

National Updates



Welcome to the Age Friendly Family Liz



Age Friendly Ireland are delighted to introduce everyone to our wonderful new staff member Elizabeth Kenny. Elizabeth started working with the Shared Service, just before Christmas, as the new clerical officer for Healthy Age Friendly Homes, and we are so happy to have her on board. We want to wish Liz the best of luck in her new role working with the Age Friendly Ireland Programme.

HSE Partner Pack

Our highlight communications updates for you from this week are:



Rialtas na hÉireann  
Government of Ireland



Feidhmeannacht na Seirbhíse Sláinte  
Health Service Executive

**Changes to isolation and close contact rules:** From today, Friday 14th January, the rules around self-isolation and close contacts have changed. As before, if you have symptoms of COVID-19 you should immediately self-isolate and get tested. People aged 0-3 and people aged 40 and over and all healthcare workers should get a PCR test. People aged 4-39 should use antigen tests, unless they have higher risk health conditions or are healthcare workers. People who have had their booster no longer have to restrict movements if they become a close contact but don't have symptoms.

**COVID-19 vaccination for children aged 5-11:** COVID-19 vaccine registration remains open for children aged 5-11. A parent or legal guardian can register and give consent [here](#).

**Flu vaccine:** The flu is now circulating in Europe and people who are at risk should get their free flu vaccine at participating GP and pharmacies including those aged 50 or over and pregnant women. Find a [participating pharmacy](#) here.

**COVID-19 booster for people with weak immune systems:** People who have a weak immune system, also called immunocompromised, can now get a booster dose. People in this group were offered a third dose of the COVID-19 vaccine, and can now get a booster dose if it has been 3 months

since their third dose. See below for information on how to get your booster dose - you can use any of the options outlined in the next section.

### COVID-19 vaccine booster

People aged 16 and older can get their COVID-19 vaccine booster dose now. Find more information on the different options you have to get your vaccine booster [here](#). You can book your own booster appointment for many vaccination centres online through the HSE website using the online self-scheduler [here](#). You can also get your booster at many pharmacies and you'll find a list on HSE.ie [here](#). Some GPs are also vaccinating their patients. You need to wait at least 3 months (90 days) after your vaccine course before you can get a booster dose. If you have had COVID-19 since you were vaccinated you should get your booster dose at least 3 months after your positive result.

Please bring photo ID that shows your date of birth to your appointment or walk-in clinic.

### Vaccination clinics

We continue to operate clinics for dose 1 and dose 2 vaccinations (for people aged 12 years and over), and booster vaccine clinics for healthcare workers, pregnant women and for people over the age of 16. Find the full list of clinics by county [here](#). You can also check [@HSELive](#) on Twitter for daily updates.

### COVID-19 Testing

Full details of [how to get tested are available here](#).

[You can read the full weekly update by clicking here.](#)



**Happy New Year - Looking Ahead to 2022!**

Throughout 2021 AARP's Equity by Design program worked to bring you resources and programming to help you incorporate aging considerations into your built environment work. These conversations spanned the globe and ranged in topic and category. In 2022, we are excited to bring you more high-quality events and opportunities for you to converse with the innovators behind innovations that are moving the needle on the ground. Register below for the upcoming events in January and February. We are looking forward to another

great year together.

Please see a review of the events we hosted in 2021 below! If you have not done so already, please join [AARP International - Equity By Design LinkedIn group](#) for additional updates and resources.

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### Principles in Action: Building Equity through Shared Equity ADUs

Join us on Tuesday, January 25 at 11 am ET for a conversation with Y-Help® and CLTplusOne on the use of shared equity ADUs. The uptick in building Accessory Dwelling Units has largely benefited wealthier homeowners, but interesting models based on sharing of equity are broadening the pool of beneficiaries.



[Register Today!](#)



The Irish Longitudinal Study on Ageing

## Age-proof yourself — what really helps us to live better for longer

*Don't give in to fatalism: we control 80 per cent of our ageing biology. Professor Rose Anne Kenny, who has followed 9,000 over-50s, reveals in her new book what you should do now to change the rest of your life.*

Some of us appear resilient to ageing while others seem older than our years, notes Professor Rose Anne Kenny, an award-winning geriatrician, researcher and head of medical gerontology at Trinity College Dublin, in her new book *Age Proof: The New Science of Living a Longer and Healthier Life*. No two 83-year-olds are the same. One can run a marathon and the other is a frail nursing-home resident.

Kenny, whose sub-speciality is cardiovascular medicine, is also the founder and principal investigator of the Irish Longitudinal Study on Ageing (Tilda),

which has followed almost 9,000 adults aged 50 and older and generated more than 400 research papers. The study covers all aspects of life — from sex to food, to physical and brain health, genetics, childhood experience, expectations, friendships, finance and more — to illustrate why and how we age.

For full article click here:

<https://www.thetimes.co.uk/article/de488674-6fd5-11ec-bd56-5d2f9cae1ae5?shareToken=2dece3737c7c9fa5af9426b6c6ef731c>



### Care and Repair

**AgeAction**  
Age Equality

Age Action's Care and Repair does small DIY jobs, free of charge, for older people to help them maintain their homes and their independence.

Can We Help?



If you require work done in your home to make it safer after a stay in hospital we can help.

If you are a professional working with older people who would benefit from this service you can download a referral form from [www.ageaction.ie](http://www.ageaction.ie).

Get in touch to find out how Age Action's Care and Repair can help:

Age Action national line: 0818 911 109  
Age Action in Dublin: 01 4756989  
Age Action in Cork: 021 2067399  
Age Action in Galway: 091 527831  
Email: [careandrepair@ageaction.ie](mailto:careandrepair@ageaction.ie)

**AgeAction**  
Age Equality

care+  
repair



comhairle chontae na mí  
meath county council





**Join us live on Facebook**

**Monday 17th  
Wednesday 19th  
Friday 21st**

**at 11am for**

**Age & Opportunity  
Movement Minutes**



**#AgeandOpportunity**

The classes are available on [Facebook](#) and [YouTube](#) and the timetable shows where each class is available.

**Local Updates**



**Radio Interview with Kevin Molloy, Chair of Wexford Older People Council**



Kevin Molloy, Chair of Wexford Older People Council and Vice Chair of the National Network of Older People’s Council, gave a wonderful and insightful radio interview on the 5<sup>th</sup> January, on South East Radio, on a programme called Midweek Voices.

Listen to Kevin discuss how older people were treated during and after covid, 2022 strategies and how the

Older People Council and the Age Friendly Programme are working together to make towns more Age Friendly on a national level.

Click below to hear Kevin’s full interview:

<https://www.southeastradio.ie/on-demand/>



## COMMUNITY CHAMPION SUSAN MCCAULEY RETIRES FROM CARA HOUSE

**Cara House Coordinator Susan McCauley has retired after 17 years at the heart of the Letterkenny community.**

Susan, a dedicated community worker, founded the family resource centre in 2004. Since then, the centre has been a home-from-home for thousands of people of all ages and stages of life.

Susan has been the driving force behind countless projects for adults and children and has always strived for inclusion and accessibility. Her team has helped people find fulfillment in life, often at lonely times, and brings children together for valuable learning experience.



Susan is also a member of the Older People's Council in Donegal and from everyone at Age Friendly Ireland, we would like to wish Susan all the best on her retirement.

**Read More Here:**

<https://www.donegaldaily.com/2021/12/30/community-champion-susan-mccauley-retires-from-cara-house/>



## Age Friendly recognition for business in Cavan Town, Cootehill and Virginia.

Congratulations to the 38 businesses who took part in the Age Friendly Business Recognition Programme before Christmas in Co. Cavan, bringing the total number of Age Friendly Businesses in Cavan to 60.

These businesses all committed to 3 actions which they put in place in their business, making them more Age Friendly. Before deciding on their commitments, they all consulted with their older customers when deciding on their final 3 commitments, to ensure the voice of their older customers was of paramount importance.



Gabby Kubiak from the Zip Yard, Cavan Town was proud to participate in the programme.



Nina McKeown from Nina's Barber & Academy, Cootehill showing off her Age-Friendly Business sticker.



Judy Skelly (left) and Leona Brady (right) at Skelly's Costcutters, Virginia.

**Click here to read the full article:**

<https://agefriendlyireland.ie/wp-content/uploads/2022/01/Anglo-Celt-issue-dated-16th-December-2021.pdf>

## Your Voice



We've heard about so much good work going on all around the country, please let us know what's happening in your area so we can share those innovative ideas with everyone. Please email us your news to Rachel at [rlavy@meathcoco.ie](mailto:rlavy@meathcoco.ie) Information is one thing we can share right now!

## International Updates



### IFA Global Cafe | In Conversation with Dr Marie Beaulieu on "The Role of Global Actors and Networks in Raising Policy Priority for Elder Abuse"



The International Federation on Ageing held a Global Cafe event this morning called - In Conversation with Dr Marie Beaulieu on "The Role of Global Actors and Networks in Raising Policy Priority for Elder Abuse".

A recording of this event will be available on the Federation's website <https://ifa.ngo/ifa-global-cafe/> and <https://drbarometer.com/community/resource-library>



### Invitation: Combatting ageism as a policy lever in the delivery of vaccines in long-term care facilities webinar



As part of a series of three webinars build around issues for which immunisation policy and/or action will improve and save the lives of potentially millions of older people, we invite you to the second webinar entitled Combatting ageism as a policy lever in the delivery of vaccines in long-term care facilities, which will be held on January 25 2022 at 10:00-11:30am EST.

The purpose of this policy dialogue is to improve understanding of the impact of institutional ageism on the health of older people in long-term care facilities



and highlight the importance of routine immunisation as an intervention that saves lives and money.

**Date and Time:**

**Tuesday, 25 January 2022**

**10:00-11:30 am (Eastern Standard Time)**

**Featured Speakers:**

**Dr. Jane Barratt**  
Secretary General,  
International Federation on Ageing

**Prof. Liat Ayalon**  
Professor in the School of Social Work,  
Bar Ilan University

**Dr. Peter Lloyd-Sherlock**  
Professor of Social Policy and  
International Development,  
University of East Anglia

**Dr. Luis M. Gutiérrez Robledo**  
Director General of the  
National Institute of Geriatrics,  
National Institutes of Health

[Register Now](#)

## Important Tips

Always have your **Eircode** close by in case of emergency. You can find your Eircode [here](#)

Perhaps keep a **daily diary** to record the people you are in contact with every day, so if you develop symptoms it will be easier to trace them

**Coronavirus COVID-19**

**If you have fever and/or cough you should stay at home regardless of your travel or contact history.**

**How to Prevent**

- Wash:** your hands well and often to avoid contamination
- Cover:** your mouth and nose with a tissue or sleeve when coughing or sneezing and dispose of used tissue
- Avoid:** crowded public places, especially indoors
- Clean:** your clothes or equipment, especially your hands and feet
- Stop:** shaking hands, or hugging when making plans to go to public places
- Distance:** yourself at least 2 metres from other people, especially those who might be unwell

**All people are advised to:**

- Reduce social interactions
- Keep a distance of 2m between you and other people
- Do not share tissues or make close contact where possible

If you have symptoms visit [hse.ie](#) OR phone HSE Live **1850 24 1850**

**Symptoms**

- Fever (High Temperature) • A Cough • Shortness of Breath • Breathing Difficulties

**For daily updates visit**  
[www.gov.ie/health/covid-19](http://www.gov.ie/health/covid-19)

Healthcare workers & contact persons should wear a face mask when attending to patients

Sláinte na hÉireann Government of Ireland

## Useful Contacts

**Age Friendly Ireland Shared Service Office** Telephone: 046 9097413  
Or Email: [leavy@meathcoco.ie](mailto:leavy@meathcoco.ie)

Twitter: [@agefriendlyirl](https://twitter.com/agefriendlyirl)  
Facebook: [Age Friendly Ireland](https://www.facebook.com/agefriendlyireland)

**HSE Advice Line:** Callsave 1850 24 1850  
Call from 8am – 8pm Monday to Friday and 10am to 5pm Saturday and Sunday