

# dlr Age Friendly Strategy 2016-2020 Annual Report 2018



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## Foreword

On behalf of the dlr Age Friendly Alliance, we are pleased to introduce our Annual Report for 2018. This report aims to provide a snapshot of the work and activities undertaken in 2018 throughout the County, in support of implementing the dlr Age Friendly Strategy 2016 – 2020.

The Age Friendly Strategy sets out our goals and actions, which aim to ensure that Dún Laoghaire-Rathdown is a great place in which to live, work and grow older.

2018 was another busy year, as you will see from this report, with further activities and events taking place throughout the County helping to ensure that older people in Dún Laoghaire-Rathdown *enjoy a good quality of life, in an age-friendly environment, and have the opportunity to be active and contribute to their community.*

The members of the Age Friendly Alliance have continued to work in a spirit of collaboration in order to implement the actions, and work to enhance the well-being and the overall quality of life of our older citizens.

Some achievements during 2018 have included the installation of two Tovertafels (Magic Tables), in both the dlr LexIcon and Deansgrange Libraries. The tables were the first to be introduced in the County and are designed to help those at a later stage in their dementia journey; the completion of new housing for older persons at Rochestown House, Sallynoggin (with phase 3 of this development providing a further 12 new one-bedroom and 2 two-bedroom homes; the development of the new Civic Hub in County Hall, where Age Friendly considerations were at the forefront of its design as a single point for all dlr customers' needs.

A range of other supports have been made available to help people live independently for longer, from housing adaptation grants to the free Care & Repair Service for over 65's to the Garda Mobile Support Service.

Community based initiatives continued to provide new opportunities for social engagement and combating loneliness such as Well Dance for Seniors, Annual Tea Dances and a Befriending Service which provided weekly visits to 61 older people in dlr in 2018, while having also recruited and trained 60 befriending volunteers.

A pilot Support Coordination Service, provided by ALONE with support from the Council and the HSE, commenced in 2017 to assist older people in accessing relevant services, with 416 older people having received support to date.

The HSE continued to support activities for people living with dementia and their carers. In October 2018 the Living Well with Dementia Consortium supported the Dementia Awareness Campaign hosting various events taking place throughout the County.

The Alliance wishes to acknowledge the commitment and leadership of the new Chairperson of the Alliance, Mr. Eugene Magee, and would like to thank the many stakeholders in Dún Laoghaire-Rathdown County for their on-going commitment and support.

The Alliance endeavours and looks forward to continuing their work in ensuring that Dún Laoghaire-Rathdown is a great place in which to live, work and grow older.

## About the dlr Age Friendly Strategy 2016-2020

In June 2013 Dún Laoghaire-Rathdown County Council signed the World Health Organisation Dublin Declaration on Age Friendly Cities and Counties. This means that Dún Laoghaire-Rathdown is now committed to working towards becoming an Age Friendly County. The publication of our Age Friendly Strategy and the establishment of our Age Friendly Alliance were the first steps towards delivering on that commitment.

Following comprehensive consultation sessions in 26 locations throughout the county, Dún Laoghaire-Rathdown County Council formally launched its Age Friendly Strategy on the 4<sup>th</sup> of May 2016.

The vision for the Age Friendly Strategy is that:

*"dlr will be renowned as a great place to live in and grow old in, where people enjoy a good quality of life, in an age-friendly accessible environment, and people have the opportunity to play an active role and contribute to the economic, social and cultural life of their community right throughout their lives."*

The following report sets out to provide updates surrounding the nine themes identified within the Strategy for 2018, which are listed below:

1. Outdoor spaces and Buildings
2. Transportation
3. Housing
4. Social Participation
5. Respect and Social Inclusion
6. Civic Participation and Employment
7. Communication & Information
8. Community Support & Health Services
9. Safety & Security



See link to the dlr Age Friendly Strategy 2016 -2020 below:

[http://www.dlrcoco.ie/sites/default/files/atoms/files/dun\\_laoghaire\\_rathdown\\_age\\_friendly\\_strategy\\_2016\\_-\\_2020.pdf](http://www.dlrcoco.ie/sites/default/files/atoms/files/dun_laoghaire_rathdown_age_friendly_strategy_2016_-_2020.pdf)

## **The dlr Age Friendly Alliance**

The dlr Age Friendly Alliance was set up in late 2014, with senior representation from key public service providers and service organisations, involved in the County, to lead the strategy development and implementation. The Alliance is made up of members representing the following organisations:

- An Garda Síochána
- Chamber of Commerce
- Dublin Bus
- Dublin & Dún Laoghaire Education and Training Board
- Dún Laoghaire-Rathdown County Council
- Health Service Executive
- Leopardstown Park Hospital
- Network of Older People
- Southside Partnership
- Southside Travellers Action Group
- University College Dublin

In 2018 the Age Friendly Alliance, with support from the Community Development and Social Inclusion Section, collaborated to deliver a range of actions across the nine Age Friendly themes set out in the Age Friendly Strategy. A number of initiatives were launched by dlr in 2018, with a view to delivering on the Actions identified in the Strategy.



## 1. Outdoor Spaces and Buildings

The overall objective of this theme is: *to make outdoor spaces and buildings pleasant, clean, accessible and safe for older people, creating walkable communities and age friendly spaces.*

Age Friendly considerations continue to be incorporated into all dlr Capital Projects while dlr progresses its footpath restoration programme which will continue into 2019.

Age Friendly Public Realm Training was provided to key dlr staff, in order to equip staff with the knowledge and skills to maximise the age friendliness of the physical environment, and to ensure effective planning for older people is adequately considered and addressed in housing policy.

New paths were provided through Cabinteely Park and through open spaces at Finsbury Park, Leopardstown Heights and Kerry Mount. These works continue into 2019 with paths being provided through open spaces at Leopardstown Avenue and Woodford. An increased number of benches, with back and arms, have been provided throughout the County.

### The Red Jetty Bench

This temporary seat offered a place for all ages to meet as well as rest during the summer months. This project was supported by DLR Parks and partly grant aided by Creative Ireland. "The Red Jetty" was displayed in various locations throughout the County during the year.



### Fernhill Park and Gardens

The restoration of Fernhill Park & Gardens in Stepaside is currently underway. Fernhill, a former substantial family residence on 34 hectares, will be developed into a high quality sustainable regional public park.

The Park sits on an elevated position overlooking Dublin Bay and will provide facilities for active recreation, play, paths with multiple seating/resting areas, community garden, woodland walks, gardens, ponds and wetlands, meadows, park tearooms, new sports building, roads and car parking.

This exciting new development will conserve the original gardens, woodlands and landscape heritage features and will include as its centrepiece the protected structure of Fernhill House. A Community Garden was also established at Fernhill during 2018.

The Park is open 7 days a week to pedestrians only, with a view to extending access as the project progresses.

### **Otranto Seaside Gardens**

Upgrade works at Otranto Seaside Gardens were completed and have led to a safer, more accessible and inclusive public park for the citizens of Sandycove and Glasthule and the wider users of the seafront.



### **Beach Wheelchair Service**

On the 12<sup>th</sup> of Jul 2018 Dún Laoghaire-Rathdown County Council introduced a Beach Wheelchair hire service at Killiney Beach. These wheelchairs allow visitors with disabilities or mobility restrictions to have easier access to, and enjoyment of our beaches.

The service is free of charge, but must be booked in advance.



## Dlr Civic Hub

In June 2018, the dlr Civic Hub was opened. The Civic Hub was developed to be a single point for all our customers' needs.

Age Friendly considerations were prioritised throughout, some of which included the following:

- Lower Counters for visitors using mobility aids
- Seating with strong back supports and arms for ease of use
- 8 Self-service Kiosks (Trained staff will be on hand to assist)
- Meeting Pods to allow for confidential conversations and form filling assistance



## **Tovertafels (Magic Tables)**

In 2018, dlr Libraries installed two Tovertafels (Magic Tables), one each in the dlr LexIcon and Deansgrange Library. The Tables consist of a series of interactive games projected onto a normal table. The images respond to hand and arm movements, allowing users to play with light. The tables which were the first to be introduced in the County are designed to help those at a later stage in their dementia journey.



Demonstrations and guidance on how to use the tables are provided and each is open to bookings from residential care homes and carers of those living with dementia. Feedback to date has been extremely positive with a lot of engagement from users.

## **Age Friendly Walkability Audits**

Age Friendly Walkability Audits were conducted within three estate management areas in 2018, with the remaining nine estate management areas audits due to take place in 2019.

The Walkability audits aim to examine and evaluate the walking environment in a given area. The audit's purpose is to "identify concerns for pedestrians related to the safety, access, comfort, and convenience" of the walking environment.

## 2. Transportation

The overall objective of this theme is: *to promote quality, safe, reliable, accessible transport services for all.*

### Safety Awareness

Dublin Bus is committed to providing all customers with a safe and comfortable public transport service. With the annual introduction of new, modern buses to their fleet, along with regular improvements to safety features.

Please see video link below which highlights the key areas to be mindful of when travelling by bus.

It also includes important messages for older people and customers with mobility needs, highlighting the features available on each Dublin Bus which can ensure you have a safe and comfortable journey.

Age Friendly Safety features include:

- Handrails in the lower and upper saloons of the bus
- Accessibility ramps
- The ability to lower buses to make it easier for people to get on and off

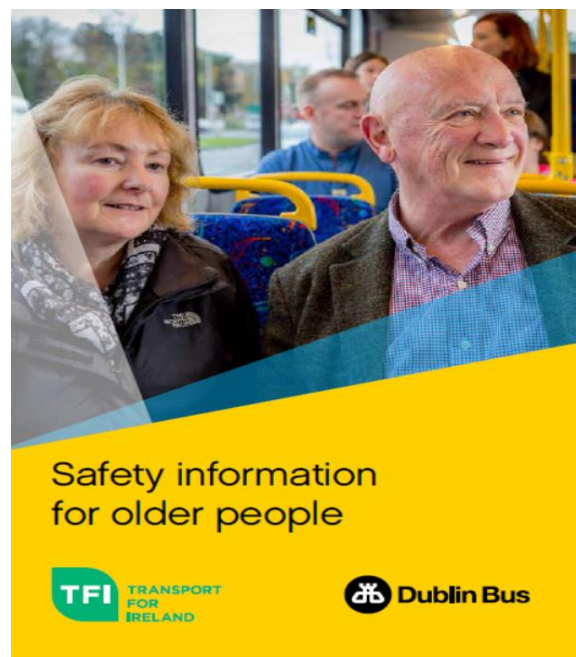
Link to safety video below:

[https://youtu.be/5V6ON\\_w2TZg](https://youtu.be/5V6ON_w2TZg)

Dublin Bus has also updated their Safety Information for Older People information booklet, which was also circulated via the dlr library service and the Network for Older People.

This contains information on:

- Free Travel using the Public Service Card
- Rollators
- Customers with vision impairment
- Customers with assistance dogs
- Customers using wheelchairs
- Travel Assistance Scheme
- Mobility Scooter Permit
- Real Time Information
- Bus Stops
- Getting off the bus-arriving at destinations
- Transport for all



Dublin Bus continued to provide the *Travel Assistance Scheme* on all routes throughout dlr.

The scheme is free to use and aims to help passengers to use public transport on their own.

An assistant will accompany the passenger on their required journey and give advice on planning a journey using Dublin bus, the DART or the Luas.

### **Bus Connects**

A process of public consultation on the BusConnects Dublin Area Bus Network Redesign took place during 2018.

Residents were invited to have their say on the proposed network redesign via an online survey or via written submission.

dlr assisted in promotion of the various information sessions held throughout the County prior to the closing date for submissions on the 28<sup>th</sup> of September 2018, while the Network for Older People encouraged members to make individual submissions where necessary.

### **Healthy Active Travel**

The Bleeper Bike pilot project was the first county-wide, station-less, bike-sharing scheme in Ireland. Following the completion of the pilot project in 2018, potential operators of a bike share scheme (to include the introduction of electric bikes) will be invited to apply for a Licence in early 2019.

The Bleeper Bike stationless bike share scheme pilot showed highest usage in Sandyford, Dundrum and UCD.

The Control of Stationless On-Street Bike Hire Bye Laws 2018 were approved in November 2018.







### **Car Share Scheme**

A pilot car share scheme run by GoCar in 2018 showed highest usage in Sandyford, Dundrum and Dún Laoghaire. Potential Operators of a car share scheme will be invited to apply for a Licence in early 2019.

### **Transport Assistance Grant**

The Network for Older People provides travel grants to their

member groups with the support of the Council. These grants are intended to support groups participating in excursions throughout the year. In 2018, 29 travel grants totalling €4,185.50 were provided to various Network affiliated groups.



### 3. Housing

The overall objective of this theme is: *to provide a more seamless and appropriate continuum of housing choice and options for older people.*

#### Accommodation

dlr is committed to supporting the delivery of quality housing accommodation for all of its citizens.

Construction of new social units and the refurbishment of existing units is a priority for the Council. The following homes, for the accommodation of older persons, were completed during 2018:

#### Phase 3 of Rochestown House:

12 one-bed units and 2 two-bed units.

Completed in 2018, Phase Three of Rochestown House, Sallynoggin provides a further 12 new one bedroom and 2 two-bedroom homes for older dlr residents.

The homes are built to the highest environmental standards, are bright and spacious with superb indoor air quality and low running costs.

These new homes have been designed in a variety of styles and are arranged around a courtyard with timber benches where residents can meet and socialise.



The Brambles,  
Park Close,  
Glenageary,  
10 one-bedroom dwellings

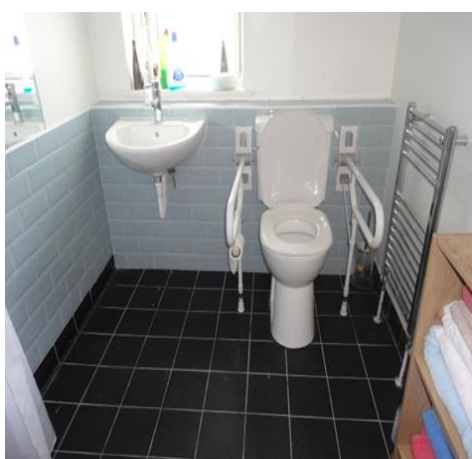


In addition, work continued on the construction of 21 one-bedroom dwellings at Broadford Rise, Ballinteer which are due for completion in 2019.



The County Council also completed alterations to its own housing stock for tenants who require adaptations or accessibility modifications to their homes to make them more suitable for their needs. In 2018, a total of 97 adaptations were completed, including 40 bathroom adaptations, nine ramps, 11 stair-lifts, two major extensions and 35 miscellaneous adaptations (e.g. doors widened, grab rails, 2<sup>nd</sup> bannister etc.) at an approximate total cost of €523,000.

In early 2016 DLR launched a campaign to actively encourage council tenants to consider downsizing to smaller more manageable units. 2018 was another positive year for the Council in its effort to encourage council tenants to downsize to smaller more manageable units. 19 people completed the downsizing process throughout the year. Further information regarding the downsizing campaign can be found via the following link: <https://www.youtube.com/watch?v=xFtqp5jNVao>



Private Home owners may apply to the Council for Adaptation Grants to accommodate older people or people with disabilities. Details of the scheme are available on the Councils website at [www.dlrcoco.ie](http://www.dlrcoco.ie). Up to end 2018, 117 Housing Adaptation Grants were approved to the value of €963,862. In addition, nine Mobility Aid grants were approved to value of €40,895 and 12 Housing Aid for Older People Grants for rewiring, roof repairs and installation of central heating (where none previously existed) were approved to the value of €56,787.

## Traveller Accommodation Unit

Three new permanent dwellings were provided at Bird Avenue, in accordance with the Traveller Accommodation Programme 2014 – 2018.

A programme of minor planned maintenance works was carried out on Traveller Specific housing during the year.

## Care & Repair Service

Southside Partnership dlr in association with Age Action Ireland offer a free care & repair service for over 65's living within Dún Laoghaire-Rathdown. Services included a garden tidy-up, replacing light bulbs, fitting door chains or smoke alarms, putting up shelves, moving furniture etc.

513 jobs were completed throughout dlr in 2018 while many more enquiries were received and 43 referrals made to external contactors (via Age Action Ireland's approved contractor list).



The flyer features the logos for Southside Partnership DLR (COMHPHARTOCHT AN DHEASBHAILE) and Age Action Ireland (For All Older People). The main title is 'Care & Repair'. Below the title are two photographs: one of an elderly woman and a man, and another of a person working on a door handle. The text asks 'Are you 65 years or over?' and describes the service as free, provided by Southside Partnership DLR in association with Age Action Ireland. It lists examples of tasks like garden tidy-up, replacing light bulbs, and fitting door chains. Contact information for the Ballybrack office is provided, including a phone number (01) 44 55 450 and an email address (careandrepair@spsship.ie). A disclaimer at the bottom states that there is no charge for the service and that voluntary donations are gratefully accepted to support the service. Logos for Tús, Pobal, and An Roinn Comhairle Éireann are also present.

**SOUTHSIDE PARTNERSHIP DLR**  
COMHPHARTOCHT AN DHEASBHAILE

**Age Action IRELAND**  
For All Older People

# Care & Repair

**Are you 65 years or over?**

Do you have a small repair job that you would like some help with?

**Southside Partnership DLR**, your local community development company, in association with **Age Action Ireland**, is pleased to announce a **free Care & Repair Service** in the Dun Laoghaire Rathdown area.

A suitable 'job' for us to help with is one that you expect will take up to two hours max. and might include a garden tidy-up, replacing light bulbs, fitting door chains or smoke alarms, putting up shelves or moving light pieces of furniture to another room.

Our staff will provide a helping hand with a variety of small tasks that an older person may find difficult.

To find out more please contact our Care & Repair office in **BALLYBRACK** on **(01) 44 55 450** or email us at: [careandrepair@spsship.ie](mailto:careandrepair@spsship.ie)

While there is no charge for this service, voluntary donations, no matter how small, are gratefully accepted. Any such donation will be used to purchase equipment and materials to support the service.

**Tús** **pobal** **An Roinn Comhairle Éireann**



## 4. Social Participation

The overall objective of this theme is: *to provide opportunities for older people to stay socially connected and to play an active part in social network.*

### **GOPA Tea Dances**

The GOPA (Garda Older Person's Association) Tea Dances for members of care facilities throughout dlr took place on the 13th and 15th of February in the Killiney Castle Hotel.

Entertainment on the day was provided by the Garda Band with afternoon tea being provided to all.



### **Street Feast**



dlr continued to support the Street Feast Festival, a national day of street parties celebrating neighbourhoods and local communities. The Feasts encourage neighbourhoods to engage with one another, support community engagement, participation and active citizenship throughout the County.

Over 75 street parties took place across the County on Sunday 10th June 2018, focusing on integration and intergenerational contacts. A selection of Street Feasts was documented through photography by IADT students with support from the Council. This was exhibited as part of the Festival of Inclusion.

### **Cuairt agus Cultúir**

At the end of 2018, dlr Libraries piloted a joint initiative with our colleagues in the Arts Office where library staff visited residents in Ashbury and Ferndean nursing homes. There, they engaged with residents through storytelling or reading aloud to them.

### **Dublin and Dún Laoghaire Education Training Board**

Dublin & Dún Laoghaire Education Training Board continues to deliver adult education outreach initiatives and promote participation of older people. In 2018 Dún Laoghaire & Dundrum Adult Education Service delivered a range of courses providing free and fee paying courses. OAP discounts continue to be available for the Fee paying courses.

The Adult Education Service provided a flexible delivery model aiming to ensure learners participated successfully. Programmes included: Computers, Art, CV Preparation, Yoga, Tracing Your Family Tree, Creative Writing, Mindfulness, Healthy Eating, Language Courses, Improving Your Reading, Writing Skills among others.

Courses were delivered in a range of locations and the majority were free and part time. Currently the youngest learner is 18 and the eldest learners are in their 90s which enforces belief in lifelong learning and social participation. DDLETB aims to build on 2018 and provide further courses in 2019.

The AES community outreach courses were held in partnership with multiple community partners providing courses within the local communities, developed according to the specific needs identified by the community groups.

In addition to providing courses open to the wider community promoting social participation, DDLETB Adult Education Service also allocated community education funding directly to numerous Active Retirement Groups providing a range of courses specifically aimed at their members.

## **Participation**

On Friday the 7<sup>th</sup> of September 2018 dlr hosted the Ruby Jubilee celebrations of the Dún Laoghaire Active Retirement Association – the first Irish Active Retirement Association – in County Hall with over 120 members and invited guests in attendance.



## **Men's Shed**

The Irish Men's Sheds Association was formed in in January 2011. The mission is to support the development of the burgeoning Men's Sheds movement throughout the island of Ireland. Men's Shed is a social men's shed that provides a safe and comfortable space for all men, regardless of age, ability or background.

As a grassroots organisation, they believe strongly in the autonomy of each individual shed, and strive for a future in which all men have the opportunity to maintain and improve their well-being on their own terms within their own communities.



In 2018, the Arts Office worked with Sandyford Men's Shed to facilitate two courses offering an introduction to Fine Woodworking funded through the HSE/Dún Laoghaire-Rathdown Arts and Health Partnership. The courses were run by Chaïm Factor of Hill Picket Studio and members from several Men's Sheds in Dún Laoghaire-Rathdown County participated.



In 2018 Glencullen Men's Shed affiliated with the Irish Men's Shed Association.

Men's Shed's operating throughout dlr in 2018 included:

- Dun Laoghaire Men's Shed
- Blackrock Community Garden and Men's Shed
- Sandyford Men's Shed
- LBS, Loughlinstown, Ballybrack & Shanganagh Men's Shed
- Nutgrove & Loreto Men's Shed
- Ballinteer Men's Shed
- Glencullen Men's Shed
- Southside Travellers Men's Shed

## **Musical Memories**

Deansgrange Library continued hosting the Musical Memories Choir, which is a choir aimed at older people with dementia and their carers/families. The choir meets in Deansgrange Library to sing, have a cup of tea and a chat.

**Age & Opportunity**

# Bealtaine Festival

## Bealtaine Festival

Bealtaine Festival events were held in May 2018, with a strong programme emphasis on Creativity.

Highlights of the dlr Libraries programme included:

- Silver Screen Cinema Club
- Fuss on the Bus theatre show
- Moving Skirts dance performance Use image
- Intergenerational Lego Workshop
- Creative writing course
- Bealtaine book club

## Poetry by the Pond

Monthly poetry meetings by the LexIcon pond continued in 2018. These gatherings encourage all those with a love of poetry to come together and read aloud their own work or a piece that is special to them.



## Nutgrove Arts Festival

dlr supported the Nutgrove Arts Festival entertainment evening for older residents of dlr on Monday 29<sup>th</sup> of October, bringing West End Star Chris Holland to the Nutgrove Shopping Centre for an entertainment evening celebrating the magic of the Musical.

## 5. Respect & Social Inclusion

The overall objective of this theme is: *to combat stereotypes, myths and negative views on ageing and prevent prejudice and discrimination against older people.*

### Southside Travellers Action Group

On the 11<sup>th</sup> October 2018, as part of the dlr Festival of Inclusion the LexIcon Library hosted: *“Travellers standing at the Crossroads”*. The event was developed in order to raise awareness and better understanding of traveller culture. This forum based event included audience participation while delegates lead discussions around areas of Traveller Culture, History, Ethnicity and Health.

### Befriending and Support Co-ordination

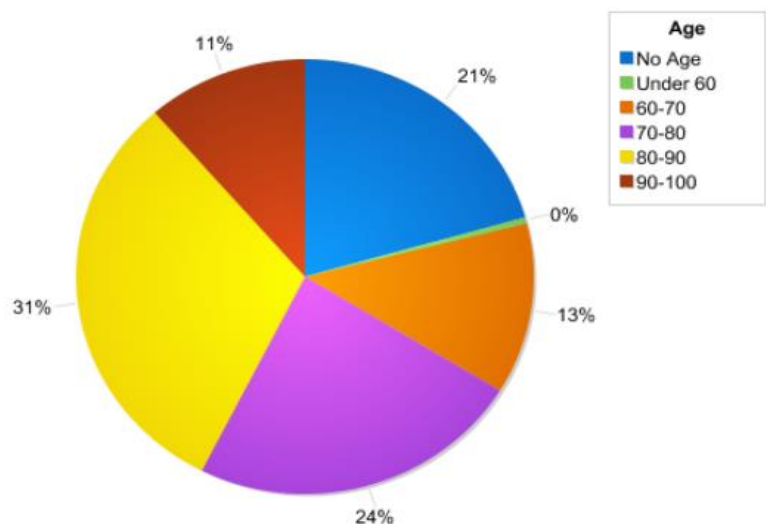
Dlr continued to support Befriending and Support services for older members of the community through the Community Grants scheme. In order to alleviate loneliness and isolation, *“Making Connections”* provided weekly visits to 61 older people in dlr in 2018, with 60 befriending volunteers recruited and trained.

An additional 10 dlr based volunteer roles were created during 2018 which included back office, community outreach and campaign committee roles. A successful awareness campaign took place during October 2018 highlighting the negative effects of loneliness and isolation.

Throughout 2018, a Support Coordination Service pilot continued to be provided by ALONE with support from the Council and the HSE to older people, helping them to access services.

With 416 older people having received support to date.

The pilot also identified that the key age group engaged with was the 70-90 age group, accounting for 55% of those supported, with the oldest person to avail of the scheme being 97 years old.



## dlr Festival of Inclusion

The 2018 Festival of Inclusion took place between the 5<sup>th</sup> and the 13<sup>th</sup> of October, with over 70 events taking place across the County.

The Festival aims to ensure that various Age Friendly Themed Events are taking place throughout the County.

Some of the Age Friendly themed events during 2018 Festival included:



- A Connected County: Conversations on tackling loneliness in DLR (dlr Public Participation Network)
- Safety & Security of Older People Workshops
- BIG SING Diversity Fashion Show
- Dementia Awareness Event Talk/Training
- Sharing Culture and Traditions (Dún Laoghaire Active Retirement Association)
- Age Friendly Afternoon Tea (Cois Cairn Estate Management Forum)
- Picture That (Kilcross Resource Centre - An intergenerational event: Older people from the community passing on their knitting skills to children in the area)
- Active Exercise Free Taster Session (dlr Leisure)
- Dementia Information Sessions (St. Michael's, St. Vincent's and Loughlinstown Hospitals)
- Well Dance for Seniors (Dance Theatre of Ireland)
- Community Gardai and Older Persons dinner and Sing Song, (Ballybrack/Killiney Older Persons)
- Intergenerational Exercising Together / Extend Chair exercises for the elderly – and children from the neighbouring school (Sandyford Community Centre)
- Living Well With Dementia Activities (Physical Exercise, Art Group, Movement to Music, Sweet Memories Choir (Memory Harbour – Clonskeagh)
- Over 50s Social Gathering Loughlinstown Community Rooms
- Tovertafel "Magic Table" Demonstration dlr Libraries
- Meet Your Neighbour Tea Party Meadowlands-Fitzgerald Park Estate Management Forum
- Exhibition / Art Display - County Hall

## 6. Civic participation and Employment

The overall objective of this theme is: *to increase employment, volunteering and civic participation among older people.*

### Lifelong Learning in the Community

The Touchstone Project, which was funded under the Community Grants and was delivered in partnership with dlr and UCD in the Community, was delivered between Feb-April 2018 on campus in UCD.



The Touchstone course is an eight week course which aims to develop the skills and knowledge of older people who wish to play a part in helping to make their communities more age friendly.

25 participants attended this free course, which helped them to develop new skills, while exploring a range of interesting and topical issues, carrying out practical projects, trying new experiences, having some fun and making new friends.

“UCD 4 All” is an initiative to move the work of access and widening participation from the margins to the mainstream, using the principles of Universal Design.

This initiative aims to demonstrate that UCD are an open and welcoming university and believe that higher education should be an option for all students: realising aspirations, opening pathways and enabling students to fulfil their potential.



UCD continue to offer a range of part-time learning programmes for adults, including:

- Lifelong Learning – promoting the wider benefits of learning
- Cultural partnerships with various museums and libraries
- Open Learning – access to over 300 undergraduate modules across over 30 subjects.

In August 2018 UCD offered a range of free summer lectures as part of National Heritage Week. There were a total of 11 free lectures with 267 registrations.

As part of University for ALL Week in November 2018, UCD launched 70 years of Lifelong Learning in UCD & celebrated UCD's designation as an Age Friendly University, while also curating an exhibition showcasing age-friendly opportunities and innovative practices of teaching, research, and community engagement.



## Active Retirement

dlr provides administrative and logistical support to the Age Friendly Alliance, while also providing on-going administrative and financial support to the Network for Older People. The Alliance met four times in 2018.

The Network for Older People offers support and coordination services to 52 Active Retirement groups around the county. All groups are managed and operated on a completely voluntary basis. The total number of people supported is in the order of 3,500.

## Community Groups & Volunteering

dlr held a special ceremony on 29th November to recognise and celebrate the valuable work of our community groups and volunteers across the County.

The 2018 winner under the Age Friendly Category, which aims to recognise and celebrate the work of older members of the community, was the Central Dún Laoghaire Seniors Citizens Group, with second place going to Sallynoggin Young at Art Group and third place to Club 55 Hillview Resource Centre.



## dlr Volunteer Centre

The dlr Volunteer Centre is passionate about volunteering and making Dún Laoghaire-Rathdown a great place to volunteer. The Centre aims to enrich communities by volunteering, while also giving volunteers an opportunity to develop personally. Following the establishment of the dlr Volunteer Corps, several Age Friendly and Community events have been supported by the Corps including the Diversity Fashion Show and the Big Sing.

<http://dlrvolunteercorps.ie/>



**DLR PPN**  
Dún Laoghaire-Rathdown  
Public Participation Network

### **Public Participation and Consultation**

The dlr PPN (Public Participation Network) is a new framework for public engagement and participation. The PPN is the main link through which the local authority connects with the community, social inclusion and environmental sectors without prejudice to other consultation processes. To date there are over 500 registered groups. <http://dlrppn.ie/>

### **Business Opportunities for Older People**

The dlr Local Enterprise Officer offers open support for people of all ages who are interested in starting up a new business or who are already in business, including entrepreneurs, early stage promoters and small businesses looking to expand.



### **dlr Community Grants**

Community Grants under the category of "Age Friendly" were awarded to seven groups in 2018 with the total approved amounting to €22,228.00.

## 7. Communication & Information

The overall objective of this theme is: *to ensure that older people can access timely, practical information about what is happening and available in their communities.*

### Improving Communications



2018 saw the development of the dlr "Age Friendly E-Zine" in order to provide further details of the on-going Age Friendly activities and supports available throughout the County instantly to a wider audience.

The dlr Times, a bi-monthly Council publication which is circulated to each household within the County circulated five editions during 2018 and continues to promote and support Age Friendly initiatives throughout the County.

### National Convention of Older People's Councils

The National Convention of Older People's Councils took place on Thursday 8<sup>th</sup> and Friday 9<sup>th</sup> November 2018.

National OPC Convention seminars have taken place on a rotating basis since September 2014 with this year's Convention being hosted by Wicklow County Council and Wicklow Older Person's Council.

dlr was represented by members of the Network for Older People with representation from across the 31 local authorities in attendance.

Older People's Councils/Networks are an important means of engaging with older people across the county and linking them into the work taking place under Age Friendly County strategies.

The purpose of the Convention is to allow Older People's Councils to network and share experiences and identify priority issues. The event also provides a platform for specialist speakers on topics selected by older people.

### Digital Records

The genealogical records for the Council's cemeteries at Deansgrange and Shanganagh were made available online through the official dlr website in 2018.

<https://www.dlrcoco.ie/en/cemeteries/burial-records>

## **dlr Library Service**

dlr Libraries provide services across the County through a network of eight branch libraries, including dlr LexIcon. All dlr Libraries are accessible buildings, and are safe, welcoming, inclusive community spaces. dlr Libraries are constantly looking for innovative ways to reach out to communities by improving access and expanding the range of services available. 2018 saw a continuation of many of the programmes and initiatives which proved popular and successful in 2017.



### **Digital Literacy**

The dlr library service digital learning programme included group courses on Using Your Smartphone, Making the Most of Your Tablet, No Such Thing as a Silly Question and Tea & Teach continued throughout 2018.

The successful One-to-One Transition Year programme continued in Dalkey Library with students from Clonkeen College and Loreto College helping older people with queries about their smartphones.

## 8. Community Support & Health Services

The overall objective of the theme is: *to provide older people with easily accessible health and community services and help with, access to, everyday activities and high-quality home care and residential facilities.*

### Living Well with Dementia

The HSE continued to support activities for people living with dementia and their carers.

Throughout the month of October the Living Well with Dementia Consortium supported the Dementia Awareness Campaign hosting various events throughout the county including: information sessions, theatrical productions, gallery tours, a tea dance, art, physical exercise, musical performances, a presentation by Professor Brian Lawlor and more.



### Health Literacy

dlr Libraries continued with their involvement in the national Healthy Ireland at Your Library programme with book stock purchased and programmed events with an emphasis on health and well-being.

Courses such as Tai Chi for Arthritis and Mindful Chair Yoga continued to attract a lot of attendees and Dalkey Library held a series of popular talks on Mind, Body & Spirit in September 2018.

### dlr Leisure Services

dlr Leisure continued to operate and increase weekly Active Exercise Programmes in their leisure facilities throughout 2018.

Programmes Included:

- Active circuits
- Active Swim
- Active Gym
- Cardiac Rehab
- Water Rehab
- Chair aerobics
- Active Dance
- Active Games
- Med Ex
- Medalist



These programmes are offered on a pay as you go basis and range in price from €4 to €5. In 2018, on a PAYG basis 9,057 visitors partook in these activities.

This was further supported through value pass and membership holders by 24,800 visitors.

DLR Leisure has a longstanding proven record of the provision of a variety of exercise related programmes both pool and gym for the senior members of our community to enjoy.

Since 1996, they have pioneered and driven programmes from chair aerobics, line dancing, circuit training and water-based activities all aimed at increasing participation rates and providing a social aspect which has been key to the atmosphere created within each of the facilities.

As the years progressed they introduced rehabilitation programmes in both Cardiac Rehab and Water Rehab to further add to the programme range.

In 2018, DLR Leisure introduced two further community beneficial programmes namely "Med Ex" a programme in conjunction with DCU and "Medalist" a programme in partnership with UCD.

**MedEx**, a community-based chronic illness rehabilitation programme which started 10 years ago in DCU. It is a not-for-profit partnership between DCU and DLR Leisure and one of DCU's academic units (the School of Health and Human Performance).

MedEx offers structured and supervised exercise classes, healthy nutrition seminars and informal social and peer support to individuals living with the burden of chronic illness.

At present, programmes are offered for heart disease, lung disease, diabetes, peripheral vascular disease, cancer, chronic pain and neurodegenerative conditions.

The core rationale for MedEx is that a large proportion of the disability that occurs with chronic illness is caused by deconditioning due largely to lack of regular physical activity.

There is an urgent need to re-educate patients and their families about the importance of remaining or becoming physically active despite the presence of a long term illness and to provide a supportive and safe environment in which to achieve this aim.

The effects are transformative for the person and the family.

MedEx truly transforms the lives of people and families living with the burden of chronic illness. Already the work carried out in MedEx has challenged some long accepted norms that have guided exercise prescription in chronic lung disease and cardiovascular disease.

MedEx has the potential to offer a sustainable model of chronic illness rehabilitation that could significantly improve the health of the nation and provide leadership in public health practice nationally and internationally.

The MedEx programme was introduced into **DLR Leisure Loughlinstown** in November 2018 and has increased to over 30 registered clients with two classes held a week with an average attendance of 18-20 clients per class.

## MEDalist

DLR Leisure Ballyogan hosted a pilot programme in conjunction with UCD that commenced in November 2018 and this resulted in 25 new clients participating in sessions that consisted of an exercise session and a seminar discussion on a weekly basis.

For the five weeks the lecturers and post grad students attended and presented on physio based programs and aftercare.



**UCD MEDALIST**  
(MOVE DON'T SIT) PROGRAMME

Are you over 55 and want to get more active to stay strong and healthy?

Now's your chance to meet the UCD Physiotherapy team and learn how exercise and physical activity can work for you

Come join us at DLR Ballyogan Leisure centre for exercise, expert advice and an opportunity to have your questions answered by a Physiotherapist.

**TOPICS**

- ▶ Move - Don't Sit for Healthy Ageing
- ▶ Exercise for Bone and Joint Health
- ▶ Exercise for Heart Health
- ▶ Strength and Balance Exercise Training
- ▶ Healthy Eating and Active Living for a Healthy Weight

**THURSDAYS 12 NOON**  
FOR 5 WEEKS STARTING  
**22nd November, 2018**

To book your place, please contact  
DLR Leisure Ballyogan - 01 294 3880  
Tea & Refreshments will be provided

**TEAM**  
Dr Caltriona Cunningham, Dr Grainne O'Donoghue, Dr Catherine Blake, UCD Physiotherapy  
Karen Coadock, Cardiac Physiotherapy Specialist, Hearts Heart, UCD Better Hearts Programme  
Aislinn O'Donnell, Primary Care Physiotherapist, Ballyogan Health Services, Executive

The Healthy Ireland Fund supported by the Department of Health, the Department of Children and Youth Affairs and the Department of Rural and Community Development.



## 'Well Now' Health and Wellbeing Courses

"Well Now" is a health and wellbeing course aimed at all literacy levels. The course was designed by the National Adult Literacy Agency (NALA) and provides an interactive and informative method to supporting health and wellbeing. The Well Now programme in Dún Laoghaire-Rathdown is coordinated by Southside Partnership DLR and is funded by Healthy Ireland.

Over the course of 6 weeks, participants receive information, knowledge and tips in supporting all aspects of health and wellbeing including; physical activity, nutrition, mental health. There are also sessions focusing on communicating with health services, the benefits of horticulture, and discussions with a pharmacist. In 2018, 41 older people took part in "Well Now" programmes in their local community in Sallynoggin, Ballybrack, Stillorgan and Glasthule.



## Healthy Food Made Easy

Seven Healthy Food Made Easy courses were delivered to various older people's groups in 2018, in five venues throughout the County, with 88 people participating. The programme aims to address inequalities related to food and improve nutrition knowledge, attitudes and behaviour through the provision of information and the facilitation of a 6 week course.

Courses were delivered in the following centres / venues:

- Patrician Centre
- Ballinteer Active Retirement (two courses)
- Beaufort Day Care Centre
- Sallynoggin (Young at Heart)
- Rochestown House
- Royal Hospital Donnybrook (Housing Association)

For further details please visit: [www.southsidepartnership.ie](http://www.southsidepartnership.ie)

## Physical Activity & Wellbeing

In 2018 the DLR Sports Partnership supported and provided opportunities for physical activity to those over the age of 55 throughout the County.

This was achieved through the Sports Partnerships three key action areas – targeted programmes/events, information provision and education/training, some of which are outlined below:



- Active Exercise – re-launched the weekly older adult activity programme in dlr Leisure centres (Loughlinstown, Monkstown, Meadowbrook, and Ballyogan), which is gym based, but includes use of the pool and other activities where feasible. This included open mornings organised in each of the centres to provide free taster sessions.
- Healthy Ireland Project – 12 walking sessions held in February/March for older adults within parks located around the County, three events held in Larch Hill for six Active Retirement Groups to promote activity and take part in walking/fun challenges
- Walking For Health Programme – rolled out a five-week walking programme based in Dún Laoghaire.
- Go For Life Games – promotion of Games locally and management of DLR Team to take part in National GFL Games in June.
- Dementia Friendly Walking – in collaboration with the HSE rolled out an eight-week guided walking programme for patients & carers of people with dementia.
- Point of Contact - information point around physical activity and sport in the County – groups, facilities, grants/funding, opportunities, programmes & events.
- All Sports Partnership flagship events are designed to be inclusive of older adults – an example of this would be initiatives around Operation Transformation and the dlr Community 5K, which would have a large number of participants over 55 years of age.

## Dance

Dance Classes for older people continued to be provided in 2018 by the Dance Theatre of Ireland with support from dlr and the HSE.

Classes included: Well-Dance for Seniors, Well-Dance/Living Well with Dementia and Move4Parkinson's. Dance classes have been proven by Trinity Occupational Therapy to increase mobility, flexibility and wellness.

## **Chair Gym Exercise Classes**

Southside Partnership DLR run weekly chair gym exercise classes as a physical activity to help improve mobility, movement and coordination for people aged 60 years and older in Dún Laoghaire-Rathdown. The classes, which are facilitated by Siel Bleu, provide participants with simple movements that can be carried out from a sitting position and are suitable for all levels of mobility over the course of 8 weeks. In their evaluations after the 8 weeks, participants reported that the chair gym exercise classes have been a strong benefit to their physical health, mobility and mental health from the social engagement aspect. In 2018, 123 older people took part in the 8 week programme, in areas including Sallynoggin, Ballybrack, Rosemount, Stillorgan and Ballinteer Men's Shed. This programme, led by Southside Partnership DLR, is funded by Healthy Ireland.

## **The Health Service Executive**

The HSE continue to work in partnership with the Public Patient's Experiences Consultation Group in St Vincent's University Hospital under the Older Person's Integrated and Frail Older Persons Programme.

HSE CH East Older Person's services aim is promoting and maintaining the health and social well-being of each Older Person with their vision for older people's services being to ensure that the health, welfare, rehabilitation, social and personal care needs of all Older People is planned, managed and delivered to the optimum of available resources within the HSE.

Guiding Principles underpinning all communication, service delivery and interactions with Older People are:

- Dignity and Respect,
- Right to Decide,
- Services are Person-Centred & Accessible,
- Adequate, timely and appropriate Information,
- Independence is promoted,
- Right to live at Home,
- You will be listened to and heard

HSE CH East continuously strives to deliver this service collaboratively and in partnership with each individual Older Person in this region.

## **National Patient Survey**

The second National Patient Survey (Hospital Experience) was completed in 2018 and analysis are currently been reviewed.

Making a Comment, Compliment or Complaint is very much encouraged throughout the HSE systems. *Your Service Year Say* leaflets have been distributed at every opportunity and displayed in all HSE public places plus Comment Boxes.



## 9. Safety & Security

The overall objective in this theme is: *to ensure older people feel safe and secure in their homes and out and about in the community.*

### Community Safety & Security

The Joint Policing Committee (JPC) and Local Policing Fora (LPF) provide a forum for identifying and discussing appropriate responses to issues relating to public safety and policing. A six-year JPC action plan has been developed and is being implemented:

<http://www.dlrcoco.ie/en/community/joint-policing-committee-local-policing-forums>

The JPC Strategic Plan 2016-2021 contains 18 individual actions across three strategic Goals:

1. Supporting and promoting Crime Prevention in DLR
2. Enhancing Community Safety & Security in DLR
3. Facilitating Community Engagement and Collaboration on Safety Issues

An annual implementation plan for 2018 was developed with progress achieved against objectives related to the three goals. There was on-going engagement with the Policing Authority regarding policing priorities and input to a workshop.

JPC's annual public meeting was held in November and highlighted key safety and crime statistics for the County and addressed any issues of concern or query.

There was attendance and input to a refresher workshop in February by Local Policing Forum Committee members regarding the recommendations arising from the Review of Local Policing Forums.

A meeting of LPF chairs was held in October, at which agreements were made on all key recommendations, including: a working group has been established, key principles document is under development, annual work plans are being prepared.

Three Local Policing forums are in place and meet regularly for:

1. Loughlinstown / Shankill / Ballybrack,
2. Sandyford / Stepside and
3. Central Dún Laoghaire.

These LPF meet every two months. Local programmes are developed for each LPF based on the JPC Annual Plan. Progress reports were presented at JPC meetings.

**Operation Crossover** is in place to ensure maximum high visibility beats and patrols by An Garda Síochána across the County. All personnel (uniform, plain clothes etc.) are made available for the Operation.

**Operation Tombola** is implemented throughout the DMR East during the Halloween festivities. High visibility patrols are deployed to diminish anti-social behaviour and ensure an enjoyable and safe holiday can be observed throughout the Community.

**Operation Irene** operated very effectively with very positive feedback received through the Central Dún Laoghaire Local Policing Forum

<http://www.dlrcoco.ie/en/news/general-news-public-notice/launch-operation-irene-2018>

There are now 157 Neighbourhood Watch schemes (an increase of 16) being supported by the AGS and Dún Laoghaire-Rathdown County Council, together with 14 Business Watch schemes.

Safety and Security Workshops for Older People delivered at two events in Ballinteer (April) and Loughlinstown (June) with presentations on;

- Crime Prevention Focusing on Home Security
- Safety and protection of the Older Person Falls Prevention

<https://www.garda.ie/en/Crime-Prevention/-Streetwise-.pdf>

A number of text alert projects are in place in some parts of the county. Dún Laoghaire Garda Superintendent is exploring further avenues for development.

<https://www.garda.ie/en/Crime-Prevention/Text-Alert-Guidelines-.pdf>

The 'STAR' – Safe Text Active Retirement = alert scheme for Active Retirement groups continues to be rolled out by An Garda Síochána.

### **The Garda Older Person Association (GOPA)**

GOPA is a Public Consultation Committee which has representatives from local statutory and voluntary agencies as well as older people and those with an interest in older people's needs.

The objectives of this committee are to ensure Garda provision of support for older people through communication, engagement and addressing the needs of older people.

The volunteers on the committee act as coordinators for the respective areas who liaise with their Community Gardaí.

Issues concerning older people are presented at committee meetings and resolutions are sought.

Four Community Safety and Security Events for Older People, organised by GOPA, were held across the County in 2018. The seminar covered three topics - Crime Prevention, Elder Abuse and Protection of Older Persons. Crime prevention material was also provided and Gardaí were on hand to provide advice and support.

The 'STAR' – Safe Text alert scheme for Active Retirement groups continued to be rolled out by An Garda Síochána in 2018.

The Garda Mobile Support Service was introduced by The Community Policing Unit Blackrock, to assist senior citizens in the area who are unable to attend their local Garda Station. Southside Partnership has advertised this service locally. The service provides advice on security, stamping of documents in the comfort of the older persons home, care home or hospital. This service also sees Community Gardaí visit the homes of elderly victims of crime.

**Garda Mobile Support**

We would like to highlight the new "Garda Mobile Support" service. This service is being introduced to assist those older persons who are unable to make their way to their local Garda station. It is a service that will provide advice and/or the necessary stamping of documents at peoples' homes. All you have to do is

Email: [Blackrock\\_ds@garda.ie](mailto:Blackrock_ds@garda.ie)  
 or  
 Phone:

Blackrock Community Policing Unit at: 01-666-5200  
 or 01-666-5220  
 Dundrum Community Policing Unit at: 01-666-5600  
 or 01-666-5620

**SOUTHSIDE PARTNERSHIP** DLR  
 COMHPHÁIRTÍOCHT an DHEASBHAILE  
 SUPPORTING PEOPLE. SUPPORTING COMMUNITIES.

**Seniors Alert Scheme**

Information Brochure  
 November 2017

Department of Rural and Community Development  
 An Roinn Forbartha Tuaithe agus Pobail

**pobal**  
 government supporting communities

The Seniors Alert Scheme (SAS) was established in order to encourage community support for vulnerable older people in our communities through the provision of personal monitored alarms.

The pendant alarms are available to people over 65 living alone or with another eligible person or a carer, and aim to allow older people to continue to live securely in their homes with confidence, independence and peace of mind.

There were 819 pendant alarm applications processed in 2018.

## Conclusion

As this report has highlighted, 2018 was also a very productive year with regards to achieving the Age Friendly goals set out in the dlr Age Friendly Strategy 2016-2020, which ultimately aim to make our County a great place in which to grow old.

The on-going enthusiastic collaboration between Alliance Partners and community groups throughout dlr continues to prove essential to the ongoing success of the Age Friendly Strategy and continues to make real improvements to enhance community well-being and the quality of life of our older citizens.

2018 once again saw some key achievements surrounding the nine themes identified within the Strategy, such as the launch of Phase 3 of Rochestown House with its development of units designed specially for older residents, the ongoing Befriending and Support services tackling the major issues of isolation and loneliness, the Care & Repair Service with 513 jobs having been completed in 2018.

Other achievements include the various training, educational and lifelong learning initiatives delivered in order to promote participation for all.

2018 also saw a special ceremony take place in November to celebrate the valuable work of our community groups and volunteers across the County. The 2018 winner of the Age Friendly category was the Central Dún Laoghaire Senior Citizens Group with second place going to Sallynoggin Young at Art Group and third place to Club 55 Hillview Resource Centre.

The importance of Age Friendly events also featured highly in this year's Festival of Inclusion with various Age Friendly themed events taking place Countywide throughout the week.

As with 2017 the collaboration between Alliance Partners and Community Groups in 2018 has been crucial to the continued success of the current Strategy, working together has allowed us to identify the key needs and priorities for 2019, where we aim to continue the positive work achieved since the inception of the dlr Age Friendly Strategy 2016-2020.

2019 looks set to be another interesting year with some exciting initiatives already in development.