County Roscommon Age Friendly Strategy 2016 - 2020

Age Friendly County

Age Friendly Strategy 2016-2020
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Foreword

I am delighted to launch the Age Friendly Strategy for County Roscommon. Having previously overseen the implementation of the Age Friendly programme in Monaghan, I have witnessed first-hand the impact that this initiative, and the actions and innovations it creates, can have on quality of life and the way that the small changes it generates can have a big impact on the ground. I am hoping that the launch of this document will introduce and embed the Age Friendly ethos through our service delivery and thus enhance its impact in making Roscommon a great place in which to grow old. This strategy demonstrates our commitment to working in partnership to promote positive ageing and reflects the cooperation, support and encouragement of; Roscommon Age Friendly Alliance, Roscommon Age Friendly Working Group and older people across the county, in particular, our Roscommon Older People’s Council who were instrumental in the development of this document.

The rapid increase in our ageing population and the associated increase in life expectancy are both great achievements and challenging developments. Demographically and socially it will have implications at an individual, family and societal level. In recognition of this, the Government recently launched the National Positive Ageing Strategy which challenges us all to work more creatively together to improve the delivery of services and supports to older people. This national directive, combined with the rapid expansion of the national Age Friendly Counties Programme highlights the commitment of organisations across Ireland to work with the community for change. In Roscommon we will be focussing on introducing measures and actions to create and develop an age friendly county, this is especially important as Roscommon is the fourth oldest county in Ireland and ranks highest on the longevity scale.

Thanks to community participation in the Age Friendly consultation across the length and breadth of County Roscommon we now have a more comprehensive understanding of the real needs of older adults, and this strategy sets out the vision and aims for the delivery of services in Roscommon to better meet these needs. This strategy recognises the contributions our older population have made, and continue to make, to our County and to society as a whole, and it is important that they continue to live in an inclusive county that is friendly in every respect to those of advanced years.

Finally, I would like to thank the Age Friendly Alliance and the working group for all their hard work and commitment in putting this strategy together. The Alliance will continue to work together to achieve our collective vision and will consider new issues and new ideas as they arise. As our Age Friendly programme evolves, and as more resources become available, the Alliance will work with the community to develop new plans and actions for the future.

Eugene Cummins
Eugene Cummins
Chief Executive
Roscommon County Council
Glossary of Terms

**Age Friendly Action Plan:** An action focused plan prepared by the Alliance Group, Working group and the Roscommon Older Peoples Council to address the issues identified by older people in the local area.

**Age Friendly Business Forum:** An informal partnership of enterprises working together to develop awareness and understanding among the business community of the needs of older people and how best to respond to them.

**Age Friendly Cities and Counties Programme:** Ireland’s adaptation of the World Health Organisation’s Age Friendly Cities and Communities model. Support for the roll out of the programme to all counties is provided by Age Friendly Ireland.

**Alliance:** The County Alliance, a high level cross-sector group of agencies that is the over arching strategic partnership which oversees the realisation of the Roscommon Age Friendly Strategy.

**Businesses:** Commercial organisations supplying goods and services.

**Older Peoples Council (And those who support them):** A representative group of older people formed to share concerns and experiences and to inform the decision-making process of the Roscommon Age Friendly Initiative.

**Service Providers:** Non-commercial private, public, voluntary and community organisations providing services to improve quality of life for people as they grow up and grow old in Roscommon.

**Working Group:** A group of service providers formed to work in collaboration to find solutions to address issues affecting older people and to carry out the actions as laid out in the Roscommon Age Friendly Strategy.

**Stakeholders:** In the context of this strategy, stakeholders refer to private, public, voluntary and community organisations and individuals involved in the Roscommon Age Friendly process, including members of the Alliance Group, Age Friendly Business Forums, Implementation Group and Older Peoples Council.
Introduction

This document outlines a strategy to improve the lives of all people in County Roscommon as they age and to create a county where future generations can reach old age feeling healthier, more positive and more engaged. The aim is to make Roscommon an Age Friendly County with all agencies working together to promote and maintain the best possible health and well-being of older people, and to make our County a great place to grow up and grow old in.

We recognise that older people are a valuable resource and that they have much expertise, experience and resources to assist in the growth of this County. Whilst Roscommon County Council has taken the leadership role in the development of this strategy, age friendly is very much a multi-agency approach, with older people at the core. This reflects a wide spread recognition that no one group is able to respond to the challenges and opportunities that our changing demographic presents.

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

To support the implementation, monitoring and ongoing evaluation of the Roscommon Age Friendly Strategy a number of structures have been established including:

- Roscommon Age Friendly Alliance Group
- Age Friendly Working Group
- The Roscommon Older Peoples Council

The Strategy, and the plans it contains, was developed by the Age Friendly Working Group, a newly-established partnership of:

- Roscommon County Council
- Roscommon Leader Partnership
- The Health Services Executive, West
- An Garda Síochána
- Age Friendly Ireland
- Galway and Roscommon Education & Training Board (formerly the VEC)
- Older Peoples Council for County Roscommon
- Department of Social Protection
- Roscommon Sports Partnership
- Brothers of Charity Services, Roscommon
- Roscommon Citizens Information Service
- Sligo/Leitrim/Roscommon Transport Coordination Unit
- Muintir na Tire
The Roscommon Age Friendly Strategy builds on existing international and national strategies and frameworks, such as:

- Programme for Government 2011-2016
- Roscommon County Development Plan
- Putting People First: Action Programme for Effective Local Government (2012)
- National Positive Ageing Strategy (2013)
- Healthy Ireland (2013).

This strategy also provides a practical and proven way to fulfil many of the commitments laid out in the Roscommon LECP, particularly in relation to social inclusion, economic development and health and wellbeing.

Background

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

The strategy is based on an agreed framework setting out the main objectives relating to older people and identifying practical actions that can be achieved in order to improve the quality of life throughout County Roscommon.

The actions identified will be realistic and achievable and, most importantly, were developed in direct response to priorities raised by older people. The proven success of the age friendly structure lies in its ability to drive partnership and innovation that brings about creative solutions without additional financial resources. The ethos of the programme is about better collaboration, more effective use of resources and the inclusion of the community as drivers of change.

An alliance group dedicated to the vision of an age friendly Roscommon has been established to manage this process. This group comprises of Senior Management of the HSE, Roscommon County Council, Roscommon Leader Partnership, An Garda Síochána, Roscommon Citizens Information Service, Local Link - Sligo/Leitrim and Roscommon Transport Coordination Unit and representatives from the County Roscommon Older Peoples Council. A Working Group has also been established to develop the strategy and implement the actions.
Leas Cathaoirleach Councillor Ivan Connaughton on behalf of Roscommon and its citizens signed the Age Friendly Communities Declaration at City Hall, Dublin on 27th November 2014. This Declaration (now known as the Dublin Declaration) was endorsed by the World Health Organisation – Global Network of Age Friendly Cities, Irelands Age Friendly Counties Programme and the International Federation on Ageing.
What Is Age Friendly?

The Age Friendly Cities and Counties Programme is Ireland’s adaptation of the WHO’s Age Friendly Cities and Communities model. The Programme is being rolled out throughout the State by Age Friendly Ireland, a not for-profit organisation which provides technical and policy support to participating local authorities and other partners. Age Friendly Ireland is hosted by Dublin City Council.

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

An Age Friendly Place:
- anticipates and responds to the needs and preferences of older people
- respects their decisions
- protects the most vulnerable
- promotes inclusion

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

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

The WHO definition of Age-Friendly describes a society in which “service providers, public officials, community leaders, faith leaders, business people and citizens recognize the great diversity among older persons, promote their inclusion and contribution in all areas of community life, respect their decisions and lifestyle choices, and anticipate and respond flexibly to ageing-related needs and preferences”
Celebrating Older People in Society

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

(WHO, 2002; Goode and Fitzgerald, 2005; Birren, 2009).

Unrivalled Support and Care

Many older people provide support and care to their spouses, children, grandchildren and even their own parents. In 2011, more than 59,000 people over the age of 55 provided regular unpaid personal help for a friend or family member with a long-term illness, health problem or disability (CSO, 2012a). The Irish Longitudinal Study on Ageing (TILDA) found that nearly half (46%) of people over the age of 50 provided care for their grandchildren (TILDA, 2011).

Social Capital and Volunteering

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

Revitalising the Irish Economy

Economically, older people are a growing consumer group which presents new opportunities for businesses. In 2010, there were twenty three Aged Economies in the world, and by 2040 this is expected to rise to eighty nine countries, including Ireland (UNFPA and HelpAge International, 2012). Aged Economies are those in which consumption by older people surpasses that of youth.
• People over 60 own 75% of the wealth in the EU and account for 50% of consumer spending.

• Europeans are also important consumers with combined wealth of over €3,000 billion. Older Europeans will be healthy and active for longer and will participate in employment for longer contributing their ‘wisdom’ to value creation.

• Older customers (65+) in Ireland have revenue declared annual income (2012) of over €10 Billion.

• Older people are loyal customers and outspend younger shoppers and have the time to shop around.

• The over 60’s demographic will be the only demographic that expends in the next 40 years. At present 10% per cent of the words population is over 60. But 2050 there will be over 9bn people in the world, 21% per cent will be over 60. UN World Population Prospects: The 2008 Revision.

• 50% of all toys are bought by grandparents.

• Over 50’s take an average of three trips a year in Ireland, staying three nights away.
Positive Ageing in County Roscommon

What you said we are already doing well....

Social Car Scheme
It is a great benefit that there are no parking charges across the county

The outdoor gym in Loughnaneane Park is a great facility

Day Care Centre

Transport

Good Community Policing: Text Alert, Community Alert and Neighbourhood Watch

Many active Clubs and groups

Local Radio and Press - great for finding out what's happening

Friendly Library Staff

Friendly Call Service

Some Gardaí very helpful

The village in Knock for older people is a good example of best practice
“Making cities and counties age-friendly is one of the most effective policy approaches for responding to demographic ageing”

International Context

The twentieth century brought great changes in longevity. Globally, average life expectancy at birth has increased by 20 years since 1950 to 66 years and is expected to extend a further 10 years by 2050. In the developed world, the very old (age 80+) are the fastest growing population group. People are experiencing older age differently from their grandparents’ generation, enjoying longer lives, better health and more active lifestyles.

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

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

National Context

The National Positive Ageing Strategy was officially launched in 2013 by Minister Frances Fitzgerald. In general, people in Ireland are living longer than previous generations. A century ago, average life expectancy was in the region of fifty years. Today, average life expectancy for men in Ireland is 76.8 years and for women is 81.6 years, and life expectancy at the age of 65 is rising faster here than anywhere else in the EU. While this is a huge triumph of medicine, the challenge for society is to ensure that this is not just expansion of life years, but expansion of quality life years.

Ireland will experience an unprecedented ageing of the population in the first half of the twenty-first century and by 2041 there will be an estimated 1.3 million to 1.4 million people aged over 65 years, representing 20-25 per cent of the total Irish population. The greatest increases are expected in the over-80 year’s age group, where numbers are expected to increase four-fold from 110,000 in 2006 to about 440,000 in 2014.

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

Local Context

In April 2011 Roscommon had a population of 64,065, consisting of 32,353 males and 31,712 females. The population aged 65 and over in Roscommon went from 8,715 in 2006 to 9,396 in 2011, an increase of 7.8 per cent. Roscommon’s average age was 38.4 making Roscommon the fourth oldest County in Ireland.

For the first time in history internationally we are seeing more people over 65 than under 5. In Roscommon there are already double the amount of people over 65 as under 5.

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

i) Age Friendly Structures

Roscommon Age Friendly Alliance

- Working Group
- Older People’s Council
- Business Forum

Roscommon Age Friendly Strategy 2016 - 2020

Roscommon Age Friendly Alliance

The Roscommon Alliance is chaired by Eugene Cummins, Chief Executive of the local authority. The group comprises the most senior decision makers from the key public, private and not-for-profit agencies involved in providing supports and services to older people. Also at the Alliance table are representatives from the Business Forum and Working Group and, most importantly, representatives from Roscommon Older Peoples Council.
Introducing your Alliance Group

Eugene Cummins
Chief Executive
Roscommon County Council

Martina Earley
CEO, Roscommon Leader Partnership

Padraig Rattigan
Chief Superintendent
An Garda Síochana

Catherine Cunningham
PCCC Area Manager
Roscommon/Galway

Margaret Mulligan
Chairperson
Roscommon Older Peoples Council

Jim Burns
Roscommon Older Peoples Council

Sarah Wetherald
Age Friendly Ireland Regional Consultant

Camilla Kelly
Manager Local Link
Sligo/Leitrim/Roscommon Transport Coordination Unit

Richard Regan
Manager Citizens Information Service Roscommon
Age Friendly Working Group
This group bring together all those organisations providing services to older people in the county – across the public, private and not-for-profit sectors- with a view to exploring how to improve the range and quality of those services and make them more responsive to the expressed needs of older people. This group are also responsible for the development and implementation of the actions laid out in this strategy.

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

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

Roscommon Older Peoples Council (ROPC)
The ROPC is open to all older people across the county, together with those who support them. It exists to represent the views of all older people at Alliance level and to ensure that the commitments of organizations laid out in this strategy are fulfilled. It also takes responsibility for implementing, in conjunction with appropriate others, many of the changes and commitments laid out in this document, as well as promoting the programme across the county.
ii) Your Age Friendly Strategy

What is the Thinking behind this Strategy?

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

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

How Did We Get Our Information

The Consultation Process

In order to ensure that the priorities and ambitions of all key groups, particularly older people and their organisations, are reflected strongly in the Age Friendly Strategy for County Roscommon we needed to undertake a consultation process to capture the voice of the community and find out what really mattered to them.
Our consultation process was tailored to the purposes pursued, outcomes desired, people involved, and available time and resources. The process had due regard to the guiding principles of good practice on consultation and engagement and these principles were applied fully in order to build relationships with community members or groups.

Community involvement through the consultation process was an important process in its own right. The Age Friendly Working Group members viewed the consultations as a process of dialogue that will lead to positive decisions and priorities for the people of County Roscommon.

Public consultations were carried out in Roscommon, Boyle and Athlone as well as a call for submissions from the general public. Adverts were placed in local papers prior to the consultations. Flyers were circulated to a number of different groups, such as the Active Retirement Association, Irish Country Association, Active Age, U3A, Nursing homes and day care centres throughout the County. We also drew on past research that had been conducted across the county.

In total, the input of approximately 250 people was considered. The consultation process was framed around themes adapted from the WHO Healthy Cities Checklist: -

**Themes**

1) Outdoor Spaces and Buildings  
2) Housing and Home  
3) Transportation  
4) Safety and Security  
5) Healthy Ageing: Community Supports, Recreation and Health Services  
6) Respect and Social Inclusion  
7) Information and Communication
A Shared Vision

In planning for this Age Friendly future, we need to set out a clear overall vision for Roscommon. Our vision is for;

’a County where people can age positively, where older people are highly valued and where they are recognised as an integral part of families and communities. County Roscommon will be a positive place in which to age where older people can say that they live in a society that values them, acknowledges their contributions and encourages their participation.’

Our aims are:

1. To promote increased respect and recognition of older people, value their knowledge, skills and wisdom, and acknowledge the valuable contributions they make to family and communities.

2. To enable older people to live independently and in a safe and secure environment and receive the necessary support when they can no longer live independently.

3. To create communities where older people can enjoy a satisfying life and ensure ageing is a positive experience, regardless of gender, age, culture or ability.

4. To enable older people to participate in the community in the ways they choose and their participation is valued and respected by others.

5. To work together as a community to provide an environment where people can age positively and are able to live in a safe and secure environment.

6. To promote the importance of Positive Ageing through a healthy lifestyle, leisure and recreation and that older people are able to continue to learn and make the most of their talents.

7. To promote the recognition that transport is an essential part of older people’s lives and ensure this is recognised and prioritised at local and national level.

8. To improve how we allocate our services and resources to ensure that older people living in isolated and sparsely populated rural communities are not disadvantaged when accessing services and to celebrate ageing and create positive attitudes across society to ageing and older people.
Themes

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

Theme 1  Outdoor Spaces & Buildings

Key Outcome

Older people are supported to be ‘out and about’ by the built and social environment in Roscommon.

Why Our Environment is Important

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

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

As Glenn Miller of the Canadian Urban Development Institute put it:

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

What We Want to Achieve

• To work together as a community to provide an environment where people can age positively and are able to live in a safe and secure environment.

• An improvement in the health and well-being of older people in County Roscommon and increase opportunities for participation and influence in the social, economic and cultural life of their communities.

• To enhance the awareness of Local Authorities and planners as to the extent that the physical environment impacts on the way we live and that smarter planning can be the difference in ensuring that our towns cities and villages do not exclude on the basis of age or ability.
The Voice of Our Older People
What you asked us to prioritise

Some Of Our Commitments

• To embed Age Friendly within the County Development Plan, Local Area Plans, all town and village enhancement programmes and plans and outdoor recreations spaces.
• To work together to ensure that future planning and resource allocation goes beyond current legislation and is conducive to building smarter communities for all.
• To ensure that the Roscommon OPC is consulted in all future development plans and local area plans and is given the real opportunity to have an influence.
• To work with businesses and community groups to look at projects around public toilets, seating and shelters through towns and at transport stops.
• To support walkability audits and use this information to influence the allocation of future maintenance budgets.
• To work with the ROPC to assess the need for additional pedestrian crossing points.

(Full list of actions page 40)
Key Outcome

Older people can stay living in their own homes and communities.

Why Housing is Important

Across the country, there is a clear desire from people to grow old in their own home and community. This requires that, as people age, their homes are such that they can continue to live there in a manner that is safe, affordable and connected to the community where the supports and services they need are available. In this way they can maintain their independence.

In many instances the ability to continue living in ‘our own place’ and within a supportive community requires alterations to people’s current home so that it is conducive to a healthy and safe ageing or may require specifically designed accommodation. By incorporating the principles of “Universal Design” architects, designers and planners can have a major impact on how well people continue to live in their own home.

What We Want to Achieve

A home environment which will support older people to live independently and ensure they receive the necessary support when independence is no longer possible.
The Voice of Our Older People
What you asked us to prioritise

Some Of Our Commitments

• Look to expand services provided to older people in Primary Care settings.
• Put in place on-going support, where necessary, following an allocation of a local authority dwelling.
• Support older people living in poor housing conditions to have necessary repairs or improvements.
• Expand existing Care and Repair Schemes and pilot the Trusted Tradesmen programme in one area of the county.

(Full list of actions see page 42)
Key Outcome

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

Why Transport is Important

The impact of transport on the quality of life of older people cannot be stressed enough. Access to inclusive public transport can help older people to avail of goods, services, employment and other activities, as well as being a passport to independent living and full participation in society. In general where services are centralised or closed, older people are often those most affected. Access to safe, flexible and accessible transport options is a key factor in older people’s ability to remain independent and to actively participate in their community. One of the most common causes of social isolation is limited access to transport and recent studies.

What we want to achieve

- To promote the recognition that transport is an essential part of older people’s lives and ensure this is recognised and prioritised at local and national level.
- A greater understanding of the possibilities of providing affordable and accessible transport options for older people to support community participation and a more coordinated approach to the use of current transport resource.
- A greater equity of services in terms of accessing transport in rural areas in the County and an ambition that older people living in rural communities will be less disadvantaged when accessing services.
The Voice of Our Older People
What You Asked Us To Prioritise

Some Of Our Commitments

- Examine the feasibility & provision of additional bus stops and shelters for the County.
- Identify gaps in rural transport provision and introduce new routes where possible.
- Map existing transport resources to expand use in the wider community.
- Roll out an awareness campaign on transport already available in the County.
- Establish the level of transport need for those not attending hospitals and day-care centre appointments or services.
- Examine the possibility of expanding the Social Car Scheme.
- Deliver Age Friendly driver training to all drivers along the RTU routes as well as those engaged with the social car scheme.

(Full list of actions Page 43)
**Theme 4  Safety and Security**

**Key Outcome**

*Older people feel, and are, safe in their homes and communities.*

**Why Safety is Important**

For many older people the decision to age in their own community, and thus enjoy healthy ageing, depends on whether they feel safe and secure at home and out and about.

**What We Want to Achieve**

- Older people are able to live in a safe and secure environment and receive the necessary support when they can no longer live independently.
- A community that works together to provide an environment where all people, regardless of where they live can age positively.

St. Asicus Day Care Centre Outing
The Voice of Our Older Adults
What you asked us to prioritise

Some Of Our Commitments

• Develop a station/district register of older people (with consent) as a means of supporting engagement by community Gardai.
• Roll out an awareness raising programme on personal alarms and pendants: how to get them and how to use them.
• Explore the possibility of establishing a number of Community Policing Clinics in existing buildings/meeting places for older people, giving priority to areas where a station has closed.
• Develop neighbourhood watch programmes and community alert initiatives in areas where they do not exist and encourage older people to participate in new and existing schemes.
• Roll out text alert programme to all areas in the county.
• Pilot the roll out of the Crime Prevention Ambassadors programme in one area of the county.
• Develop a Crime Prevention and safety checklist for older people.
• Deliver crime prevention training to all RSS and Tus workers and encourage them to be vigilant when working out in the community.

(Full list of actions see page 45)
Key Outcome

**Older people lead healthy and active lives for longer.**

Why Healthy Ageing is Important

Healthy ageing and social care ranges from nutrition and physical activity interventions for seniors to actions dedicated to promote independent living and tackle social exclusion and loneliness.

Community supports and health services matter. They ultimately determine whether healthcare is available, and availed of, in an efficient and effective way in the towns and villages across the county. Such supports and services organise and deliver healthcare at the ground level through private and public healthcare professionals and through public, private, and non-profit healthcare facilities.

The achievement of positive healthcare outcomes in any village or town is linked to the quality of the community in that village or town. There must be people who are willing: to work together to support local enterprise; to lobby local representatives on healthcare issues and agendas; to develop and defend healthy environments and facilities; to ensure a range of public and social activities. Without such community involvement towns and villages are simply places where people live.

Healthy Ageing is also about thinking beyond the traditional healthcare focus and recognising that social conditions have a huge impact on public health. Loneliness among older people is a significant public health challenge and several studies have identified the extent of loneliness among older people in Ireland, for example Golden et al (2009) in a study of over 1200 people found that 35% of people over the age of 65 years living in their own homes in Dublin were lonely.
International evidence has shown that loneliness is linked to depression, disturbed sleep and an increased risk of clinical dementia in later life. It also increases the risk of heart disease, accelerates the process of ageing and is associated with increased mortality.

What We Want to Achieve

- Promotion of the importance of Positive Ageing through a healthy lifestyle, leisure and recreation and to ensure that older people are able to continue to learn and make the most of their talents.
- The creation of communities where older people can enjoy a satisfying life and ensure ageing is a positive experience, regardless of gender, age, culture or ability.
- To improve how we allocate our services and resources to ensure that older people living in isolated and sparsely populated rural communities are not disadvantaged when accessing services and to celebrate ageing and create positive attitudes across society to ageing and older people.

Harvest Gathering Event 2015
Organised by An Garda Síochána
The Voice of Our Older People
What you asked us to prioritise

Some Of Our Commitments

• Create awareness of health promotions and roll out a series of health promotion workshops
• Explore the possibility of engaging with Community Groups for the delivery of meals on wheels.
• Identify a programme of sporting opportunities targeting older people.
• Support networking opportunities between older peoples groups and other community groups.
• Continue to support and source funding for physical activities for older people (e.g. “Go For Life”).
• Raise the awareness across generations for the need for incorporating health and wellbeing into all aspects of life and encourage physical activity as an inherent part of life, not just a targeted activity.
• Develop and encourage more physical opportunities for older people, particularly older men.
• Explore opportunity for Social Prescribing programme.
• Work with nursing homes in the county to start up new and engaging social activity programmes.
• Create awareness of health promotions and roll out a series of health promotion workshops on common ailments relevant to older people (e.g. heart attack or stroke).

(Full list of actions see page 47)
**Theme 6  Respect and Social Inclusion**

**Key Outcome**

*Older people are truly valued and respected.*  
*Older People participate in social, economic and public life.*

**Why Inclusion is Important**

Social inclusion is a key dynamic in society that has a positive impact on healthy active ageing. Social exclusion refers not only to economic poverty, but also refers to the process of marginalisation as a result of which individuals, groups and minorities are excluded from or only marginally involved in various aspects of social and community life (Shaw, Dorling & Smith, 1999). Social exclusion can also arise from employment practices, barriers to education and various forms of stereotyping such as ageism which lead to inter-generational mis-understandings.

There are many negative health outcomes associated with social exclusion. For example, the World Health Organisation stated that social exclusion is not only socially and psychologically damaging but is materially costly and harmful to health (World Health Organisation, 2003).

As our population ages and enjoys longer periods of good health, it is essential that they remain active and connected to their communities. Many older people make valuable contributions in their communities through their voluntary work. Volunteering is one of the ways people participate in their communities, develop social networks and contribute to society.

**What We Want to Achieve**

- To promote increased respect and recognition of older people, value their knowledge, skills and wisdom, and acknowledge the valuable contributions they make to family and communities.
• More opportunities for personal growth and community participation for older people and recognition across the wider society of the valuable contribution they make to our communities.
• Enhanced awareness and increased engagement with the Age Friendly programme in Roscommon
• The recognition of ageing as a positive experience across society, regardless of gender, age, culture or ability.
• To create mutual value and respect across generations.
• To enable older people to participate in the community in the ways they choose and their participation is valued and respected by others.

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

Theodore Roosevelt
The Voice of Our Older Adults
What you asked us to prioritise

Some Of Our Commitments

• Prioritise the development of real intergenerational initiatives which harness the expertise from across the generations to make Roscommon a county for all ages.
• Work with a local school to look at the creation of an Age Friendly Module under Transition Year Programme.
• Support Community Groups to encourage more involvement of disengaged older people.
• Support the OPC to map the skills and experiences of the members of community groups across the county and to develop a skills swop programme that allows groups to learn from each other and develop stronger relationships.
• Support and promote the Bealtaine Festival annually and increase the number of groups and individuals taking part in the programme.
• Establish a working group to promote a coordinated approach to volunteering opportunities among older people.
• Attempt a media piece around current informal volunteering of older people, the contribution they make to society and how without them many charity and religious organisations would cease to exist.
• Conduct a mapping exercise of all available community spaces, including indicative costs, availability, suitability and contact details and make this available across the community to encourage increased usage and support the development of new interest groups.

(Full list of actions see page 49)
Theme 7  Information and Communication

Key Outcome

**Older people have the information they need to live full lives.**

Why Information is Important

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

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

What we want to achieve

- An Age Friendly strategy for County Roscommon which ensures that the priorities and ambitions of all key groups, particularly older people and their organisations are reflected strongly and which sets out real and achievable opportunities for change.
- To build support and interest among older people and other stakeholders in the age friendly programme and to equip people with the information they need to affect real change in their communities.
Some Of Our Commitments

- All agencies on the Age Friendly Strategy working group to carry out a mapping exercise on all services provided to older people in the county and submit their findings to Anita Kenny, Roscommon County Council to compile the data.
- Roscommon County Council will encourage the adoption of the Age Friendly Library recommendations to ensure that library services continue to appeal to all community members and to enhance their opportunity for supporting older people to access information and complete relevant online services.
- Review all priority publications, service information and application forms to ensure they are age friendly and compliant with NALA guidelines.
- Consider the possibility of holding an annual showcase and information dissemination event for older people in which agencies and service providers promote a range of social, recreational and educational opportunities available throughout the County.
- Produce an age-friendly guide to inform service providers on barriers facing older people.
- Develop and distribute a booklet on services and supports available for older people in Roscommon.

(Full list of actions see 51)
Monitoring, Implementation and Review

An important part of the County Roscommon Age Friendly Strategy is the monitoring and reporting mechanisms that support the co-ordinated approach to positive ageing and ensure continued assessment. The Roscommon Older Peoples Council will be an inherent part of this monitoring process and will have the opportunity at alliance level to challenge organisations heads if commitments are not being carried through.

In addition to monitoring progress on actions, a report will be published on a quarterly basis and submitted to the Alliance Group and the LCDC on the situation of older people and on age friendly in the County. These reports will not only provide a valuable summary of the situation of older people in County Roscommon, but will also help to identify issues requiring action as part of an ongoing Age Friendly Strategy. We would encourage all older people in Roscommon, who identify an issue that is impacting the health and wellbeing of people as they age to use the structure of the Roscommon Older Peoples Council to raise the issue and inform the development of this strategy going forward.

Going Forward: Critical Success Factors

Achieving our vision depends on the involvement of a number of different agencies. Everyone has a part to play. The success of this Age Friendly Strategy will depend on everyone working together.

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

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

For more information on the Age Friendly Programme in Roscommon or to get involved, please contact the Social Inclusion Unit, Roscommon County Council

Email: akenny@roscommoncoco.ie ~ Tel: 090 6637359
Appendix 1

List of Acronyms

<table>
<thead>
<tr>
<th>Acronym</th>
<th>Full Form</th>
</tr>
</thead>
<tbody>
<tr>
<td>WHO</td>
<td>World Health Organisations</td>
</tr>
<tr>
<td>RCC</td>
<td>Roscommon County Council</td>
</tr>
<tr>
<td>HSE</td>
<td>Health Service Executive</td>
</tr>
<tr>
<td>GRETB</td>
<td>Galway and Roscommon Education &amp; Training Board</td>
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<tr>
<td>RLP</td>
<td>Roscommon Leader Partnership</td>
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<tr>
<td>DSP</td>
<td>Department of Social Protection</td>
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<tr>
<td>RSP</td>
<td>Roscommon Sports Partnership</td>
</tr>
<tr>
<td>CIS</td>
<td>Citizens Information Service</td>
</tr>
<tr>
<td>OPC</td>
<td>Older Peoples Council</td>
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<tr>
<td>AG</td>
<td>Alliance Group</td>
</tr>
<tr>
<td>RCDB</td>
<td>Roscommon County Development Board</td>
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<tr>
<td>LCDC</td>
<td>Local Community Development Committee</td>
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<tr>
<td>EU</td>
<td>European Union</td>
</tr>
<tr>
<td>ARA</td>
<td>Active Retirement Association</td>
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<td>ICA</td>
<td>Irish Country Women’s Association</td>
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<tr>
<td>PPN</td>
<td>Public Participation Network</td>
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<td>JPC</td>
<td>Joint Policing Committee</td>
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<tr>
<td>NALA</td>
<td>National Adult Literacy Agency</td>
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<tr>
<td>CIS</td>
<td>Citizens Information Service</td>
</tr>
<tr>
<td>BOC</td>
<td>Brothers of Charity Services, Roscommon</td>
</tr>
<tr>
<td>AGS</td>
<td>An Garda Siochána</td>
</tr>
<tr>
<td>MNT</td>
<td>Muintir na Tire</td>
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<tr>
<td>AFI</td>
<td>Age Friendly Ireland</td>
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<tr>
<td>AFS</td>
<td>Age Friendly Strategy</td>
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<tr>
<td>LECP</td>
<td>Local Economic and Community Plan</td>
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</tbody>
</table>
## Theme 1: Outdoor Spaces and Buildings

<table>
<thead>
<tr>
<th>No.</th>
<th>Action</th>
<th>Lead/Reporting Agency</th>
<th>Partner Agency</th>
<th>Timeline</th>
<th>Measurable</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.1</td>
<td>Ensure an age friendly/accessible approach is embedded within the County Development Plan, Local Area Plans, all town and village enhancement programmes and plans and outdoor recreations spaces within Roscommon Co. Council.</td>
<td>RCC</td>
<td>OPC/RLP</td>
<td></td>
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</tr>
<tr>
<td>1.2</td>
<td>Roscommon County Council will host a regional planning event in partnership with AFI to explore opportunities around Age Friendly Housing Research and the application of the principles from the Centre of Excellence in Universal Design into the design of the public realm to build smarter communities for all.</td>
<td>RCC</td>
<td>OPC/RLP AFI</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1.3</td>
<td>Ensure that the Roscommon OPC is consulted in all future development plans and local area plans and is given the real opportunity to have an influence.</td>
<td>RCC</td>
<td>OPC RLP</td>
<td></td>
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</tr>
<tr>
<td>1.4</td>
<td>We will work with businesses to incorporate age friendly seating along footpaths and pavements.</td>
<td>RCC</td>
<td>Roscommon Chamber of Commerce</td>
<td></td>
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<tr>
<td>1.5</td>
<td>We will support communities to assess the walkability of their own towns and will use this information to influence the allocation of future maintenance budgets if and when they become available.</td>
<td>RCC</td>
<td>OPC AFI</td>
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</tr>
<tr>
<td>1.6</td>
<td>We will work with the Roscommon OPC to assess the need for additional pedestrian crossing points.</td>
<td>RCC</td>
<td>OPC/RLP</td>
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<tr>
<td>1.7</td>
<td>As an alliance we will work with RSS, TUS, Tidy Towns and Men’s Sheds across the county to look at opportunities for building necessary seating and shelters, particularly at public transport stops.</td>
<td>RLP</td>
<td>OPC RCC CIE</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
1.8 We will work with businesses in County Roscommon to increase access to toilets in towns, where resources for additional public toilets are not available. **All Agencies**

1.9 Pilot the Age Friendly Town Programme in one area in the County. **RCC**

1.10 In all future regeneration projects, especially those involving new capital works, Roscommon County Council will show due regard to Age Friendly planning principles and will incorporate where possible. **RCC**

**Intergenerational Project - Castlerea Community School**
## Action Plan for County Roscommon Age Friendly Strategy 2016-2020

### Theme 2: Housing and Home

<table>
<thead>
<tr>
<th>No.</th>
<th>Action</th>
<th>Lead/Reporting Agency</th>
<th>Partner Agency</th>
<th>Timeline</th>
<th>Measurable</th>
</tr>
</thead>
<tbody>
<tr>
<td>2.1</td>
<td>Explore the possibility within the HSE of expanding services provided to older people in its Primary Care settings, which will include specialist clinics/programmes to avoid or reduce the need for acute inpatient treatment for older people and support older people to live at home longer.</td>
<td>HSE</td>
<td>RCC, OPC/RLP</td>
<td></td>
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</tr>
<tr>
<td>2.2</td>
<td>Roscommon County Council, through its Housing Liaison Officer, will liaise with older tenants where on-going support may be required following an allocation of a local authority dwelling.</td>
<td>RCC</td>
<td>HSE, DSP, OPC/RLP</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2.3</td>
<td>Roscommon County Council will continue to assist older people living in poor housing conditions to have necessary repairs or improvements carried out through the annual Housing Aid for Older People Grant Scheme subject to applicants meeting the eligibility criteria under the scheme and also subject to the availability of funding.</td>
<td>RCC</td>
<td>OPC, HSE, DSP, CIS, RLP</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2.4</td>
<td>Establish the level of need throughout the County for extra home help in relation to maintenance and repairs through a survey conducted by the ambassadorship/daycare centre programme.</td>
<td>CIS</td>
<td>OPC, BOC, RCC, RLP</td>
<td></td>
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<tr>
<td>2.5</td>
<td>Explore opportunities for the roll out of both a care and repair programme as well as the complementary Trusted Tradesman Programme as developed by AFI with a view to piloting the programme in one area of the county.</td>
<td>RCC</td>
<td>OPC/RLP, AGS, AFI, DSP</td>
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<tr>
<td>2.6</td>
<td>Roscommon County Council, in the retrofit of existing properties and the development of new housing stock, will show due regard to the findings of the AF Housing Research Programme.</td>
<td>RCC</td>
<td>AFI, RLP, Housing Associations</td>
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</table>
### Theme 3: Transportation

<table>
<thead>
<tr>
<th>No.</th>
<th>Action</th>
<th>Lead/Reporting Agency</th>
<th>Partner Agency</th>
<th>Timeline</th>
<th>Measurable</th>
</tr>
</thead>
<tbody>
<tr>
<td>3.1</td>
<td>Initiate consultations with transport providers to examine the feasibility &amp; provision of additional bus stops and shelters for the County.</td>
<td>RCC</td>
<td>RCC, Local Link SLR, TCU</td>
<td></td>
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<tr>
<td>3.2</td>
<td>Support the Roscommon Rural Transport Forum, Transport Providers and other relevant transport companies to identify gaps in rural transport provision and provide recommendations to Local Link Sligo Leitrim and Roscommon TCU and other transport companies where necessary.</td>
<td>RCC</td>
<td>RCC, Local Link SLR, TCU, RLP</td>
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<tr>
<td>3.3</td>
<td>Investigate the potential of maximising existing transport resources for use in the wider community through design of a number of key transport routes which connect isolated rural dwellers with the mainstream of community activity in County Roscommon.</td>
<td>RCC</td>
<td>RCC, Local Link SLR, TCU, AFS Working Group</td>
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</tr>
<tr>
<td>3.4</td>
<td>Roll out an awareness campaign on transport already available in the County.</td>
<td>RCC</td>
<td>RCC, Local Link SLR, TCU, AFS Working Group</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3.5</td>
<td>Assist and support Local Link Sligo, Leitrim &amp; Roscommon to consult directly with the Older Persons Council to ensure collaboration and communication are central to future planning in County Roscommon.</td>
<td>RLP</td>
<td>RCC, Local Link SLR, TCU, OPC/RLP</td>
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</tr>
<tr>
<td>3.6</td>
<td>Examine the possibility of expanding the Social Car Scheme into other prioritised areas in the County.</td>
<td>RLP</td>
<td>OPC, Local Link SLR, TCU, HSE, DSP, RCC, AGS</td>
<td></td>
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<tr>
<td>3.7</td>
<td>Deliver Age Friendly driver training to all drivers along the RTU routes as well as those engaged with the social car scheme.</td>
<td>Local Link SLR, TCU, RLP</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
3.8 (a) Promote and support the development of an integrated approach to transport delivery between the HSE and Local Link Sligo Leitrim and Roscommon in order to address DNA at Clinics and hospitals in the HSE Region.

b) Establish the level of transport need for those not attending hospitals and day-care centre appointments or services and adopt an integrated approach to the design and delivery of transport services to meet that identified need in County Roscommon.

<table>
<thead>
<tr>
<th>RLP/HSE Local Link SLR TCU</th>
<th>All agencies</th>
</tr>
</thead>
</table>

### Action Plan for County Roscommon
#### Age Friendly Strategy 2016-2020

**Theme 4: Safety and Security**

<table>
<thead>
<tr>
<th>No.</th>
<th>Action</th>
<th>Lead/Reporting Agency</th>
<th>Partner Agency</th>
<th>Timeline</th>
<th>Measurable</th>
</tr>
</thead>
<tbody>
<tr>
<td>4.1</td>
<td>Develop a station/district register of older people (with consent) as a means of supporting engagement by community Gardai.</td>
<td>AGS</td>
<td>All Agencies</td>
<td></td>
<td></td>
</tr>
<tr>
<td>4.2</td>
<td>Awareness raising programme on personal alarms and pendants: how to get them and how to use them.</td>
<td>AGS/MNT</td>
<td>Community Alert OPC/RLP</td>
<td></td>
<td></td>
</tr>
<tr>
<td>4.3</td>
<td>Explore the possibility of establishing a number of Community Policing Clinics in existing buildings/meeting places for older people, giving priority to areas where a station has closed.</td>
<td>AGS</td>
<td>OPC/RLP MNT</td>
<td></td>
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</tr>
<tr>
<td>4.4</td>
<td>Establish a system of contact between local community groups and community Gardai service (For example, text alert service).</td>
<td>AGS</td>
<td>OPC/RLP PPN</td>
<td></td>
<td></td>
</tr>
<tr>
<td>4.5</td>
<td>Community Gardai will be more visible in the community and continue to give advice to Older Persons Groups and community activists regarding security and safety in the home and will endeavour to link in with the Community Education Programme through Roscommon CIS.</td>
<td>AGS</td>
<td>OPC/RLP CIS RLP MNT</td>
<td></td>
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</tr>
<tr>
<td>4.6</td>
<td>Community Gardai will continue to share information on safety and security through Muintir Na Tire and Community Alert Schemes.</td>
<td>AGS</td>
<td>OPC/RLP MNT</td>
<td></td>
<td></td>
</tr>
<tr>
<td>4.7</td>
<td>Develop neighbourhood watch programmes and community alert initiatives in areas where they do not exist and encourage older people to participate in new and existing schemes.</td>
<td>AGS/MNT</td>
<td>RCC OPC RLP</td>
<td></td>
<td></td>
</tr>
<tr>
<td>4.8</td>
<td>Roll out text alert programme to all areas in the County.</td>
<td>AGS/MNT</td>
<td>OPC/RLP</td>
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<tr>
<td></td>
<td>Work with the County Roscommon Joint Policing Committee to address issues of safety and security in relation to older people.</td>
<td>JPC/RCC</td>
<td>OPC/RLP</td>
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<tr>
<td>4.10</td>
<td>Pilot the roll out of the Crime Prevention Ambassadors programme in one area of the county.</td>
<td>AGS</td>
<td>All Agencies</td>
<td></td>
<td></td>
</tr>
<tr>
<td>4.11</td>
<td>Explore opportunities for the roll out of both a care and repair programme as well as the complementary Trusted Tradesman Programme as developed by AFI.</td>
<td>RLP</td>
<td>AFI AGS</td>
<td></td>
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</tr>
<tr>
<td>4.12</td>
<td>The Gardai will develop a Crime Prevention and safety checklist for older people.</td>
<td>AGS</td>
<td>AFI</td>
<td></td>
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</tr>
<tr>
<td>4.13</td>
<td>RLP will deliver crime prevention training to all RSS and Tus workers and encourage them to be vigilant when working out in the community.</td>
<td>RLP</td>
<td>AFI AGS</td>
<td></td>
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</tbody>
</table>

Activity Day with Roscommon Sports Partnership
### Action Plan for County Roscommon Age Friendly Strategy 2016-2020

#### Theme 5: Healthy Ageing; Community Supports, Recreation and Health Services

<table>
<thead>
<tr>
<th>No.</th>
<th>Action</th>
<th>Lead/Reporting Agency</th>
<th>Partner Agency</th>
<th>Timeline</th>
<th>Measurable</th>
</tr>
</thead>
<tbody>
<tr>
<td>5.1</td>
<td>Create awareness of health promotions and roll out a series of health promotion workshops on common ailments relevant to older people (e.g. heart attack or stroke).</td>
<td>HSE</td>
<td>OPC/RLP</td>
<td></td>
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</tr>
<tr>
<td>5.2</td>
<td>Explore the possibility of engaging with Community Groups for the delivery of meals on wheels.</td>
<td>RCC/PPN</td>
<td>OPC RLP PPN HSE</td>
<td></td>
<td></td>
</tr>
<tr>
<td>5.3</td>
<td>Identify a programme of sporting opportunities targeting older people.</td>
<td>RSP</td>
<td>OPC/RLP</td>
<td></td>
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</tr>
<tr>
<td>5.4</td>
<td>Support networking opportunities between older peoples groups and other community groups</td>
<td>RLP</td>
<td>AFS Working Group</td>
<td></td>
<td></td>
</tr>
<tr>
<td>5.5</td>
<td>Continue to support and source funding for physical activities for older people (e.g. “Go For Life”).</td>
<td>RSP</td>
<td>RCC RLP OPC BOC</td>
<td></td>
<td></td>
</tr>
<tr>
<td>5.6</td>
<td>Raise the awareness across generations for the need for incorporating health and wellbeing into all aspects of life and encourage physical activity as an inherent part of life, not just a targeted activity.</td>
<td>All agencies</td>
<td>OPC</td>
<td></td>
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<tr>
<td>5.7</td>
<td>Develop and encourage more physical opportunities for Older People, particularly older men.</td>
<td>RSP</td>
<td>OPC RCC RLP BOC</td>
<td></td>
<td></td>
</tr>
<tr>
<td>5.8</td>
<td>Explore opportunity for Social Prescribing programme.</td>
<td>HSE</td>
<td>OPC/RLP</td>
<td></td>
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<tr>
<td>5.9</td>
<td>Will incorporate WHO Age Friendly Primary Health care principles into new and existing services.</td>
<td>HSE</td>
<td>OPC/RLP</td>
<td></td>
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</tr>
<tr>
<td>5.10</td>
<td>The OPC will work with one nursing home in the county to start to introduce social activity programmes such as Cocktails in Care Homes which allows residents to experience the ‘after work drinks’ norm that so many of us in mainstream society enjoy.</td>
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</tbody>
</table>

**RLP/OPC**

**Nursing Home Volunteer centre**

Intergenerational Project - Castlerea Community School
# Action Plan for County Roscommon Age Friendly Strategy 2016-2020

## Theme 6: Respect and Social Inclusion

<table>
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<tr>
<th>No.</th>
<th>Action</th>
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<th>Timeline</th>
<th>Measurable</th>
</tr>
</thead>
<tbody>
<tr>
<td>6.1</td>
<td>Prioritise the development of real intergenerational initiatives which harness the expertise from across the generations to make Roscommon a county for all ages. Work with a local school to look at the creation of an Age Friendly Module under Transition Year Programme.</td>
<td>All Agencies</td>
<td>OPC/RPL</td>
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<tr>
<td>6.2</td>
<td>Support Community Groups to encourage more involvement of disengaged older people.</td>
<td>All Agencies</td>
<td>AFS Working Group PPN BOC</td>
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<td>6.3</td>
<td>Support the OPC to map the skills and experiences of the members of community groups across the county and to develop a skills swap programme that allows groups to learn from each other and develop stronger relationships.</td>
<td>OPC/RLP</td>
<td>All agencies PPN</td>
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<td>6.4</td>
<td>Support and promote the Bealtaine Festival annually and increase the number of groups and individuals taking part in the programme.</td>
<td>RCC</td>
<td>All Agencies OPC</td>
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<td>6.5</td>
<td>Establish a working group to promote a coordinated approach to volunteering opportunities among older people. Attempt a media piece around current informal volunteering of older people, the contribution they make to society and how without them many charity and religious organizations would cease to exist.</td>
<td>CIS/RLP</td>
<td>BOC RLP OPC</td>
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<td></td>
<td>Conduct a mapping exercise of all available community spaces, including indicative costs, availability, suitability and contact details and make this available across the community to encourage increased usage and support the development of new interest groups.</td>
<td>RCC</td>
<td>All Agencies</td>
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<td>6.7</td>
<td>Members of the alliance will work together to coordinate our activity calendar to ensure that opportunities for social interaction are available throughout the year and not clustered around specific holidays. This will also facilitate in the provision of transport if necessary. It is our intention that each organization will lead out on at least one event per year.</td>
<td>All agencies</td>
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<tr>
<td>6.8</td>
<td>The OPC will work with key organisations to develop a plan for consulting and engaging with the hard to reach and enhancing their opportunity to influence change in their county.</td>
<td>RLP/OPC</td>
<td>PPN</td>
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<td>6.9</td>
<td>Host an awareness raising event about loneliness and the impact on physical and mental health and work with community, voluntary and sporting groups to encourage them to reach out to all people in the community who might be experiencing loneliness.</td>
<td>All agencies</td>
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</tbody>
</table>
| 6.10 | Pilot the roll out of the Age Friendly Business Forum. | RCC | LEO  
RLP  
OPC |
| 6.11 | To enhance any state funded programme (UNHCR or EU initiative), explore the possibility of designing a programme which will include older people volunteering to support program refugees, through an ambassadorship/welcome programme to cover information, advice and advocacy support and resettlement issues. | CIS | AFS Working Group |
| 6.12 | Roscommon Co. Council, Community & Enterprise Department will continue to support community initiatives for older people through links with the members of the Local Community Development Committee. | RCC | All Agencies |
### Theme 7: Information and Communication

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<thead>
<tr>
<th>No.</th>
<th>Action</th>
<th>Lead/Reporting Agency</th>
<th>Partner Agency</th>
<th>Timeline</th>
<th>Measurable</th>
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</thead>
<tbody>
<tr>
<td>7.1</td>
<td>The Older People’s Council and Age Friendly working group members will work together to identify and use a variety of communication methods to reach all.</td>
<td>OPC/AFS Working Group</td>
<td>All Agencies</td>
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<tr>
<td>7.2</td>
<td>Age and Opportunity will support the development of the OPC and will equip them with the necessary knowledge and training to begin to influence change through the Age Friendly programme.</td>
<td>A&amp;O</td>
<td>OPC RLP</td>
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<td>7.3</td>
<td>Continue to offer and promote IT training, education grants and information on courses to interested older peoples groups and ensure the training is adapted to suit the real needs of older people.</td>
<td>GRETB</td>
<td>All Agencies</td>
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<td>7.4</td>
<td>Promote and create awareness of Citizens Information Services, together with other relevant services and supports which will enhance the quality of life of older people, including information on Civil and social rights and entitlements, Friendly Call Service, Falls Prevention and Care and Assist Service.</td>
<td>CIS/RLP</td>
<td>All Agencies</td>
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<tr>
<td>7.5</td>
<td>Alliance members will work with the OPC to review all priority publications, service information and application forms to ensure they are age friendly and compliant with NALA guidelines.</td>
<td>All Agencies</td>
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<td>7.6</td>
<td>Consider the possibility of holding an annual showcase and information dissemination event for older people in which agencies and service providers promote a range of social, recreational and educational opportunities available throughout the County.</td>
<td>RCC/RLP</td>
<td>All Agencies</td>
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<td>7.7</td>
<td>Produce an age-friendly guide to inform service providers on barriers facing older people.</td>
<td>RCC</td>
<td>All Agencies</td>
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<tr>
<td>7.8</td>
<td>Develop and distribute a booklet on services and supports available for older people in County Roscommon.</td>
<td>RCC</td>
<td>All Agencies</td>
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<td>7.9</td>
<td>The Older People’s Council will update and advise working group members on older people’s needs in the County.</td>
<td>RLP/OPC</td>
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<td>7.10</td>
<td>Promote an awareness of supports needed for older people in filling out forms.</td>
<td>RCC</td>
<td>All Agencies</td>
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<tr>
<td>7.11</td>
<td>Up skill and support older people to provide information to their peers.</td>
<td>RLP/CIS</td>
<td>All Agencies</td>
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<tr>
<td>7.12</td>
<td>All agencies on the Age Friendly Strategy working group to carry out a mapping exercise on all services provided to older people in the County and submit their findings to Anita Kenny, Roscommon County Council to compile the data.</td>
<td>RCC</td>
<td>AFS Working group</td>
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<td>7.13</td>
<td>RCC will encourage the adoption of the Age Friendly Library recommendations to ensure that library services continue to appeal to all community members and to enhance their opportunity for supporting older people to access information and complete relevant online services.</td>
<td>RCC</td>
<td>OPC</td>
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</tbody>
</table>
List of Partner Organisations

- Roscommon County Council
- Health Service Executive West
- Roscommon Leader Partnership
- County Roscommon Older Peoples Council
- Roscommon Sports Partnership
- Department of Social Protection
- Roscommon Citizens Information Service
- Brothers of Charity Services, Roscommon
- An Garda Síochána
- Galway and Roscommon Education & Training Board (Formerly Roscommon VEC)
- Age Friendly Ireland
- Sligo/Leitrim/Roscommon Transportation Coordination Unit (LocalLink)
- Muintir na Tire
Notes
County Roscommon Age Friendly Strategy
2016 - 2020