



Kildare Age Friendly County Strategy 2019 → 2021



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Foreword from the Chairperson of Kildare Age Friendly County Alliance

As Chairperson of the Kildare Age Friendly Alliance it gives me great pleasure to be associated with the new 2019-2021 Kildare Age Friendly County Strategy. There are currently in excess of 22,000 people over 65 living in Kildare which shows a 32.2% increase from the 2011 census. These are the individuals in the county for whom the Strategy is designed to assist and support. In developing this Strategy cognisance was taken of the experience of the 2016-2018 Strategy, the feed-back from the Older Persons Council and from the Service providers involved in the Kildare Age Friendly Alliance.

The challenge is to ensure that the current requirements of the older person are taken into consideration while being mindful of the rapid growth in this cohort of our population. This growth creates a requirement to future proof the various services in order to keep pace with the evolving needs of the older people. This in turn means that we must have the flexibility to adopt new approaches to current and emerging issues. A key feature to this new Strategy is that the older person has been given the opportunity to reflect and consider other aspects and solutions to their issues and situations. We have been impressed by their attitude in coming forward with solutions.

The Kildare Age Friendly Alliance is part of a wider national net-work and we are anxious to co-operate with other organisations and to adopt best practice when it comes to our attention. Ultimately this Strategy will be judged on how successful we are in meeting our goals and objectives and the extent to which the quality of life for the older cohort in this county is improved.

I am thankful for the support of the service providers, the members of the older persons council, the Executive in Kildare Co Council and in particular Peter Carey, Alice Corbett and Siobhan O Rourke for their commitment and enthusiasm



John Malone
Chairperson,
Kildare Age Friendly Alliance

A Message from Kildare County Council

Kildare County Council has fully embraced the ethos and mission of the National Age Friendly Programme. Along with Age Friendly colleagues in the 31 other Local Authorities we fully support the programme both locally and nationally. We are very pleased with the progress made over the life of the outgoing Strategy 2016-2018 and great progress has been made by all our partners in delivering a more streamlined service to older people in Co. Kildare.

Our vision, for this, our third Kildare Age Friendly Strategy is to not only build on our progress to date but to expand and deliver an even more comprehensive and sustainable programme in the county in the coming years. This new Strategy has two main aims, one is to provide services that meet the needs of our current older population and our second is to future-proof for ageing for all our citizens.

We would like to thank all the service providers who have committed to the delivery of their objectives in the Strategy and especially to the older people of Kildare who contributed hugely to the research which was an extremely valuable asset when creating the objectives.

“You are never too old to set another goal or dream a new dream.”

- C. S. Lewis



Cllr Sean Power
Mayor of Kildare



Peter Carey
Chief Executive,
Kildare County Council

Welcome Note for Kildare Age Friendly Strategy from Age Friendly Ireland

The ageing of our population from this point onwards will represent one of the most significant demographic and societal developments that Ireland has encountered. The number of people over the age of 65 is expected to increase substantially, reaching 1.4 million by 2040 or about 23% of the total population. Across this same period the number over the age of 80 is set to quadruple. The implications for public policy areas as diverse as housing, health, urban and rural planning, transport, policing, the workplace and the business environment are considerable.

Traditionally Government policy has viewed older people and population ageing as a challenge – something to impact on the sustainability of the public finances due to implications for health, care and pension costs. While these challenges do exist there are also very considerable benefits to be gained from an ageing population. With life-time accumulated expertise, talents and wisdom, older people have a major role to play in making their communities great places for everyone to live and work in. The Age Friendly Ireland programme recognises that effective, local joint working structures are required to complement national level activity and to support the realisation of the shared visions set out within all key policy frameworks.

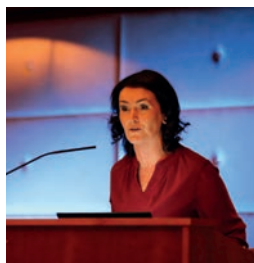
Evidence and experience from around the world clearly shows that to create positive change in health and wellbeing and to enhance the quality of life experience of people across our cities, towns and villages, it takes the involvement of the whole community, the whole of Government, all of society working in unison. A nation-wide network of Age Friendly City and County multi-agency, multi-sectoral Programmes is now in place. The national Age Friendly Ireland programme, hosted by Meath County Council, coordinates this network, through a shared service office, and in doing so brings together, supports and provides technical guidance to the 31 local authority-led, multiagency Age Friendly City and County Programmes.

Within the framework of the World Health Organization's (WHO) Age Friendly Cities and Communities model local stakeholders are making commitments to shared action plans addressing pillars spanning housing, our health services, built environment, transport, employment and the workplace. The Age Friendly Programme approach recognises that social, economic and environmental factors are interconnected and in doing so supports the implementation of real change in areas like; better public spaces, supports to stay at home, transport that meets needs, safer places, better health services, opportunities to volunteer; making our neighborhoods better places for all.

Meath County Council are delighted that they have been selected, following a competitive process, to host the national shared service function of local government so that the Age Friendly Ireland programme will be sustained and maintained. This Programme Support Unit will provide support and co-ordination for the National initiative and continue to rely on the collaborative efforts and partnership of all key stakeholders.

Our core principles will always remain the same and that is that the Voice of Older People remains at the heart of the programme. Age Friendly Ireland provides a meaningful opportunity for our ageing population to have a direct voice in the decision making process. Each Older People's Council strives to ensure that a diverse range of older people are at the table to ensure that the challenges presented are representative of all. Finally we will always assume an ethos of innovation and achieving to implement change (to date thousands of initiatives have rolled out across the country which can be replicated and scaled)

I would like to take this opportunity to thank the Kildare Age Friendly Programme on the production of their third strategy. I extend sincere thanks to the leadership shown by Chief Executive Peter Carey for his leadership in hosting the local programme, for the provision of the Age Friendly Programme Manger resource Alice Corbett and his commitment to delivering the programme in County Kildare over the last 8 years. Underpinned by a vibrant and representative Older Peoples Council I know this strategy has been informed by the authentic voice of older people in Kildare. The stakeholders on the Age Friendly Alliance and across wider networks have committed to delivering this strategy and I wish everyone success. Age Friendly Ireland looks forward to continuing to provide the overarching support and technical guidance at national level to the Kildare Age Friendly Programme in helping it progress into making County Kildare a truly age Friendly County a place in which everyone can age and live healthy lives.



Catherine McGuigan
Chief Officer,
Age Friendly Ireland

Kildare Older Persons Council Chairperson



Kildare Older Persons Council is delighted to be aligned with the Kildare Age Friendly County Strategy 2019-2021. This Council is a platform for the ageing population of Kildare to have their voice heard and be included in the decision making process of the Age Friendly Programme both locally and nationally. The Council consults and carries out needs analysis of the ageing population in Kildare making their submissions to policy development evidence based.

We actively participate at county level by our Chairperson occupying a seat at the Kildare Age Friendly Alliance and the Joint Policing Committee. We also participate at national level by attending the National Conference of Older Persons Council annually. Our Chairperson also meets with all the other Chairpersons around the country on a regular basis. We streamline our voluntary effort by creating a yearly work plan and meet bi-monthly.

We look forward to this new Strategy which sets out and delivers clear objectives by all the Service Providers involved in the Alliance. Kildare Older Persons Council are pleased to be part of the Kildare Age Friendly programme and will work alongside them to achieve our shared age-friendly vision for County Kildare.

We anticipate that very positive results will accrue from our combined efforts.



Monica Cox
Chairperson,
Kildare Older Persons Council

Vision



“Continuing to make Kildare
a great place in which to grow old”

Core Values

Inclusion

The principles of universal design underpin Age Friendly practices. It's application benefits all ages and its core value is social inclusion.

Sustainability

Making an impact by using sustainable principles and practices is at the core of the programme. Future proofing for ageing is now embedded in all projects and programmes.

Collaboration

Through the sharing of ideas we can achieve maximum results. Cooperation and cohesion among stakeholders will reap quality of life benefits far beyond individual efforts.

Engagement

Older people are at the heart of the Age Friendly County Programme. It is informed and affirmed by the older people of Kildare. Their voice is essential for the successful development and implementation of any strategy.

Commitment

All partners involved in the Age Friendly programme, including in particular Kildare Age Friendly Alliance are committed to delivering on the aims and objectives outlined in this strategy.

Best Practice

The Age Friendly movement is underpinned by research, knowledge and policy compiled over many years. Translating best practice ensures that we can have an optimal and innovative effect on the lives of older people.

Why Adopt an Age Friendly Strategy?

People in Ireland are living longer and healthier lives, thanks primarily to improvements in health care and lifestyles. The Age Friendly programme is now operational in all 31 local authorities in Ireland. The Age Friendly Cities and Counties Programme aims to make Ireland a truly great place in which to grow old. The Programme is built on the recognition of the valuable role that older people can and should play in shaping their communities for the better.

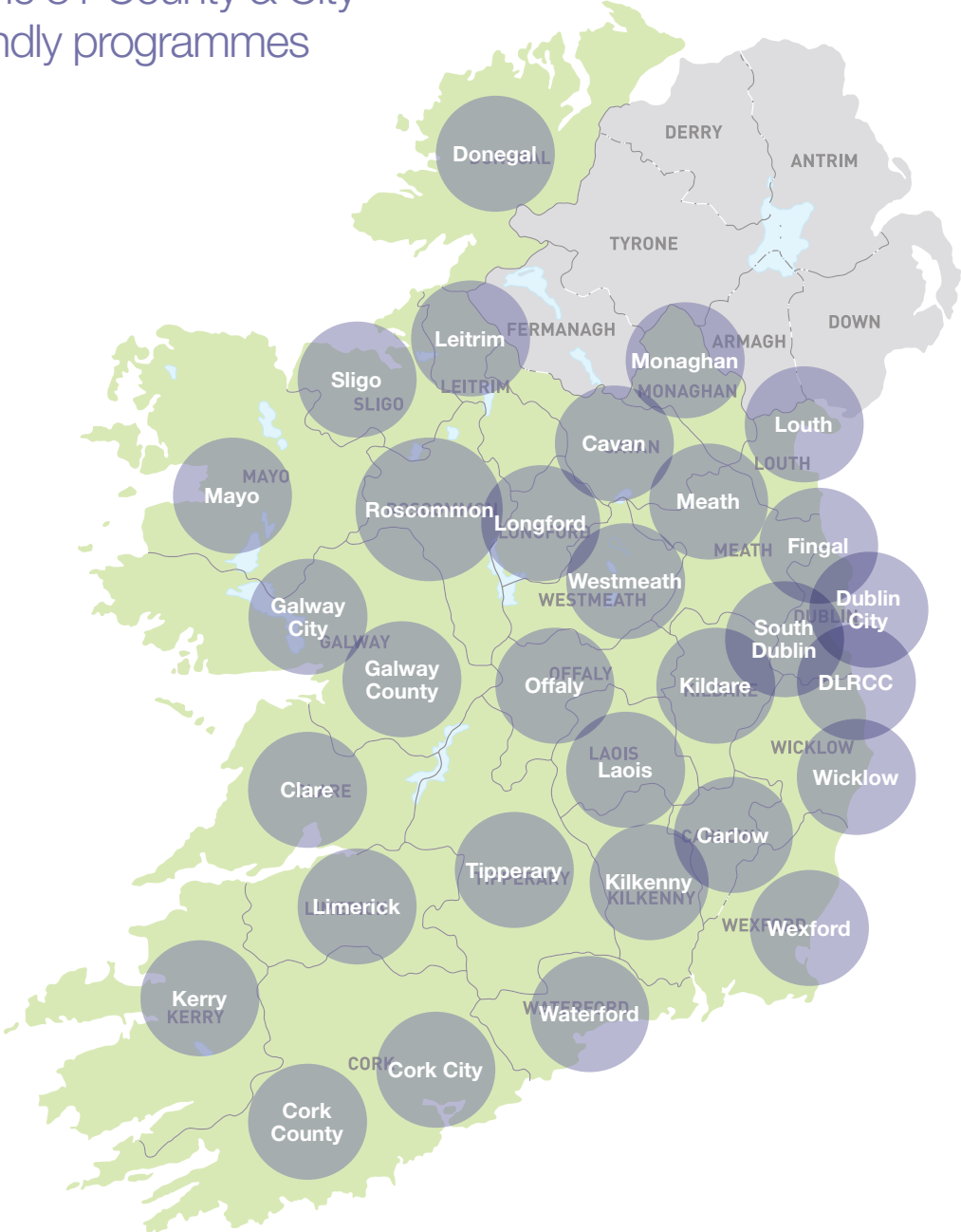
The Age Friendly Ireland structure is our adaptation of the worldwide, World Health Organisation (WHO) inspired, Age Friendly Cities and Communities movement. This was first launched in 2006 in order to address the issues associated with ageing on a global scale, and identify the key components of an age friendly world. The programme aims to support people of all ages to actively participate in community activities, to live safely and securely in their own homes, to stay connected to people, to remain healthy and active in their communities and to be treated with respect regardless of their age.

The Kildare Age Friendly County Programme was launched in 2010 and is now fully embedded in the workings of Kildare County Council. The program aims to work within existing community structures, networks and service providers in order to make Kildare a great place to grow old. The programme is led by the Kildare Age Friendly County Alliance, comprising older people's representatives and senior decision makers from key public, private and not for profit agencies. All sectors of society have a role to play in creating an age friendly society. Government, service providers, local authorities, police and the general public, we all have an important role.

We want to be prepared for the future. Working towards an Age Friendly County will benefit people of all ages in Kildare, not just older people. We are future proofing for ageing.

This strategy demonstrates a capability to change through a focused and coordinated approach with the views, interests and needs of older people at the core. The appropriate agencies from across the county have come together to commit to life improving objectives. By achieving these, we can make Kildare a great place to grow old.

Map of the 31 County & City Age Friendly programmes



Kildare Age Friendly County Alliance

The Kildare Age Friendly County Alliance continues to work within existing community structures, networks and service providers in order to make Kildare a great place in which to grow old. The Kildare Alliance operates under the direction and support of Independent Chairperson John Malone. Other representation includes members of the Kildare Older Persons Council along with key decision makers from public, private and not for profit organisations. The Alliance meets twice yearly and will guide the programmes which will be rolled out in local communities through various working groups.

Current members of the Kildare Age Friendly Alliance

Independent Chairperson: John Malone

Chief Executive of Kildare County Council: Peter Carey

Director of Economic, Community & Cultural Development KCC: Sonya Kavanagh

Director of Roads, Transportation & Public Safety KCC: Niall Morrissey

Director of Housing KCC: Tadhg Mc Donnell

Director of Environmental Services & Water KCC: Joe Boland

Director of Planning KCC: Peter Minnock

Health Service Executive: Brena Dempsey *Head of Health & Well Being* & Catherine Dempsey *Head of Older Persons Services*

Garda Siochana: Declan Mc Carthy Superintendent & Sargeant Gavin Dunphy

Kildare Sports Partnership Facilitator: Syl Merrins

Kildare & South Dublin Local Link: Bernadette Flanagan

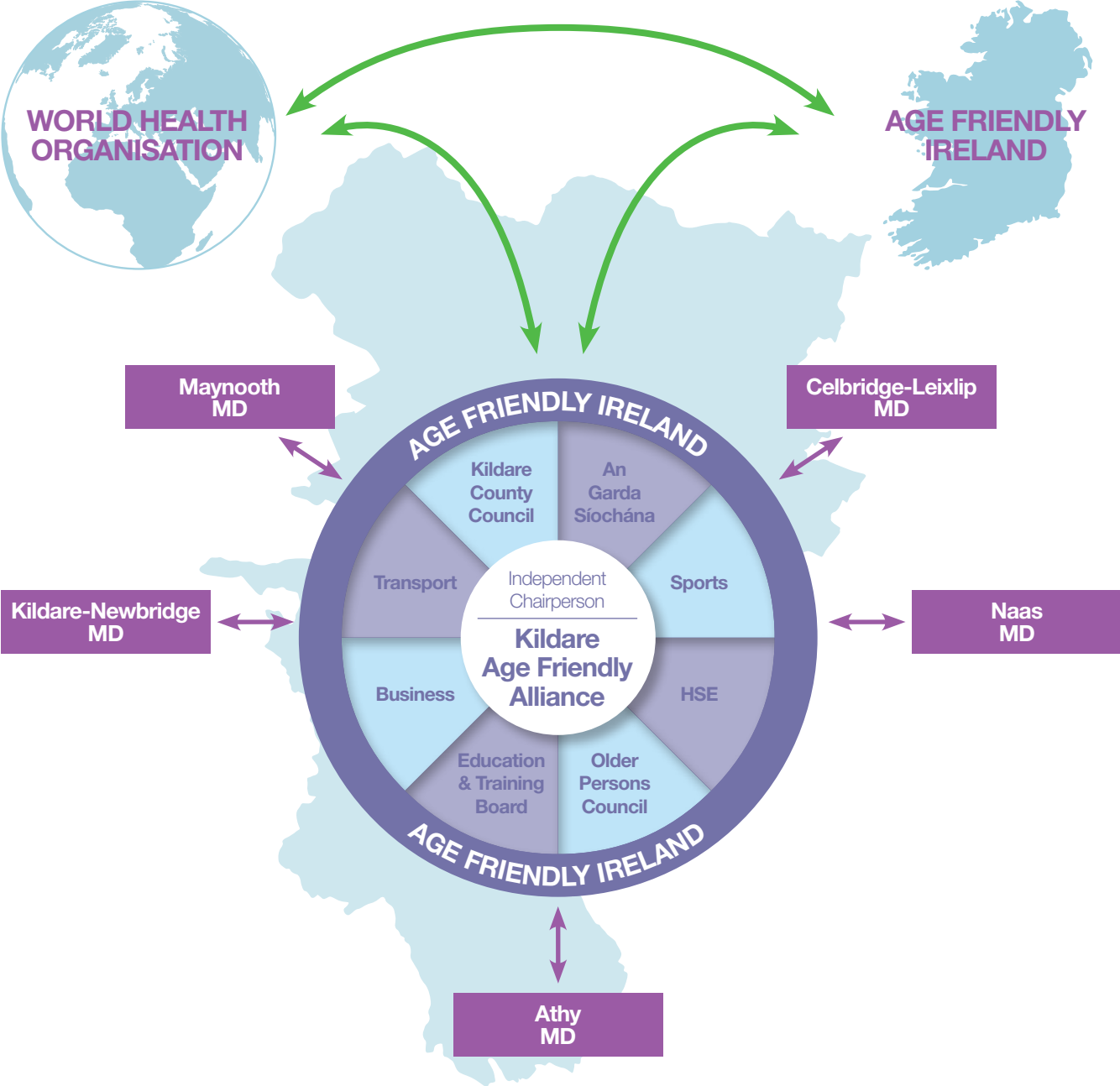
Kildare County Council Library Services: Evelyn Cooley

Kildare Wicklow Education Board: Brenda Lynch

Chairperson of Kildare Older Persons Council: Monica Cox

Kildare Older Persons Council: Con Horan

Think Global, Act Local



Kildare Older Persons Council

The Older Persons Council works with the Alliance members to identify the needs of older people in Kildare and gives a voice to people over 55 about services and plans that affect their lives. They are involved in policy making and help in monitoring and evaluating key services designed to make communities great places to grow old.

Terms of Reference

Aim

Kildare Older Persons Council Executive is the voice of the older persons groups and individuals within County Kildare. The aim of this Council is to create a society “in which equality, independence, participation, care, self-fulfillment and dignity of older people are pursued at all times” and to ensure that Irish Society is an age friendly one in the years ahead.

The aim of the OPC Executive is also to make submissions on behalf of the older people in the county to any upcoming plans or policies that affect them.

Purpose of the Council Executive

- Ensure that older people in County Kildare have a voice in the decisions which affect their lives.
- Provide an active channel of communication between the Older Persons Council and the National Age Friendly Initiative.
- Provide the opportunity to comment on and influence relevant strategies, plans and projects.
- To work cooperatively and represent the views of older people to the Kildare Age Friendly Alliance.
- Identify and inform key actions for implementation in collaboration with the Age Friendly County Alliance and strive to achieve the objectives in the Age Friendly County Strategy.
- To represent the views of older people, and keep older people up to date on Age Friendly County initiatives and structures.

Ageing is Changing . . .

Life expectancy in Ireland in 2015

This figure has increased an average of four years since 2000



**“We hear your voice,
We listen to your voice,
We are your voice”**

The Current membership of the Kildare Older Persons Council is:

Monica Byrne (Chairperson)

Norman Farragher (Vice Chairperson)

Liam Farrell (Secretary)

Benny Byrne

Monica Byrne

Sean Cleary

Richard Farrell

Brian Feeney

Gerry Halton

Con Horan

Ita Killaly

Marion Lyons

Ann O' Neill

Recent shadow members:

Pat Brennan

Mary Kennedy

Liam Kett

Sally Purcell

Alice Robertson

Retired Members:

Sean Kennedy

Tom Maher

Mary Mulryan

Developing Kildare's Age Friendly Strategy

The 2019-2021 Kildare Age Friendly Strategy has the potential to deliver services to the older people in Kildare in an even more informed, cohesive and structured manner over the next three years. The Alliance members are now poised to deliver some really exciting and worthwhile initiatives over the life on this, our third Strategy.

The feedback from the implementation of the 2016-2018 Kildare Age Friendly Strategy was very positive. It was felt by all stakeholders, including the recipients, the ageing population living in Kildare, that there has been a positive impact on service users and there is a real sense that older people are informing policy for the future. The intention is to build on the work to date and to make sure that the voice of older people is at the heart of what evolves.

The Kildare HAPAI report identified that:

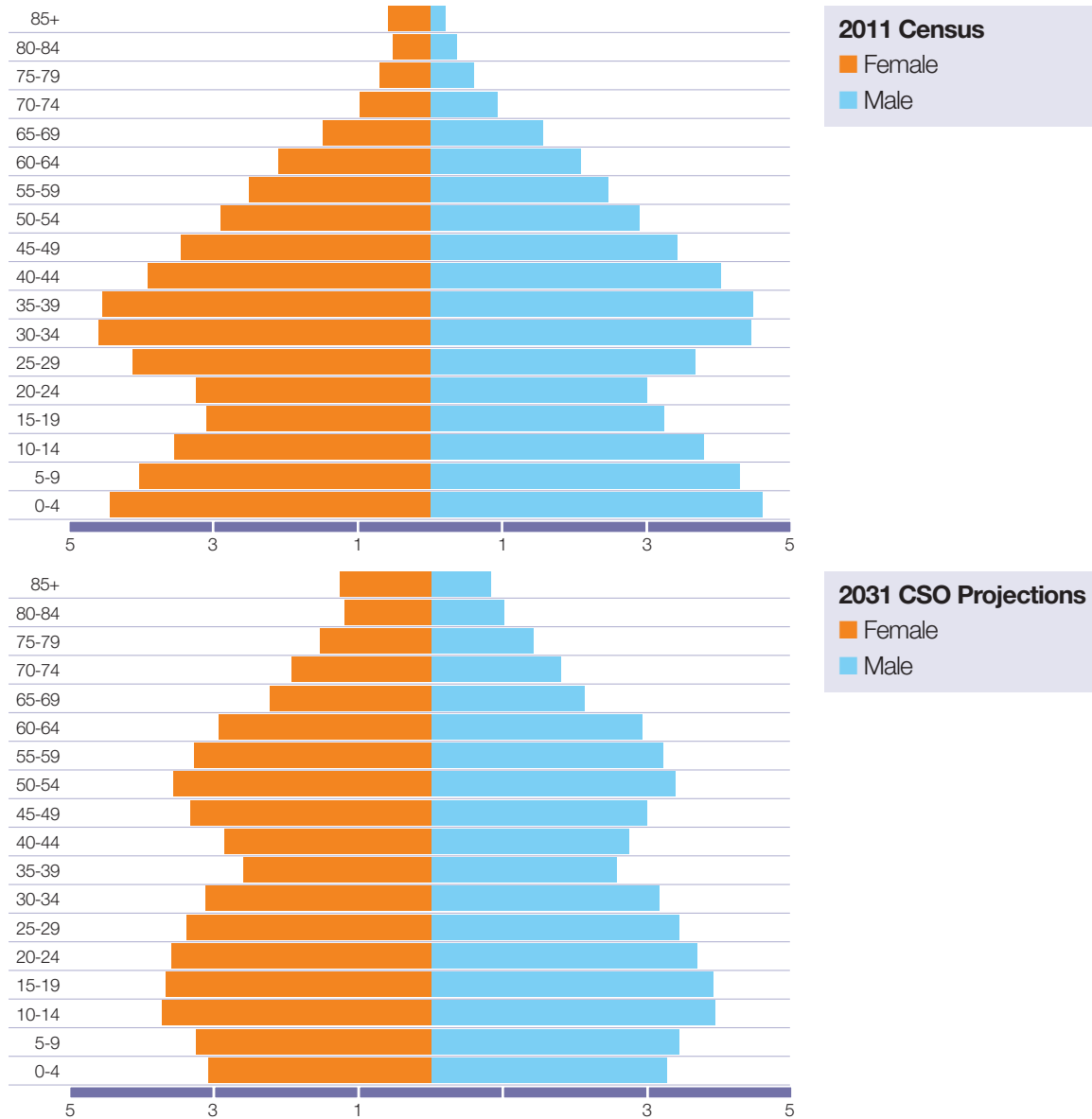
For those in urban areas, activities and opportunities to socialise were important to them whilst transport and policing were of greatest concern to those in rural areas. The most recent HaPAI survey bears this out with over 22% of the older population in Kildare having difficulty accessing social events.

(HAPAI Report Kildare)

The Situation in Kildare

The '65 and over' age cohort has rapidly increased in Kildare. It now represents 9.9% of the total population living in the county – the 2nd lowest rate in the State. Since 2011 this cohort has increased by 32% this shows one of the highest rates of increase. As such, this is a major increase in the older population across the county and will result in an increased demand on older person's services. In order to address the ever changing landscape of our demographics, The 2016 Census figures shows that there are now over 22,000 older people living in Kildare

Demographic Percentage Changes in Kildare: 2011 – 2031



Kildare's population aged 65 and over

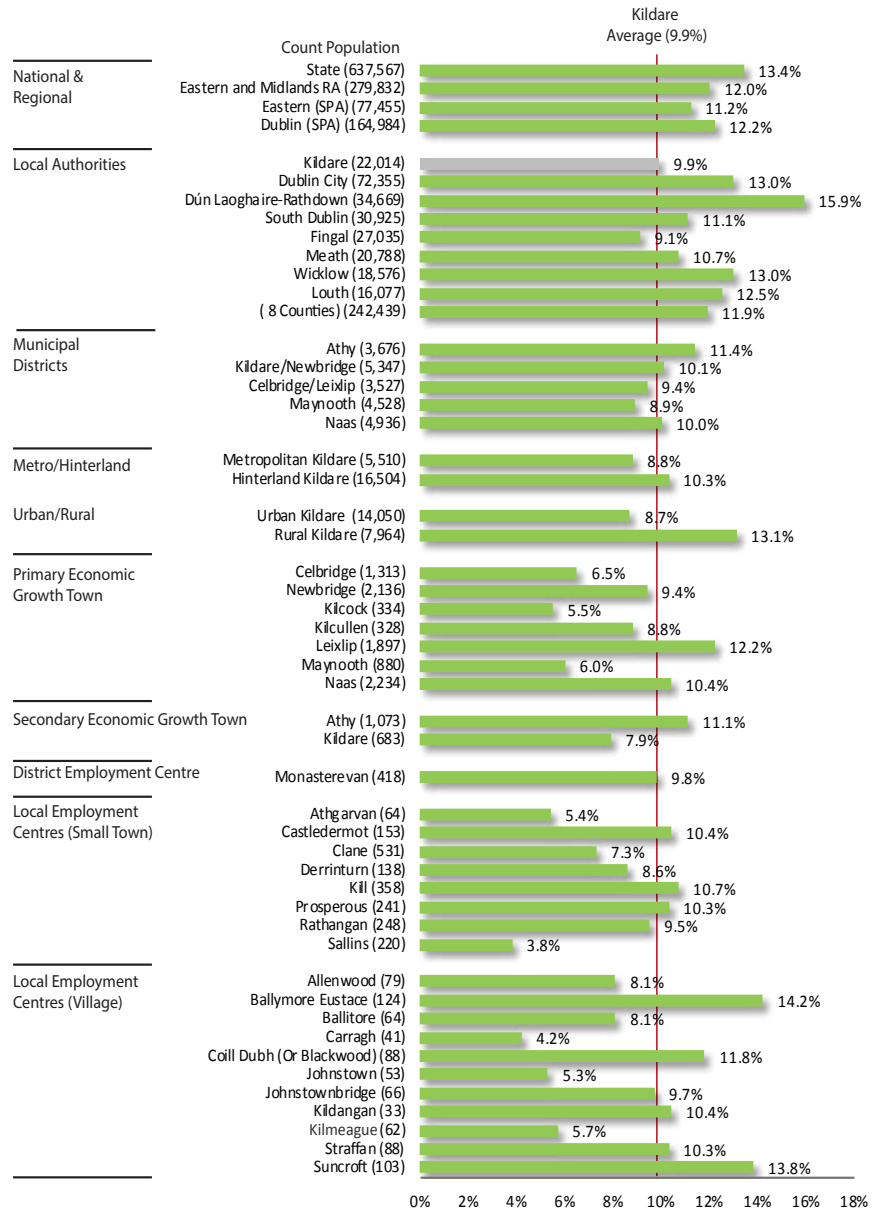


Figure 11.1: Population aged 65 and over, 2016 (Source: CSO & AIRO)

How is Kildare performing?
Number Population

12/31 Local Authority
1 is the highest, 31 is the lowest

How is Kildare performing?
Percentage Population

30/31 Local Authority 1 is the highest, 31 is the lowest
 Lower than average National Lower than average Eastern & Midlands Lower than average

Research

The extensive consultation with Kildare's ageing population has meant that the strategy is tailored to meet those identified needs. Upwards of 800 older people were consulted over a 2 year period and given the opportunity to include their views and opinions on what improvements and innovations they would like to see in relations to service provision over the next three years. Every effort has been made to include older people from as many walks of life as possible i.e. urban, rural, people with disabilities, ethnic minorities etc.,

Almost half of those researched approx. (500) participated in our Age Friendly Road Shows which were held in the Spring of 2018. These Road Shows were held in each of the five Municipal Districts in Co. Kildare so consultation was county wide. People from urban and rural areas across the county participated. In 2017, (200) attended Road Shows in both north and south of the county. Surveys were carried out with those who attended the Kildare Older Persons Council Executive A.G.M. (50). Specific efforts were made to include those older persons who were marginalised and whose needs are seldom made known. Survey Sheets and Questionnaires were distributed to community groups through the members of the Older Persons Council Executive and almost 100 were completed. Focus group meetings were held in south and north west Kildare which captured the needs and views of older people in the most isolated areas of the county, including those with disabilities and from ethnic minorities. Every effort was made to make all the opportunities for consultation with older people as "Age Friendly" as possible providing refreshments and transport where required.



**“What lies behind us and what lies before us
are tiny matters compared to what lies within us”**

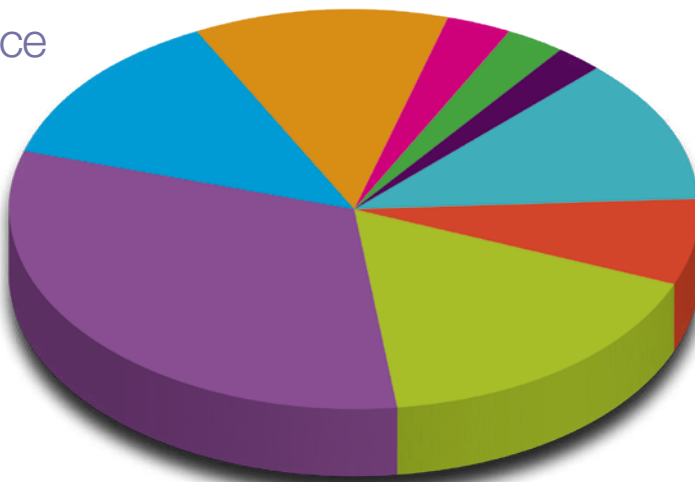
(Ralph Waldo Emerson)

Findings

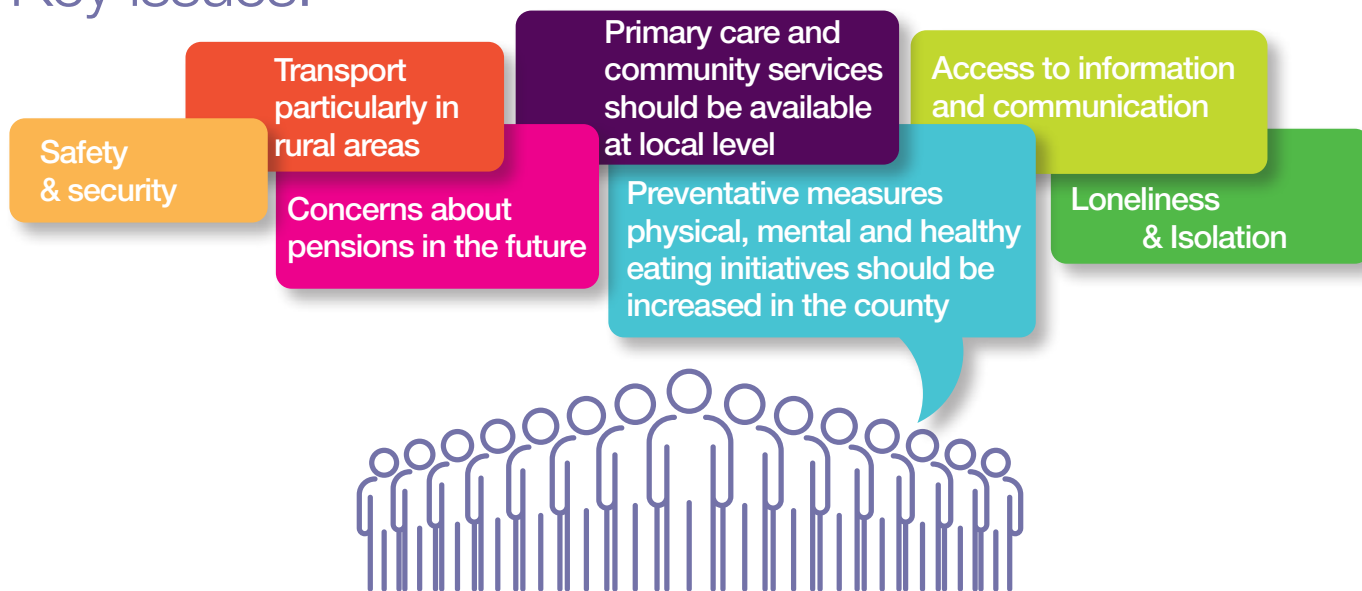
When asked which of the services they felt the strategy should cover and of which they felt were of most importance to older people they told us the following:

Services of most importance

■ Housing	12%
■ Education & Training	7%
■ Transport & Roads	17%
■ Health Service	32%
■ Policing	13%
■ Physical Fitness	12%
■ Environment	3%
■ Age Friendly Business	3%
■ Library & Arts	2%



Key issues:



Some Comments:

“It is the first time to come to an AGM like this I found it very informative and am amazed at the services available in Kildare and I have enjoyed meeting everyone at my table and will definitely come again”.

Recommendations:

“Road traffic lights should give more time and business phone links should be more helpful”

“Rural transport services and GP 24/7 services in Primary Care centres”

“Disabled parking should be adjacent to essential services such as GP, Post Office and Church”

“Security in the home, more police presence on the streets”

“A women’s version of the Men’s Shed”

“Better information on services for older people on radio, need more papers and clubs for older people and use traditional methods of media for important updates as not all are computer literate.” “Larger print on booklets please”

“Training courses for families dealing with dementia”

Conclusion:

When all the findings were collated and all the anecdotal evidence taken into consideration, the topic of Health and Health related matters far outweighed all the other services of interest to the older person in Kildare. From both urban, rural, and across the age spectrum of the ageing population, the results were the same – Health care, health management and preventative care. For those who had health concerns and conditions, Primary Care Centres, K.Doc, GP services, Hospital Clinics, and out of hours care were paramount. For those currently enjoying good health, preventative care was their main focus. They voiced a need for exercise programmes, classes, information on diet, nutrition and positive mental health initiatives.

Aim of Kildare Age Friendly County Alliance

The aim of Kildare Age Friendly County Alliance, which is led by the Local Authority, is to continue working with and within existing community structures, networks, and services in the County to enhance communications and build awareness of the needs of older people in all aspects of their daily lives.

Expected Outcomes from Kildare Age Friendly County Alliance



To enhance and improve the lives of older people in the County.



To enable older people live active and healthy lives.



To enable older people remain in their own homes for as long as possible.



To encourage older people to participate in local community and sporting activities.



To help create an environment where older people feel safe in their community and in their own homes.



Working in partnership with the Local Authority and State Agencies.



To help create a physical environment which is Age Friendly. In other words that buildings, footpaths, shops and all physical infrastructure is designed and constructed in an Age Friendly fashion.



World Health Organisation

Age Friendly Themes

The work of the Alliance is underpinned by the work and direction of the National Age Friendly programme. The Alliance looks to optimise the quality and impact of the Age Friendly Cities and Counties Programme by supporting the wide scale application of innovative, effective and sustainable age-friendly practices. The national programme in turn takes its lead and embodies the 8 themes of the WHO – World Health Organisation.









The Kildare Age Friendly programme sees as its goal to future proof for the ageing population of Kildare bringing about an enhanced quality of life for its older citizens which subsequently provides a better quality of life for all.

Age Friendly Themes and Goals

This strategy will address the needs of older people in Kildare across all of these themes as identified by the WHO – World Health Organisation. The objectives set out by each of the Alliance partners apply to multiple themes.

Under its Age Friendly Cities and Communities programme, the World Health Organisation has identified eight themes that are key areas in the lives of older people. These are listed below and in the Age Friendly logo opposite.

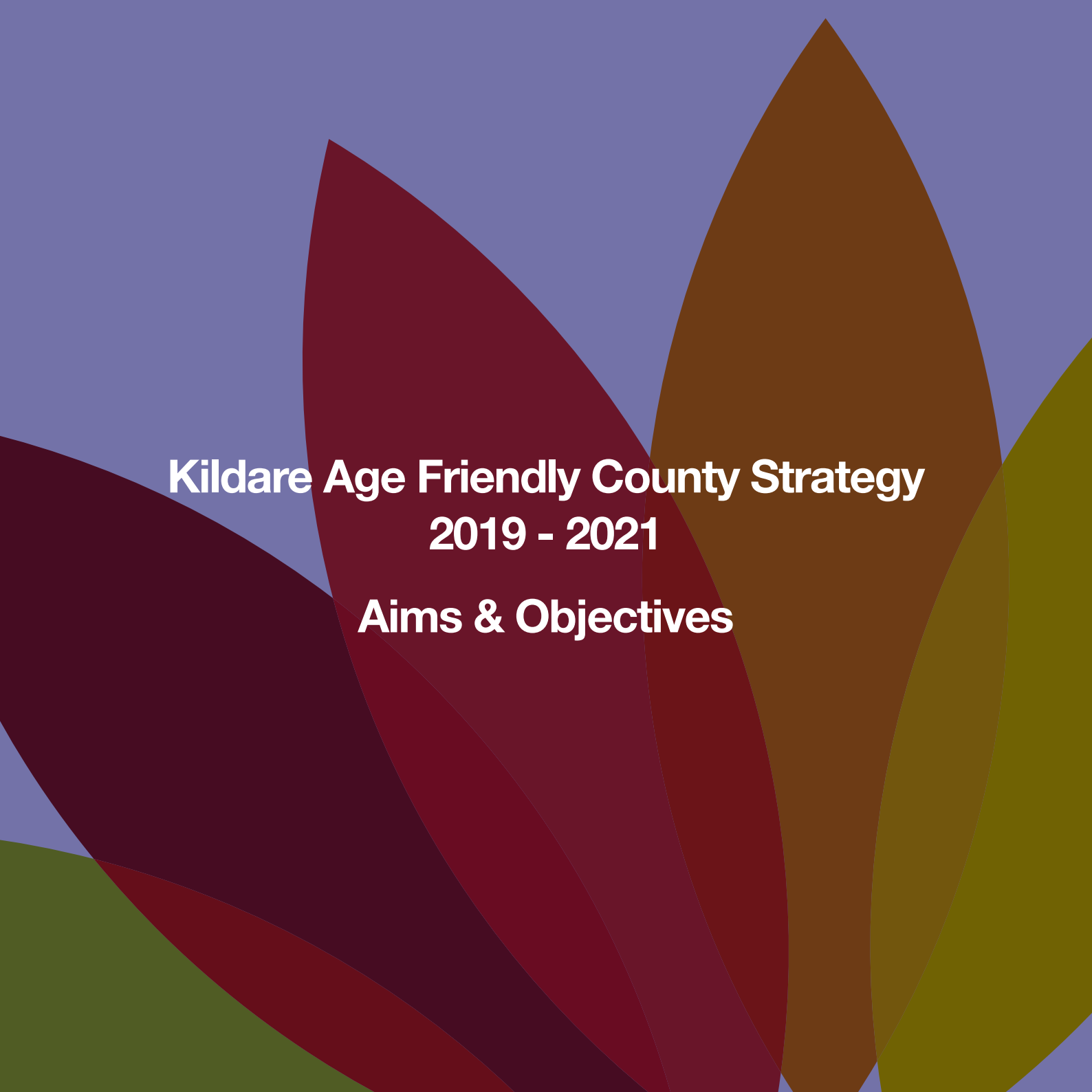
This strategy will address the needs of older people in Kildare across all of these themes. The objectives set out by each of the Alliance partners apply to multiple themes. We have colour coded each objective with the relevant theme, based on the colours below.

- | | |
|---|--|
|  1. Outdoor Spaces & Buildings |  5. Social Participation |
|  2. Transportation |  6. Communication and Information |
|  3. Housing |  7. Civic Participation and Employment |
|  4. Respect & Social Inclusion |  8. Community Support & Health Services |



“Have regular hours for work and play,
Make each day both useful and pleasant,
And prove that you understand the worth of time
by employing it well.
Then youth will be delightful,
Old age will bring few regrets,
And life will become a beautiful success”.

(Louisa May Alcott)



**Kildare Age Friendly County Strategy
2019 - 2021
Aims & Objectives**

Theme 1:

Outdoor Spaces & Buildings

Aim

Parks department to encourage older people to make use of parks and walkways

Objectives

- Insert adult outdoor gym equipment as part of new and established playgrounds

Lead partner: Kildare County Council Economic, Community & Cultural Development

Aim

The Age Friendly library will be created by consulting with the local community to design and implement a strategic plan to achieve age friendly library goals.

Objectives

- Age Friendly Libraries status for libraries throughout the country is being progressed in partnership with the Libraries Development Unit of the Local Government Management Agency (LGMA) and Age Friendly Ireland. The first Age Friendly Library to be delivered will be Athy.

Lead partner: Kildare County Council Economic, Community & Cultural Development



Aim

Ensure the needs of older people are identified when carrying out the health checks under the Town and Village Rejuvenation Scheme.

Objectives

- Carry out Walkability Audits in towns when identified and involve Kildare Older Persons Council in the process.

Lead partner: Kildare County Council Economic, Community & Cultural Development

Aim

To take an Age Friendly approach when improving the public realm as part of roads improvement projects.

Objectives

- To evaluate existing projects in order to prioritise future work. Expand and develop successful initiatives where appropriate, in order to improve access and ease of use.

Lead partner: Kildare County Council, Roads, Transport & Public Safety



Theme 2: Transportation

Aim

To develop awareness among older people of the existing public transport services available to users within the county.

Objectives

- To Identify optimum locations in towns for display of transport timetables.
- Create and publicise a link to relevant websites to ensure that information is readily available regarding transport services, routes and fees.

Lead partner: Kildare County Council, Roads, Transport & Public Safety

Aim

To create a link between the Older Persons Council and Kildare/South Dublin Local Link Transport Company (Rural Transport Co-ordination Unit). Identify gaps in service and inform future service provision.

Objectives

- To undertake comprehensive consultations through the Municipal District areas in 2019. This will prioritise an increase in Demand Responsive Transport of which the priority target group is Older People.

Lead partner: Kildare County Council, Roads, Transport & Public Safety



Aim

Link with the relevant transport companies in order to improve access for our older population to hospitals and clinics.

Objectives

- Ongoing consultation with Age Friendly Alliance Focus Group.

Lead partner: Health Service Executive



Theme 3: Housing

Aim

To plan and assess future housing needs of older people in County Kildare through housing needs assessments.

Objectives

- To continue to consult housing needs assessment in the context of future delivery of social housing units.

Lead partner: Kildare County Council, Housing

Aim

To support the provision of older person housing through approved housing bodies.

Objectives

- Continuing support for older persons housing through approved housing bodies, particularly in the context of Capital Assistance Scheme [CAS] funding.

Lead partner: Kildare County Council, Housing



Aim

To meet the requirement of lifetime adaptability in housing needs.

Objectives

- To provide a percentage of housing in new social housing developments constructed with lifetime adaptability in mind. In some instances end user specific housing is constructed where a tenant with a specific need is identified at the design stage need.

Lead partner: Kildare County Council, Housing

Aim

To support householders to remain in their homes and sustain independent living as they get older, through the provision of the Housing Aid for Older People Grant scheme, the Housing Adaptation for Persons with a disability scheme and the mobility aids housing grant scheme (subject to eligibility criteria).

Objectives

- Schemes will continue subject to availability of funding from Department of Housing, Planning and Local Government.

Lead partner: Kildare County Council, Housing



Theme 4: Respect & Social Inclusion

Aim

Community Workers to promote Age Friendly Programme in Local Authority Estates.

Objectives

- Support and facilitate the establishment of Age Friendly Estates.

Lead partner: Kildare County Council, Economic, Community & Cultural Development

Aim

FAI to support activities for the older person.

Objectives

- Establish Walking Football teams countywide.

Lead partner: Kildare County Council, Economic, Community & Cultural Development



Aim

Library facilities in Kildare will be upgraded with the accessibility requirements of older people in mind.

Objectives

- Kildare Library Service will continue to develop library spaces for people at all stages of life.

Lead partner: Kildare County Council, Economic, Community & Cultural Development

Aim

The Art Service aims to deliver services for older people by operating in partnership with outside agencies and service providers.

Objectives

- The Arts Service will work with agencies and services to develop bespoke and tailored programmes for older people, to include intergenerational projects.

Lead partner: Kildare County Council, Economic, Community & Cultural Development





Theme 5: Social Participation

Aim

A key aim of Kildare Sports Partnership is to engage as many older people as possible in physical activity in the wider community

Objectives

- Establish and deliver - Operation Transformation Programme
- ACTIVATOR Walking Programme
- Seated Exercise Programme
- Aqua- aerobics Programme
- Activity Fest
- Scooch Blitz for Mens Sheds
- ACTIVATOR Training Workshop
- FitSTICKS Training Workshop.
- Organise and deliver 2 Health, wellbeing Sports Festivals north & south of the county.

Lead partner: Kildare County Council, Economic, Community & Cultural Development



Aim

Libraries will offer cultural services, collections and activities for older people.

Objectives

- Kildare Library Service continues to target older people in Co. Kildare with varied collections, cultural and recreational programmes of events, workshops and technologies.

Lead partner: Kildare County Council, Economic, Community & Cultural Development

Aim

The Arts Service aims to deliver programmes suitable for service users and carers, especially in the area of mental health and wellbeing.

Objectives

- The Arts Service will continue to develop programmes that support older people, service users and carers, particularly in wellbeing, mental health and dementia.

Lead partner: Kildare County Council, Economic, Community & Cultural Development



Theme 6:

Communication and Information

Aim

Create a collaborative and coherent communications structure for Alliance partners, ensuring they work cohesively towards achieving the objectives of the overall strategy.

Objectives

- To organise and host Alliance meetings.
- Establish working groups to work on key projects and programmes as required.
- Provide training, capacity building and support for the Kildare Older Persons Council to enable them to reach their goals as set out in their annual work programme.

Lead partner: Kildare County Council, Economic, Community & Cultural Development

Aim

Promote the programme and its' objectives, ensuring that the activities of the Alliance are communicated to all stakeholders, to older people and the public at large.

Objectives

- Produce and disseminate Age Friendly Newsletters across county Kildare.
- Develop the Kildare website in partnership with Age friendly Ireland.
- Host focus groups/workshops when required to hear the voice of older people.
- Work with the National Office to Investigate the use of platforms such as Twitter etc and implement when required in order to communicate with older people about projects and programmes of interest to them.
- Use communication tools and activities as identified in the Communication and information plan.
- Produce and circulate an Annual Report.

Lead partner: Kildare County Council, Economic, Community & Cultural Development



Aim

Kildare.ie to be a platform for delivering an array of information on services and upcoming social events specifically for the older person.

Objectives

- Establish specific user friendly section on Kildare.ie website specifically for the older person.

Lead partner: Kildare County Council, Economic, Community & Cultural Development with Kildare.ie

Aim

To adapt the Monaghan Age Friendly Communication guide for Kildare as recommended by Age Friendly Ireland.

Objectives

- Produce copies of the Kildare Communication guide and circulate to relevant staff.
- Provide training on customer care when requested.

Lead partner: Kildare County Council, Economic, Community & Cultural Development

Aim

Identify lead partner to update the communication and Information booklet.

Objectives

- Produce copies and circulate them.

Lead partner: Kildare County Council, Economic, Community & Cultural Development to investigate



Theme 7: Civic Participation and Employment

Aim

Develop awareness among older people in county Kildare of the services, issues and opportunities pertaining to environmental management.

Objectives

- To provide Information regarding rollout of National smoky coal ban, pending – confirmation of details nationally.

Lead partner: Kildare County Council Environmental Services & Water

Aim

Strengthen the relationship between the older people of Kildare and the various environmental groups around the county in order to develop better environmental practice.

Objectives

- Provide more talks / workshops / information sessions in order to educate, inform, and encourage older people on various environmental issues and how to gain maximum marks in the Tidy Towns competition.

Lead partner: Kildare County Council, Economic, Community & Cultural Development



Aim

To help older persons in Kildare protect themselves from crime by increasing engagement with the Crime Prevention Unit.

Objectives

- Crime Prevention Officer and Kildare Community Policing to provide personal, home, farming and financial security advice presentations at Older Persons Road Shows, Active Retirement groups on a county wide basis.

Lead partner: An Garda Síochána

Aim

To assist older persons in Kildare 'drive safer for longer' through a collaborative initiative between the Road Safety Office, Kildare County Council and the Gardai in Kildare.

Objectives

- With the establishment of 'Community Road Safety', one aspect will be to focus on providing presentations to older people. This initiative is in collaboration with the Road Safety Office of Kildare County Council. These presentations form part of a joint initiative between Kildare County Council and the Garda Síochána Kildare. Advice will be given to older persons as to how best to continue driving safer and for longer.

Lead partner: An Garda Síochána

Aim

Liaise with Age Friendly Ireland to deliver a business recognition scheme in Kildare.

Objectives

- Facilitate the identification of a lead partner and support the implementation of the business recognition scheme.

Lead partner: Kildare County Council, Economic, Community & Cultural Development



Theme 8:

Community Support & Health Services

Aim

HSE to consult with Kildare Older Persons Council in relation to healthcare for the older person.

Objectives

- HSE representatives on the Age Friendly County Alliance in Kildare to work closely with members of the Kildare Older Persons Council to listen to the issues in relation to healthcare provision for older people and to address these issues.

Lead partner: Health Service Executive

Aim

Link with Kildare Sports Partnership to develop an exercise and physical activity programs for older people to help ensure their continued mobility.

Objectives

- Supporting all other Healthy Ireland Activities through Healthy Ireland Implementation plan 2018-2022.

Lead partner: Health Service Executive



Aim

Representatives, in collaboration with the Alliance and voluntary agencies, will strive to create awareness of dementia, by establishing a steering group to facilitate a workshop for carers.

Objectives

- Establish Steering Group.

Lead partner: Health Service Executive

Aim

Link with local Gardai to create a register of vulnerable adults.

Objectives

- Continue to update register.

Lead partner: Health Service Executive



**“He who has health, has hope
and he who has hope has everything”**

(Anonymous)

ALL Thematic areas

Aim

Co-ordinate and deliver the Age Friendly programme for County Kildare in partnership with all relevant agencies and Age Friendly Ireland.

Objectives

- Instigate and support the two Health & Wellbeing festivals to be held in North & South Kildare.
- Provide and facilitate Walkability Audits as requested county wide.
- Provide facilitation and support for the establishment of Age Friendly Towns.

Lead partner: Kildare County Council, Economic, Community & Cultural Development

Aim

To work closely with the Local Community Development Committee to achieve objective 1.3 under Goal 1 of the “Kildare Local Economic and Community plan 2016-2021”

Objectives

- 1.3.1 To give ongoing support to the Kildare Age Friendly Alliance in implementing their strategy when completed.
- Link with the Local Community Development Committee, INTREO & County Kildare Leader Partnership when required to promote employment supports and opportunities for older people.

Lead partner: Kildare County Council, Economic, Community & Cultural Development

Implementation and Evaluation

Ongoing Monitoring & Evaluation

National Level

Age Friendly Ireland

County Level

Kildare Age Friendly Alliance

Local Level

Alliance Partners and Kildare Older Persons Council consulting with older people at local level.

The Alliance members will oversee the implementation of the strategy from 2019-2021.

- Each year an annual action plan will be developed and monitored at the twice yearly Alliance meetings.
- Progress reports will be produced by each lead partner for Alliance meetings.
- An annual report will be published.
- Multi agency working groups will be formed to implement key projects as identified which may include identifying other new partners and key stakeholders.
- Kildare will link with the new Regional and National office to implement key strategic projects according to National policy and best practice.
- The Co-ordinator will attend National & Regional network meetings and attend relevant training as required.

In using such monitoring mechanisms, the Alliance will have a clear view of its performance. Adjustments and improvements will be made as appropriate. This strategy is designed to structure the work of the Alliance but it should also be fluid in order to accommodate beneficial suggestions and ideas that will emerge throughout the process. This will be inevitable in an all encompassing, two way communication process, involving so many stakeholders.

The Alliance will continue to identify key partners and establish working groups when required to achieve the aims of particular projects. The work will be carried out with the voice of the older person at the centre of the process. The Alliance will support and guide the Older Persons council to enable this to happen.

Acknowledgements

Mr. John Malone Chairman, together with the Alliance members wish to acknowledge the collaboration and interagency working which took place in the preparation of this strategy. The Alliance gratefully acknowledges the work of the older people who actively participated in the workshops and consultation processes around the county. Their guidance has been invaluable. Particular thanks are extended to Mr. Peter Carey (Chief Executive Officer of Kildare County Council), Ms. Sonya Kavanagh (Director of Services) and the staff of the Economic, Community & Cultural Department, Ms. Alice Corbett (Programme Manager), Ms. Siobhan O'Rourke (Support Worker), Ms. Jacinta McPartlin, Ms. Catherine McGuigan, (Chief Officer) and all the staff of Age Friendly Ireland.

We would like to especially thank Ms. Monica Cox (Chairperson of the Kildare Older Persons Council) and all the members of the KOPC for their hard work and dedication. We all look forward to continuing to make Kildare a great county in which to grow old.



**“The secret of genius is to carry the spirit of the child into old age
which means never losing your enthusiasm”**



**“Let us never know what old age is,
let us know the happiness time brings, not count the years”**

(Ausonius)

Appendices

Appendix 1: **Influencing Strategies and Documents**

Appendix 1:

Influencing Strategies and Documents

- Action Plan for Effective Local Government 2012 “Putting People First”
- Action Plan for Rural Development
- Age Friendly Ireland Programme: Annual Report May 2017-April 2018
- AIRO: Socio-Economic Baseline Report as part of the Kildare Local Economic & Community Plan (LECP) 2016-2021
- Central Statistics Office: Census 2016
- Central Statistics Office: Regional Population Projections 2016-2031 report (2013)
- Guidelines for Good Adult Literacy Work: National Adult Literacy Agency
- Healthy and Positive Ageing Initiative: National HSE Service Plan – Integrated Care Programme for Older People & Kildare HAPAI report
- Healthy Ireland 2013-2025
- Ideas Realised: Spreading the Word, Kildare Library Service Development Plan 2015 - 2019
- Kildare County Council Corporate Plan: 2015-2019
- Kildare Age Friendly County Strategy 2016-2018
- Kildare Consultation findings
- Kildare County Council: County Development Plan
- Kildare Sports Partnership: Strategic Plan 2017-2021
- National Disability Authority Strategy 2019-2021: Safeguarding Vulnerable Persons at Risk, of Abuse - National Policy and Procedures
- National Library Strategy: Public Libraries. A five-year strategy 2013 – 2017
- National Planning Framework: Ireland 2040
- National Positive Ageing Strategy
- Older People Strategy - An Garda Síochána
- Rebuilding Ireland: Action Plan for Housing & Homelessness
- Rural Transport Strategy 2018-2022
- SOLAS Further Education and Training Strategy 2014–2019
- The Age Friendly Cities and Counties Programme... The Story So Far
- WHO Global Age Friendly Cities Guide

Further Information

If you would like to get involved in the Kildare Age Friendly County Programme, the Kildare Older Persons Council or would simply like more information of the work of the Alliance and the contents of this strategy, please contact us using one of the methods below.

Please contact:

Alice Corbett, Kildare Age Friendly Programme Manager,
Kildare County Council, Áras Cill Dara, Devoy Park, Naas, Co. Kildare.

Telephone:

045 980 692

Email:

acorbett@kildarecoco.ie

Website:

www.kildareagefriendly.ie

Kildare Age Friendly
County Strategy
2019 → 2021

Please detach the Information Booklet opposite.
It contains the contact information for a variety of useful
services and resources, and has been produced with
the older people of Kildare in mind.





Coordinated and Supported
by Kildare County Council



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