



TIPPERARY

Age Friendly



OUTDOOR SPACES
& BUILDINGS

TRANSPORTATION

HOUSING

RESPECT &
SOCIAL INCLUSION

SOCIAL PARTICIPATION

COMMUNICATION
& INFORMATION

CIVIC PARTICIPATION
& EMPLOYMENT

COMMUNITY SUPPORT
& HEALTH SERVICES

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1. INTRODUCTION

The country's older population is increasing with people living longer and healthier lives. This is a trend that is being seen across the developed world. The Government launched the National Positive Ageing Strategy in 2013 in preparation for this demographic shift and it set out four goals:

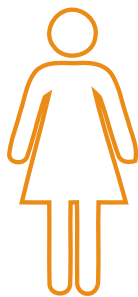
- remove barriers to participation and provide more opportunities for the continued involvement of people as they age in all aspects of cultural, economic and social life in their communities according to their needs, preferences and capacities;
- support people as they age to maintain, improve or manage their physical and mental health and wellbeing
- enable people to age with confidence, security and dignity in their own homes and communities for as long as possible
- support and use research about people as they age to better inform policy responses to population ageing in Ireland.

This National Strategy is rolling out at local level through the local authorities where 'Age Friendly Programmes' are being put in place, inspired by the Age Friendly Cities and Communities movement set up by the World Health Organisation in 2006.

AGEING IS CHANGING.....

Life expectancy in Ireland in 2015

This figure has increased an average of four years since 2000



83
YEARS



78.3
YEARS

BY
2041

There will be three times as many over 65's and almost five times as many over 85's



“Contrary to popular perception, only 5% of this population is frail, the majority of older people are active if sometimes under-engaged by citizens”

*(Age Friendly Cities and Counties Programme Handbook)

WHAT IS AN AGE FRIENDLY COUNTY?

The population of County Tipperary is ageing in line with national trends and this presents challenges as well as opportunities. It is about ageing with dignity, independence and self-fulfilment with older people connected and engaged in all aspects of life. It is about nurturing the relationships between young and old and ensuring that older people feel safe, respected and valued in their communities. It is about preparing and managing retirement, pensions, social benefits and services so that older people have an adequate income and are assured of timely and quality services. It is about recognising the potential and opportunities offered by an ageing population and harnessing this potential for the betterment of the individual, the community and the county.

An Age Friendly County therefore is a county **'that recognises the great diversity among older people and promotes their inclusion in all areas of community life. It is a county that respects their decisions and lifestyle choices and anticipates and responds to related needs and preferences'** (Age Friendly Ireland).

Tipperary County Council signalled its commitment to being an Age Friendly County by signing the Dublin Declaration in 2014.¹ It undertook to progress actions that will improve the quality of life of older people, strengthen and sustain their systems and services and promote a culture of innovation that will foster growth and development.



Pictured: Cathaoirleach Cllr. Michael Fitzgerald pictured signing the Dublin Declaration on Age Friendly Cities and Communities in Europe on behalf of Tipperary County Council

1. The Dublin Declaration on Age Friendly Cities and Communities was initially developed in collaboration between the World Health Organisation, the Ageing Well Network (now known as Age Friendly Ireland) and the International Federation on Ageing, on foot of the 1st International Conference on Age-Friendly Cities which was held in Dublin in 2011. The Declaration expresses the clear and strong commitment of political leaders to champion actions which improve the lives of older people. To date the Declaration has been signed by a host of international cities including New York, Mexico, Manchester, Edinburgh and Seoul. Ireland is the first EU State to declare a national commitment to creating a country where older people are valued and respected, and where their needs are recognised and addressed.

WHAT IS INVOLVED

The Local Community Development Committee (LCDC) of Tipperary County Council is leading out on the Age Friendly County process. It is currently setting up a Health and Wellbeing Working Alliance, linked to the LCDC, which will drive the implementation of this Strategy along with the other linked and related Strategies of Healthy Tipperary and Disability. This will be further bolstered by the establishment of an Older Persons Council in the County comprising of representatives from each of the 5 Municipal Districts and this will be linked into the Tipperary Public Participation Network (the countywide network of community and voluntary groups).

While this Strategy is particularly focused on older people and developing a more 'Age Friendly Tipperary', there are a number of existing policies and strategies in place that also stress a commitment to improving life for older people. They include (among others):

- **Healthy Tipperary Strategy 2018 – 2020**
- **Tipperary Local Economic and Community Plan 2015-2020**
- **County Tipperary Local Development Strategy 2014-2020**
- **County Tipperary Corporate Plan 2015 - 2019**
- **County Development Plans (North and South) 2010 - 2016**
- **Tipperary Sports Partnership Strategy 2016 - 2020**
- **Library Service Development Plan 2017 - 2022**
- **Tipperary Joint Policing Strategy 2015-2021**
- **Tipperary Heritage Plan 2017 - 2021**
- **Strategic Tourism Marketing, Experience & Destination Development Plan 2016-2021**
- **County Tipperary Digital Strategy 2018 - 2023**
- **Tipperary Arts Strategy 2017 - 2021**
- **RAPID Plans (Clonmel; Tipperary Town; Carrick-on-Suir) 2018-2020**
- **Community Action Plans (Roscrea, Littleton)**

The Age Friendly Tipperary Strategy will reference and incorporate existing commitments in these other plans ensuring that they continue to be supported and delivered upon. In this way, the Strategy will build on the experience of the work done to date by different organisations around the county who are involved with improving the ageing experience for older people.



Nationally the Age Friendly Ireland has been anchored in local government. In this context the National Age Friendly Ireland Programme and the WHO themes are reflected in Relevant National Policy:

Outdoor Spaces and Buildings	National Planning Framework: Ireland 2040
Transportation	Rural Transport Strategy
Housing	Rebuilding Ireland: Action Plan for Housing and homelessness
	An Garda Síochána National Strategy for Older People
Respect and Social Inclusion	National Disability Authority Strategy 2019-2021
	Safeguarding Vulnerable Persons at Risk of Abuse National Policy and Procedures
Civic Participation & Employment	National Indicators: Healthy & Positive Ageing Initiative (HaPAI)
Information and Communication	Action Plan for Rural Development
Community & Health Services	National Positive Ageing Strategy
	National HSE Service Plan – Integrated Care Programme for Older People
	Sláintecare Implementation Strategy

REPORT OVERVIEW

SECTION 2 of the report provides the context for this Strategy setting out the current socio-economic picture of Tipperary (drawing from Census 2016 data) and where possible, highlighting the issues that affect older people and where the areas of greatest need present themselves. This assists in tighter targeting of resources and identifies particular areas or issues that require greater attention.



REPORT OVERVIEW

SECTION 3 is the main body of the Report and starts by setting out the vision and objectives for Age Friendly Tipperary. The remaining section is structured around eight themes that the Age Friendly Cities and Counties Programme consider to be central in building age friendly environments. They are as follows:

- 1 OUTDOOR SPACES AND BUILDINGS
- 2 TRANSPORTATION
- 3 HOUSING
- 4 RESPECT AND SOCIAL INCLUSION
- 5 SOCIAL PARTICIPATION
- 6 CIVIC PARTICIPATION AND EMPLOYMENT
- 7 COMMUNICATION AND INFORMATION
- 8 COMMUNITY SUPPORT AND HEALTH SERVICES

Each of these themes draw on a number of research sources (a) the Healthy and Positive Ageing Initiative (HaPAI) which is a joint programme run by the Department of Health, HSE and Atlantic Philanthropies with a subsequent research report produced for Tipperary County² (b) census data drawn from the County Data Hub in Tipperary County Council (c) consultation exercises that have been carried out for recent, related strategies and plans including Health Tipperary Strategy, RAPID Plans for the 3 areas in Tipperary, the Local Economic and Community Development Plan (including submissions), the Digital Strategy for Tipperary (d) a number of consultations carried out specifically with older people and service providers for the purposes of informing this Strategy.³

The suggested actions are a combination of actions already included in existing strategies and plans and new actions developed as a response to the issues identified through the various research strands.

The final section of the Report outlines the implementation and monitoring arrangements.

2. One of the aspects of the HaPAI initiative is carrying out research on ageing in Ireland at national and local authority level. In 2016, a research report on ageing in Tipperary was published, the content of which is summarized in this report.

3. 38 number of older people attended a specially arranged consultation session on the draft Age Friendly Strategy. Another consultation meeting was held with service who have a particular interest in positive ageing and who will play a key role in delivering the Age Friendly Strategy. 10 organisations attended this consultation and other service providers who could not attend on the day were contacted directly and asked for input into the draft Strategy.

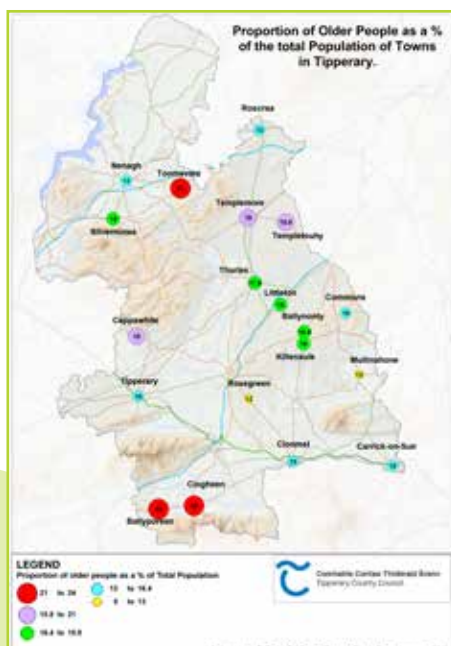
2. THE OLDER POPULATION IN TIPPERARY,

Tipperary is the 6th largest county in Ireland with a population of 159,533 (2016), one of the most populated rural counties nationally. The majority of the population (58.4%) resides in a rural setting, while the remainder (41.6%) resides in an urban setting. The County has linkages to all of the major cities, airports and ports. Three railway links traverse the county connecting Tipperary to the urban centres of Waterford, Limerick, Cork, Tralee, Galway and Dublin. The county is served by an extensive road network with the M7 crossing the northern half of the county while the M8 crosses through the southern half linking with the N24 to Waterford. The largest town in the County is Clonmel (17,140 people) followed by Nenagh (8,968), Thurles (7,940) and Cashel (4,422). There is a mix of public and private buses that operate services along the main routes, linking the towns within the county and to the main urban centres outside the county. Local Link (the rural transport bus service) currently has 29 services, operating during the week, some running multiple times per day and others running once a week. The services run from rural areas to all the towns Tipperary namely Clonmel, Cashel, Tipperary, Thurles, Nenagh, Roscrea and Templemore.

2.1 POPULATION STRUCTURE

The proportion of people over the age of 65 in 2016 was 15.29% (or 24,398 people), higher than the State figure of 13.39%. This has increased since the 2011 census when 13.4% of the population were 65 years of age or over in the County. The greatest number of older people live in the towns of Clonmel (2,592), Thurles (1,392), Nenagh (1,198), Carrick-on-Suir (853) and Roscrea (731). But around the rest of the County, there are some settlements such as Clogheen, Ballyporeen and Toomevara where the populations may be small compared to the larger towns but where the proportion of older people as a % of the total population is well over 20% i.e. nearly one in every four people is over the age of 65.

Table 1: Proportion of older people as a % of total population



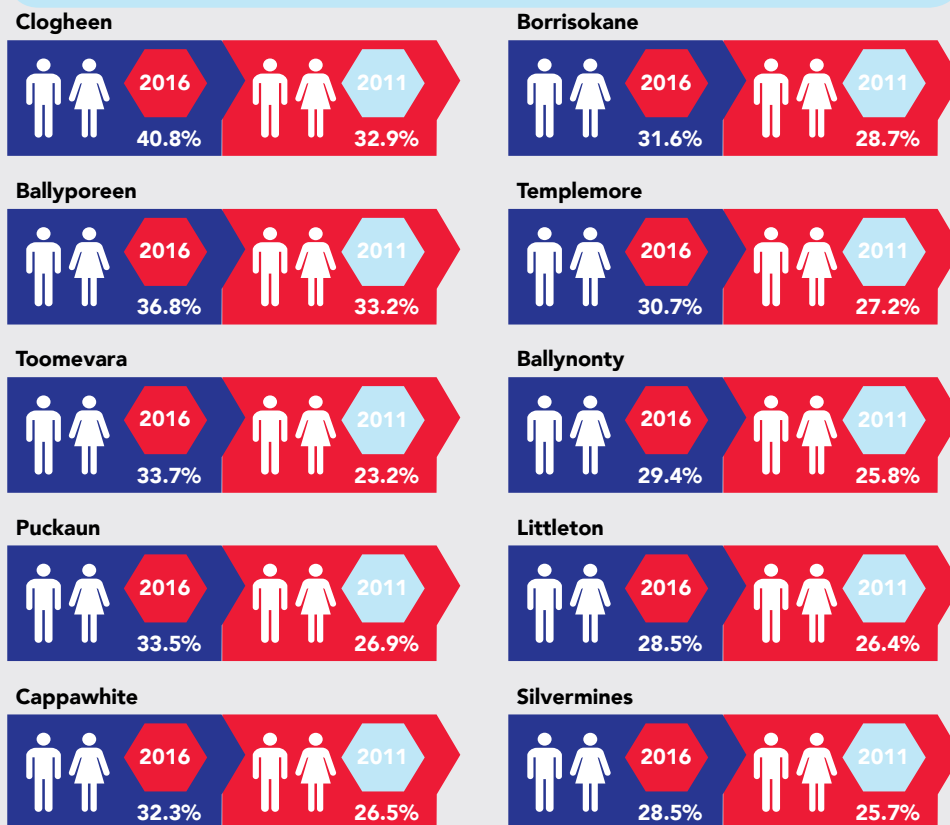
Area	2016	2011
Clogheen	24.24%	20.4%
Ballyporeen	22.01%	20.8%
Toomevara	21.43%	15.4%
Puckaun	21.2%	16.8%
Borrisokane	19.64%	17.5%
Templemore	19.03%	17.6%
Cappawhite	18.95%	16.8%
Templetouhy	18.79%	14.6%
Littleton	18.02%	16.3%
Killenaule	17.94%	14.9%

2.2 AGE DEPENDENCY

Age dependency rates show what proportion of the population is under the age of 15 and over the age of 65 as a percentage of the working population (defined as aged 15 – 64). The higher the age dependency ratio, the greater the reliance on public services in these communities e.g. education, health services, family support. It is not only about percentages and services however. A vibrant community requires a mix of all ages from the very young to the very old generating economic and social activity – local businesses, services, crèches, schools, jobs, sporting clubs, community groups, social clubs – and it is this connectedness within communities and vibrancy that has the most positive impact on people’s health and wellbeing.

Looking at the old age dependency ratio (the over 65 year old age group as a percentage of the working population), it is 24.1% across the county (higher than the State average of 20.4%). Not surprisingly, it is highest in the places where there are greater proportions of older people reflecting the population structure in Table 1 above.

OLD AGE DEPENDENCY RATIO (%)



The largest concentrations of older people reside in the towns across Tipperary but they have lower old age dependency ratios given the population numbers across the other age cohorts. Cashel (20.4%), Nenagh (20.7%), Roscrea (20.8%) are all in line with the national average of 20.4% but some of the other towns are recorded slightly higher old age dependency ratios - Tipperary (25.7%), Clonmel (23.3%) and Carrick on Suir (22.8%).

2.3 FAMILY STRUCTURE

Just over 10% of all families units are either 'empty nesters' (11.5%) or retired (11.1%) slightly higher than the state average of 10%. The areas of Rosegreen (22.2%), Dundrum (20.4%) and Clogheen (18.9%) have the highest proportions of 'Empty Nesters' while Puckaun (19.2%), Templetuohy (16.5%) and Templemore (15.8%) record the highest proportion of the population across the County who are retired. These numbers are relatively small however given the overall size of their population. The greatest numbers of 'Empty Nesters' reside in the town of Clonmel (519), Thurles (212) and Nenagh (204) and those 'Retired' in Clonmel (524), Thurles (273) and Nenagh (228).

2.4 HOUSING

Nearly 30% of the all the households in Tipperary are owner occupied with a mortgage, slightly lower than the state average. Highest rates of home ownership were in Newport and Ballina.

The rental picture shows that a total of 13.4% of the households in Tipperary were privately rented in 2016, lower than the state average of 18.2%. 9.6% of the households in Tipperary were renting from the local authority, slightly higher than the state average of 9.4%. Tipperary had the eighth highest rate of households social renting in the State and they are concentrated in main urban areas and towns – Fethard (26.9%), Templemore 26.1%, Tipperary (23.1%), Cashel (21%).⁴

Looking at data specific to older people, a total of 155 people over the age of 65 are on the social housing waiting list in 2018 (4.36% of total applicants). As of October 2018, 103 housing adaptation grants (Housing Aid for Older People Scheme) were approved out of 144 applications.⁵ The Mobility Aids Housing Grant Scheme had a total of 95 applications as of October 2018 with a total of 12 grant approvals.⁶

4. Children and Young Persons Plan 2018 – 2020, CYPSC (2018)

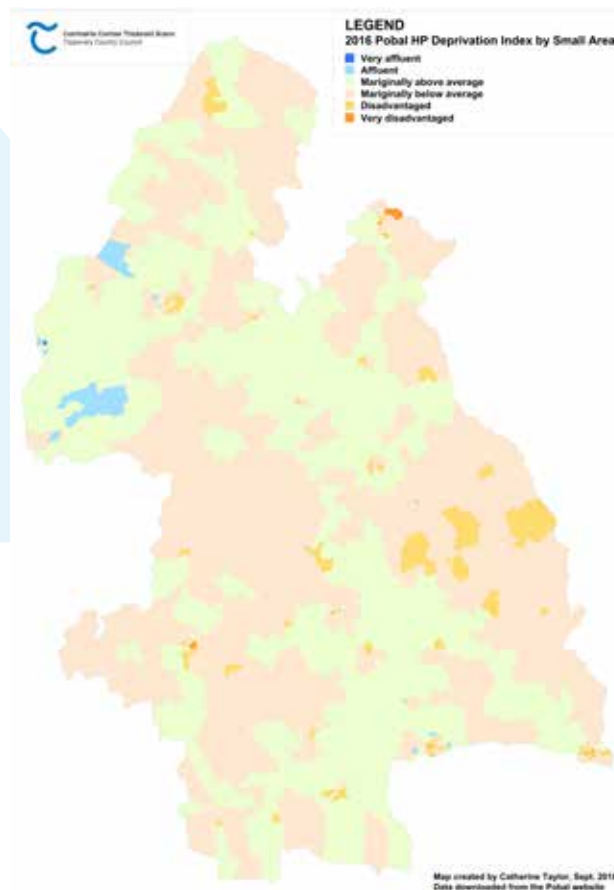
5. Housing Aid for Older People Scheme provides assistance to older people (over the age of 66) living in poor housing conditions to have necessary repairs or improvements carried out to their houses.

6. The Mobility Aids Housing Grant Scheme assists in addressing mobility problems primarily associated with ageing.

2.5 DEPRIVATION

Deprivation is essentially about the areas of the county that are deemed to be affluent or disadvantaged. ⁷This data is derived nationally (Pobal HP Deprivation Index) and is driven by a range of variables including educational attainment, unemployment rates, demographic changes, lone parent rates and housing. The Deprivation Index score for both South Tipperary and North Tipperary was 'marginally below the average' (-4.4 and -2.1 respectively).

Drilling down further into the data, there are 135 'Small Areas' designated as 'disadvantaged' and 'very disadvantaged'.⁷ These are concentrated in the larger towns around the county. Of this 135, 21 small areas are designated as 'very disadvantaged' and include Littleton (-28.5), Tipperary East Urban (-26.4), Clonmel West Urban, Cashel Rural, Carrick on Suir Urban and Nenagh West Urban all record -25 on the 'very disadvantaged' deprivation index.

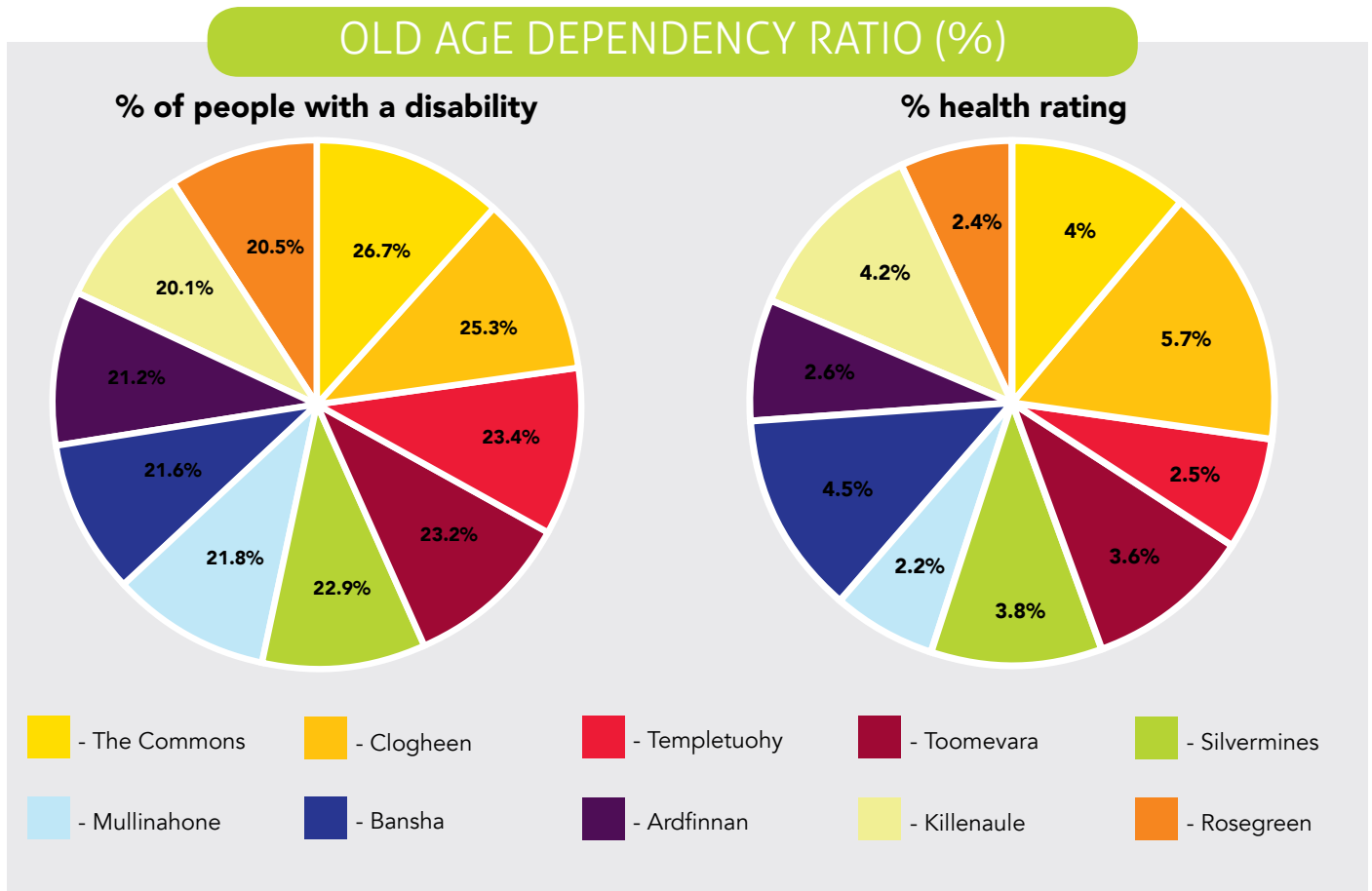


7. The scale runs from areas that are deemed 'extremely disadvantaged' to 'very disadvantaged' to 'disadvantaged' to 'marginally below the average' to 'marginally above the average', 'affluent', 'very affluent' and 'extremely affluent'.

2.6 HEALTH & DISABILITY

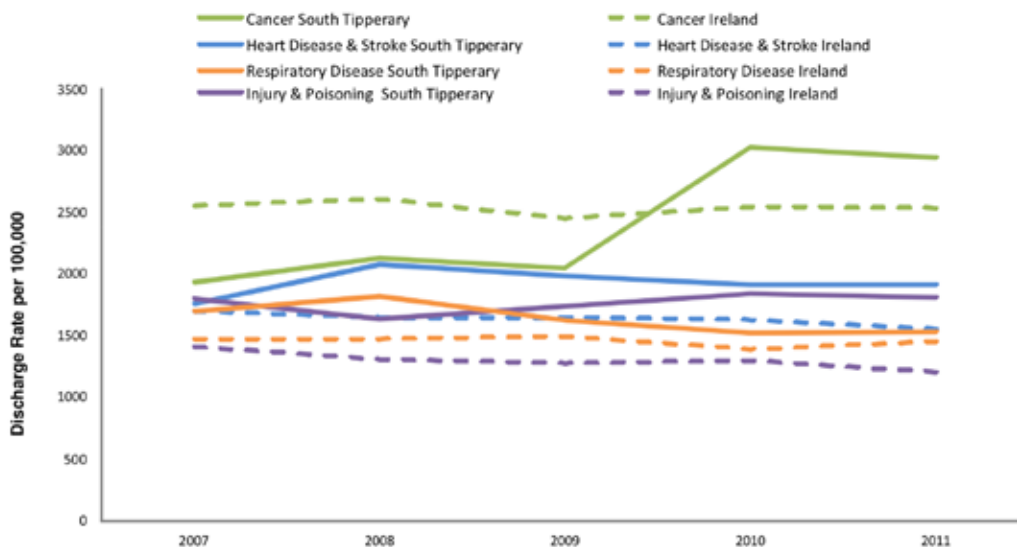
The majority of people rated their health as either 'good' or 'very good' in the 2016 Census, similar to national averages. There is a higher proportion of people with disabilities in the County (14.8%) compared to the national average (13.5%) but when drilling into the data, there are some areas of the county such as Clogheen and the Commons which record nearly double the County figure (see Table 3 below).

The proportion of people rating their health as 'bad or 'very bad' amounted to 1.8% of the population (1.6% nationally). This was higher in some areas and corresponds in many instances to places where there are high proportions of people with a disability and also, interestingly, correspond to many of the areas where there are large proportions of older people (see Table 1).



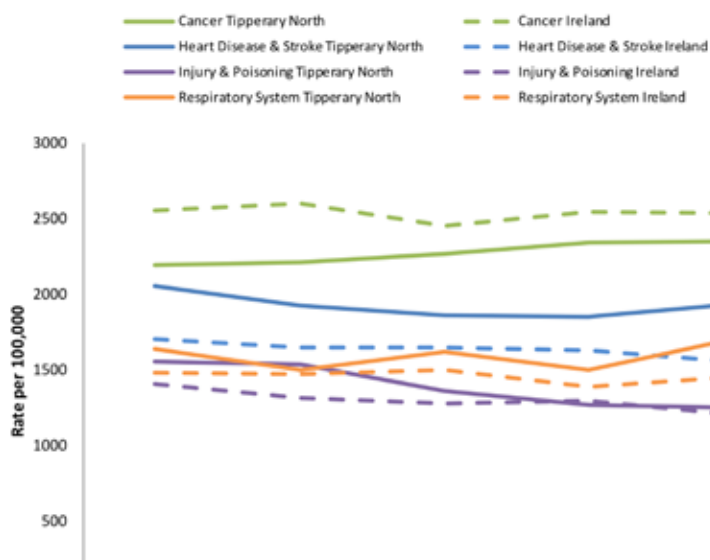
In South Tipperary, the trends in deaths caused by cancer, heart disease & stroke and respiratory diseases have all shown slight decreases since 2007 but deaths caused by injury and poisoning have increased slightly. Female incidence of all cancers and colorectal cancers is the highest nationally. Men in South Tipperary show above average rates of prostate cancer but have low rates of colorectal cancer.

The hospital age standardised discharge rate per 100,000 by area of residence for the four principal causes of disease 2007-2011 compared to Ireland.



North Tipperary has a higher than average death rate for all the main causes of death (heart disease & stroke, cancer, injuries and poisonings) except deaths due to respiratory disease. Men have a higher incidence of incidence of colorectal cancer in this area than the national average but for all other cancers, the incidence is average or below the national rate.

The hospital age standardised discharge rate per 100,000 by area of residence for the four principal causes of disease 2007-2011 compared to Ireland.



2.7 MENTAL HEALTH & WELLBEING

The Healthy Ireland Survey 2016 states that men report higher positive mental health scores than women on the Mental Health Index (69.8 and 65.9 respectively)⁸. Higher positive mental health was reported among younger people more so than older people and those living in Dublin report lower scores on the Mental Health Index than those living elsewhere (79.8 and 85.2 respectively). (Healthy Ireland Survey, 2016).

A recent report from the Institute of Public Health states that chronic loneliness affects approximately 10% of older people and the factors that influence loneliness include health, depressive symptoms and a range of individual factors (age, gender, education, poverty, personality) as well as environmental factors (low population density in a rural location, impoverished neighbourhoods).⁹ The groups most at risk of loneliness include members of the LGBT community, individuals living with dementia or cognitive impairment, those with a physical disability, mobility issues or intellectual disability, carers and individuals from ethnic minorities.

The Task Force on Loneliness issued a report in 2018 that stated:

- 37% of people aged 50 and over reported feeling lonely some of the time; this figure rises as people get older (45% of 70 year olds and older)
- loneliness was higher for divorced or separated people and lower for married and lowest for single people
- there is a clear and significant correlation between low-socio-economic status and loneliness; loneliness is less likely to occur among those on higher incomes with access to transport.

It also clearly sets out the health risks associated with loneliness and they include:

- older people experiencing high levels of loneliness are almost twice as likely to die within six years compared to those who are not lonely
- loneliness increases the risk of death by 26%, lack of social connections increases the risk of death by 29% and living alone increases risk of death by 32%
- loneliness has been associated with a broad range of adverse psychological conditions including: anxiety, depression, substance abuse, social deviance, lower social skills, a more critical view of self and perfectionism
- loneliness can increase risk of heart disease and impede recovery rates from stroke
- loneliness has been linked to a wide variety of mental and physical health outcomes such as depression, nursing home admissions and mortality
- loneliness in older people was found to affect cardiovascular health and sleep quality negatively
- lonely people suffer disproportionately with mental health issues, cognitive decline, hypertension and are more likely to be admitted for residential or nursing care.¹⁰

8. Positive mental health was measured using the Energy and Vitality Index (0-100), and involved respondents indicating the extent to which they felt 'full of life', 'calm and peaceful', had 'lots of energy' and had 'been a happy person' over the past four weeks. The resulting scores, which range from 0 to 100, give an indication of an individual's level of positive mental health, with higher scores indicating greater wellbeing.

9. Loneliness and Ageing, Ireland North and South, 2016

10. 'A Connected Island – An Island Free from Loneliness', Loneliness Task Force, June 2018.

There is little data available locally on dementia or dementia related illnesses in Tipperary and yet there is no doubt that it is very much part of the concerns and experiences of older people and their families within the County. At a national level:

- there are almost 55,000 people living with dementia in Ireland: 19,800 men and 35,650 women
- most people with dementia (63%) live at home
- the number of people with dementia will rise to 68,216 in the next 10 years;
- approximately 4,000 cases of dementia are identified in Ireland each year; that is at least 11 people every day
- there are approximately 50,000 family carers, caring for someone with dementia
- recent dementia services mapping project carried out by the Alzheimers Society of Ireland and the HSE's National Dementia Office states that not only does access to community dementia-specific services vary depending on where you live but no county in Ireland has an acceptable level of dementia support.¹¹

While there is no cure for dementia related illnesses, staying engaged and connected with families and communities is essential to maintain wellness alongside continued physical activity, access to relevant community supports service and looking after diet and general health.

2.8 CONNECTIVITY

Just over one in ten people have no motor car in the County (13.3%) which is slightly lower than the State average of 15.2%. Unfortunately, this data cannot be broken down across age groups but it is broken down across areas with a high proportion of the population (one in every four persons) with no access to a car.

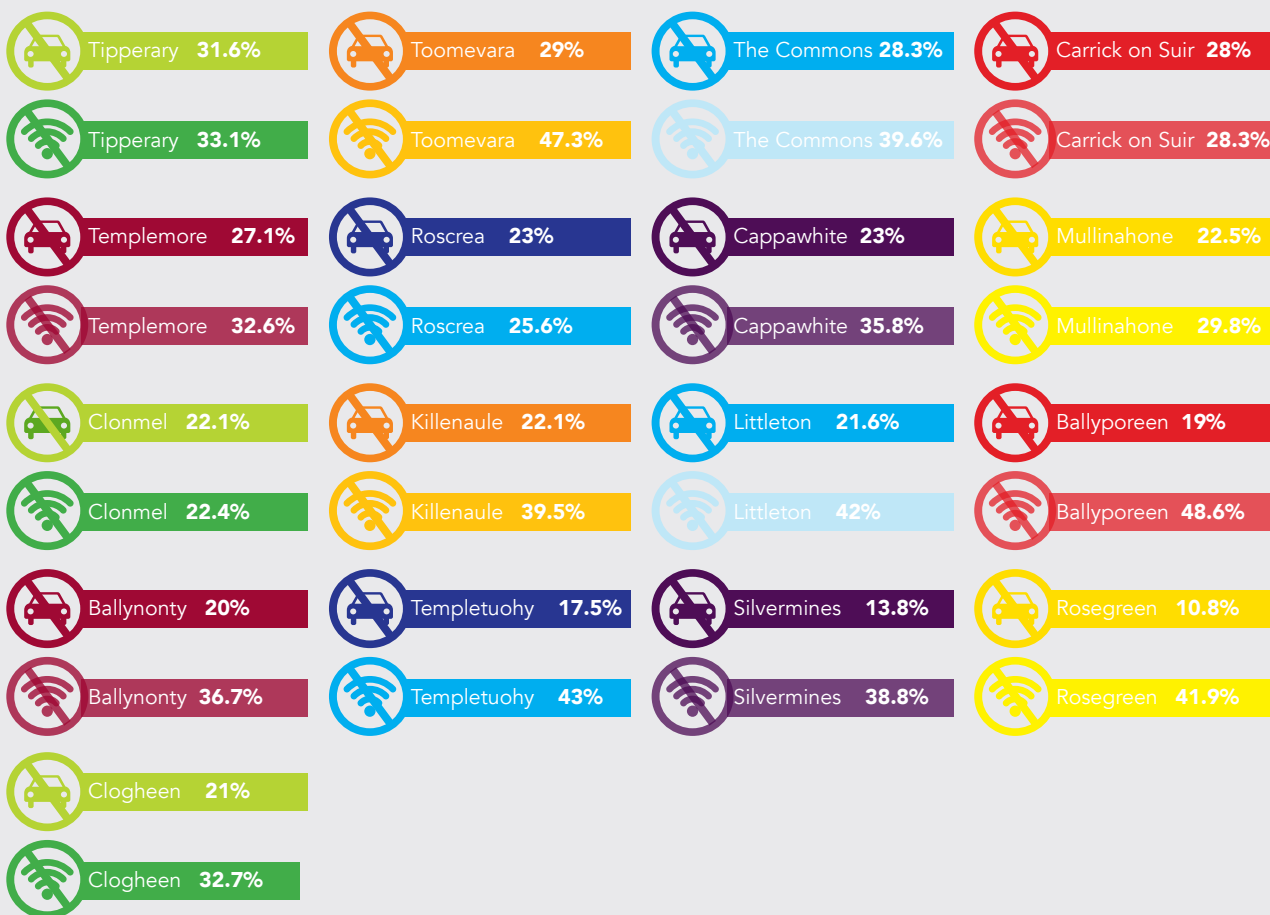
Looking at the other way people access services or connect with others e.g. online, a quarter of the population in the County have no broadband (25.2%) which is higher than the national figure of 18.4%.

A further 11.6% of the population in Tipperary access the internet through 'other' means. Living in an area where there is broadband availability, does not automatically mean that older people will take advantage of this. It is generally accepted that older people as a whole, have been slower to engage with the digital world with many lacking the necessary confidence and skills. The Tipperary Digital Strategy cites European statistical data showing that 44% of people in Ireland have only basic digital skills, ranked 24th across the EU. In the citizen survey research carried out for the Tipperary Digital Strategy, half of the older age cohorts who responded to the survey indicated that digital technology has had a 'moderate or big impact' on their lives.

11. Data extracted from various Alzheimers Society of Ireland resources www.alzheimer.ie

There are some areas particularly at risk of isolation with high proportions of the population that have neither a car or access to the internet. These include Tipperary Town where 31.6% do not have a car and 33% have no broadband access; Toomevara where 29% have no car and nearly half the population (47.3%) have no broadband access; The Commons where 29% have no car and 40% with no broadband; Ballyporeen and Rosegreen also high percentage with no broadband.

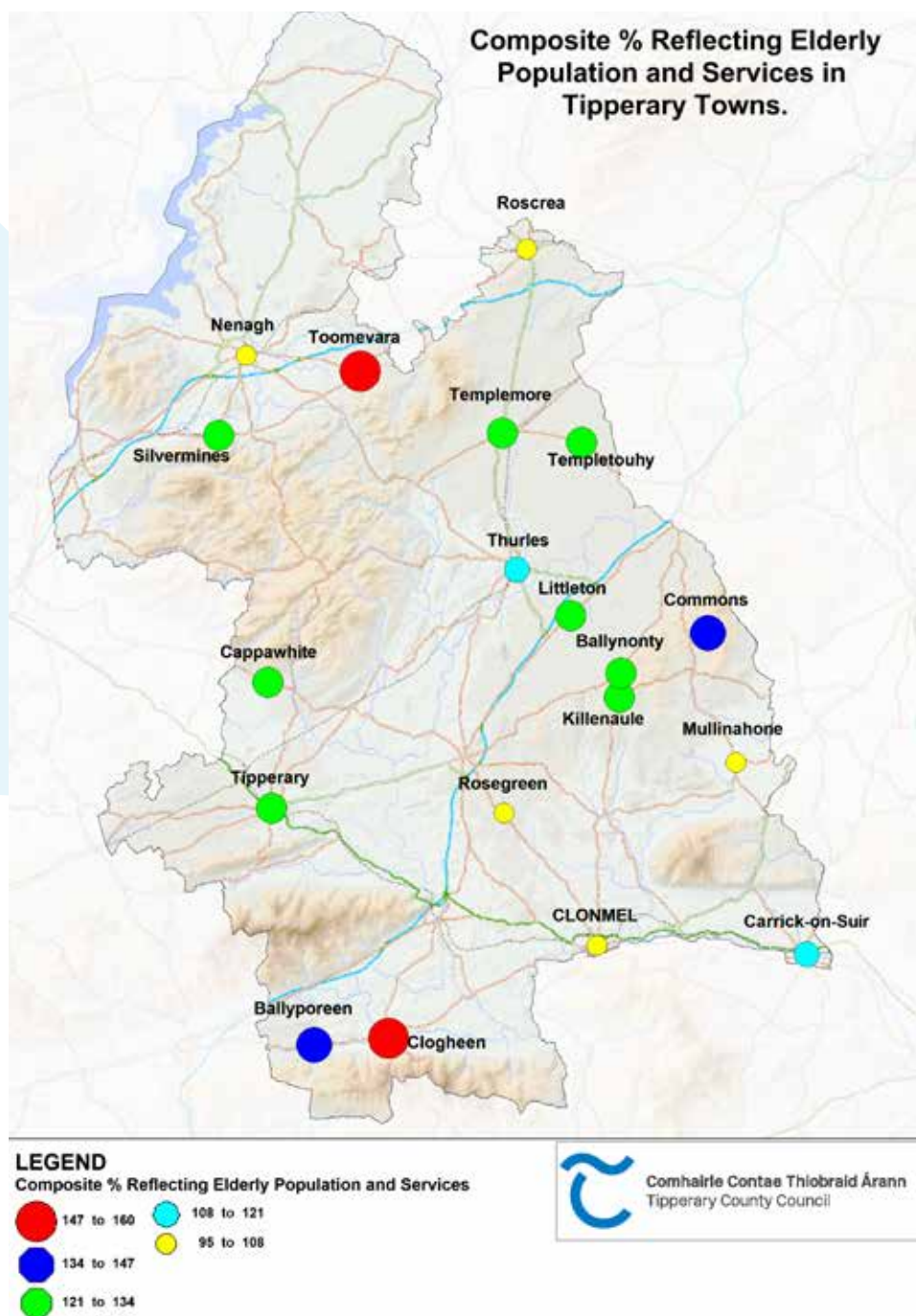
% OF PEOPLE IN TIPPERARY WITH NO MOTOR CAR AND NO BROADBAND



While data is not available across age groups, if this table is cross-referenced with the age profile and dependency in section 2.1, the areas with the greatest proportion of older people are also the ones with the highest levels of no car ownership and the highest rates of no broadband: Clogheen; Ballyporeen; Toomevara; Templemore; Cappawhite; Templetouhy; Littleton and Killenaule. It could be suggested therefore, that older people living in these areas are particularly isolated from a transport/ digital connectivity point of view. It should also be mentioned that the populations in

some of these settlement areas are small. The numbers of people with no car or no internet are greater in the County towns of Clonmel, Nenagh and Thurles as they have larger populations.

The composite map reflects the cross reference of Table 1 Proportion of older people as a % of total population, Table 2 Old age dependency ratio, Table 3 % of people with a disability and % health rating and table 4 % of people in Tipperary with no Motor Car and no Broadband.



3. TIPPERARY - A GREAT COUNTY TO GROW OLD

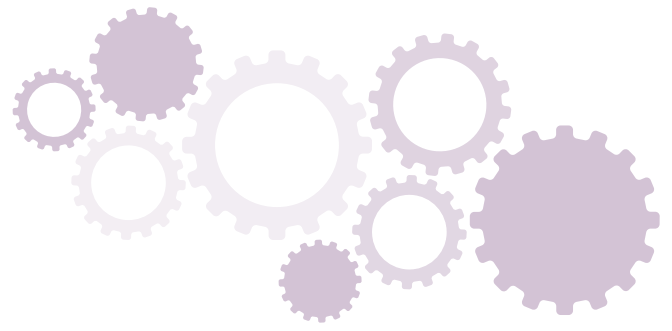
3.1 THEMES OF THE TIPPERARY AGE FRIENDLY STRATEGY

Tipperary is an age friendly county where the inclusion of older people is promoted, valued and actively encouraged in all areas of community life, where they are supported to live independently with confidence, security and dignity in their homes for as long as possible and where they are actively encouraged to maintain, improve and manage their health and wellbeing.

3.1.1 Objectives of the Tipperary Age Friendly Strategy

- to ensure older people feel connected and engaged with their local community
- to identify opportunities for older people to engage with their County economically, culturally and socially
- to ensure greater accessibility to shops, services, amenities and buildings
- to promote positive health and wellbeing as people age
- to ensure timely, quality and accessible services are in place to support older people to live independently in their own homes
- to promote a positive attitude to ageing and address stereotypes
- to work with and within existing community structures, businesses, networks and service providers in the County to enhance communications and build awareness of the needs of older people
- to build the capacity of older people to effectively engage with the systems, services and decisions that affect them.
- To plan for the ageing future population to provide for future needs
- Utilise and encourage available national grant schemes like RAPID, CLár, Town and Village Renewal, Community Enhancement Program Schemes to advance and advocate Age Friendly Projects

3.2 THEMES OF THE TIPPERARY AGE FRIENDLY STRATEGY



Theme 1: Outdoor Spaces and Buildings

Goal: to ensure that older people in Tipperary can access necessary local services with confidence and ease, that they feel safe in their local community while out and about and they have the opportunity to participate fully in the many activities that Tipperary has to offer.

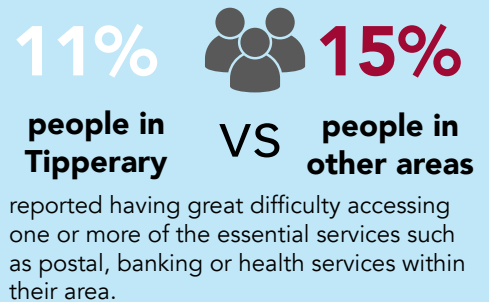
WHY IS THIS IMPORTANT:

The design and maintenance of a community's built environment can make all the difference between a healthy and active lifestyle and a more sedentary one with risks of ill-health. One of the key issues emerging from all the various consultations and plans among the people of Tipperary and particularly older people, is the decline of villages and towns leading feelings of isolation and disconnection. This was particularly reflected in the LECP consultation process with decline expressly linked to feelings of safety and security. The way an area looks and how safe it feels has a big impact on older people's confidence (safety and security is dealt with in Theme 3 – Housing)

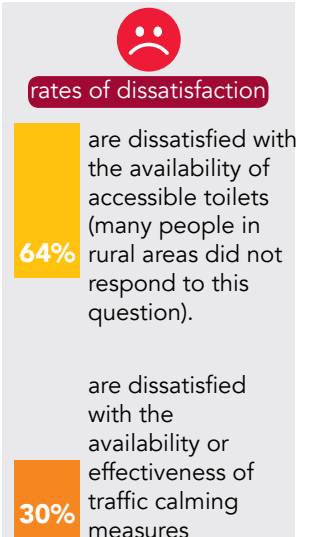
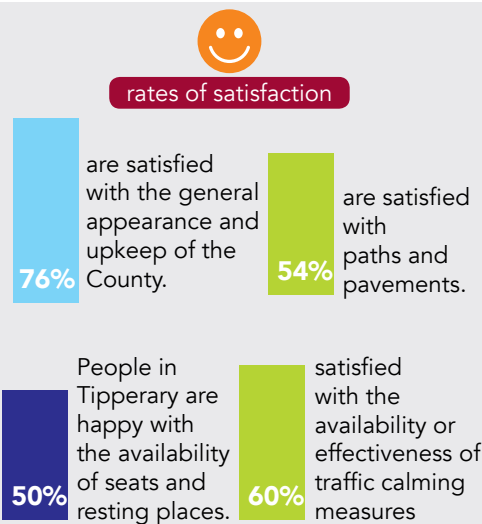
While people see the closure of shops, pubs, post offices as significant in this regard, the other major change is the moving of services from a physical presence in the local community to an online presence. This presents its own challenges for people in the older age bracket and for service providers.

SERVICES

Where services were available in the local area, some were easier to access than others.



The services that were least likely to be available were cinema or other entertainment (not available for 31%) and the public library (16%). The services with the most widespread availability were postal services (available for 96%) and supermarkets (available for 93%).



The local Community and Social Inclusion Plan that fed into the LECP notes that ‘in reality, not all services can be provided in each community or settlement but it is reasonable for all communities and citizens to expect that they have reasonable access to such services ... whilst it is important that such [services] are available online, it is also important that they can be accessed where necessary by bus or other form of public transport’ (pg. 61).

KEY ISSUES FROM CONSULTATIONS:

- Rural isolation and loneliness is a key issue fuelled by the withdrawal of services, the decline of infrastructure and an ageing rural population.
- Access to amenities and opportunities to participate in physical activity is important for people with mobility challenges in a way that is affordable and safe (wheelchair access, walking trails, looped walks, public parks, cycle paths).
- Paths are often not wide enough, lighting is poor, pavements/ footpaths are uneven, broken or non-existent in many urban areas leading to a fear of falling among older people.
- Walking on rural roads is particularly dangerous given traffic speed, particularly for people who do not wear high viz jackets. The walking routes/paths in local sports clubs is a great option for rural areas and is often the only local safe resource.
- Cycle lanes are few and far between leading to frustration for both motorist and cyclists. Particular mention was made of the danger of cyclists on footpaths.
- Access to public buildings (including train stations) needs to be improved.
- Speed of traffic through villages and towns is excessive – some of the speed limits are unsuitable and more monitoring is needed.
- Significant lack of public toilets available; one of the obstacles cited around the provision of public facilities by businesses is the opportunity it presents for anti-social behaviour.
- Age Friendly parking (similar to disabled parking) needs to be made available near services.
- The parks and amenities around the county are great but the problem of anti-social behaviour and intimidation is an issue.
- Embrace the Age Friendly Town approach in carrying out the program and review and develop the town infrastructure.

ACTION 1.1: REVIEW AND DEVELOP VILLAGE/ TOWN INFRASTRUCTURE

Review the physical layout of villages and towns (involving older people) to identify requirements for footpaths, traffic calming measures, pedestrian crossings, seating, lighting, public toilets, bus shelters, convenient older people’s parking spaces, cutting back hedges etc. These reviews should feed into any Capital Improvement Works, Local Area Plans, Town Enhancement Schemes to ensure people are encouraged to get out and about and that they feel safe while doing so. This should be undertaken in line with AFI and the National Disability Authority’s (NDA) recommendations for walk ability audits building on the work done to date by Tipperary County Council in this regard. Particular priority should be given to the towns/ villages with high deprivation levels (RAPID Towns of Tipperary, Clonmel and Carrick-on-Suir among others) and in villages with a significant proportion of older people (Clogheen, Ballyporeen, Toomevara, Borrisokane among others).

Lead Partner:	Tipperary County Council – Planning Section
Support Partners:	Tipperary LCDC Health and Wellbeing Alliance ¹² Older Person’s Council Private Sector PPN and Community & Voluntary Organisations Age friendly Ireland Sports Clubs Municipal District Councils
Link to Plans:	LECP; Healthy Tipperary Strategy; County Development Plans

ACTION 1.2: IMPROVE ACCESS TO RECREATIONAL FACILITIES

Review the provision of parks, public gardens, walking tracks and recreational areas in the county to ensure they are available and accessible for older people and others with possible mobility issues (wheelchairs/ buggies) and amend promotional literature accordingly to reflect accessibility. Promote the use of existing recreation and green spaces while addressing the concerns about anti-social behaviour in these public spaces. Encourage participation in existing activity programmes offered through Tipperary Sports Partnership (and others) and this should include promotion of gentle activity programmes for people in long term care facilities and day care centres. Work with sporting organisations to include provision of safe walking routes in grounds, particularly targeting those rural areas where there is no such facility in place.

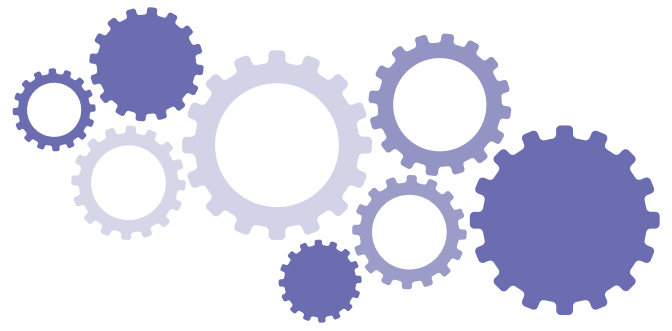
Lead Partner:	Tipperary Sports Partnership & Tipperary County Council
Support Partners:	Local Development Companies – Rural Recreation, Tipperary Tourism Company Health Service Executive, Sporting organisations, Community and voluntary sector, Older Person’s Council, An Garda Síochana, Coillte, Tipperary Heritage Office
Link to Plans:	Healthy Tipperary; Tipperary Sports Partnership Strategy.

12. The Health and Wellbeing Alliance is a newly established sub-committee of the Local Community Development Committee (LCDC) in Tipperary County Council. See Chapter 4 – Implementation and Monitoring for further details.

ACTION 1.3: ENSURE TIMELY ACCESS TO SERVICES

While it may not be possible to provide services in every community as the Local and Social Inclusion Plan notes above, it is reasonable to ensure timely access to these services. The issue of transport and links with service provision is central here (see action proposed under Theme 2 - Transportation). The sustainability of essential services and the threat of closure or withdrawal is of significant concern for older people (the recent announcement of closure of post offices a case in point). Tipperary LCDC Health and Wellbeing Alliance will work with older people to identify solutions to risk of service loss at local level and identify ways in which to channel concerns and demand for services. This could include devising local solutions such as route planning, awareness raising around service timetables and enabling older people to speak with key stakeholders around service retentions.

Lead Partner:	Tipperary LCDC Health and Wellbeing Alliance
Support Partners:	Tipperary County Council – LCDC Support Staff, Tipperary Older Persons Council, An Post, An Garda Siochana, Financial Institutions, Transport Providers, Business Community, Community and Voluntary Groups, Local Enterprise Office, HSE, Resource Centres
Link to Plans:	LECP
Expected Outcomes:	<ul style="list-style-type: none"> • Older people are supported through local community improvements and amenity development to enjoy more active and healthy lifestyles • Older people will feel safe out and about in their local community building their confidence to engage and participate more thereby reducing loneliness and isolation • Retention of essential services particularly in rural areas • Ensure continued access to services by providing catalyst supports such as transport connectivity



Theme 2: Transportation

Goal: to provide affordable and accessible transport options for older people so that they have the opportunity to engage and participate to a greater extent in economic, cultural social life in the County. This will be done through a more co-ordinated approach to the use of current transport resources, exploring alternative transport options and better promotion of the importance of transport as an essential part of older people's lives.

WHY IS IT IMPORTANT:

Good access to transport makes it easier to participate in community life. In Ireland, around a third of people living in rural areas have difficulty in accessing essential services because of poor transport services. People who depend on others for help with transport tend to prioritise essential outings, such as grocery shopping and medical appointments, and neglect their social and leisure needs.

The Local Link Tipperary (LLT) currently has 61 services/ routes operating during the week running to various destinations and local towns. The service covers 70% of Tipperary County with new services being looked at over the next few years in order to cover the remaining areas that are not currently served. In Tipperary, over one in ten people have no motor car in the County (13.3%) with this figure rising to over 20% in some areas like Tipperary Town, The Commons, Templemore, and Roscrea. But even when people do have access to a car, the HAPAI survey figures show that driving reduces substantially as they get older. The proportion of people at risk of losing their license or inability to drive as they age will only increase in line with population projections and the question of 'what happens when I can't drive?' is one that will face more and more people and needs to be factored into policy making and service planning.

The constricting of participation in economic and social life as people age contributes to the feeling of loneliness and isolation. As people begin to feel more vulnerable, this affects their confidence which in turn, slowly begins to inhibit their desire or their ability to get out and about. Essential services in their community such as the shop, bank, post office, bank, library – these are all ways older people can continue to connect with their local community. But where these services are disappearing and the challenge of accessing them in larger centres looms, an alternative way for people to engage has to be found and central to this is an affordable and accessible transport network.

TRANSPORTATION

61%



of people
in Tipperary

Aged
55+



lower than

78%



of people
in other counties

Aged
55-69

ARE CURRENT DRIVERS

23%

of over 70s had reduced their driving in the past five years lower than the 34% in other counties.

20%
AGED 55-69

reported that transport was very difficult or difficult to access.

29%
AGED 70+

a further **20%** said that they did not use public transport.

87%



(rarely or never)

did not report any problems socialising because of transport issues

88%



(rarely or never)

did not report any problems doing essential tasks because of transport issues

1 in 5
20%



rated public transport in their locality as poor or very poor.

4.5%

AGED
55+

in Tipperary reported difficulties in socialising or essential tasks because of lack of transport and a further **7.7%** had difficulty some of the time.

THIS RISES TO

10%

AGED
55+

who did not drive and 12% for those with walking difficulties.

3.3%

AGED
70+

reported a difficulty attending health or social care appointments or doing essential tasks (most or all of the time) because of transport issues.

A further **17%** reported a difficulty some of the time because of transport issues.

KEY ISSUES FROM CONSULTATIONS:

- Rural transport infrastructure is seen as weak across the county with a lack of public transport options and routes, particularly in North Tipperary. There is poor connectivity in some areas and it is cited as a barrier to accessing work, training, education and social activities
- The majority of buses are not wheelchair accessible
- Accessing services and urban centres for key needs can be a challenge for older people and this is particularly the case for health appointments
- Rural isolation and loneliness is a recurring concern particularly for people who live alone, with declining infrastructure and services in rural areas compounding this concern
- Lack of information or promotion around the various bus/ transport options in the county
- Real issue with people losing their driving license as they get older – people have to get a cert from their Doctor and as people age and are prone to more illnesses, this gets more difficult
- Insurance costs for older people driving are significant.

ACTION 2.1: DEVELOP A TRANSPORT PLAN

The recommended Local Transport Plan will cover the whole county and detail what the ideal transport service/connections should be in place to allow individuals access other services in the main towns and villages, what transport services/connections are currently available, and a roadmap on how to bridge the difference including infrastructure such wheelchair accessible buses and bus stops, seating and shelter at bus stops, bike racks at bus shelters/bus stops. Services should be

placed where the existing transport service/connections exist and developed in conjunction with the public transport providers with particular attention paid to vulnerable groups, such as older people, who are more reliant on public transport. While the Plan will map a way forward, the more immediate issue is that of improving the co-ordination of transport services around the county where connectivity is generally focused on larger towns and the and the emphasis needs to be placed on connecting people in rural areas.

Lead Partner:	Tipperary Transport Co-ordination Unit
Support Partners:	Tipperary County Council, Bus Eireann, National Transport Authority, Health Service Executive, Older Persons Council, Local Development Companies, Youth Groups, HSE, Community and Voluntary Sector, Chamber of Commerce, Private Transport Operators, SPC on Transportation and Travel, Local Enterprise Office
Link to Plans:	Healthy Tipperary; LECP

ACTION 2.2: EXPLORE ALTERNATIVE COMMUNITY TRANSPORT PROVISION OPTIONS

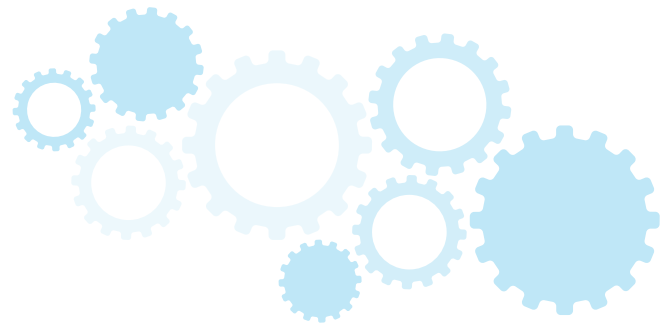
Examine community transport models currently operating in other areas e.g. volunteer car schemes, affordable taxis, car pooling, car sharing, car buddy project and see if any can be implemented in the County, linking with Tipperary Local Link, the Volunteer Centre and other relevant organisations. Particular attention should be paid to facilitate getting people to medical appointments, mass, shops and services and social activities. The use of HSE and school buses should also be examined to see if they could be integrated in the county wide transport network options.

Lead Partner:	Tipperary Transport Co-ordination Unit
Support Partners:	Tipperary County Council, Tipperary Volunteer Centre, Bus Eireann, National Transport Authority, Health Service Executive, Older Persons Council, Local Development Companies, HSE, Community and Voluntary Sector, Chamber of Commerce, SPC on Transportation and Travel, Resource Centres
Link to Plans:	Healthy Tipperary; LECP

ACTION 2.3: ADVOCATING, INFLUENCING AND PROMOTING TRANSPORT ISSUES FOR OLDER PEOPLE

Work with key stakeholders to influence planning policy and development management, linking with the Transport Plan, to enable: age friendly parking; appropriately located bus stops; adequate shelters and seating; clear timetables at stops; interconnectivity with services; scheduling of timetables and routes; a shop route to connect people to local businesses and services; urban transport loops; cognisance of transport to and from all future developments and builds. Better information and promotion is needed around the work of the Transport Co-ordination Unit and of the services and options available to people including what buses run within and externally in the County, where they pick up, times of pick up, the services offered.

Lead Partner:	Tipperary LCDC Health and Wellbeing Alliance
Support Partners:	PPN, Tipperary County Council – C&E section, Local Link Tipperary, Older Persons Council, Local Development Companies , Community and Voluntary Sector, Chamber of Commerce, Private Transport Operators, SPC on Transportation and Travel
Link to Plans:	LECP
Expected Outcomes:	<ul style="list-style-type: none"> • A Tipperary Transport Plan developed with a particular focus on supporting access by older people to villages/ towns/ services • Greater availability of transport options available throughout the county, particularly in rural areas • A greater awareness among older people of the transport options available to them and among decision makers and programme designers about the importance of accessible transport in everyday lives. • An increase in frequency and volume of transport options available to older people • Increased passenger numbers • Better use made of vehicle downtime.



Theme 3: Housing

Goal: to provide a home environment which will support older people to live independently, safe and secure, and ensure they receive the necessary support and have options when independence is no longer possible.

WHY IS IT IMPORTANT:

As people age, they spend more time in their own homes. This means that older people's quality of life, and thus their health, can depend on the appropriateness of their home environment and the conditions in which they live e.g. better heating systems are known to lead to improved breathing and mental health for some older people. Older persons have specific housing requirements such as being in proximity to their family and social networks, the need for access to public and other essential services, recreation and amenities (links with Theme 1 & 2 above).

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.

The research findings from the 'Sliotar' Project explored future housing options for older people through the examination of a number of existing projects. It showed that providing suitable housing in close proximity to services and amenities and town centres (often on brownfield sites) with appropriate design emphasising adaptability as the persons needs change alongside technological 'smart home' supports has the dual benefit of meeting the changing housing needs of older people and is less costly than residential or long-term nursing care.¹³

Government policy is to support older people to live with dignity and independence in their own homes and communities for as long as possible. According to Home and Community Care Ireland, almost 34% of all people in long-term nursing care have low to medium dependency and, as such, could perhaps remain living at home with the support of enhanced home care packages. In terms of cost effectiveness, home care costs in Ireland are estimated to be consistently lower than hospitalisation and residential care costs. Rebuilding Ireland notes that 'for many, living in adapted or specialists housing reduces reliance on health and social care services and can result in measurably improved health status and lower rates of hospital admissions' (pg. 54).

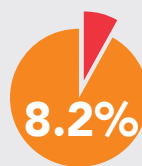
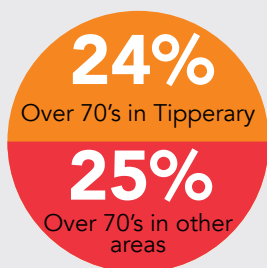
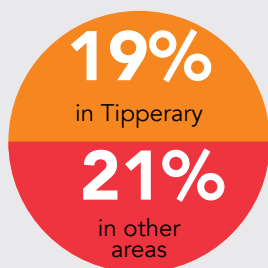
The Tipperary County Development Plans (North and South) note that the older people have certain housing requirements relating to access, medical case, security and personal safety, among other issues. In order to meet the housing demands of ageing population and to support independent living for older people, the Plan notes that there will be a requirement for a combination of

13. 'Housing for Older People: Future Perspectives', Age Friendly Ireland (2016)

supported group/community housing, assisted living and residential care accommodation, and new housing to be delivered in a manner that will allow older people to remain in their own homes and/or within their communities.

The other related issue around housing is safety and security. For many older people, the decision to age in their own community depends on whether they feel safe and secure at home and out and about (see Theme 1 above). The Tipperary Joint Policing Plan states that ‘where people face risks of violence and crime that threaten their physical safety, their quality of life is severely diminished’ and the perception of a threat and the resulting feelings of insecurity undermine a person’s quality of life and makes participation in their community difficult.

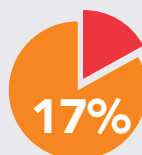
HOUSING FACILITIES¹⁴, CONDITIONS AND UPKEEP



of people reported that their home does not have a downstairs toilet or bathroom facilities



of people reported that their home was too big for their current needs.



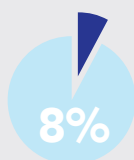
People Over 70 reported that their home was too big for their current needs



of people

AGED
55+

had difficulty keeping their house adequately warm in the last 12 months.



of people

AGED
55+

VS



of people

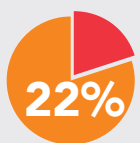
AGED
55+

in other areas.

have problems with housing conditions. The most frequently reported problem is damp or leaks in walls or roof.

14. Facilities include shortage of space or too big for current need, lack of indoor flushing toilet, lack of bath or shower, lack of downstairs toilet/bathroom facilities, and lack of a place sit outside (e.g. garden, balcony, or terrace). Conditions include rot in windows, door or floors and damp or leaks in walls or roofs.

HOUSING PREFERENCES



of people

VS

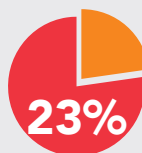


of people



AGED
70+

in both Tipperary and other counties had problems carrying out maintenance themselves



have problems with upkeep

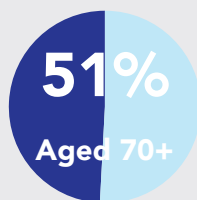
had problems with the cost of maintenance.



positive about moving into an adapted house

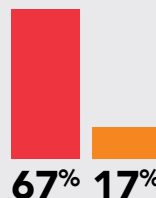


were opposed to moving into an adapted house

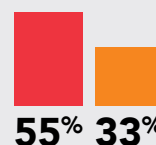


were opposed to moving into an adapted house

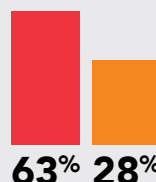
negative reaction positive reaction



Moving in with their children



Moving in with other older people



Over 70s - Moving in with other older people



Moving into a nursing home

SAFETY AND SECURITY



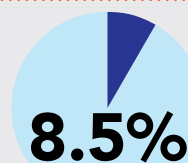
Over 55's feel safe at home during the day



Over 55's feel safe out and about at night in Tipperary



Over 55's feel safe out and about at night in other areas



of respondents in Tipperary had an experience that left them concerned about their personal safety



20%

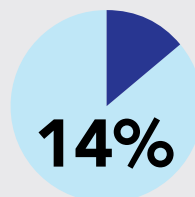
of women don't feel safe out and about a night



10.5%

of men don't feel safe out and about a night

VS



of respondents in other areas had an experience that left them concerned about their personal safety

KEY ISSUES FROM CONSULTATIONS:

- Assistance is needed with garden maintenance, minor house repairs, smaller jobs like changing light bulbs, cleaning gutters etc. but there is the constant fear of being 'ripped off'. This is also supported by the HaPAI survey findings.
- In most parts of County Tipperary there is a lack of options for older people, other than their own home or a nursing home. There is a strong demand for more housing options with additional supports in local communities such as sheltered housing or modified homes. Housing needs to be planned and designed better – planning for a variety of needs that a house could grow with you.
- The need to feel safe and secure in a person's home emerged strongly during the JPC consultation process. Anti-social behaviour arising from abuse of alcohol and drugs causes people to feel unsafe in their own homes
- Burglary, theft and drug possession are areas of priority concern for the guards and residents
- Poverty, particularly hidden poverty among the older people, with fuel poverty a particular area of concern affecting people's ability to stay warm.
- More general information needed around housing supports – assistance with form filling, housing adaption grants. Older people would apply for help but are deterred by the form filling.
- Many older people are in houses that are now too large for them (as evidenced in the HAPAI survey) or too isolated from services. Many are willing to downsize but need to be incentivized and supported to do this.
- The 'dreaded nursing home' would not be so dreaded if there were smaller nursing homes available in the community. The reason they are so feared is that someone often has to move miles from their community to access a nursing home, away from their friends and community who then find it difficult to come and visit them (transport issue). A new model of smaller, localized care for older people is needed.
- Loneliness and isolation is a real issue for older people. The Good Morning Service operates throughout Tipperary (call service for older people) but it can be difficult to get older people to avail of the service. Many people do not know about it so it needs to be expanded and promoted with more active support for older people in getting involved with the service e.g. assistance with form filling.
- Panic buttons, neighbourhood watch and the text alert are great and help keep older people feeling more safe and secure.
- Rural crime among the farming community is rife with people stealing livestock, machinery and diesel.

ACTION 3.1 AGE PROOF HOUSING IN TIPPERARY

The County Development Plans North and South commits to facilitate the provision of accommodation to meet the needs of the older people, those people who wish to continue living at home with a little support (which from the HAPAI survey is the majority) and those that may wish or may need to have more support through supported housing or residential care. There are a number of specific actions that will take place in this regard (a) ensure a support service is in place to assist people with the home modifications and filling out paper work with respect to same – this could be provided (by agreed arrangement) by the Citizens Information, Family Resource Centres, the Good Morning Service or any other service provider with links to older

people (b) review Tipperary Housing Strategy to ensure that future builds and developments are mindful of Age Friendly principles, particularly in relation to location, proximity to amenities and health care facilities, transport and community services (c) incorporate universal design guidelines into future planning applications (d) highlight the importance of town centre location and access to services including zoning urban centres within Local Area Plans for partial provision of older persons housing (e) proactively work with Voluntary Housing Bodies to promote the development of increased social housing schemes and co-identifying suitable sites and locations, with particular attention paid to derelict urban centre sites that could be suitable for housing for older people (f) explore a pilot 'house-swap' scheme (complete with incentives, supports) identifying older people willing to downsize to smaller more centrally located premises thereby freeing up their larger more family friendly home.

Lead Partner:	Tipperary County Council – Housing Section
Support Partners:	Age Friendly Ireland, Tipperary County Council – Planning Section, Department of Environment, Heritage and Local Government, Centre of Excellence on Universal Design (National Disability Authority), Private Developers, Voluntary Housing Bodies, Older Persons Council, SPC on Housing
Link to Plans:	County Development Plans – North and South

ACTION 3.2: ESTABLISH A HOUSE REPAIRS AND TRUSTWORTHY TRADE SERVICE

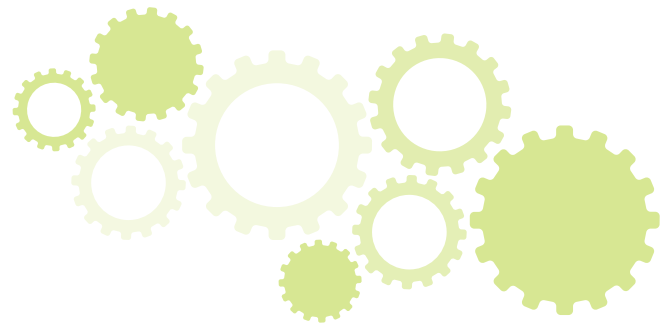
Trust in trades people entering homes is particularly important for older people along with the issue of affordability. Jobs that can appear small such as changing light bulbs, fixing shelves, moving furniture etc. are important to people who can no longer easily carry out these jobs and require support. The provision of a comprehensive, affordable, trustworthy, home repair, odd job and maintenance team which has been Garda vetted will be explored generating a number of benefits - stimulating local employment opportunities in the service sector (possibly through a Social Enterprise model) while at the same time meeting these care needs. It could be linked in with the Good Morning service currently operating in Tipperary and modelled on the 'Care and Repair' scheme run in Tipperary Town by Muintir na Tire and Age Action in other areas. In addition, a registered list of capable and reliable contractors with guidance pricing will be put together and ensure wide circulation among the community, particularly targeting older people.

Lead Partner:	Good Morning Tipperary Service (or Local Development Companies)
Support Partners:	Local Enterprise Office, Muintir na Tire, LCDC Support Staff - TCC, Volunteer Centre, Tipperary LCDC Health and Wellbeing Alliance, Older Persons Council, Local Traders & Private, Community and voluntary organisation, Department of Social Protection, Local Traders and Chamber of Commerce
Link to Plans:	County Development Plans – North and South

ACTION 3.3: IMPLEMENT COMMUNITY SAFETY INITIATIVES

Conduct a county audit to identify where Garda-supported programmes such as the Text Alert scheme, community Alert, Neighbourhood Watch and Community Policing Clinics exist, where there are gaps and put steps in place to address these gaps. A range of other community safety initiatives will be explored and implemented targeting older people or vulnerable people living alone as outlined in the Joint Policing Strategy including (a) supporting the rollout of the Senior Alert Scheme to provide personal monitored alarms to vulnerable older people through the Buddy Programme or other peer-to-peer supports (b) implementing a volunteer initiative that specifically encourages neighbours to visit and look out for older vulnerable people living alone (c) hosting a series of community clinics for older people by An Garda Síochána providing face to face human contact between the Gardai and older people (d) adopt the Crime Prevention Ambassador Programme across the county which ensures that vulnerable and isolated older people are receiving crime prevention information on a peer to peer basis.

Lead Partner:	An Garda Síochána
Support Partners:	Tipperary County Council, Joint Policing Committee, Muintir na Tíre, IFA, Tipperary LCDC Health and Wellbeing Alliance, Older Persons Council, Tipperary Volunteer Centre, Community and Voluntary Sector, Resource Centres, Local Development Companies
Link to Plans:	Joint Policing Strategy; LECP
Expected Outcomes:	<ul style="list-style-type: none"> • Older people are able to live in a safe and secure environment in their own home connected to their family and local community • Quality housing, timely supports and residential options are available to older people as they age and their needs change • Older people are aware of home to make their home safer and what supports are available to them • Planning, design and delivery of future developments will reflect an understanding of Age Friendly principles • Effective communication links between Gardai and older people living across county Tipperary • Increased trust and confidence and decrease in the fear of crime amongst older people • Positive impact on social enterprise initiatives and job creation



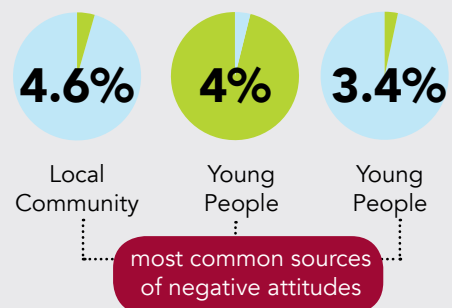
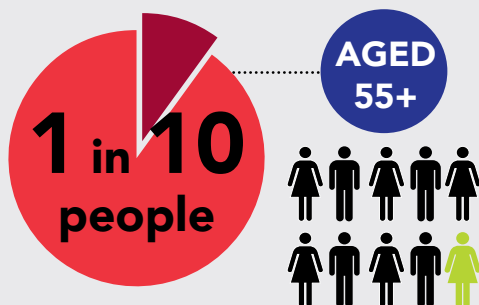
Theme 4: Respect and Social Inclusion

Goal: to combat stereotypes, myths and negative views on ageing and prevent prejudice and discrimination against older people and to recognise ageing as a positive experience across society, regardless of gender, age, culture or ability.

WHY IS THIS IMPORTANT:

As a western developed society, there is an often unhealthy emphasis on youth culture, a celebration of being young and maintaining youthful looks and attitudes. The wisdom and experience amassed as people grow older is often devalued and older people themselves can face stereotyping and exclusion as a result. Assumptions are made about older people's competencies, attitudes, beliefs and abilities that are often false and lead to a society that disempowers older people as opposed to supporting their independence and encouraging their contribution. Central to positive ageing is countering ageism and prejudice through promotion of age awareness, addressing mis-information, informing the public about the rights, needs and potential of older people and highlighting their social, economic and cultural contributions to the community. It is also about giving opportunities for people of all ages to engage and connect in their local community because nothing breaks down barriers more than personal experience and real human contact. It is at this person to person level between neighbours and communities that respect is earned and given.

MOST PEOPLE IN TIPPERARY HAVE NEVER PERSONALLY EXPERIENCED NEGATIVE ATTITUDES OR BEHAVIOUR TOWARDS THEM AS AN OLDER PERSON.



KEY ISSUES FROM CONSULTATION:

- Need to be open to all new communities – it is not just about being more respectful and open to older people, it is a culture of being open and accepting of all people.
- Disrespect from shop assistants (particularly bigger retail outlets) is a common occurrence.
- Banks are particularly problematic when it comes to dealing with older people ... they seem to rely on automation and have little time or space for older people and for helping them out with their banking activities.
- Greater understanding and interaction between young and old generations should be encouraged; respect goes both ways and while we often think that young people have no respect for their elders, it is often the case that older people have little respect for young people so this has to be tackled through greater interaction.
- Older people have significant skills and experience and this needs to be valued and seen as a resource rather than a hindrance.
- Older people often need more stimulation (more than a Day Centre can offer) and more needs to be done to engage and use their skills and talents full at local level

ACTION 4.1 DEVELOP INTERGENERATIONAL INITIATIVES

Develop a range of initiatives that support community integration between younger and older people. This is particularly important in communities which have expanded rapidly in recent years or areas which lack community facilities or groups for older people. Examples include oral history, music, the young teaching IT skills to the older community and in return older people teaching crafts, history and declining traditional skills to young people. Opportunities to link with national and secondary (transition year) students will be explored.

Lead Partner:	LCDC Support Staff (in collaboration with Comhairle na nOg).
Support Partners:	Older Persons Council, Schools, Youth Organisations, HSE, Tipperary LCDC Health and Wellbeing Alliance, Resource Centres, CYPSC, Local Development Companies
Link to Plans:	LECP; Healthy Tipperary.

ACTION 4.2 INITIATE A LOCAL COMMUNICATION CAMPAIGN ADDRESSING AGEISM

Develop a communication campaign to run over a number of months that aims to provide real information about ageing in Tipperary. This should include (a) addressing mis-information about dementia, alzheimers and other ageing related conditions (b) highlighting signs of elder abuse (c) celebrating older people in the county with individual stories about local men and women (d) highlighting the issues facing older people in the county (e) showing where and how older local Tipperary people are and can contribute to the local economy and the community (f) promoting supports and services for positive ageing in the county. This should be particularly targeted at larger businesses and services as part of the Age Friendly Business Programme (see Theme 6) to address the perceived disrespect or disregard for older people.

Lead Partner:	Tipperary LCDC Health and Wellbeing Alliance
Support Partners:	HSE – Health & Wellbeing, Tipperary County Council – C&E Section, Older Persons Council, Local Media Organisations, PPN – Community/ Voluntary organisations, Local Businesses, Chamber of Commerce, Comhairle na nOg
Link to Plans:	New action
Expected Outcomes:	<ul style="list-style-type: none"> • Increased interaction and engagement between young and older people bringing about better understanding between the generations • 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.



Theme 5: Social Participation

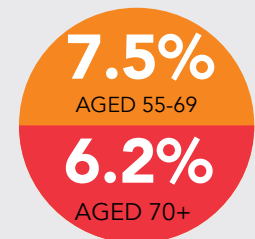
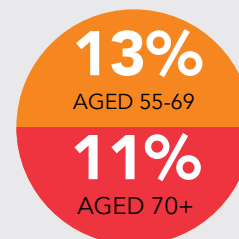
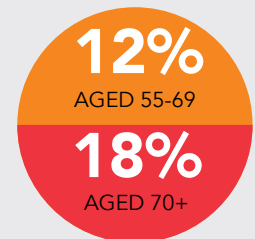
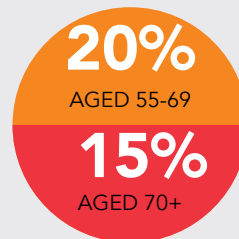
Goal: to address the barriers to participation for older people and increase opportunities for them to participate in a range of activities which will contribute to improved health and wellbeing.

WHY IS IT IMPORTANT:

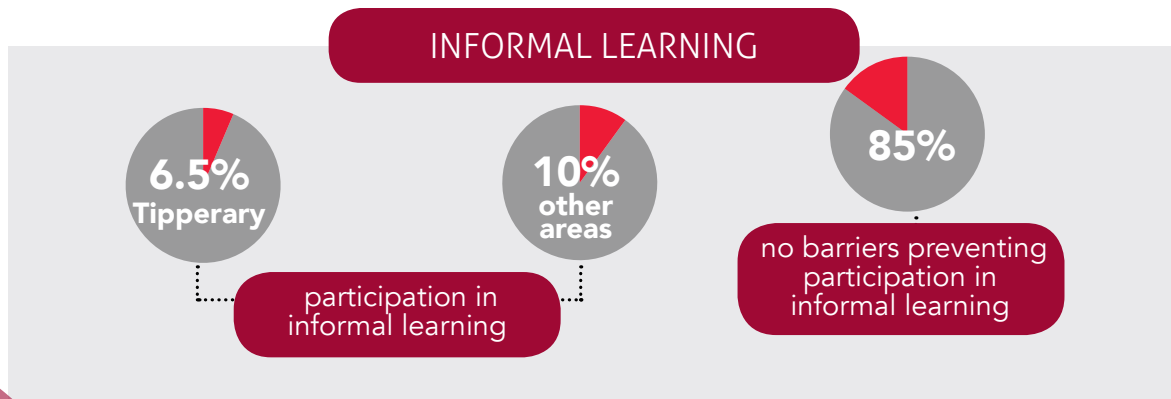
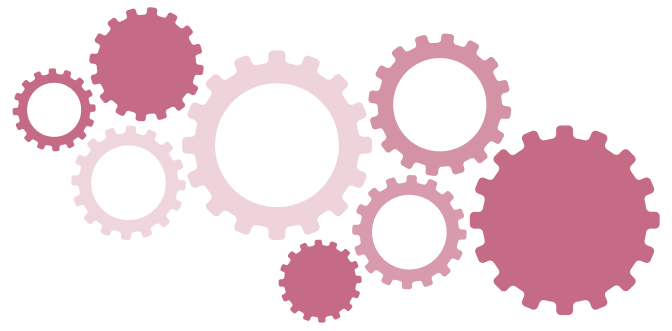
Social connection, feeling part of a network of family, friends and community, is one of the main determinants of health and wellbeing. An Age Friendly Ireland publication in 2015 reported that the health risks of poor social integration are comparable with those of smoking, high blood pressure and obesity.¹⁵ Loneliness and social isolation increase the risk of depression and mental health difficulties and contributes to cognitive decline as evidenced by the Taskforce on Loneliness detailed above.

The Age UK's 2017 'Index of Wellbeing in Later Life' found that creative and cultural participation has the greatest positive effect on wellbeing in later life, compared to a range of other indicators. Encouraging and keeping people engaged in activities is not only important for general health and wellbeing but also for greater community connectivity. But there are many barriers that discourage people from participation and these need to be identified and addressed.

SOCIAL PARTICIPATION IN TIPPERARY IS LOWER THAN THE NATIONAL AVERAGE



¹⁵ 'A Guide to Sharing Ambitions and Opportunities – What Age Friendly Cities and Counties Can Achieve', Age Friendly Ireland (2015).



KEY ISSUES FROM CONSULTATION:

- Transport and access (see Theme 2 above) is central to people being involved and included.
- Affordability and cost is an issue for many older people – activities and events (e.g. aqua aerobics) could be scheduled at off peak time at off peak tariffs for older people.
- Getting older men involved in clubs such as active retirement or indeed any club can be challenging.
- Widows and widowers can be very isolated, particularly once their partner dies and if they have been in a caring role, there is a real vacuum of time and energy that opens up.
- People can be shy joining or trying new things with confidence eroding as they get older and become more isolated and more 'out of practice'.
- Everything now seems to be automated which is a real deterrent for older people.

ACTION 5.1 COMPILE AN INFORMATION DATABASE ON FACILITIES AND ACTIVITIES FOR OLDER PEOPLE

Develop a database (building on the County Community Facilities Audit) with the following information (a) what community facilities in the county are suitable for use by older people (b) what older persons groups are in the county, where do they operate and see whether they are registered with the PPN (c) find out what social activities older people would be interested in getting involved with or participating in, given that one in every 5 people in the HAPAI survey say that the current social activities do not interest them. Once this exercise is complete, it should be clear where there are gaps in facilities, in areas and in activities. This should lead to the development of a programme to support and encourage new or enhanced community hall facilities, or a 'social connection space' in each community (as recommended by the Healthy Tipperary Strategy) where new groups could be established and what additional range of activities need to be developed to support positive ageing.

Lead Partner:	LCDC Support Staff - TCC
Support Partners:	PPN, Community/ Voluntary/ Sporting Groups, Older Persons Alliance, Older Persons Council, Local Development Companies, Resource Centres
Link to Plans:	LECP; Healthy Tipperary Strategy

ACTION 5.2 A COMMUNITY ACTIVATION PROGRAMME TO ENCOURAGE GREATER PARTICIPATION IN PHYSICAL AND SOCIAL ACTIVITIES

The Healthy Tipperary Strategy outlines the importance of physical and social activity for older people in contributing to their health and wellbeing. It recommended developing, supporting and facilitating local community events involving physical activity (walking, running, cycling, swimming), fun days (sports days, community bbq's, family fun days, Tea Room dances) and the arts (local festivals, concerts) to improve the wellbeing and connectivity of local communities.

Older people are one of the target groups of the Tipperary Sports Partnership and it runs a range of programmes suitable for this age group. Tipperary Arts Office offer opportunities for older people to access and enjoy the arts through a multidisciplinary arts programme, special project commissions and residencies in the lead up to and throughout the annual Bealtaine Festival held annually during the month of May. The Heritage Office runs events and talks that assists in developing awareness about local heritage and how it can be protected and appreciated.

It is not possible, given the size of the County and the level of resources afforded to the Sports Partnerships, Arts Office, Heritage Office and other services, to undertake a county wide community activation approach. It is recommended therefore, that a number of geographic areas be identified where the cultural, sport, arts and community service providers would target their energy and resources for 3 years building up community connections, community activities and community capacity in these areas with a particular focus on involving and encouraging older peoples participation. The criteria for selecting the geographic areas could be informed by a range of data (e.g. data in this report, the Community Facilities Audit) and be focused on areas where there are high concentrations of older people; areas where there is a low level of community activity; where there is significant levels of disadvantage; and areas where there are Day Care Centres. The issue of affordability and co-ordination of public and rural transport services to facilitate access by older people (see Theme 2) will be incorporated into the planning for this activation programme.

Lead Partner:	Tipperary LCDC Health and Wellbeing Alliance
Support Partners:	Tipperary Sports Partnership, Tipperary Arts Office, Tipperary Heritage Office, HSE Health and Wellbeing, LCDC Support Staff - TCC PPN, Community and Voluntary Organisations, Local Link Tipperary, Local Development Companies, Resource Centres
Link to Plans:	Healthy Tipperary Strategy; Tipperary Arts Strategy; Tipperary Sports Partnership Strategy

ACTION 5.3 APPOINT AGE FRIENDLY AMBASSADORS

One of the biggest obstacles around older people participating in activities (social, physical or otherwise) is lack of confidence which is only exacerbated by joining something for the first time or walking into places alone. The more some-one withdraws from everyday connections, the more isolated they become and the more confidence is lost. Support and encouragement are important first steps for many people. Each club, society, organisation will be encouraged to appoint an Ambassador whose role it is to act as a link between the individual and the club/ activity in the initial stages to ensure the passage to participation is eased be it through something simple like walking in with someone, having a 'go-to' person for questions etc. (modelled on the Cultural Companies Programme run by Age and Opportunity) This Ambassador Programme could be incentivised through a County recognition award initiative and/ or other supports provided by the Council (see Theme 7).

Lead Partner:	LCDC Support Staff - TCC
Support Partners:	PPN, Good Morning Service, Sporting Groups, Sports Partnership, Arts Office, Resource Centres, HSE – Health and Wellbeing
Link to Plans:	New action.
Expected Outcomes:	<ul style="list-style-type: none"> • Increased participation of older person in community activities • Older people will be accessing social activities which they have identified as being of interest to them • Feelings of loneliness and isolation are reduced



Theme 6: Civic Participation and Employment

Goal: to create and support an environment that facilitates an increase in employment, volunteering and civic participation among older people

WHY IS IT IMPORTANT:

Civic participation is all about the contribution and responsibility people feel towards their community and their society. Many older people are ready for retirement but still want to contribute to their communities through volunteering and other means. Other older people may not be ready for retirement from working life and are seeking opportunities to continue to participate in education, business and employment. Being actively involved in either paid or unpaid work through volunteering or otherwise generates many benefits including continued connection within a community, a feeling of purpose and self worth and supporting positive health and wellbeing. It also helps reduce isolation and loneliness.

VOLUNTEERING



people

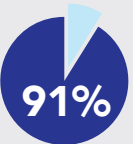
Aged 55-69

VS

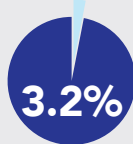


Aged 70+

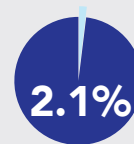
volunteer at least once a month



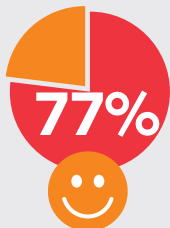
satisfied with the amount of time they spend volunteering



would like to increase the amount of time they spend volunteering



would like to decrease the amount of time they spend volunteering



are satisfied with the range of volunteering options

13%

Social Movements

16%

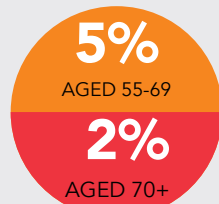
Community and Social services

13%

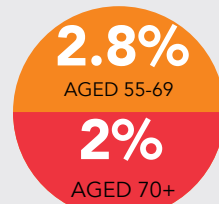
Educational, Cultural or Sporting organisations

15%

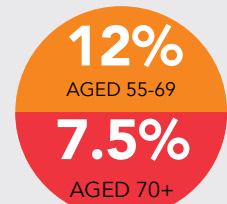
other voluntary organisations



attending a political protest or attending a political meeting



offer their views publicly as an older person.



have contacted a politician or public office.

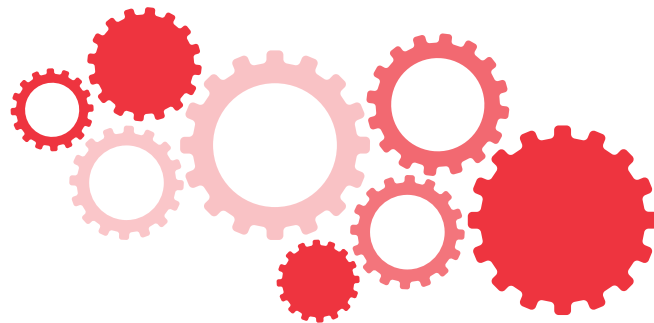
1 in 7



people

Aged 55+

experienced a barrier to participation in lifelong learning in the previous 12 months.



KEY ISSUES FROM CONSULTATIONS:

- the volume of paper work and red tape can be off-putting for people looking to volunteer
- There is a lot of pressure on older people around helping out with families and childcare. While it suits some people, there are others who feel they can't say no and many older people and this restricts their opportunities around participation and employment.
- While there are a number of voluntary and well supported older people networks (such as active retirement groups, day care centres etc.) there is no older persons forum in the county where issues can be raised
- Volunteerism should be encouraged more among older people – given they often have the time, skills and experience.
- The barriers to volunteering articulated by the Tipperary Volunteer Centre include:
- volunteer opportunities may not exist locally for the person willing to volunteer or if some do exist, they may not interest the individual
- some people are not computer literate and some areas do not have access to broadband
- confidence to join a new organisation can be an issue
- past history/ local rivalries within an area may make a person feel they are not suited or not welcome
- time is an issue for older people if they are being relied on to babysit
- The Volunteer Centre report that there is active engagement among many older people in the County but one of the ongoing challenges is around people being resistant to change or new ideas
- Many older people would like to look at enterprise development or self-employment but the bureaucracy associated with this is off-putting.
- Lifelong learning is fantastic and the ETB is a great resource. The opportunities they offer older people should be promoted more.

ACTION 6.1 SUPPORTING AND CONNECTING TO VOLUNTEERING

Investigate innovative approaches to encourage volunteering among older people (engaging with Volunteer Ireland and Age Friendly Ireland) looking at different types of incentives that could be put in place to work towards greater involvement (examine incentives and learning in place in other parts of the country that could be transferred to Tipperary). Part of this would involve looking to address current barriers to volunteering experienced by older people (linking in with Healthy Tipperary Strategy proposal around same). A number of innovative approaches could be explored and introduced on a pilot basis such as a 'Fair Exchange Programme' where an older person gets some training or a skill from a younger person and they then return the favour concentrating on something the young person might be interested in e.g. history. There should also be an 'Introduction to Retirement' programme put in place, on a cross partnership basis, that would give information to people who have retired or are about to retire covering topics like: benefits, money management, time management, health and wellbeing, participation opportunities (social, physical, economic), volunteering etc.

Lead Partner:	Tipperary Volunteer Centre
Support Partners:	Tipperary LCDC Health and Wellbeing Alliance, Tipperary County Council – C&E section, Local Development Companies, PPN, Community and Voluntary Organisations, Department of Social Protection, Citizen Information Centres, Age Friendly Ireland
Link to Plans:	Healthy Tipperary Strategy; LECP

ACTION 6.2 ENCOURAGE EMPLOYMENT & ENTERPRISE AMONG OLDER PEOPLE

The skills, experience and knowledge of older people will be harnessed through encouraging senior entrepreneurship and enterprise. A survey will be undertaken to identify the skills that already exist and to identify any further learning/ training needs of older people. This could be particularly valuable for social economy and community enterprises who often lack the business skills to reach their full potential (as evidenced by the C&E audit of Community Facilities) and could benefit from a mentoring panel of senior advisors or other peer-to-peer mentoring methods. Opportunities for retired people to engage with the workplace will be explored looking to transfer skills and create positive role models. This could be initiative between the Local Enterprise Office and the Volunteer Centre. Finally, people who may be interested in starting their own business will be supported through the Local Enterprise Office to research their ideas and supported to realise the potential through 'Start Your Own Business' courses and other means.

Lead Partner:	Local Enterprise Office
Support Partners:	LCDC Support Staff - TCC, Older persons organisations, HSE, Chamber of Commerce, Private sector, Limerick Institute of Technology, ETB, Volunteer Centre, Local Development Companies
Link to Plans:	LECP

ACTION 6.3 ESTABLISH AN OLDER PEOPLE'S COUNCIL

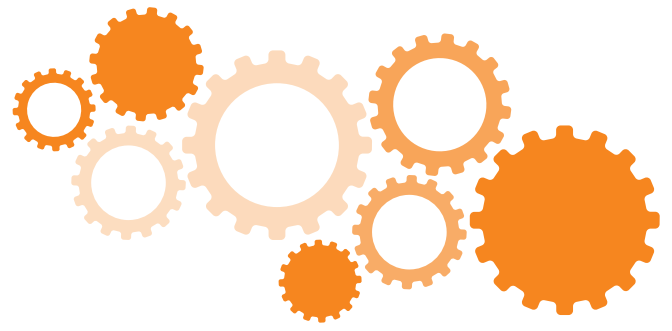
Support the development of an all County Older Persons Council, through the PPN, to assist in developing appropriate policy initiatives for the older cohort of the population. This should be truly representative of the geography of County Tipperary and all of its diverse groups. This model will aim to facilitate two-way communication between the Alliance and older people in the community. Representatives will be affiliated and nominated through the PPN.

Lead Partner:	LCDC Support Staff (TCC) and the PPN
Support Partners:	Tipperary LCDC Health and Wellbeing Alliance, HSE, Community and voluntary organisations, Local Development Companies, Resource Centres
Link to Plans:	LECP

ACTION 6.4 COUNTY WIDE AGE FRIENDLY BUSINESS PROGRAMME

Drawing on the successful work of Age Friendly Roscrea group, put in place a County wide Age Friendly Business Programme which encourages local businesses to become more 'Age Friendly' through initiatives like age friendly parking, seating availability on premises, font size on information material, accessible premises, toilet facilities etc. This will be encouraged through a short training programme and a branding process whereby businesses will be identified as 'Age Friendly' through Certificates, signs and stickers. Further initiatives such as offers/ discounts for older people, monthly 'age friendly days' where older people will be particularly encouraged to shop through incentives, shuttle transport and other options will be explored. This will be linked with the 'Age Friendly Award' actions detailed in Theme 7 below.

Lead Partner:	Chambers of Commerce
Support Partners:	Age Friendly Roscrea, Local businesses, Local Enterprise Office, Municipal Districts
Link to Plans:	LECP
Expected Outcomes:	<ul style="list-style-type: none"> • Create opportunities for older people to engage more easily in volunteering activities • Opportunities are available for retired people to engage with the workplace, leading to skills transfer and the creation of positive role models • Older people are more confident and capable of articulating the issues of concern to them, are engaged with the organisations that make decisions that affect their lives and are active participants in addressing these issues. • A more positive culture around ageing and participation • Businesses and services in the County are engaging in the Age Friendly Programme • Learning programmes are customised specific to the needs of older people



Theme 7: Communication and Information

Goal: to ensure that older people can access timely, practice information about what is happening in their communities

WHY IS IT IMPORTANT:

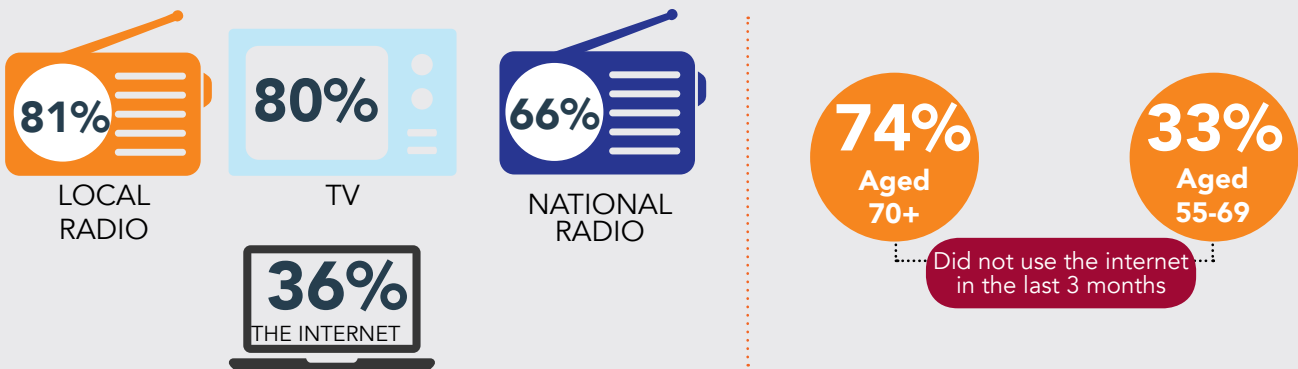
Communication and information is all about people being able to access and understand what they need to know, when they need to know it. Disseminating information is always a challenge for organisations and service providers as they have to be conscious of what medium to use, how it is phrased, who is the target audience. For information dissemination to be truly effective, the end user has to be looking for it or attuned to it and actively seeking it. This makes the issue of communication and information an ongoing challenge yet one that needs to be constantly addressed and highlighted as it is so important.

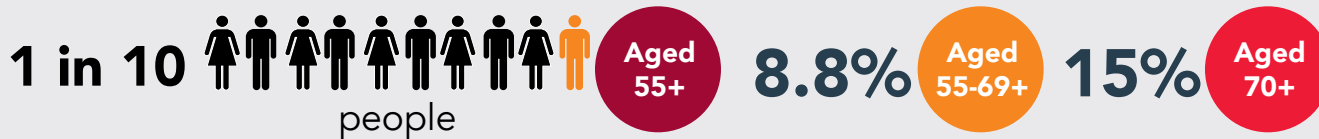
Lack of awareness of what is on offer, or how to access it, can prevent older people from accessing useful services or resources. A reliable flow of clear information about services, community news, activities and opportunities keeps older people active and involved and is critical for those who have few formal or informal networks to call on.

The additional challenge for older people is the move to online platforms or automated customer service by many of service providers. We know from the socio-economic profile in Section 2 above that a quarter of the people had no broadband in 2016 with some areas particularly isolated in this regard including Toomevara, Ballyporeen, The Commons, Tipperary Town and Littleton. Even in those areas that have access to good quality broadband, the capacity of older people to engage effectively with this communication method may be limited as is evidenced in the HaPAI survey below. The Digital Strategy identified the lack of digital skills among older people as one of the key weaknesses in County Tipperary.

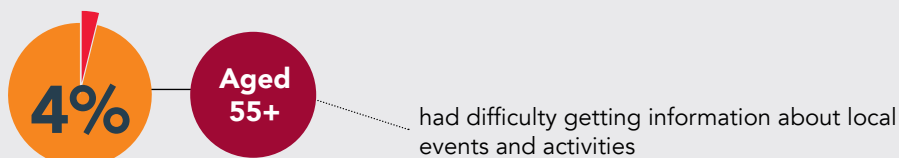
SOURCES OF INFORMATION

The main information sources for people over the age of 55 in Tipperary





have difficult accessing information about health or social care



KEY ISSUES FROM CONSULTATIONS:

- Older people get most of their information word-of-mouth. Other places that are importance sources of information are: local radio; neighbours; Citizens Information; parish newsletters; on-line; local papers; health centres; coffee mornings.
- Many older people feel a sense of exclusion because of the quick changing pace of the digital age. Everything seems to be automated now from phones to banks and there seems to be a real impatience on the side of service providers when older people cannot engage with it. No one likes to feel stupid yet that is how many older people are made to feel.
- The focus is now switching to people taking more personal responsibility for their own health but this needs to be supported by service providers through education and information supports that are accessible and widely available e.g. around healthy eating, mental health, physical activity.
- More promotion, information needed on benefits, volunteerism, retirement, health services, supports ... there needs to be one place where people know to go that they can get their hands on all this information and it needs to be proactively targeted at older people through the mediums (listed above) that they engage with.

ACTION 7.1 DEVELOP A CENTRAL INFORMATION HUB

Develop a Central Information Hub that would be updated weekly featuring promotion and information on Tipperary and Community events (similar to Limerick.ie site and building on the work done in whatsonintipp.ie).with links to other relevant sites and updated information on entitlements and grants This could dovetail nicely with one of the actions in the Digital Strategy where it recommends that very village and county would have website and an online presence. It is recognised that the development of a Central Information Hub is a challenging project because of the importance of the design platform, the buy in that is needed from local organisations and groups, the ongoing effort involved in keeping people posting and linking current information to the platform. However, the importance of accessible and timely information is something that not only arises as an issue for older people but arises as an issue in all the other local county strategies that are in place. Just because it is challenging does not mean it should not tried. There is a model (Limerick.ie) already in existence that can be learned from and built on.

It is recommended therefore, that a timebound Task Group be established (6 months timeframe) to explore the development of a hub of this nature. It would look at models elsewhere and draw in local expertise (e.g. LIT in Tipperary; Digital Officer; Libraries; ETB; Tipperary Data Hub) and work with local service providers/ communities who will be populating or linking to the site to work up a plan outline for getting this project off the ground.

While the Hub would primarily be social media driven given the ease of updating and informing people via this platform, there would also need to cognisance taken of older people and how/ where they access their information. The local radio is a central information source according to the HAPAI survey above and backed up by consultations and greater links with this medium should be developed to see how they can engage more meaningfully on topics that interest their older audience e.g. a weekly programme on health issues for older people. Other common forms of information sharing and access to information need to be explored further with steps put in place to actively make these links be it through be made to the local radio/print media, churches, community centres on a regular basis to avoid excluding them.

Lead Partner:	LCDC Support Staff (TCC) & Tipperary Data Hub
Support Partners:	Tipperary County Council (Library; Arts Section; Festivals Section), Tipperary LCDC Health and Wellbeing Alliance, LIT, ETB, Libraries, Older Persons Council, PPN, Local Media (Tipperary FM; local newspapers), Local Community Organisations, Tipperary Sports Partnership
Link to Plans:	Healthy Tipperary; Tipperary Digital Strategy.

ACTION 7.2 DEVELOP DIGITAL COMPETENCIES AMONG OLDER PEOPLE

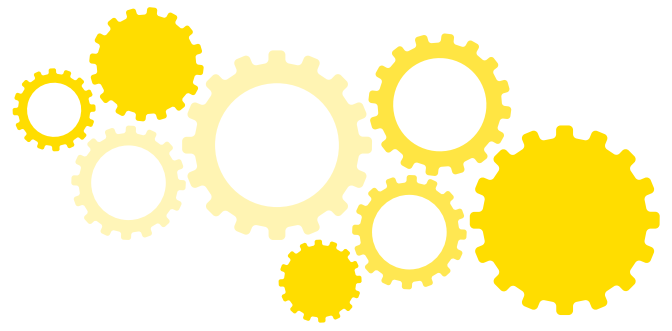
While many older people are uncomfortable and fearful of the digital age, there is no going back. The challenge is to upskill, educate, de-mystify and support older people in coming to terms with the new reality. The Tipperary Digital Strategy sets out a number of actions which aim to address this issue (a) undertake a marketing programme to target old people onto digital training courses (b) explore the potential for young people to provide information training/ mentoring for older people on digital technologies (c) identify groups of citizens who may need specific training in digital technologies and to provide this where it is required (d) explore ways in which the County Library Service could further its level of digital interaction with citizens and also what role in might play in providing training in digital technologies to those who require it (e) work with communities and stakeholders to progress the provision of digital community hubs in the County. These hubs to be used for digital training and provide citizens who little or no digital skills with the confidence, motivation and skills to use and benefit from digital technologies.

Lead Partner:	Tipperary ETB
Support Partners:	Local Development Companies, Local Enterprise Office, Tipperary Library Service, PPN, Youth Work Ireland/ Youth Service Providers, Broadband Programme Management Group - TCC
Link to Plans:	Tipperary Digital Strategy

ACTION 7.3 CHAMPION AGE FRIENDLY COUNTY THROUGH RECOGNISED AWARDS

Put in a place a yearly awards programme, run through the Council, which could be linked in with the National Age Friendly Achievement and Recognition Awards run by Age Friendly Ireland or at least modelled on this approach. This award scheme could be at each municipal district level and then an overall county level. This award ceremony would have a number of benefits (a) it would keep a continuous annual focus on the age friendly agenda (b) it would incentivise businesses, services and communities to engage in age friendly practices and initiatives (c) it would publicly recognise the valuable and often thankless work that people and communities do on the ground (d) it would publicise the good practice and successful Age Friendly projects that are taking place across the County. The awards could be given across the 8 themes of the Age friendly Strategy (as is done with the National Awards) or it could be organised differently with awards for (a) people (b) businesses (c) projects.

Lead Partner:	Tipperary LCDC Health and Wellbeing Alliance
Support Partners:	LCDC Staff, Older Persons Council, Age Friendly Ireland
Link to Plans:	New action
Expected Outcomes:	<ul style="list-style-type: none"> • Older people can easily access information about events and issues and services in the local community • Increased engagement by older people in events • Reduced risk of isolation and loneliness • Greater awareness of the Age Friendly agenda



Theme 8: Community Support and Health Services

Goal: to provide older people with easily accessible health and community services and access to high quality support, when needed, to enable them to live independently in their homes for as long as requested.

WHY IS THIS IMPORTANT:

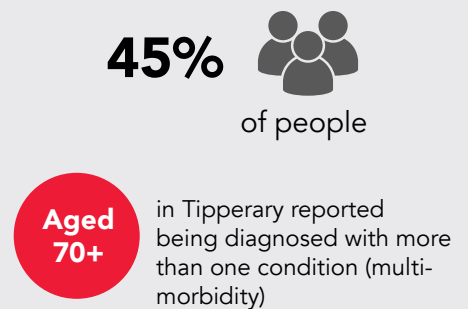
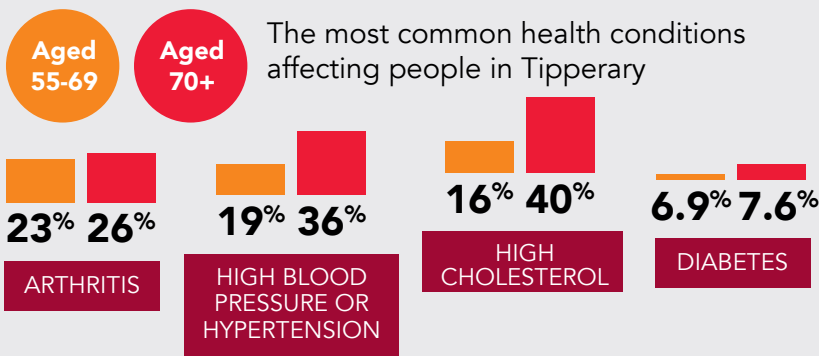
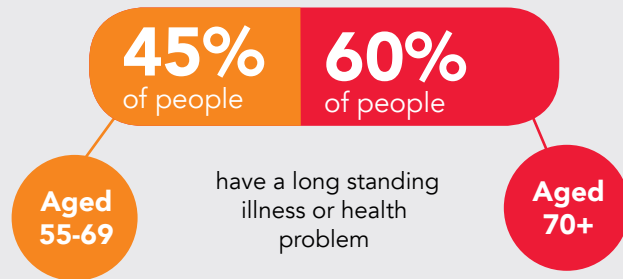
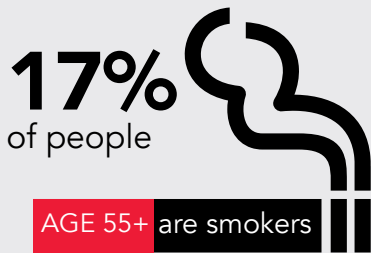
Older people want to stay healthy and independent for as long as possible. Investment in quality community-based health services - including preventative screening, mental health services and advice on healthy eating - can keep older people healthy and reduce their use of in-patient and out-patient hospital services. Home support services and, at the end of life, compassionate outreach services, make it possible for older people to stay in their own homes. This is something that is evidenced in the HaPAI survey and in consultations – people want to remain in their own homes and their own communities for as long as possible but often need supports to do so. It is this connectivity with family, with community, with friends and neighbours that contributes to positive mental and physical health and while it is not possible to provide health services and supports in every settlement in Tipperary, it should be possible to ensure access to the necessary services and supports.

KEY ISSUES FROM CONSULTATIONS:

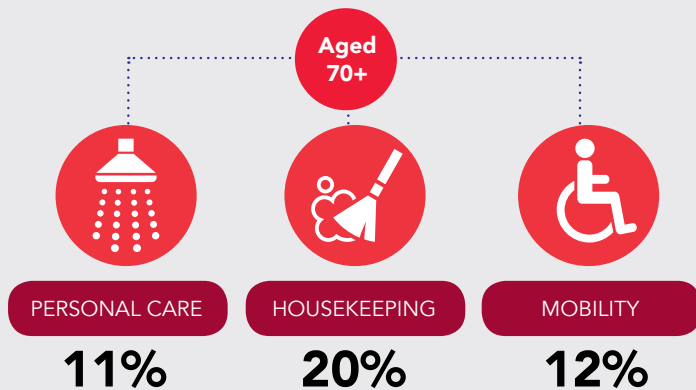
- lack of transport options and suitable times makes it difficult for people to attend appointments; co-ordination of medical appointments need to happen linking in with the local Primary Care Team.
- more supports are needed for older people to living on their own in their own communities
- Increased funding for home care packages and supports for older people to stay in their homes for as long as possible. There is a need to expand the range of services that are available to them including: home care (washing, dressing, meals etc.) and health care (e.g. discharge support from hospital, dressing wounds etc.); but home help alone is not enough to help people stay at home, more wrap around supports are needed. From January 2019, a new Home Support Service is being implemented which replaces what is currently in place with one point of contact and one application process. This should address some of the concerns of the current fragmented system.
- Better promotion and information needed around health supports (particularly mental health supports) and how they can be accessed
- Poor provision of mental health supports. Older people who are retired and whose families may be living elsewhere, often struggle with the issue of identity. The labels that defined them for most of their lives – bread winner, carer, home maker – are now redundant and many struggle with finding purpose and meaning in their lives.
- Advocacy support is needed for patients in hospitals, particularly for more vulnerable older people
- Greater stimulation and positive activity needed in Day Care Centres
- Big difference in health services between North and South of the County particularly in the areas of dementia, older care.
- Primary care services in the area - not enough information about what is available in primary care, how to access it, how long waiting lists are and what the options are; difficulty in getting quick GP appointment; follow up from GP's is often poor.

- The health service is not person centred – it is fragmented and not blended together. Most older people have dual or more health issues and spend a lot of time pinging between different parts of the health service and none of them seem to communicate in a case management, person centred way.

HEALTH



ASSISTANCE WITH ACTIVITIES



AMONG THOSE IN TIPPERARY



HEALTH

10%  of people

Aged 55+

are currently on a waiting list in Tipperary

95%  of these people

have been waiting more than a month

41%

reported health services to be very easily available


Aged 55-69

48%

Aged 70+

30%

1 in 4
24%



aged over 70 said that health services were either difficult or very difficult to access.

65% received the flu vaccine age 55+

88% received blood tests for cholesterol Age 55+

81% had a blood pressure check Age 55+

64% received a mammogram or breast x-ray (women aged 55-64)


18%  of people

Aged 70+

care for children or grandchildren every day or weekly.


1 in 5 

of these people experience some level of caregiver strain.

20%  of people

Aged 55-69

care for children or grandchildren every day or weekly.

1 in 6 

of these people experience some level of caregiver strain.

4.3% **Aged 55+** in Tipperary report feeling lonely 'often'

18% **Aged 55+** say they feel lonely some of the time.

5.8% **Aged 70+** in Tipperary report feeling lonely 'often'

VS

3.1% **Aged 55-69** in Tipperary report feeling lonely 'often'

ACTION 8.1 CO-ORDINATION AND IDENTIFICATION OF SUPPORTS TO FACILITATE LIVING IN OWN HOME

Provision of wrap around community and health supports that assist people to stay at home safely and comfortably and in their community are essential. There are supports available across the county (as is evidenced in the Information Guide to Services for Older People in County Tipperary) but they are often available in one area and not another or they are available but do not fully meet the need or there is an unmet need. For example, a Befriending service is available only in Roscrea set up by Age Friendly Roscrea; the phone support service, Good Morning Tipperary has an all county remit but reliant solely on fund raising; the current Home Help service only allows personal care but, as is evidenced from the HaPAI survey data above, it is the smaller jobs – the gardening jobs, housekeeping jobs, repair jobs – that give that little bit of extra, but much needed, help and support (links with Theme 3 Housing); the Local Development Companies operate a minor home care and repair scheme in some areas through the TUS scheme; meals-on-wheels service is available in a small number of areas around the County yet could provide an essential service to older people if operated on a bigger scale; primary care supports are available but some often only on certain days in the week or in certain locations.

Building on the 'Information Guide to Services for Older People in County Tipperary', it is recommended that this Guide continue to be updated and widely distributed and promoted but that an additional piece of work be carried out. This would involve a review of two areas in Tipperary (one urban and one rural) looking at exactly what home supports and services (community and health) are available to older people living in those communities – what is offered, when they are available, where they are available and how they are co-ordinated. This review would allow an examination of what is actually available to older people in their communities and then compare it with a 'good practice' scenario (what should be available in these communities to facilitate staying in a persons own home) and this should give planners and service providers something to aim for.

Lead Partner:	Tipperary LCDC Health and Wellbeing Alliance
Support Partners:	Tipperary County Council, HSE – Health and Wellbeing, Local Link Tipperary, Older Persons Council, Local Development Companies, Family Resource Centres, PPN, Citizens Information, Age Friendly Ireland
Link to Plans:	County Development Plans (North and South); LECP.

ACTION 8.2 GOOD MORNING SERVICE & BEFRIENDING INITIATIVES

Provide ongoing funding for the Good Morning Service so that it can expand its service across the county. This service needs to be supported as older people are slow to engage and need encouragement to do so and this requires resourcing. The Service should also explore the establishment of a 'Befriending Service' to more isolated, frail and vulnerable older people, similar to the project initiated by Age Friendly Roscrea, and look to develop a locally appropriate county model in Tipperary.

Lead Partner:	Tipperary LCDC Health and Wellbeing Alliance
Support Partners:	LCDC Support Staff – TCC, Good Morning Service, Age Friendly Roscrea, HSE Health and Wellbeing, Active Retirement Groups, Joint Policing Committee, Muintir na Tire, Older Persons Council, Tipperary Volunteer Centre, Community and Voluntary Sector, Resource Centres, Local Development Companies
Link to Plans:	LECP; Joint Policing Committee Strategy; Healthy Tipperary

ACTION 8.3 MENTAL HEALTH EDUCATION AND INFORMATION CAMPAIGN

Develop a county wide mental health education and information campaign with a particular targeted approach for older people over the age of 55. This would have a number of benefits (a) address mis-information around dementia, alzheimers and other age related conditions (b) increase awareness among older people of the supports that are available to them and how to access these supports (c) highlight the health risks associated with loneliness and isolation (d) promote the importance of positive mental health and ways to maintain wellness.

Lead Partner:	HSE Health and Wellbeing
Support Partners:	Tipperary LCDC Health and Wellbeing Alliance, Primary Care Teams, Media outlets, Older Persons Council, Mental Health Voluntary Groups, Community and Voluntary Association, Resource Centres
Link to Plans:	Connecting for Life (MW and SE); Healthy Tipperary.

ACTION 8.4 RESEARCH ON LONELINESS AND ISOLATION IN TIPPERARY

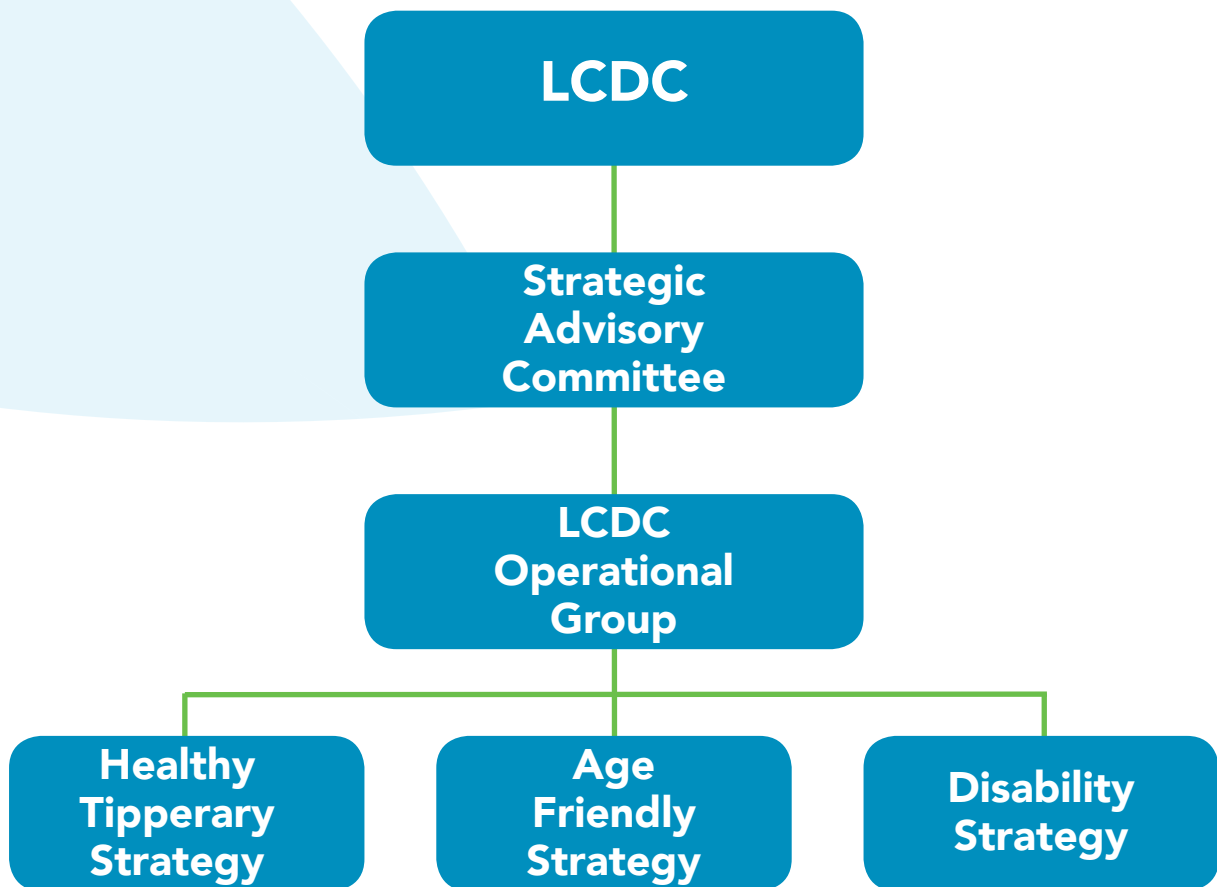
Design and implement a research project specific to Tipperary and based on the recent Age Friendly Ireland study 'Only the Lonely', to document issues related to loneliness and isolation among older people in Tipperary. The research would also set out recommendations for solutions to be implemented by key service providers across public, private and the community and voluntary sector. This could be linked to the proposed Central Action (2) in the Healthy Tipperary Strategy relating to the measurement of the quality of life and wellbeing in the County over time.

Lead Partner:	LCDC Support Staff
Support Partners:	Tipperary LCDC Health and Wellbeing Alliance, Older Persons Council, Age Friendly Ireland
Link to Plans:	Healthy Tipperary Strategy; LECP.
Expected Outcomes	<ul style="list-style-type: none"> • Improved health for older persons and awareness raised of the wider mental health and wellbeing issues for older persons • Improved seamless person centred care provided at Primary Care level • Combating rural isolation and supporting older persons to remain at home • Promotion of independent living and peer support • More and greater access to information on services • The risk of loneliness and isolation substantially reduced for older people because of initiatives put in place arising from the local research on loneliness in Tipperary.

4. IMPLEMENTATION AND MONITORING

This Strategy sets out the direction and issues that need to be addressed to make Tipperary an Age Friendly County where the inclusion of older people is promoted, valued and actively encouraged in all areas of community life. The actions proposed may require further work and development by the lead and support partners to flesh out the implementation detail. It is expected therefore that some tweaks or changes may be made to the actions in order for them to be moved on and progressed but it is important that they remain true to the spirit and framework of the strategy and work towards delivering the outputs that will help realise the expected outcomes.

The Local Community Development Committee (LCDC) of Tipperary County Council is leading out on the Age Friendly County process. It is currently setting up a Health and Wellbeing Alliance, which will be a sub-committee of the LCDC, to drive the implementation of this Strategy along with the other linked and related Strategies of Healthy Tipperary and Disability.



The Strategy Advisory Group will meet twice a year comprising of the Tipperary County Council CEO, Director of Community and Enterprise, the HSE and relevant stakeholders. Its role will be to review the progress on actions, identify any barriers to implementation and see how they can be addressed.

The LCDC Operational Group is a sub-committee of the LCDC and as such, will report back to this Committee regularly. It will meet every two months to see how the implementation of the Strategies are progressing, receive feedback from the various lead partners on developments, achievements or barriers to progression, and identify where better co-operation, better resourcing or increased supports are required. The members of the Operational Group will consist of representatives from the lead partners identified in the three Strategies.

The Age Friendly Strategy will be further bolstered by the establishment of an Older Persons Council in the County (see Action 6.3) comprising of representatives from each of the 5 Municipal Districts and this will be linked into the Tipperary Public Participation Network (the countywide network of community and voluntary groups).

An initial review of the progress of the Strategy will be undertaken after two years as part of the LECP review process in 2020.

NATIONAL CONTEXT

Age Friendly has been anchored in the Local Government structure and Tipperary County Council is part of the national age friendly programme. This diagram sets out the national position and structures to which Tipperary will contribute to and participate in.



NOTES

NOTES



STRATEGY 2018 - 2020

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