and Information

Goal:

Assist older people in accessing timely, reliable, relevant, and understandable information.

Leitrim's Older Residents told us .....

Information I need is readily available	74 Responses	42% Agree	42% Partly Agree	16% Disagree
Printed & online information from public services is easy to read	79 Responses	54% Agree	32% Partly Agree	14% Disagree
Classes are available locally in the use of technology	75 Responses	39% Agree	36% Partly Agree	25% Disagree
Mobile phone coverage is good	81 Responses	48% Agree	30% Partly Agree	22% Disagree
Broadband coverage is good	76 Responses	38% Agree	29% Partly Agree	33% Disagree
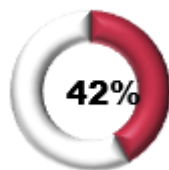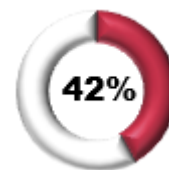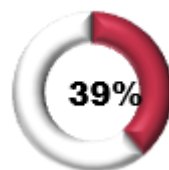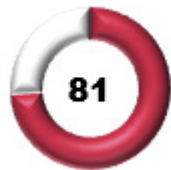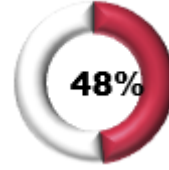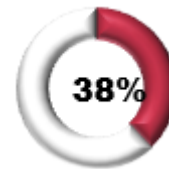
Source of Information   Of 83 survey participants, 56% stated they get most of their information by word of mouth, 54% from newspapers, 50% local radio and 42% from the internet.

Access to Internet   Of 84 survey participants, 50% had broadband.

Individual Comments on Communication and Information

> Many areas have very poor broadband and leave a lot of people feeling cut off

> If public bodies and companies would always provide phone numbers which are answered by real people, not recorded

> There are times I would like information and unsure where or how to source

Our Age Friendly Standards

Information Offer	A basic, effective communication system reaches community residents of all ages. Regular and widespread distribution of information is assured, and a coordinated centralised access is provided. Regular information and broadcasts of interest to older people are offered.
Verbal communication	Oral communication accessible to older people is promoted. People at risk of social isolation get information from trusted individuals. Individuals in public offices and businesses provide friendly, person-to-person service on request.
Printed Information	Printed information including official forms, television captions and text on visual displays has large lettering and the main ideas are shown by clear headings and bold-face type.
Plain Language	Print and spoken communication use simple, familiar words in short, straightforward sentences.
Automated Communication and Equipment	Telephone answering services give instructions slowly and clearly and tell callers how to repeat the message at any time. Users have the choice of speaking to a person or of leaving a message for someone to call back. Electronic equipment, such as mobile telephones, radios, televisions, and bank and ticket machines has large buttons and big lettering.
Digital Data	There is wide public access to computers and the internet, at no or minimal charge, in public places such as government offices, community centres and libraries.

Objectives:
To ensure that older people can access relevant, timely, practical information

To provide communications training and upskilling for older people.

To make easily accessible free information and advice available to older people in relation to rights and entitlements.

Theme 7: Civic Participation and Employment

Goal:

Continue to hear the voice of older people and ensure they can participate fully in their community.

Leitrim's Older Residents told us .....

I feel like a valued member of society

| 76 | 47% | 37% | 16% |
| Responses | Agree | Partly Agree | Disagree |

There are opportunities for me to have my say about what I consider important

| 74 | 27% | 39% | 34% |
| Responses | Agree | Partly Agree | Disagree |

There are employment opportunities for older people

| 69 | 4% | 20% | 76% |
| Responses | Agree | Partly Agree | Disagree |

There are opportunities for me to get involved in voluntary work
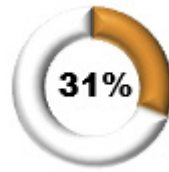
| 71 | 41% | 31% | 28% |
| Responses | Agree | Partly Agree | Disagree |

Opportunities to increase my knowledge and skills or learn new ones
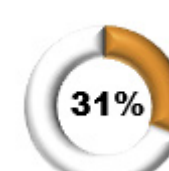
| 73 | 36% | 31% | 33% |
| Responses | Agree | Partly Agree | Disagree |

Opportunity to contribute

Of 73 survey participants, 36% state that there are opportunities for them to contribute their views, knowledge or experience or make a difference in their local community.

Individual Comments on Civic Participation and Employment

There should be more classes or skills for retired members in the community and to take them out of the house and meet and have a chat and cuppa

I think there is a gap in services for age 60 to 70 where there are no activities either social or physical. This can be a difficult time directly following retirement

Don't think older people's voices are listened to. They have a lot of valuable life experiences

Our Age Friendly Standards

Volunteering	A range of flexible options for older volunteers is available, with training, recognition, guidance and compensation for personal costs.
Valued Contributions	The qualities of older people are well-promoted.
Employment	A range of flexible and appropriately paid opportunities for older people to work is promoted. Discrimination on the basis of age alone is forbidden in the hiring, retention, promotion and training of employees. Workplaces are adapted to meet the needs of disabled people.
Entrepreneurship	Self-employment options for older people are promoted and supported.
Training	Training in post-retirement options for older people are promoted and supported.
Civic Participation	Decision making bodies in public, private and voluntary sectors encourage and facilitate membership of older people.

Objectives:
Ensure that the older person's voice is heard locally and nationally.

Deliver a diverse range of educational and other activities.

To promote opportunities for older people to engage in employment, self-employment and volunteering.

Theme 8: Community Support and Health Services

Goal:

Promote and provide older adults with a broad range of well located, easily accessible health and community services.

Promote healthy and active lifestyles to improve the health status of older people.

Leitrim's Older Residents told us .....

Have close family members nearby

78	63%	37%
Responses	Agree	Disagree

Avail of a local befriending service

75	20%	80%
Responses	Agree	Disagree

Have someone to accompany me to appointments when needed

72	75%	25%
Responses	Agree	Disagree

Receive HSE homecare service

72	20%	80%
Responses	Agree	Disagree

Receive a cooked meal to my home daily

27	7%	93%
Responses	Agree	Disagree

Individual Comments on Community Support and Health Services

Mental health support services are negligible/non-existent

Older people need access to chiropody care, eye care and hearing assessment/care without having to travel long distances

Our Age Friendly Standards

Service Accessibility	Health and social services are conveniently located and accessible by all means of transport. Residential care facilities and designated older people's housing are located close to services and the rest of the community. Health and community service facilities are safely constructed and fully accessible. Clear and accessible information is provided about health and social services for older people. Delivery of services is coordinated and effectively administered. Economic barriers impeding access to health and community support services are minimized. There are sufficient and accessible burial sites. All staff are respectful, helpful and trained to serve older people.
Offer of Services	An adequate range of health and community support services is offered for promoting, maintaining and restoring health. Home care services include health and personal care and housekeeping.
Voluntary Support	Volunteers of all ages are encouraged and supported.
Emergency Planning and Care	Community emergency planning takes into account the vulnerabilities and capacities of older people.

Objectives:

Enhance access to healthcare services to older people

Provide homecare support to older people enabling people to remain in their own homes

Promote healthy and active lifestyles

Age Friendly LEITRIM

Community Supports & Health Services

Communication & Information

Civic Participation & Employment

Respect & Social Inclusion

Social Participation

Housing

Transportation

Outdoor Spaces & Buildings

Celebrating Every Generation

Leitrim Age Friendly Strategy 2022-2026

Action Plan
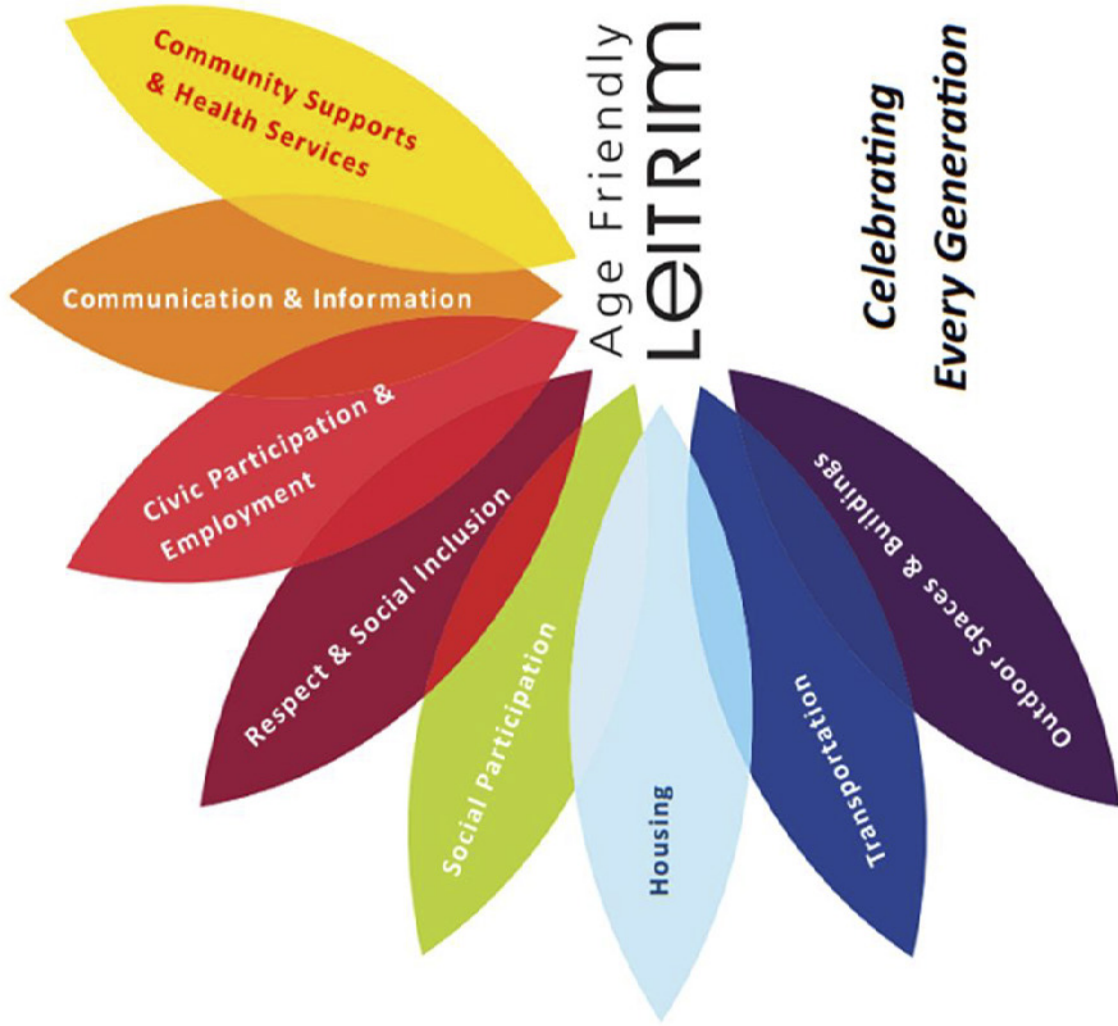
Action Plan

To deliver on the strategic recommendations outlined in section 5, it is essential to have a clear and concise 5-year action plan. This is a living strategy and can be continuously revised based on emerging needs and issues. In addition, it will be consistent with the existing and proposed LECP. All partners within the Age Friendly Alliance have been consulted on this Strategic Plan and have directly inputted into the formulation of this Action Plan as outlined below. This work will be overseen by the OPC to ensure that the lives of older people in the county are continually enhanced.

Theme 1: Outdoor Spaces and Buildings

Objective: A built environment where older people feel confident to stay active and to participate in the wider community

No	Actions	Lead Agency	Partner	Timescale	Indicator
1.1	Implement Age Friendly Town Initiative in 4 towns:- • Mohill • Carrick on Shannon • Manorhamilton • Kinlough	LCC		2023 2024 2025 2025	Four Age Friendly Towns in Leitrim by end 2025
1.2	Conduct Walkability Audits in 5 towns:- • Mohill • Manorhamilton • Ballinamore • Dromahair • Carrigallen	LCC		2023 2023 2024 2024 2025	Five Walkability Audits completed with recommendations to inform regeneration and public realm planning
1.3	Reinvigorate existing Age Friendly Business programme and extend to a further 3 towns and to include the County's Hospitality Accommodation: • Mohill – Reinvigorate Programme • Carrick-on-Shannon – Extend Programme • Manorhamilton – Extend Programme • Ballinamore – Extend Programme • Hospitality Accommodation – Extend Programme	Local Enterprise Office (LEO)		Q1 2023 Q4 2023 Q4 2024 Q4 2025 Q4 2024	Four Age Friendly Business Programmes in place No. of businesses participating in each town.
1.4	Promote and encourage businesses and services to provide toilets, waiting areas and phone charging points for older people	LEO		Q4 2025	No. of businesses participating

1.5	Provide age friendly parking spaces in all towns with populations of over 1,000	LCC	End 2024	Min of 2 Age Friendly parking locations in all towns of population over 1000
1.6	All Age Friendly Alliance members to conduct an Age Friendly and Dementia Friendly audit of their public buildings to include parking, accessibility, signage, toilets and other relevant amenities	All agencies	End 2023	Data collated by AFA on all completed audits.

Accessible parking

Theme 2: Transportation

Objective: Good transport links for everyone to access vital services such as medical services, and social and cultural amenities

No	Actions	Lead Agency	Partner Agencies	Timescale	Indicator
2.1	Deliver Redesigned integrated transport plan incorporating the needs of older people	Local Link DSL		2022	Redesigned integrated transport plan
2.2	Make Leitrim a "Connected County" through robust scheduling and connectivity of services	Local Link DSL		2023	Enhanced scheduling and connectivity of services
2.3	Support access to a range of HSE and Community based services through the provision of transport and vehicles which have low flow access or are wheelchair accessible.	Local Link DSL	LVC	2023	Number of vehicls with low flow/wheelchair access
2.4	Facilitate use of Free Travel Pass on Local Link Services.	Local Link DSL		2022	Free service in place for holders of Travel Pass
2.5	Deliver Voluntary Transport Service including the procurement of a new vehicle for voluntary transport service	LVC		2022	Volunteer drivers recruited, screened, trained and available to operate service. New vehicle
2.6	Health & other Community Services to factor in transport needs and schedule later appointments when travelling longer distances, for example, to Sligo/Dublin/Galway.	HSE	LVC and Local Link	2022	Appointments scheduled at times which coincide with public transport services
2.7	Establish mechanisms for routinely seeking feedback from service users in relation to transport and ease of access to services.	LVC	Local Link and HSE	2023	Feedback mechanism established

Objective: To plan, Encourage & programme the delivery of a robust infrastructure of Age Friendly bus stops throughout the county with the appropriate signage, seating and shelters

No	Actions	Lead Agency	Partner Agencies	Timescale	Indicator
2.8	Identify location for age friendly bus stops and prioritise/source funding.	LCC	Local Link, NTA	2025	No of Age Friendly bus stops
	Ensure Age Friendly shelters are accessible with suitable seating, lighting with facilities and parking nearby where necessary	LCC	Local Link, NTA	2025	No of bus shelters with suitable seating, lighting with facilities and parking nearby
2.9	Provide age/dementia friendly signage and service information for bus services to include timetables displayed at bus stops	Local Link DSL	HSE		Age/dementia friendly signage and service information displayed at bus stops
2.10	Provide Age Friendly designated indoor waiting areas for older people waiting for public transport in towns with population above 1000 to include indoor seating area, access to toilets and phone charging point	LCC	Public, voluntary and private sectors	2024	Age friendly designated indoor waiting areas in towns with population above 1000

Objective: To deliver a promotion and communication campaign to ensure awareness of all transport services available for older persons.

No	Actions	Lead Agency	Partner Agencies	Timescale	Indicator
2.11	Develop a promotion and communication campaign to ensure awareness of all transport services available	Local Link DSL	LVC, AFA Members, LCC, Local Media, Social Media	2023	Promotion and communication campaign delivered. Increased awareness of public transport services among older people.

Theme 3: Housing

Objective: **Provide supports to enable people to live in their own homes where possible improve the range of agency supports available to people living in their own homes**

No	Actions	Lead Agency	Partner Agencies	Timescale	Indicator
3.1	Ensure 20% of Local Authority energy efficiency upgrade works occur on homes allocated to older people.	LCC	DHLG	Annually	No of homes upgraded. Dissemination of Grant/ Warmer Homes Information
3.2	Ensure 10% of Private Rental Inspections are on properties rented by older people	LCC	RTB	Annually	Number of inspections completed
3.3	Provide appropriate Age Friendly training and documentation at pre-tenancy meetings	LCC		Ongoing	Pre-tenancy material reviewed. Feedback from participants.
3.4	Maximise LA Housing Adaptation Budgets and streamline delivery on homes for older people Work collaboratively with HSE in relation to works and seamless hospital discharges.	LCC LCC	HSE	Annually Ongoing	Number of adaptations completed Decreased delay times in hospital discharge
3.5	Promote Warmer Homes Scheme Provide support with completion of applications	Warmer Homes	LDC HSE, CIC	Annually	Extent of uptake of scheme Reduction in fuel poverty
3.6	Analyse impact of increased construction costs in relation to available grants & related grant qualification criteria and highlight with Department of Environment, Climate & Communications.	LCC / Elected Members	Warmer Homes HSE	2023	Improved affordability of retrofit and adaptation works for older people.
3.7	Promote 'Be Winter Ready' campaign so that older people receive helpful advice on keeping warm, well and safe in their homes	Library	All AFA Members	Annually	Number of promotional events. Reduction in hospitalisations.

Objective: To plan, Encourage & programme the delivery of Age Friendly housing in locations throughout the county

No	Actions	Lead Agency	Partner Agencies	Timescale	Indicator
3.8	Directly deliver Age Friendly Housing *homes* in accordance with the Housing Delivery Action Plan 2022-2026	LCC	DHLGH, AHB Sector	2022-2026	97 homes which will accommodate up to 150 older people housed by local authority and AHBs.
3.9	Animate & support AHB sector to deliver Age Friendly Housing under Capital Assistance Scheme in accordance with the Housing Delivery Action Plan 2022-2026	LCC	DHLGH, AHB Sector	2022-2026	No of CAS encouraged Age Friendly homes delivered in the AHB sector.
3.10	Develop and Implement a Rightsizing Policy to ensure people's homes adjust to meet their current needs	LCC, Elected Members		2023	Completed policy active Reduction in numbers moving to long term residential care.
3.11	Support the development of Age Friendly Housing Tracker to provide real time information of Ae Friendly Housing Delivery	LCC, AFI, HDCO		2023	Real time AF Housing information readily available
3.12	Input to development of County Development Plan to ensure inclusion of policies and objectives for Age Friendly Housing to include planning consideration for house construction in close proximity to ageing relatives	LCC		2022	Leitrim County Development Plan includes Age Friendly housing
3.13	Promote Agefriendlyhomes.ie website as a one stop shop for information on matters pertaining to homes for older people.	LCC, AFI, AFA, OPC		2022	Increase in traffic to website. Increased awareness among older people.
3.14	Seek to secure the rollout of the Healthy Homes initiative in Co. Leitrim.	LCC, AFI, HSE		2022 /2023	Healthy Homes Initiative activated
3.15	Ensure overarching objectives of Housing People with Disability Strategy are aligned with Age Friendly Strategy	LCC		2022	Plan is aligned with Age Friendly standards

Objective: To increase safety and security for older people in their homes

No	Actions	Lead Agency	Partner Agencies	Timescale	Indicator
3.16	Increase Garda presence in rural areas and deliver New Garda Community Clinics	A Garda Síochána		Ongoing 2023	Garda presence in rural areas. New Garda community clinics established & attendance rate.
3.17	Deliver new Community Text Alert	LCC/ AGS		2023	New Community Text Alert system
3.18	Deliver Operation Thor – "Lock Up Light Up" anti burglary campaign	An Garda Síochána		2023	Reduction in number of burglaries
3.19	Provide Information on safety and security to older people encompassing • Talks by Crime Prevention Officer/Community Gardai • Security information packs • Property marketing events	An Garda Síochána		Ongoing	Number of events organised.

Objective: To ensure statutory agencies work collaboratively in meeting the safety, security and wellbeing needs of older people.

No	Actions	Lead Agency	Partner Agencies	Timescale	Indicator
3.20	Joint policing group to extend participation to representatives of the HSE towards a holistic approach to safety and security in the home and community.	An Garda Síochána		2023	Wider participation in group and multi-agency solutions explored.

Theme 4: Respect and Social Inclusion

Objective: To actively engage in and promote national and local initiatives which seek to address respect and social inclusion

No	Actions	Lead Agency	Partner Agencies	Timescale	Indicator
4.1	Use Social Inclusion Awareness Week to raise awareness of the range of initiatives taking place locally to tackle social exclusion, discrimination and poverty.	LDC		Annual	No of initiatives taking place and no of participants
4.2	Actively participate in the delivery of the Bealtaine Festival towards encouraging participation of older people in cultural and creative events and activities	Library/ARTS		Annual	No of participants involved in events
4.3	Deliver an annual inter generational event, bringing together transition year students and older people	LDC		Annual	No of participants
4.4	Promote inclusivity of older people from all cultural and economic backgrounds through monitoring of attendance and targeted promotion	LDC		Ongoing	Increased inclusivity of older people from all backgrounds
4.5	Carry out an annual consultation process with older service users attending community day services, towards ensuring services are meeting their needs and preferences.	LDC	All AFA	2024	Findings incorporated into strategy mid-term review
4.6	Deliver training programmes in the north and south of the County to promote the participation of older people and respect their engagement in social, cultural and community development, and foster better solidarity between generations.	LVC/ETB		2024	No of training programmes delivered No of participants

No	Actions	Lead Agency	Partner Agencies	Timescale	Indicator
4.7	Promote Age Friendly Programme to older people, particularly those from marginalised groups. New membership and increased diversity on Older People's Council.	LDC/OPC		Annual	Increased and more diverse membership of OPC Executive
4.8	Programming, space allocation and community interaction through delivery of library intergenerational projects.	LCC - Library		Annual	No of intergenerational projects delivered

Objective: To explore initiatives which help to combat loneliness and promote wellbeing in long term residential care settings.

No	Actions	Lead Agency	Partner Agencies	Timescale	Indicator
4.9	Pilot use of therapy dogs in residential care setting	HSE	St Phelims	2024	Completed pilot with outcomes evaluated.
4.10	To independently convene regular consumer meetings with residents in HSE care settings, to ascertain that needs are being met.	LDC	HSE	Quarterly	Evidence of regular meetings

Theme 5: Social Participation

Objective: To provide opportunities for older people to stay socially connected and to play an active part in social network

No	Actions	Lead Agency	Partner Agencies	Timescale	Indicator
5.1	Ensure affordable transport is available to enable older people to travel to social activities and events.	Local Link		Ongoing	Transport provided to community-based venues
5.2	Provide a wide range of spaces, services, resources and programmed events and activities which provide opportunities for older people to meet and interact with others, to include: • Information in a neutral setting that is trustworthy and reliable • Accessible buildings which are welcoming and inclusive	Library		Annually	No of events programmed and no of participants
5.3	Provide Tovertafel (Magic Table) in Mohill Library designed to help those with dementia to be more active socially, cognitively and physically.	Library		2022	Table provided & usage
5.4	Provision of Befriending Services in Leitrim	ALONE/ RISE Project		Ongoing	Number of people receiving visits?
5.5	Provision of Friendly Call Services to older people	Leitrim Calling/ Rossinver Calling		Ongoing	Number of people receiving calls?
5.6	To hold an annual Body & Soul Day, in order to give older people an opportunity to take part in workshops that improve their mental and physical	LDC		Annually - May	Number of people attending event?
5.7	Continue to support and facilitate Active Age Groups and Feel-Good Clubs throughout the county	LDC		Ongoing	Groups supported. Ongoing participation of older people

Objective: To provide opportunities for older people to participate in organised physical activities

No	Actions	Lead Agency	Partner Agencies	Timescale	Indicator
5.8	Promote a range of exercise programmes for older persons in active age groups, day care centres, nursing homes and other relevant settings	LSP	LCC , OPC LDC, HSE	Annually	Number of programmes and participants
5.9	Promote Go for Life Games and develop a County Team to participate in Go for Life national games. Assist in encouraging applications.	LSP	LCC OPC LDC HSE	Annually	Number of programmes and participants
5.10	CARE PALS (Physical Activity Leaders) program – train staff in day and residential care settings	LSP	HSE LDC	2023	Training provided to staff in residential care settings

Objective: To provide opportunities for older people to actively participate in and lead artistic, creative and cultural activities.

Ref no	Actions	Lead Agency	Partner Agencies	Timescale	Indicator
5.11	Nurture creativity and foster creative expression in older people via projects under the Creative Ireland Programme	LCC/Arts Office	HSE, LDC LCC, LDC	Annually	Number of programmes/promotions
5.12	Mentoring programme for Active Age Groups	LSP	LCC OPC LDC HSE	Annually	Mentoring programme completed number of participants
5.13	Promote all arts programmes and events to older people	LCC/Arts Office	HSE LDC	Annually	Increased participation in events
5.14	To assist older community groups to access funding to deliver arts based workshops	LDC	Community Groups/ ETB	Annually	Ongoing provision of workshops
5.15	Source volunteers to lead and support guided walks in different parts of the county	LSP	LVC	Annually	Number of Volunteers and participants

Theme 6: Communication and Information

Objective: To review and promote adoption of Communications Guide for Services and Businesses towards ensuring communications issued are age friendly.

No	Actions	Lead Agency	Partner Agencies	Timescale	Indicator
6.1	Adopt Communications Policy. All agencies to Age Friendly proof their public communications by end of 2022.	LCC	LDC, CIC All AFA	2022	Policy adopted and implemented

Objective: To ensure that older people can access timely, practical information about what is happening in their communities

No	Actions	Lead Agency	Partner Agencies	Timescale	Indicator
6.2	Review effectiveness of communication within the Age Friendly Alliance – sharing of information, etc.	LCC	All AFA Members	2022	AFA Communication reviewed

Objective: To roll out a National Age Friendly Recognition Charter in all branches of Library Service

No	Actions	Lead Agency	Partner Agencies	Timescale	Indicator
6.3	Provide assistance to older people to communicate with public & private bodies and to access services.	LCC Library		Ongoing	No of older people assisted.
6.4	Train Library staff to deliver Age Friendly service	LCC Library		2023	No of Staff trained
6.5	Ensure all library buildings are accessible for older people – welcoming and inclusive, doors, lighting, format, large print and audio	LCC Library		2024	All library buildings accessible for older people

Objective: Actively promote awareness of all services, utilising local knowledge and preferences for means of communication, ensuring method of maintaining accurate and up to date information (transport, health, social etc)

No	Actions	Lead Agency	Partner Agencies	Timescale	Indicator
6.6	Interagency information events throughout the county to include broadcasting on local radio	All Agencies		Bi-Annual	Interagency information events delivered
6.7	To disseminate information on services and advocate on behalf of older people	LDC	HSE	Quarterly	Number of people provided with assistance
6.8	To convene regular forum meetings of North & South Leitrim older peoples groups in order to share information	LDC		Annually	Number of meetings held
6.9	Develop and distribute calendar containing key information for services in the county	LDC		Annually	Calendar produced and delivered to older people
6.10	Display 'Understand Together Campaign' resources in HSE locations in Co Leitrim towards supporting the implementation of the National Dementia Strategy.	HSE		Ongoing	Increased awareness of strategy

No	Actions	Lead Agency	Partner Agencies	Timescale	Indicator
6.11	Extend information material/awareness raising to bordering towns where people avail of services in Leitrim	All AFA Members		Ongoing	Leitrim services information available in bordering areas

Objective: To provide communications training and upskilling for older people

No	Actions	Lead Agency	Partner Agencies	Timescale	Indicator
6.10	Media literacy training which will facilitate fact checking and critical thinking skills to understand and evaluate broadcast, digital and other media content and services	Library	ETB	2023	Media Literacy training delivered
6.11	Digital Skills Training courses where expertise is available to train and support older people in the set up and the use of digital technology.	Library	ETB	Annually	Training courses delivered

Objective: To make easily accessible free information and advice available to older people in relation to rights and entitlements.

No	Actions	Lead Agency	Partner Agencies	Timescale	Indicator
6.12	Provide free information, advice and advocacy service to older people via confidential telephone line, website, outreach and centres in Carrick on Shannon and Manorhamilton.	CIS/Library	ETB	Ongoing	Information and advice available. Numbers availing of the service.
6.13	Make the following printed publications available to older people in the county; • Guide to entitlements for over sixties • Bereavement: A Practical Guide	CIS		2023	Publications available
6.14	Continue to work collaboratively to organise events and disseminate information through older peoples' networks.	CIS/LDC		Ongoing	Number of events, attendees and information disseminated.

Objective: To lobby for roll out of effective mobile and broadband services

No	Actions	Lead Agency	Partner Agencies	Timescale	Indicator
6.15	Seek to improve mobile and broadband services across the county by raising awareness to issue and working with Department of Environment, Climate & Communications to resolve issues.	LCC Elected Members		2025	Good quality mobile phone and broadband services across the county.

Theme 7: Civic Participation and Employment

Objective: To actively support and build capacity within the Older People's Council to ensure that the older person's voice is heard locally and nationally.

No	Actions	Lead Agency	Partner Agencies	Timescale	Indicator
7.1	Ongoing support and facilitation of Leitrim Older Peoples Council.	LDC	LCC	Ongoing	Facilitation and support provided
7.2	Deliver a programme of training and support for members	LDC	LCC	Annually	Number of programmes delivered and participants
7.3	Effective recruitment and retention of members to ensure all areas of the county are represented and ensure diversity on the Older Peoples Council	LDC	LCC	Ongoing	Diversity of members recruited and retained
7.4	Leitrim Older Peoples Council – to represent Leitrim at national decision-making level, through identified Age Friendly sub-committees	LDC	LCC	Ongoing	Attendance at National Network of OPCs. Increased involvement in national decision-making process

Objective: To Encourage, organise and deliver a diverse range of educational and other activities based on expressed needs and interest of older people across the county.

No	Actions	Lead Agency	Partner Agencies	Timescale	Indicator
7.5	Encourage, organise and deliver a diverse range of educational and other activities based on expressed needs and interests of older people across the County	ETB	ATU, LDC ETB, HSE Training Services	Annual	No of educational course delivered and no of participants

Objective: To improve access to education and training courses through improved transport connectivity to training and education venues

No	Actions	Lead Agency	Partner Agencies	Timescale	Indicator
7.6	Organisations providing training and education to assess transport services to the venue as standard.	Local Link		Ongoing	Transport provided
7.7	Rural Link and voluntary car services to facilitate attendance by older people living/residing in off main route areas so that lack of transport as a barrier to attendance is addressed.	Local Link/LVC		Ongoing	Transport provided

Objective: To promote and facilitate opportunities for newly retired and older people to engage in employment/self-employment

No	Actions	Lead Agency	Partner Agencies	Timescale	Indicator
7.8	Promote opportunities for retirees/older artists and designers under Creative Frame, the professional development network	LCC Arts Office		Annual	No of older artists participating

Objective: To promote opportunities for older people to engage in volunteering ensuring appropriate training, support and expenses are provided

No	Actions	Lead Agency	Partner Agencies	Timescale	Indicator
7.9	Promote opportunities for older people to engage in volunteering ensuring appropriate training, support and expenses are provided	LVC		Ongoing	Volunteering opportunities provided

Theme 8: Community Support & Health Services

Objective: Deliver healthcare services through the Leitrim Community Healthcare Network (CHN)

No	Actions	Lead Agency	Partner Agencies	Timescale	Indicator
8.1	Ensure better co-ordinated care for people accessing health care services. Improve integration with other community support services e.g. older people, disabilities, mental health and access to acute hospital services. Manage and deliver local services, working together towards meeting the needs of older people in their community.	HSE Older Person Services	GPs HSE Acute and Community based Services	Ongoing	Early intervention and prevention Prioritisation of service based on needs Efficient move from community to acute services and back Increased locally accessible services More care at home than in hospital

Objective: Provide day care services and community hospital services to older people

No	Actions	Lead Agency	Partner Agencies	Timescale	Indicator
8.2	Upgrade St Patrick's Day hospital to provide clinical service for South Leitrim.	HSE		2023	Social day centre for older people. ANP clinics operating
8.3	Improve service delivery to the older population of Leitrim: Key services to include: ANPs clinics, falls team, physiotherapy, social work, OT, *x-ray facility & chiropody*.	HSE		Ongoing	Increased locally accessible services; More care at home than in hospitals. Prioritisation of service based on needs. Early intervention and prevention.
8.4	Develop the reablement service in Leitrim for people with poor physical or mental health to help them accommodate their illness by learning or re-learning the skills necessary for daily living.	HSE		Ongoing	Reablement service in place.

No	Actions	Lead Agency	Partner Agencies	Timescale	Indicator
8.5	Continue to operate integrated day care services in Carrigallen, Ballinamore and Drumkeerin.	HSE	LDC	Ongoing	Number of day care services operating Number availing of service
8.6	Continue to provide community hospital services for older people in: Our Lady's Hospital, Manorhamilton, St. Patrick's Community Hospital, Carrick-on-Shannon, Ballinamore Community Nursing Unit, Arus Breffni, Manorhamilton, and keep under review the demand for long term and short-term beds	HSE		Ongoing	No of older people availing of these services Waiting time for services
8.7	Construct new 90 bedded St Patricks Community Hospital to provide long term care beds, a dementia specific unit and a rehabilitation unit for clients.	HSE		Completed Q1 2025	Fully complaint designated centre which is fully occupied by clients in the Leitrim area
8.8	Support older people to access healthcare remotely, eg Drumsna Community Resource Centre live streamed medical appointment service	HSE	Drumsna Community Resource Centre	Ongoing	Number of older people availing of this service

Objective: Provide homecare support to older people enabling people to remain in their own homes.

No	Actions	Lead Agency	Partner Agencies	Timescale	Indicator
8.9	Increase the allocation of home support hours delivered in the Leitrim area	HSE		Ongoing	Increased allocation of home support hours Increased numbers of Health Care Social Assistants
8.10	Continue to provide Home Respite Service through Alzheimer's Society	HSE	Alzheimer's Society		Number availing of Home Respite Service
8.11	Continue Aughamore (Sligo) Day Care Services which serves Leitrim residents	HSE	Alzheimer's Society		Numbers of Leitrim residents availing of Aughamore Day Care Services

No	Actions	Lead Agency	Partner Agencies	Timescale	Indicator
8.12	Continue to support older people in Co Leitrim to access long term care through Nursing Home Support Scheme	HSE		Ongoing	Number of applications applying for NHSS assisted.

Objective: To provide quality meals on wheels to older people who require them.

No	Actions	Lead Agency	Partner Agencies	Timescale	Indicator
8.13	Address gaps in current Meals on Wheels services, while continuing to financially support existing Meals on Wheels Services	HSE Older People's Services		Ongoing	Numbers of clients receiving meals on wheels in each area
8.14	Continue to provide quality Meals on Wheels Services in Ballinaglera & Carrigallen	LDC	HSE	Ongoing	Numbers of clients receiving meals on wheels in each area
8.15	Continue to provide quality Meals on Wheels Services in Glenfarne	Rainbow Ballroom, Glenfarne	HSE	Ongoing	Numbers of clients receiving meals on wheels in each area
8.16	Continue to provide quality Meals on Wheels Services in Drumsna	Drumsna Community Resource Centre	HSE	Ongoing	Numbers of clients receiving meals on wheels in each area

Objective: To support carers in dealing with all aspects of providing care to relatives who require it.

No	Actions	Lead Agency	Partner Agencies	Timescale	Indicator
8.17	Support Family Carers in the provision on home respite services in the county.	HSE Older People's Services	Family Carers, Alzheimer's Society	Ongoing	Number of home respite services supported.
8.18	Respond to the needs for Home Respite service in a timely effective manner through partnership with Alzheimer's Society and Family Carers.	HSE	Family Carers, Alzheimer's Society	Ongoing	Number of home respite services supported.
8.18	Continue to support carers groups in Leitrim.	LDC	HSE, 24/7 Family Carers, Mohill Carers Support Group	Ongoing	Support provided, financial and operational

Objective: To promote awareness of Elder Abuse

No	Actions	Lead Agency	Partner Agencies	Timescale	Indicator
8.19	Deliver a range of promotional events to coincide with World Elder Abuse Awareness Day (15th June) and make information available at statutory/voluntary agency offices	HSE Older People's Services	All AFA Members	Annually 15th June	No. of events held.
8.20	Roll out 'Don't Turn Your Back on Elder Abuse' campaign	An Garda Síochána	Muintir na Tíre	Annually 15th June	Event delivered Campaign delivered Number of reports.
8.21	Train staff in recognising signs of elder abuse	HSE	All AFA Members	Ongoing	No of staff trained

Objective: To identify local needs and local solutions within the parameters of Healthy Ireland (physical activity, healthy aging, mental health, alcohol harm reduction, sexual health, built environment etc.).

No	Actions	Lead Agency	Partner Agencies	Timescale	Indicator
8.22	Run health and wellbeing programmes for older people and promote all relevant programmes to older people under Healthy Leitrim	LCC		Ongoing	Number of events held.
8.23	Deliver Living Well Programme (free group self-management programme) to older people living with one or more long-term health conditions or caring for someone with a long-term health condition.	HSE Health & Wellbeing	HSE Primary Care	Ongoing	Number of participants Numbers making healthy choices to improve health.
8.24	Deliver Stop Smoking Programme in Manorhamilton, Drumshanbo & Carrick On Shannon Primary Care Centres and virtual clinic in Carrick on Shannon.	HSE Health & Wellbeing	HSE Primary Care	Ongoing	Number of one : one sessions delivered/ participants Numbers ceased smoking Numbers reduced level of smoking

No	Actions	Lead Agency	Partner Agencies	Timescale	Indicator
8.25	Deliver Social prescribing service to link individuals into community activities and services towards improved mental health and wellbeing	Breffni Family Resource Centre	HSE	Ongoing	Number of clients supported. Improved mental health and wellbeing.
8.26	Deliver the "Making Every Contact Count" (MECC) programme to ensure that local health professionals have the capability to deliver brief interventions and advice for all patients to make healthier choices to achieve positive outcomes (smoking, alcohol use, physical activity, mental wellbeing, diet and nutrition).	HSE		Q4 2022	Increased signposting to relevant services in the county such as: -Social Prescribing. RDATF; Dietetics Dept; LSP; Falls Prevention Clinic. Number of HSE staff trained.
8.27	Establish a HSE Age Friendly subgroup which will provide feedback to and from the Leitrim Age Friendly Alliance	HSE		2024	Group established and no. of meetings held.

Monitoring & Evaluation

This Strategy will be monitored by Leitrim Age Friendly Alliance and will remain an agenda item for all Age Friendly Alliance meetings and Older People's Council meetings.

Each Age Friendly Alliance member organisation will be responsible for delivering on identified actions in this strategy and reporting progress to Age Friendly Alliance meetings.

An interim review will be conducted in Year 3 of the Strategy and a full review will be undertaken in 2026.

Anyone wishing to have an input into Leitrim's Age Friendly Programme can get in touch with the Age Friendly Programme manager on community@leitrimcoco.ie

Appendices

1.   Glossary of Terms

AHB	Approved Housing Body
AFA	Age Friendly Alliance
AFI	Age Friendly Ireland
ATU	Atlantic University
CDP	County Development Plan
CIC	Citizens Information Centre
CSO	Central Statistics Office
DHLGH	Department of Housing, Local Government and Heritage
GP	General Practitioner
HSE	Health Service Executive
LCC	Leitrim County Council
LEO	Leitrim Local Enterprise Office
Local Link DSL	Local Link Donegal, Sligo, Leitrim
LSP	Leitrim Sports Partnership
LVC	Leitrim Volunteer Centre
MECC	Make Every Contact Count Programme
MSLETB	Mayo Sligo Leitrim Education and Training Board
OPC	Older People's Council
RTN	Residential Tenancies Board
TILDA	The Irish Longitudinal Study on Ageing
WHO	World Health Organisation

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Leitrim Development Company http://www.ldco.ie/

Leitrim Volunteer Centre https://volunteerleitrim.ie/

Local Link Donegal, Sligo, Leitrim https://locallinkdsl.ie/

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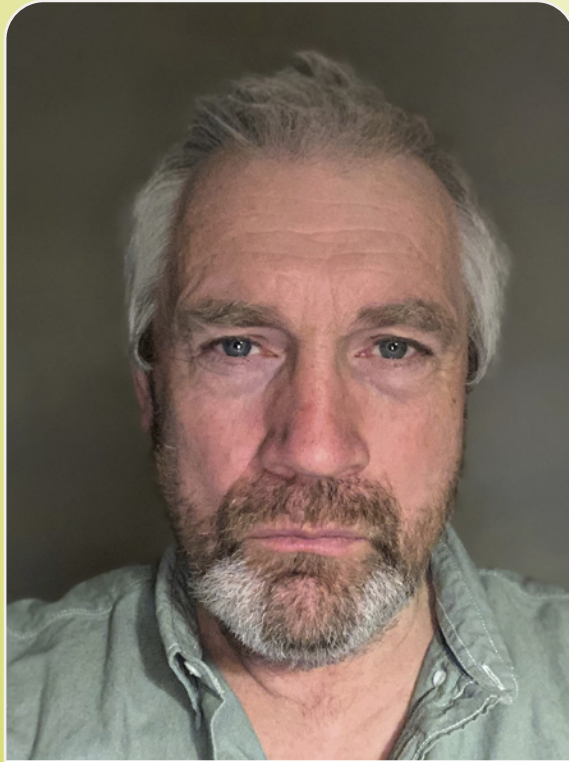
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