



Age Friendly
KILDARE

COUNTY STRATEGY

2023 2027



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FORWARD

Chairperson of Kildare Age Friendly County Alliance



I am pleased to be involved in the presentation of the County Kildare Age Friendly Strategy, 2023 -2027. This document sets out the ambition and goals of the Kildare Age Friendly Programme over the next 4 to 5 years.

It should be seen as a continuation of the goals and targets outlined in previous strategies. In particular, it shows the wider context both national and international in which the Age Friendly concept operates. The fact that our population are living longer and healthier lives is a blessing, but it also brings challenges.

This in turn has entailed a growing programme of supports and activities and it is fair to say that Kildare Age Friendly has met this challenge.

Co. Kildare has large urban centres as well as an extensive rural area. At the core of our work is an overarching goal that our county should be a good place in which to grow old. Arising from that is a requirement that the supports and services are properly co-ordinated and that the needs and requirements of the older cohort are met.

This document places special emphasis on the voice of our older citizens as articulated in the surveys which were conducted. It is important that this strategy is seen as a living document and I have no doubt that the various stakeholders, through the Older Persons Council and the various service providers will work efficiently and constructively towards our shared goals.

John Malone

Chairperson of Kildare Age Friendly Alliance

WELCOME MESSAGE

Chief Executive of Kildare County Council



Kildare County Council is fully committed to the National Age Friendly Programme. Along with our Age Friendly colleagues in the 31 other Local Authorities we fully support the programme at local, regional, and national levels.

This strategy sets out the international, national, and county-level context within which we aim to achieve several outcomes that will facilitate the creation of an age-friendly county.

We are very pleased with the progress made over the life of the outgoing Strategy 2019-2021 despite the mammoth challenge which covid presented to us all. The resilience shown by our older population is something that we can certainly learn from in the county.

Our vision, for our fourth Kildare Age Friendly Strategy is to not only build on our progress to date but to ensure a more socially inclusive approach throughout all age friendly work in the county. As life expectancy increases, the onus is on society to adapt in a manner that provides older people with the physical, social, economic, and cultural opportunities to ensure they enjoy the best quality of life.

This new Strategy has been based on the needs of older people in Kildare. We will strive to provide services that meet their needs while creating a county that becomes a great place in which to grow old.

We would like to thank all our partners on the Alliance who have committed to the delivery of their objectives in the Strategy and especially to the older people of Kildare who provided us with the information needed to set out our core objectives.

We look forward to working with you all over the life of this new strategy
“There is a fountain of youth: it is your mind, your talents, the creativity you bring to your life and the lives of people you love. When you learn to tap: source, you will truly have defeated age”
– Sophia Loren

Sonya Kavanagh
Chief Executive
Kildare County Council

FORWARD

from Chairperson of Kildare Older Persons Council



As Chairperson of Kildare Older Persons Council, I am looking forward to the next term of office. Our core principles going forward are to provide active and dedicated supports through highlighting, addressing, and supporting social inclusion and diversity of all individuals.

We endeavour to achieve this by strengthening social connectedness through the provision of information, the creation of meaningful relationships and the dedicated support of all members of the Kildare Older Persons Council.

We look forward to working as partners with the Kildare Age Friendly Alliance and The Kildare Age Friendly Programme to implement the actions of the new strategy.

John Mc Loughlin

Chairperson of Kildare Older Persons Council

1. INTRODUCTION

This document presents the Kildare Age Friendly County Strategy 2023-2027. It represents the fourth Age Friendly strategy for Kildare since 2011 and this reflects the high level of commitment and focus to improving the lives of older people that has been established in the county over the past decade.

This Strategy seeks to build on the good work and progress achieved under the previous strategies and sets out an ambitious and inclusive pathway to continue our work over the next 5 years.

This Strategy document is presented in seven main sections which taken together show how Age Friendly Kildare is part of a national and global Age Friendly movement, who is involved in it and the actions and projects that we will implement under this Strategy.

Section 1. The Introduction

Section 2. The Age Friendly Movement provides some background and context for why Age Friendly programmes are essential and how local programmes are aligned to Age Friendly Ireland's national programme and to the World Health Organisation's Age Friendly Cities and Communities initiative.

Section 3. Kildare Age Friendly Alliance lists the agencies and groups involved in Kildare Age Friendly Alliance and its role in progressing the local Strategy.

Section 4. Kildare Older Persons Council explains the role of Kildare Older Persons Council and how this platform supports the participation of older people.

Section 5. Findings from our Research and Consultations discusses the research and consultation process undertaken for this Strategy and presents the key findings and messages.

Section 6. Contains the Strategy's Action Plan. It is set out under the 8 Thematic Areas identified by the World Health Organisation and contains all the Age Friendly projects and activities that will be pursued in Kildare over the coming years and the agencies that will be responsible for them.

Section 7. Describes the overall approach to implementing the strategy and its actions including ongoing monitoring and a mid-term review to help ensure the Strategy is meeting its objectives.

The Appendices section at the end of the document highlights the range of best practice Age Friendly guides and toolkits that have been developed at national and international level.

This strategy document is purposely written in a Plain English style. In keeping with the core values and vision of Kildare Age Friendly Programme it seeks to be an accessible and inclusive document and as such tries to avoid overexplaining the content and key messages of the Strategy.



2. THE AGE FRIENDLY MOVEMENT

Think Global, Act Local

People worldwide are living longer and healthier lives. This means that the population of Ireland is ageing and will continue to do so over the coming years and decades. According to the Central Statistics Office (CSO) the number of people aged sixty-five and over in Ireland grew by over a third (39.8%) between 2011 and 2021 – that is an increase of 211,000 persons. The CSO also estimates that by 2041 there will be around 1.4m people in Ireland over the age of 65 - that equates to one in every four people.

While an ageing population presents some challenges and questions for society in terms of public finances and public services, it also presents important opportunities in terms of how we create an inclusive society that supports positive and healthy ageing. The Age Friendly concept lies at the heart of this vision for an inclusive society that empowers and values older people.

2.1 World Health Organisation Age Friendly Cities and Communities

The Age Friendly concept or model emerged in the early 2000's through the World Health Organisation (WHO) to better address a global ageing population. The [WHO Age Friendly Cities and Communities programme](#) was launched in 2006 and set out 8 thematic areas through which a more inclusive, age friendly society should be pursued at national and local level.

Since its launch in 2006 the WHO Age Friendly Cities and Communities programme has evolved into a dynamic global network of national and local Age Friendly programmes with Ireland being very much an active member and indeed a leader in this global network.



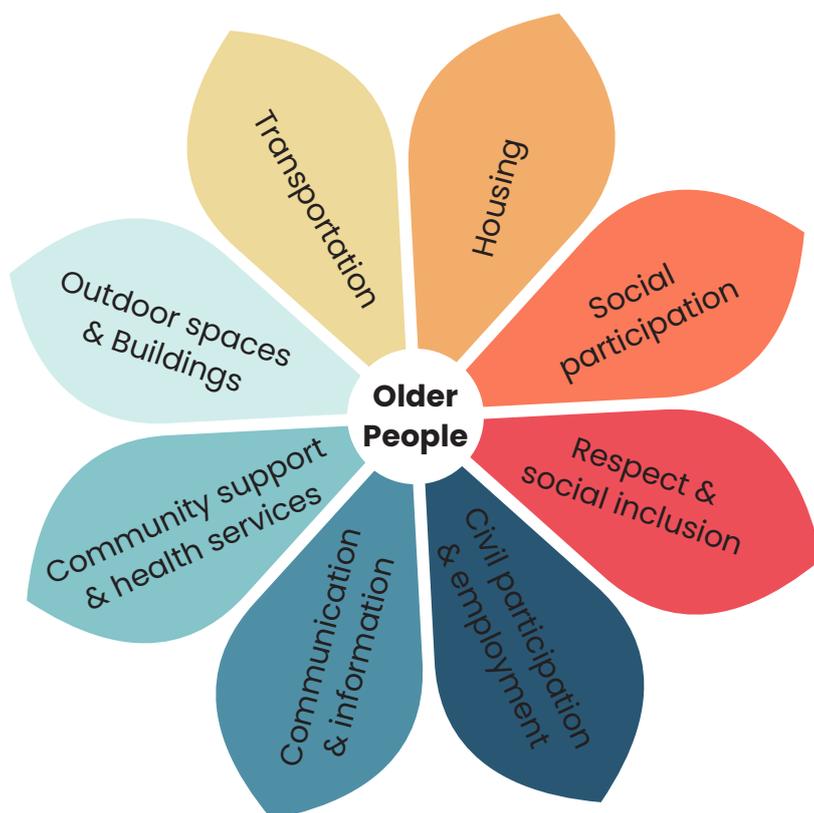
A recent Interagency initiative for positive ageing led by Healthy Kildare

WHO 8 Age Friendly Themes

WHO Age Friendly Definition

WHO defines an Age Friendly city or community as:

“An age-friendly city encourages active ageing by optimizing opportunities for health, participation and security in order to enhance quality of life as people age.”



2.2 Age Friendly Cities and Counties Programme Ireland

Age Friendly Ireland coordinates the [National Age Friendly Cities and Counties Programme](#). The National Age Friendly Ireland Office is hosted by Meath County Council on behalf of the Local Government sector.

Since 2009 local Age Friendly Programmes have been developed in all thirty-one local authority areas demonstrating just how widespread and embedded the Age Friendly model has become in Ireland. During this period, the two key Age Friendly structures at local level – the Age Friendly Alliance and the Older Persons Council – have been firmly established, placing older people and an age friendly perspective at the centre of local development policy.

In the decade since the national and local programmes first commenced Ireland has made impressive strides in becoming a world leader in developing age friendly initiatives. Best practice models have been developed for Age Friendly Towns, Age Friendly Housing, Age Friendly Libraries, Age Friendly Hospitals and Primary Care Centres, Age Friendly Business Recognition Scheme, Age Friendly Parking and Seating and a wide range of other best practice projects.

This level of progress was clearly recognised when Ireland became the first country in the world to be awarded WHO Age Friendly status in 2019 and more recently with Croke Park being recognised as the world’s first Age Friendly Stadium and Shannon and Ireland West Airports being recognised as the world’s first Age Friendly Airports.

2.3 Kildare Age Friendly Programme

This is the fourth Kildare Age Friendly County Strategy, with the first strategy being launched in 2010. In line with progress at national level Kildare's Age Friendly Programme has gone from strength to strength in the preceding 12 years.

The Kildare Age Friendly Alliance has brought together Kildare County Council and a wide range of local and regional agencies in a collaborative forum whilst Kildare Older Person's Council has facilitated the voice and direct participation of older people in the overall programme.

In addition to this there have been significant achievements in areas such as developing Age Friendly Libraries, Age Friendly Housing, Walkability Audits and Public Realm projects, fitness and healthy ageing programmes, educational and recreational initiatives and much more.

The new strategy will seek to build on these achievements. The opportunities and challenges are well understood. Kildare is a county with a sizeable older population (over 22,000) living in both large urban centres and sparsely populated rural areas.



At a recent Creative Ireland Project Kildare reps from Newbridge

The social and economic backdrop to this strategy is one dominated by post-COVID recovery, a cost-of-living crisis in Ireland and many other parts of the world and the climate action agenda.

This strategy will need to respond to older people's needs in the context of these big global issues. Older people in Kildare and indeed the Kildare Age Friendly Programme showed enormous resilience in navigating the challenges of COVID for 2 years and it is this resilience that will be the most important asset that this strategy will draw on over the coming years.

3. KILDARE AGE FRIENDLY ALLIANCE

The Kildare Age Friendly Alliance is the coordinating structure for the Kildare Age Friendly County Programme and for this strategy.

The Alliance continues to work within existing community structures, networks, and service providers to make Kildare a great place in which to grow old. The Kildare Alliance operates under the direction and support of an Independent Chairperson. 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 oversee the implementation of this strategy and its actions.

Kildare Age Friendly Alliance Membership

Independent Chairperson

Chief Executive, Kildare County Council

Director of Planning, Kildare County Council

Director of Housing, Kildare County Council

Director of Community, Kildare County Council

Director of Environment, Kildare County Council

Director of Roads, Kildare County Council

An Garda Síochána

Health Service Executive (HSE)

Kildare/Wicklow Education & Training Board KEWTB

TFI Local Link Kildare South Dublin

Irish Farmers Association (IFA)

Maynooth University

Kildare Sports Partnership

Kildare Older Persons Council

Kildare Library Service

4. KILDARE OLDER PERSONS COUNCIL

The Kildare Older Persons Council provide a means by which older adults can take a more active role in their communities and have their voices heard. Here in Kildare, we are making a conscious effort to be as diverse as the county we represent.

Older Persons Council have been established in response to the National Positive Ageing Strategy (2013) in each programme area as a means by which older people can raise issues of importance, identify priority areas of need, and inform the decision-making process of the Kildare Age friendly Programme.

The fundamental values of the Older Persons Councils are based on Social Inclusion and Community Development practices and principles. The older persons council are a vital link between Local, Regional and National networks. The voice of the older person sits as an equal at the Alliance and at all local structures.

Older Persons Councils representatives sit on the Age Friendly Alliances not as activists or lobbyists, but as equal partners with CEO's and decision makers of statutory agencies such as



the local authority, the HSE and other bodies.

Kildare's new Older Persons Council is commencing its first term in office and as such will receive training from the Age Friendly programme to build capacity and ensure our members have an opportunity to participate in this structure to their full potential.

5. FINDINGS FROM OUR RESEARCH AND CONSULTATIONS

This section presents the main findings and key messages identified in the research and consultations undertaken for this strategy.

The research and consultations were undertaken between May and September 2022 and included four different elements:

- Consultation Sessions with Older People
- Online Survey with Older People
- Consultations with Stakeholder Organisations
- Literature Review of Age Friendly Policy and Best Practice

The findings from each of these elements of the research and consultations are summarised here. These findings are then further summarised into a shortlist of key messages for the new strategy.

5.1 Consultation Sessions with Older People

Consultation sessions were conducted with older people in all 5 Municipal Districts in Kildare. These were in-person consultations and attended by over 150 direct contact participants and over 400 indirect participants. Most participants represented other older persons groups and had received information and feedback from their groups prior to attending.

The consultations focused on the 8 Thematic Areas set out by the World Health Organisation and encouraged participants to share their experiences and views on these areas and topics. The main findings from these discussions are summarised here.

MAIN FINDINGS FROM CONSULTATION SESSIONS WITH OLDER PEOPLE

- Lack of access to public transport, in particular bus services, is a widespread challenge for older people.
- For older people who are accessing bus services there is a clear demand for more bus shelters.
- Older people would like to see more Age Friendly housing developments in their towns and villages.
- Access to health services, in particular GP services, is a widespread challenge for older people.
- There is considerable concern at the rate at which public services, and in particular banking, are going online.
- There is concern also that information on public services will only be available online.
- While many older people feel well respected in their communities many also feel undervalued and “written off” by society.
- While many older people are active and well connected in their communities there are also many older people who experience isolation and loneliness on a regular basis.

5.2 Online Survey with Older People

An online survey was designed to assist with gathering the views and experiences of older people in Kildare. As with the consultation sessions the survey also followed the 8

Thematic Areas from the World Health Organisation, and the survey was widely promoted through different community organisations groups. The main findings from this survey are summarised here.

MAIN FINDINGS FROM ONLINE SURVEY WITH OLDER PEOPLE

- The survey showed a high level of “being active” with over 80% of respondents reporting being Very Active or Moderately Active.
- The survey showed the highest demand (57.6%) for more information on local Social Groups and Activities. Areas of greatest interest include cultural/creative activities, sports & fitness, and gardening.
- Respondents were also interested in receiving more information about Rights & Entitlements (43.9%), Volunteering (38.1%), Transport (33.1%) and Health Services (25.2%).
- Respondents reported accessing information and advice from a wide range of sources including Websites (27.3%), Friends & Family (25.9%), Social Media (21.7%) and Radio (10.5%).
- Most respondents (67.9%) revealed not knowing where to contact to avail of community health services such as Home Care, Meals on Wheels etc.
- Most respondents (68.3%) do not wish to move house although almost 20% of respondents did indicate their interest in moving to a smaller house.
- In the open-ended question at the end of the survey a considerable number of respondents identified lack of public transport, particularly in rural areas, as a problem for older people.
- In the open-ended question at the end of the survey a substantial number of respondents also identified isolation and loneliness as a common problem for older people.

5.3 Consultations with Stakeholder Organisations

Consultations were undertaken with a wide range of agencies and organisations as part of the strategy development process – see Acknowledgements in the Appendices for a full list of organisations consulted. Consultations included members of Kildare Age Friendly Alliance and several other organisations involved in

collaborating with older people. These consultations focused on areas of progress and success in recent years; the key issues currently facing older people; and the types of actions and projects that should be pursued as part of the new Kildare Age Friendly County Strategy. The main findings from the consultations with stakeholder organisations are summarised here.

MAIN FINDINGS FROM CONSULTATIONS WITH STAKEHOLDER ORGANISATIONS

- Age Friendly concepts, principles and overall approach are well understood and valued by a wide range of local organisations with many having worked directly on Age Friendly projects under previous strategies.
- The inter-agency and partnership approach promoted by Age Friendly Kildare is highly respected and valued by local organisations and is seen as one of the main success factors of the overall programme.
- Local agencies and organisations are committed to supporting the actions and projects of the new Kildare Age Friendly County Strategy and are keen for the strategy to contain focused, realistic actions that can be implemented.
- Local agencies and organisations are fully supportive of the core objective of strengthening and broadening the social inclusion focus of Kildare Age Friendly Programme to ensure that it is engaging and supporting older people from all communities across the county.
- Local agencies and organisations identified a number of main issues and challenges currently facing older people including - access to health services and in particular GP services; access to transport, particularly in rural areas; challenges in accessing services and information online; isolation and loneliness experienced commonly by older people; and negative stereotyping and assumptions about older people's place and participation in society.

5.4 Literature Review of Age Friendly Policy and Best Practice

The literature review for this strategy focused on the key policies and best practice initiatives at national and international level that are influencing and driving the Age Friendly agenda. This review work paid particular attention to identifying common priorities and areas of focus that the new Kildare Age Friendly County Strategy can and should be aligned to. At international level, the WHO Age Friendly Cities and Communities

programme has developed a clear framework for age friendly strategies at national and local level and established an active international network to support this global movement. In addition to this the United Nations has declared 2021 – 2030 as the UN Decade of Healthy Ageing and set out four priority areas for action:

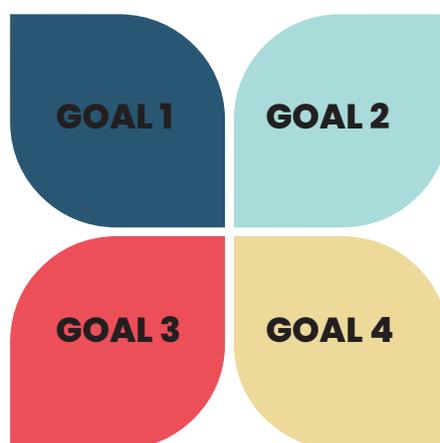
- Age Friendly Environments
- Combatting Ageism
- Integrated Care
- Long Term Care

At national level in Ireland a range of key policies and programmes have been developed in recent years that seek to create a society that supports positive and healthy ageing for all. Central to this policy agenda is the National Positive Ageing Strategy 2013 which has 4 Goals:

4 Goals of the National Positive Ageing Strategy

Goal 1: 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.

Goal 3: Enable people to age with confidence, security and dignity in their own homes and communities for as long as possible.



Goal 2: Support people as they age to maintain, improve, or manage their physical and mental health and Wellbeing.

Goal 4: Support and use research about people as they age to better inform policy responses to population ageing in Ireland.

In addition to the National Positive Ageing Strategy there are also a wide range of important national policies and programmes in place that promote Age Friendly principles and make specific commitments to working with and supporting older people. These include consecutive Programmes for Government, Healthy Ireland Framework for Improved Health and Wellbeing 2013-2025, Our Rural Future 2021-2025, Housing for All, Irish National Dementia Strategy, the Healthy Positive & Ageing Initiative and several more. A full list of relevant national policies and programmes are included in the Appendices.

The Age Friendly Cities and Counties Programme managed by Age Friendly Ireland provides a national framework for the development of local age friendly programmes in all cities and counties across the country. As highlighted in Section 2. Ireland has made considerable progress over the past 10 to 15 years in developing the Age Friendly Programme model at a national level and creating a range of best practice toolkits and resources to support age friendly initiatives at local level.

MAIN FINDINGS FROM POLICY AND BEST PRACTICE REVIEW

- Age Friendly programmes are part of a well-established international model that has been developed and promoted by the World Health Organisation and the United Nations.
- Age Friendly policy is well aligned at international, national, and local level. At the heart of this policy is the recognition that the world's population is ageing faster; that we need to be proactive in creating the social and economic conditions for positive and healthy ageing; and that older people themselves must be centrally involved in age friendly initiatives.
- We have a strong Age Friendly framework in Ireland. Over the past decade Ireland has become synonymous with international best practice in Age Friendly initiatives.

Taking all the findings from the research and consultations together we can identify a number of Key Messages for Kildare Age Friendly County Strategy 2023 – 2027.

KEY MESSAGES FOR KILDARE AGE FRIENDLY COUNTY STRATEGY 2023 – 2027

- Ireland can be viewed as a **world leader in Age Friendly practices** and has developed an invaluable body of expertise and best practice resources to support local Age Friendly programmes and strategies.
- The **Age Friendly model is well established, understood and respected** amongst local agencies and organisations. After a decade of development at both national and local level there is a high level of awareness and expectation around Age Friendly strategies and what they can achieve.
- **Age Friendly strategies can build productive partnerships with a wide range of agencies and organisations at local and national level.** This is already the case in Kildare and provides a strong platform to develop and implement collaborative actions.
- **Age Friendly structures are important for ensuring there is a clear and consistent focus on older people in local development policy.** The Older Persons Council model facilitates the voice and direct participation of older people in local development policy whilst the Age Friendly Alliance model provides a strong inter-agency platform to deliver age friendly actions and projects on an ongoing basis.
- **Health and GP Services** – Many Older people are struggling to access GP and other health services with GP services being identified as a problematic area. People are experiencing exceptionally long wait times and the health implications of this is of obvious concern.

KEY MESSAGES FOR KILDARE AGE FRIENDLY COUNTY STRATEGY 2023 – 2027

- **Access to Transport** – whilst not exclusively a rural issue, the research and consultations did find that access to public transport is a widespread issue for older people living in rural areas. This was one of the most common problems/ challenges identified in the survey and consultations.
- **The Digital Divide** – Many older people are feeling excluded and left behind in an ever-increasing digital world. This is creating problems in accessing banking and other public services and is resulting in high levels of frustration and disillusionment.
- **Isolation and Loneliness** – older people commonly reported feeling isolated and lonely. Whilst physical/geographical isolation can be more acute in rural areas, this is not an exclusively rural issue. Many older people living in the larger urban centres can also experience high levels of loneliness and isolation.
- **Stereotypes of Older People** – many older people and those working with older people feel that negative, lazy stereotypes of older people as frail and non-productive members of society persist and need to be proactively called out and challenged.

6. ACTION PLAN

This section sets out the Action Plan for the Kildare Age Friendly County Strategy 2023 – 2027.

The Action Plan seeks to respond to the key issues and opportunities identified in the research and consultations and is aligned to the 8 Age Friendly Themes developed by the World Health Organisation.

WORLD HEALTH ORGANISATION AGE FRIENDLY THEMES

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

In addition to the eight themes, Kildare Age Friendly Strategy has identified 3 Cross-cutting Themes that underpin the Action Plan and support the strategy in achieving its overall vision of a more inclusive society for older people.

KILDARE AGE FRIENDLY STRATEGY CROSS-CUTTING THEMES

Supporting Social Inclusion

Embedding Age Friendly Principles

Practicing Good Communication

These Cross-cutting Themes have been selected because they reflect the core values of the Kildare Age Friendly Strategy, and they have a practical application that can strengthen the design and implementation of all actions in the Plan.

The Cross-cutting Themes are applied in the following ways:

- **Supporting Social Inclusion**
proofing the design and implementation of all actions and activities in the strategy.
This approach will embed a social inclusion focus across the strategy and enable a proactive approach to engaging with older people in minority and harder to reach communities.
- **Embedding Age Friendly Principles** using the wide range of best practice resources and toolkits that have been developed by Age Friendly Ireland in the design and implementation of the actions.
- **Practicing Good Communication** applying the principles of Plain English and effective communication in all communications related to the strategy to ensure that the core messages and information about Kildare Age Friendly Programme are available to people in an accessible manner.



Ballymore Eustace age friendly / climate friendly village

THEME 1: OUTDOOR SPACES & BUILDINGS

AIMS	ACTIONS	LEAD PARTNERS & PARTNERS
Continue to promote and develop the Age Friendly Town model in towns across Kildare as identified by the Alliance	Building on the achievements to date in developing Celbridge and Athy as Age Friendly Towns, this action will seek to roll out the Age Friendly Town model in other urban centres as identified by the Alliance.	Kildare Age Friendly Alliance Relevant Kildare County Council Departments
To ensure where possible Climate action measures are implemented	A special initiative will see Ballymore Eustace become the first Age Friendly / Climate Friendly Village utilising best practice guidelines developed by Age Friendly Ireland	Kildare Age Friendly Alliance Relevant Kildare County Council Departments
Continue to integrate Age Friendly Design Principles into the development of public spaces in Kildare.	<p>This action will see a continuation of the successful Walkability Audits which brings together older people and planners to create more age friendly and universally accessible public spaces.</p> <p>This action will also seek to ensure that Age Friendly design principles are integrated into key plans and programmes such as Local Area Plans and Kildare County Development Plan.</p>	<p>Kildare County Council Planning Department</p> <p>Kildare Older Persons Council</p> <p>Kildare County Council Access Officer</p>
Pursue several flagship best practice initiatives in Age Friendly Spaces.	This action will focus on a small number of projects that will pursue official Age Friendly status for large public spaces and facilities in Kildare such as Maynooth University Campus and sporting facilities	Kildare Age Friendly Alliance Maynooth University Identified sporting organisations
Promote Age Friendly Parks in Kildare.	This action will focus on developing Age Friendly spaces in local parks including outdoor gym equipment, accessible seating, and other features to create accessible and intergenerational spaces and facilities.	<p>Kildare County Council Parks Department</p> <p>Kildare Sports Partnership</p>

THEME 2: TRANSPORTATION

AIMS	ACTIONS	LEAD PARTNERS & PARTNERS
<p>Improve Access to Public Transport for older people.</p>	<p>This action will seek to respond to the lack of access to public transport for older people and will firstly focus on further engagement and consultation with older people and local public transport providers with a view to identifying how access to public transport can be improved for those most in need.</p>	<p>Kildare Age Friendly Alliance Kildare Older Persons Council Local Link Relevant Kildare County Council Departments</p>
<p>Increase the number of Bus Shelters and Bus Stops.</p>	<p>This action will focus on identifying, in partnership with older people and public transport providers, key areas in towns and rural areas where new bus shelters and bus stops are required.</p>	<p>Kildare Older Persons Council Local Link Kildare County Council Transport Department</p>
<p>Improve the dissemination of Public Transport Information.</p>	<p>This action will focus on ensuring the effective and accessible dissemination of information on existing public transport services through all channels – public signage and timetables, radio and newspaper, websites, and community events.</p>	<p>Kildare Age Friendly Alliance Kildare Older Persons Council Local Link National Transport Authority</p>
<p>Promote Active Travel with older people.</p>	<p>This action will focus on promoting active travel with older people through information, awareness-raising and active travel programmes.</p>	<p>Kildare County Council Sustainable Transport</p>

THEME 3: HOUSING

AIMS	ACTIONS	LEAD PARTNERS & PARTNERS
Promote Age Friendly Housing Design Principles	This action will focus on building on best practice Age Friendly Housing initiatives like McAuley Place in Naas with a view to embedding Age Friendly Housing Design Principles in new housing developments in Kildare.	Kildare County Council Housing Department Kildare Older Persons Council
Develop a new Right-Sizing Policy	In line with local and national research findings that older people wish to remain living in their communities this action will focus on developing a new Right-Sizing Policy in line with Age Friendly Ireland's Right-Sizing Guide and other best practice resources.	Kildare County Council Housing Department Kildare Age Friendly Alliance Age Friendly Ireland
Support the Independent Living of Older People	This action will focus on practical supports to older people to live independently in their homes through the implementation of the Housing Aid Grants and Housing Adaptation Grants schemes.	Kildare County Council Housing Department
Increase the provision of Age Friendly Housing with Traveller Accommodation	This action will focus specifically on identifying the housing needs of older people from the Traveller Community and increasing the provision of Age Friendly accommodation accordingly.	Kildare County Council Housing Department

THEME 4: RESPECT AND SOCIAL INCLUSION

AIMS	ACTIONS	LEAD PARTNERS & PARTNERS
Ensure that Kildare Age Friendly Programme is engaging with older people in all communities.	This action will see a proactive programme of engagement with older people in minority communities including Travellers, refugees, LGBT+ and other marginalised communities. The focus will be on engagement and dialogue with a view to involving more people in existing projects and activities and identifying new events, activities, and projects with a strong social inclusion focus.	Kildare County Council County Kildare LEADER Partnership Kildare Public Participation Network Older Voices Kildare
Broaden representation on Kildare Older Persons Council.	This action will focus on ensuring that Kildare Older Persons Council has broad representation reflecting the diversity of local communities. This will involve training and capacity building work with older people from minority communities to support their direct participation.	Kildare Age Friendly Programme Kildare Older Persons Council
Develop the intergenerational dimension of Kildare Age Friendly Programme	This action will focus on increased engagement with young people and youth services to explore new intergenerational projects. An example of this approach will be to organise a joint meeting of Kildare Comhairle na nÓg and Kildare Older Persons Council.	Kildare Older Persons Council Kildare Comhairle na nÓg Youth Services
Embed Age Friendly Principles into local Community Development work.	This action will seek to ensure that there is a strong Age Friendly focus and perspective embedded in local Community Development Plans, work, and programmes	Kildare County Council Community Department County Kildare LEADER Partnership Kildare LCDC

THEME 5: SOCIAL PARTICIPATION

AIMS	ACTIONS	LEAD PARTNERS & PARTNERS
<p>Reduce the isolation and loneliness that many older people experience.</p>	<p>This action will focus on identifying practical ways in which Kildare Age Friendly Programme can connect with those most isolated in the community. This will involve exploring the scope for expanding the Older Voices Kildare Befriending Service and other similar approaches.</p>	<p>Older Voices Kildare County Kildare LEADER Partnership Kildare Volunteer Centre</p>
<p>Create increased opportunities for social participation through regular Age Friendly events and activities.</p>	<p>This action will focus on maximising the opportunities for older people’s social participation through well-established social and cultural programmes and Designated Days such as Positive Ageing Week, Bealtaine, International Day for Older People and other such events.</p>	<p>Kildare Library Service Kildare Arts Service All community partners</p>
<p>Develop increased opportunities for volunteering for older people.</p>	<p>This action will focus specifically on volunteering opportunities and will work with Kildare Volunteer Centre to share information on existing volunteer opportunities and explore opportunities for new Age Friendly volunteer initiatives.</p>	<p>Kildare Volunteer Centre Kildare Age Friendly Kildare Older Person Council Older Voices</p>

THEME 6: COMMUNICATION AND INFORMATION

AIMS	ACTIONS	LEAD PARTNERS & PARTNERS
<p>Promote Kildare Age Friendly Programme through in-person events.</p>	<p>This action will focus on promoting the Kildare Age Friendly Programme in all areas of the county. This will see a return to the popular roadshow format bringing a series of Kildare Age Friendly events across the county to showcase the range of actions and activities being delivered through the programme.</p>	<p>Kildare Age Friendly Alliance Kildare Older Person Council Community partners</p>
<p>Promote Kildare Age Friendly Programme through online and other media.</p>	<p>This action will focus on the ongoing dissemination of information on Kildare Age Friendly Programme through web, social media, newsletters, newspapers, and radio.</p>	<p>Kildare Community Stories Kildare Public Participation Network</p>
<p>Seek to minimise the growing digital divide that many older people are experiencing.</p>	<p>This action will focus on addressing digital literacy and digital poverty issues affecting older people and will see the provision of digital equipment and community-based digital skills classes to older people across the county.</p>	<p>Kildare Wicklow Education & Training Board Kildare Library service Digital Ambassadors</p>

THEME 7: CIVIC PARTICIPATION AND EMPLOYMENT

AIMS	ACTIONS	LEAD PARTNERS & PARTNERS
Continue to develop the Age Friendly Library model in libraries across Kildare.	This action will focus on building on the successful Age Friendly Libraries programme of work with a view to growing the number of Age Friendly Libraries in Kildare. This action will also see the hosting of monthly Age Friendly Days in libraries across the county.	Kildare Library Service
Develop the Age Friendly Business Recognition Scheme in towns across Kildare.	This action will focus on building on the work commenced in Athy and rolling out the Age Friendly Business Recognition Scheme in other towns.	Kildare Local Enterprise Office County Kildare Chamber of Commerce
Ensure a strong voice and representation of older people in local development policy.	<p>This action will focus on ensuring that Kildare Age Friendly Programme and Kildare OPC is actively feeding into local development policy through representation on PPN and other structures such as the Strategic Policy Committees, Joint Policing Committee, and other committees.</p> <p>This action will also seek to ensure that there is a clear and strong Age Friendly focus and commitment in the new Kildare LECP.</p>	Kildare Age Friendly Alliance Kildare Older Person Council Kildare Local Community Development Committee Kildare Public Participation Network

THEME 8: COMMUNITY SUPPORT AND HEALTH SERVICES

AIMS	ACTIONS	LEAD PARTNERS & PARTNERS
Promote and support healthy lifestyles for older people living in Kildare.	This action will continue and build on the successful exercise, walking and other activities programmes being delivered by Kildare Sports Partnership. This will include delivering the popular ACTIVATOR workshops in rural areas and with hard-to-reach groups and a new Fit sticks for Farmers programme.	Kildare Sports Partnership Healthy Ireland/ Healthy Kildare Irish Farmers Association
To improve access to GP and Health Services for older people.	This action will seek to respond to the lack of access to GP and other health services for older people. This work will be progressed firstly through engagement and consultation with older people and health services with a view to identifying the major gaps and challenges and then solutions as to how access can be improved.	Kildare Age Friendly Alliance HSE Local Community Development Committee
To improve linkages among various community service providers.	This action will focus on identifying all community service providers under identified themes eg. Health <ul style="list-style-type: none"> - Health promotion - Information re day-care services and meals on wheels - Integrated Care Programme for Older Persons - Integrated Care Programme for Chronic Disease Management - Chronic Pain Programme - BE Well programme. 	HSE
Improve the dissemination of information on health services.	This action will focus on improving the dissemination of information on health services to older people to ensure they are aware of local health services and their rights and entitlements in accessing these services.	HSE Kildare Age Friendly Alliance Healthy Ireland/ Healthy Kildare
To research the issue of age-related food poverty in Kildare.	This action will conduct research into the issue of food poverty amongst older people in Kildare with a view to developing community responses to the issue.	Maynooth University Healthy Ireland/ Healthy Kildare

THEME 8: COMMUNITY SUPPORT AND HEALTH SERVICES

AIMS	ACTIONS	LEAD PARTNERS & PARTNERS
To address the safety concerns of older people.	This action will focus on continuing and expanding the popular Winter Safety Talks for older people that will be delivered in conjunction with An Garda Síochána and other relevant agencies.	Kildare Age Friendly Programme An Garda Síochána Kildare County Council Road Safety Authority
To identify older persons as a priority group in community policing	This action will focus on Community Policing Gardaí actively engaging with older people throughout the year. Gardaí will engage with various groups through dedicated talks on issues like safety and security and other relevant issues. Gardaí will also engage on an ongoing and more informal setting by simply calling into groups and individuals that are identified to them as in need of information and assistance.	An Garda Síochána

7. IMPLEMENTING THE STRATEGY

Kildare Age Friendly Programme has developed an effective approach to monitoring and reporting on progress through its previous strategies and the Alliance structure.

This approach will be continued and strengthened for this strategy with a view to ensuring that the actions set out in the Action Plan are being progressed on an ongoing basis and that any obstacles to implementing specific actions are identified and resolved.

Specifically, the monitoring process for this strategy will involve the following elements:

- Kildare Age Friendly Alliance will oversee the implementation of this strategy through its regular meetings.
- Progress Reports will be produced by each Lead Partner for Alliance meetings. These reports will present progress achieved on the actions and identify any difficulties being experienced in implementation.
- An Annual Report will be published each year outlining progress on the implementation of the actions.
- A Midterm Review of the strategy will be undertaken in the later half of 2025.

- Multi-agency working groups will be formed to implement key projects.

- Kildare Age Friendly Programme Manager will attend National & Regional Age Friendly Ireland meetings and training and work directly with the national office on specific projects where required.

This approach to monitoring and implementation will ensure that all actions are being progressed on an ongoing basis and in a timely manner. The midterm review will enable the Alliance to assess overall progress at the mid-point in the strategy and to make any changes that may be required to speed up and improve implementation of certain actions and projects.

In overseeing the implementation of the strategy Kildare Age Friendly Alliance will use the expertise it has available to it, form new strategic partnerships where required and ensure that the best practice resources available through Age Friendly Ireland are being utilised across all areas of the strategy.

APPENDICES

Acknowledgements

Mr. John Malone Chairman, together with the Programme Manager Carmel Cashin and the Alliance members wish to acknowledge and thank all the individuals and organisations that contributed to the development of this strategy. This includes the individuals who completed the online survey, those who participated in the consultation sessions around the county and the organisations who participated in the stakeholder consultations (listed below).

Special thanks for their input are extended to Caroline Morrin (Older Voices Kildare), Berney Flanagan (Local Link), Syl Merrins (Kildare Sports Partnership), Denise Croke (HSE), Conor Sweeney (Kildare Local Enterprise Office), Evelyn Cooley (Kildare Library Service) Dr. Adrienne McCann (Maynooth University) Dr. Richard Roche (Maynooth University), Laura Kelly (Healthy Kildare), Paddy Henderson (Kildare County Council Housing technical specialist), Grainne Fleming (Kildare PPN), David Hand (Kildare Volunteer Centre), Emer Coveney (Age Friendly Ireland), Paula O'Rourke (Climate Action Coordinator) Susan Bookle (LCDC), Michael Hurley (Health & Safety / Accessibility Officer) Alice Corbett (Age Friendly Ireland), Paula O'Brien (SEO Community Kildare County Council) and all of the Kildare County Council Directors of Services for their valued inputs.

We would also like to extend a special thank you to Ms. Monica Cox, outgoing Chairperson of the Kildare Older Persons Council for all her work and support over the past numbers of years.

We welcome our new Chairperson John McLoughlin and look forward to working with you and all the members of Kildare Older Persons Council over the coming years.

Best Practice Age Friedly Toolkits and Resources

- [Directory of Age Friendly Practices, Age Friendly Ireland](#)
- [A Guide to Age Friendly Towns, Age Friendly Ireland](#)
- [Age Friendly Business Recognition Programme, Age Friendly Ireland](#)
- [Age Friendly Public Services Recognition Programme, Age Friendly Ireland](#)
- [Being Age Friendly in the Public Realm, Age Friendly Ireland](#)
- [Age Friendly Guide to Rightsizing, Age Friendly Ireland](#)
- [Older Peoples' Council Guidelines, Age Friendly Ireland](#)
- [Age Friendly Cities and County Programme Handbook, Age Friendly Ireland](#)
- [Global Age Friendly Cities: A Guide, World Health Organisation](#)





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**If you would like to join our Older persons council
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