



# KILKENNY AGE FRIENDLY COUNTY STRATEGY 2017 - 2022



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## FOREWORD FROM KILKENNY AGE FRIENDLY COUNTY ALLIANCE

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The first Kilkenny Age Friendly County Strategy was launched in March 2011. This Strategy and Action Plan grew out of many consultations which began in 2010 with older people and those working with them in Kilkenny City and County.

The 2011 Strategy had a clear vision 'that Kilkenny will be a great place in which to grow old, enjoyed and appreciated by everyone'. Since then the Kilkenny Age Friendly Alliance has actively engaged with multiple stakeholders and agencies in Kilkenny to deliver on that vision and on the actions which were outlined in the strategy.

I want to acknowledge the support which the Kilkenny Age Friendly Alliance receives from its stakeholders including the Kilkenny Local Authority; the Health Service Executive (incl. the Service Providers Forum); the Kilkenny Recreational Sports Partnership; An Garda Síochána; Kilkenny Chamber and the Kilkenny Senior's Council.

Kilkenny developed clear actions within its Strategic Plan which focused on creating the necessary environment to support active and positive ageing. This meant that action was taken at local level through the Age Friendly Cities and Counties project that supports the implementation of the National Positive Ageing Strategy and Healthy Ireland.

Our new Strategic Plan (2017-2021) sets out relevant and achievable targets which will be overseen by the Kilkenny Age Friendly Alliance and its stakeholders over the next five years. The findings and conclusions contained in the Healthy and Positive Ageing Survey (HaPAI) Report (in which 500 people throughout County Kilkenny participated in 2015) provided significant data for our new strategy. As outgoing Chairman of the Kilkenny Age Friendly Alliance I want to acknowledge the generous financial support of Kilkenny Local Authority towards the HaPAI survey.

I wish to thank the members of the Kilkenny Age Friendly Alliance and its many stakeholders for their commitment and support, not just in the creation of this new Strategic Plan, but also to the on-going work of the Alliance. Finally, I want to acknowledge the professional work of Debra O'Neill (LinkAge Consultancy) in the development of this Strategic Plan.



**Nickey Brennan**  
Chairman, Kilkenny Age Friendly County Alliance



## A MESSAGE FROM KILKENNY COUNTY COUNCIL

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The Kilkenny Age Friendly County Programme presents an excellent opportunity to enhance the quality of life for older people in Kilkenny. This process has provided us with an opportunity to explore what the issues are for older people in the county and how we can tackle them together. We in Kilkenny County Council have engaged with the various agencies and organisations which form the Kilkenny Age Friendly Alliance which I see as the driving force for implementing the next Kilkenny Age Friendly County Strategy.

Ageing affects us all. As life expectancy increases, the onus is on society to adapt in a manner that provides older people with the physical, economic and cultural opportunities to ensure they enjoy the best quality of life. The development of an age-friendly County in Kilkenny has and will continue to improve the lives of all the citizens of Kilkenny, now and for the future.

Our older people are an asset to Kilkenny and an Age Friendly County will benefit all of our citizens. In my capacity as Kilkenny Chief Executive and incoming Chair of Age Friendly Alliance, I can commit to the continued engagement and involvement from Kilkenny County Council, across all Directorates and I look forward to working with the all the stakeholders to implement the strategy. While I acknowledge that resources are scarce and that we will need to prioritise but that sometimes it is doing what we are doing a little differently to take account of people's needs. Improved communications and increased awareness will lead to better planning and greater effectiveness and efficiency in the delivery of services. This pragmatic, practical and joined up strategy can ensure that Kilkenny is a great place in which to grow old.

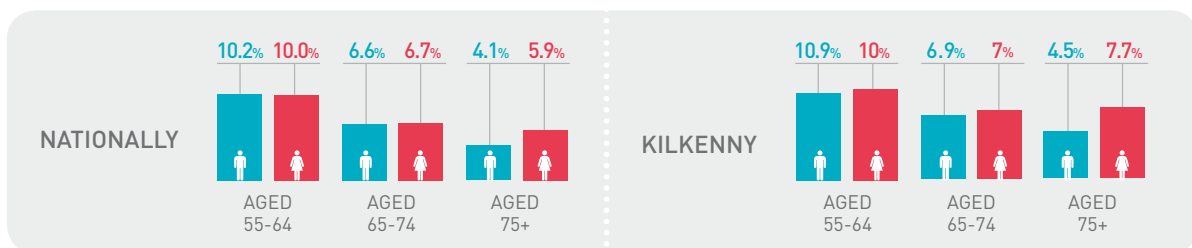
A handwritten signature in black ink that reads "Colette Byrne". The signature is written in a cursive style and is positioned above a light grey rectangular box.

**Colette Byrne**  
**Chief Executive, Kilkenny County Council**

## WHY AN AGE FRIENDLY STRATEGY?

Although relatively young by EU standards, the population of Ireland is ageing. People are living longer and healthier lives. According to the Department of Health by the year 2036 the number of older people aged 65 and older living in Ireland, is expected to increase by 250%. For Kilkenny this would mean that the older population of 11,690<sup>1</sup> in 2011 will increase to 29,225 in 20 year's time.

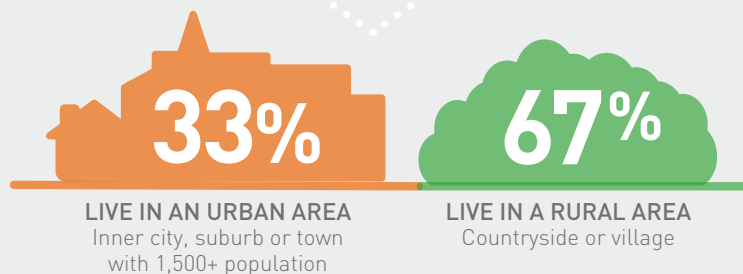
AGE & GENDER PROFILE OF PEOPLE AGED 55+ IN KILKENNY AND THE STATE Source: Census (2011)



Older people contribute significantly to society, as carers for their families, as volunteers in their communities and as a great source of social capital in this county. However this contribution is not universal. Some older adults are socially and emotionally lonely, with 23% of men over 70 and 36% of woman over 70 living alone and often isolated in their communities.

### LOCATION OF HOME

**KILKENNY IS A LARGELY RURAL AREA; TWO THIRDS OF PEOPLE AGED 55+ IN KILKENNY LIVE IN OPEN COUNTRYSIDE OR IN A SMALL VILLAGE**



<sup>1</sup> www.airo.ie

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More than one-quarter of people over the age of 50 have no income other than what they receive from the state<sup>2</sup>.

“Over one-quarter of older households reported giving a financial or material gift worth €5,000 or more to one (or more) of their children within the last ten years. Of those households that gave money to children, the mean value is €60,512, while the median value was €20,000. In addition, over one-third of older adults (36%) provide practical household help including shopping and household chores to their adult children and 47% provide care to grandchildren (TILDA, 2011 & 2014)”

We know that self reported quality of life of older people peaks between 65-67 and declines rapidly after the age of 80<sup>3</sup>. Older adults, who are more socially active, engaged in volunteering or car for a grandchild reported a higher quality of life. More than any other age group not all older adults are the same and there are many health, social and economic inequalities.

These inequalities have yet to be overcome to ensure that all older adults have access to a healthy, active and fulfilling life as they age. This demographic change provides policymakers with many opportunities and challenges. Research is important and it is vital that we understand that not all older people are the same.

One of the main areas of concern for Ireland’s ageing population is the rising cost of healthcare and the growing need for the provision of long term care in the community or in residential settings. The cost of the provision of healthcare is expected to rise from its current 6% of GDP to 11% of GDP by 2050 as the demand for services continues to grow in line with the growing older population.

While 76% of 55-69 year olds and 72% of people aged 70+ in Kilkenny self reported their health as good or very good, we also know that 25% of those over 70 have high blood pressure and 14% experience high cholesterol this compared to 51% and 37% nationally. 10% of Kilkenny older adults still smoke. The figure is less than the national average for the 55+ age group which is 14%.

2 [www.ucd.ie/t4cms/Wave2-Key-Findings-Report](http://www.ucd.ie/t4cms/Wave2-Key-Findings-Report)  
3 The Irish Longitudinal Study on Aging 2014

## AGE FRIENDLY IRELAND –THE STORY SO FAR

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Established in January 2014 as the successor to the Ageing Well Network, Age Friendly Ireland is an intermediary organisation which coordinates the national Age Friendly Cities and Counties Programme. The Programme brings together, supports and provides technical guidance to the 31 local authority-led, multi-agencie Age Friendly City and County Programmes in every local authority area.

Age Friendly Ireland provides the links between the National Positive Ageing Strategy and the Global Age-friendly Cities Guide, published by the World Health Organisation (WHO) in 2007. The Age Friendly Cities and Counties Programme represents the formal localisation of this defined global programme in Ireland. The WHO programme involves a multi-agency, multi-sectoral approach to age-related planning and service provision. Applying this methodology consistently throughout the country, Age Friendly Ireland helps cities and counties to be more inclusive of older people by addressing their expressed concerns under the eight headings of the WHO framework:

Outdoor Spaces & Buildings, Transportation, Housing, Respect & Social Inclusion, Social Participation, Communication & Information, Civic Participation & Employment, Community Support & Health Services.

The programme began in Dundalk in 2007 and in 2016 31 local authority areas are part of the national movement.



Minister Helen McEntee TD, Minister of State for Mental Health and Older People with members of the Carlow & Kilkenny Service Providers Forum at the launch of the Memory Matters report a Kilkenny Age Friendly initiative which was funded by Genio and the Health Service Executive.



## KILKENNY'S AGE FRIENDLY JOURNEY

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Kilkenny began its Age Friendly journey in 2010 and following 21 public consultation meetings with older adults and considerable consultation with stakeholders the first strategy was launch by Hollywood legend Maureen O'Hara in March 2011. Kilkenny had become Ireland's first Age Friendly City and a member of the World Health Organisation network of Age Friendly Communities.

With the commitment of senior decision makers, supported by older people themselves the Kilkenny Age Friendly Alliance has delivered considerable changes in services and opportunity for older people since 2010, from age friendly seating and open spaces, to memory clinics and more integrated community supports, greater access to information and physical activities. Kilkenny is now preparing for the next 5 years. We recognise that the older population is growing year on year and the difference between the challenges and quality of life issues for younger older residents and those over 80 are growing wider and wider. Since Kilkenny first started its age friendly journey a number of national strategies and reports have been published which support active health ageing for older people including:

- Older People Strategy – An Garda Síochána 2010
- Action Plan for Effective Local Government 2012 -Putting People First
- National Carers Strategy 2012 – Department of Health
- National Positive Ageing Strategy 2013 - Department of Health
- National Dementia Strategy 2014 – Department of Health
- Healthy Ireland 2013-2025 Health Service Executive
- Listening to Older People : Experiences with Health Services 2015, Health Service Executive
- Housing for Older People Future Perspectives Age Friendly Ireland 2016
- Positive Ageing 2016 National Indicators Reports ,Healthy and Positive Ageing Initiative (HaPAI), Department of Health

Kilkenny now looks to these national documents and the recently conducted HaPAI Kilkenny Survey, which independently interviewed 500 older adults in Kilkenny about issues that affected their quality of life. We also discussed service plans and challenges with Service Providers and the Kilkenny Seniors Council to ensure the Alliance work within existing structures and networks to deliver effective and efficient change for older adults living in Kilkenny today and in the future.

## KILKENNY'S AGE FRIENDLY ALLIANCE

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The Kilkenny Age Friendly Alliance is a multiagency voluntary partnership that works closely with older people in Kilkenny to ensure that policies and plans reflect their needs. Meeting regularly throughout the year the Alliance holds the responsibility for the development and implementation of Kilkenny's Age Friendly Strategy and manages its progress annually through the publication of their annual report. The plans are based on national and local research and are underpinned by the need for efficiency, cooperation and sustainability. The first Age Friendly Alliance was formed in 2010 and chaired by the then County Manager Joe Crocket. This strategy was adopted by the County Development Board and implementation of the plan then commenced under the independent chair of Nickey Brennan.

Members of the Kilkenny Age Friendly Alliance as at 1<sup>st</sup> December 2016;

Mr. Nickey Brennan, Independent Chair (Outgoing)  
Ms. Colette Byrne, Chief Executive, Kilkenny County Council (Incoming Chair)  
Ms. Anne Melia, Director of Service, Kilkenny County Council  
Ms. Patricia McEvoy, Manager, Older Person's Service, Health Service Executive  
Dr. Emer Ahern, Consultant Geriatrician, St. Luke's General Hospital, Kilkenny  
Chief Superintendent Dominic Hayes, An Garda Síochána  
Ms. Moira Duggan, Kilkenny LEADER Partnership  
Ms. Catriona Bambrick, Senior Planner, Kilkenny County Council  
Ms. Teresa Hennessy, Senior Health Promotion Officer, HSE  
Mr. Steven Kelly, Kilkenny Chamber of Commerce  
Mr. Hugh O' Connor, CEO, Age Friendly Ireland  
Mr. Shane Winters, Regional Development Consultant, Age Friendly Ireland  
Ms. Nicola Keeshan, Kilkenny Recreation and Sports Partnership  
Ms. Mary O' Hanlon, Kilkenny Seniors Council Chair (Outgoing)  
Ms. Ann McLoughlin, PRO, Kilkenny Seniors Council  
Ms. Debra O'Neill, LinkAge Consultancy  
Ms. Mary Mulholland, Director of Services, Kilkenny County Council

In 2017 the Alliance will review its membership with a view to augmenting existing membership, considering the current challenges and strategic plans for 2017-2022. It is anticipated that educational and training organisations will be invited to participate.

## KILKENNY'S SENIORS COUNCIL

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Kilkenny's Seniors Council was established in 2010 following a six month period of consultation with older people and their groups at 21 public meetings in Kilkenny City and County. The council officially changed their name in 2016 from the Older People Forum to The Kilkenny Seniors Council.

The Council represent the voice of older people at the decision making table with local government officials and other agencies. The Council champions and partners in the change process and have an independently elected executive of 16 members from all geographical areas and walks of life.

Since 2010 the Kilkenny Seniors Council have held a seat and advised on;

- The Kilkenny Age Friendly Alliance
- The Joint Policing Committee
- The HSE / St Luke's Patient Forum
- The Local Authority Housing Action Group
- The Joint Carlow and Kilkenny Service Providers Forum
- Special Policy Committee ( SPC) on Transport

Membership of the Council is free and all those living in Kilkenny City and County over 55 are free to join. You can contact the Age Friendly County Office for a membership form on [agefriendlycounty@gmail.com](mailto:agefriendlycounty@gmail.com) or call to 42 Parliament Street, Kilkenny, 056 -7772787

## KILKENNY'S AGE FRIENDLY STRATEGY 2017-2022

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The World Health Organisation is the inspiration behind the age friendly movement which incorporates the Global Network of Age Friendly Cities and Communities of which Kilkenny has been a member since 2011. Kilkenny was the first age friendly city in Ireland and the second county to join the growing number of counties who are becoming age friendly currently under the banner of Age Friendly Ireland.






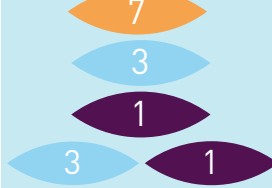




Debra O'Neill, Linkage Consultancy, Lisa Wrath, World Health Organisation, Mary O'Hanrahan, Kilkenny Older Persons Forum and Nickey Brennan, Chair Kilkenny Age Friendly County Alliance at the EU Summit on Active and Healthy Ageing, Dublin, June 2013

The following eight themes have been established by the WHO as the basis for consulting with older people and are used nationally and globally to establish environmental and social factors which influence active and healthy ageing.

These eight WHO themes are also linked to both the National Positive Ageing Strategy (NPAS) and the recently undertaken HaPAI survey which was conducted in Kilkenny in 2016.

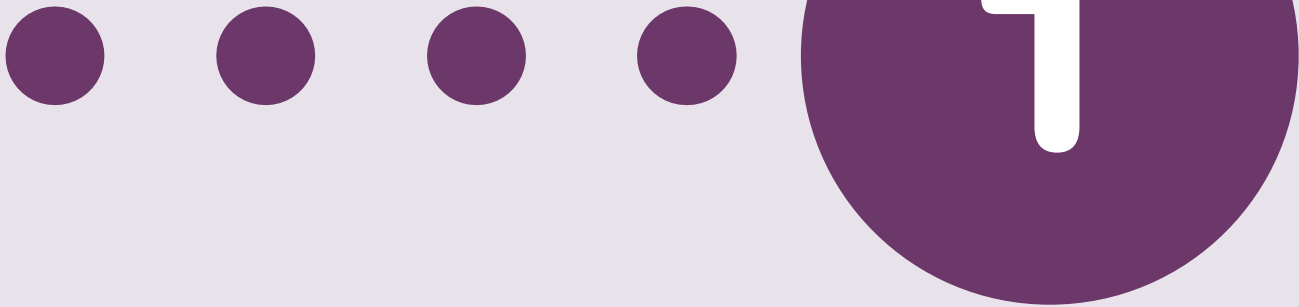
The Age Friendly Cities and Counties (AFCC) programme has been identified by the NPAS as being an important approach to improving the lives of older people throughout the country. In order to integrate the AFCC programme with the National Indicators programme, the HaPAI project is developing indicators that are relevant to both the implementation of the NPAS and the AFCC programme (Kilkenny Report, Positive Ageing in Ireland 2016).

NPAS GOAL	HaPAI SURVEY AREAS	AGE FRIENDLY
 <p><b>NPAS GOAL 1</b></p> <p>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.</p>	<ul style="list-style-type: none"> <li>• Civic Participation</li> <li>• Volunteering</li> <li>• Lifelong learning</li> <li>• Social Participation</li> <li>• Transport</li> </ul>	
 <p><b>NPAS GOAL 2</b></p> <p>Support people as they age to maintain, improve or manage their physical and mental health and wellbeing.</p>	<ul style="list-style-type: none"> <li>• Healthy Ageing</li> <li>• Health Services</li> <li>• Caregiving</li> </ul>	
 <p><b>NPAS GOAL 3</b></p> <p>Enable people to age with confidence, security and dignity in their own homes and communities for as long as possible.</p>	<ul style="list-style-type: none"> <li>• Income</li> <li>• Housing</li> <li>• Public Spaces and Buildings</li> <li>• Safety and Security</li> </ul>	
 <p><b>NPAS ALL GOALS</b></p> <p>Support and use research about people as they age to better inform</p>	<ul style="list-style-type: none"> <li>• All areas</li> </ul>	

## KEY

 MALE	 FEMALE	 SATISFIED	 DISSATISFIED	 AGE	
 NPAS GOAL 1	 NPAS GOAL 2	 NPAS GOAL 3	 NPAS ALL GOALS	 NATIONAL INDICATOR	 LOCAL INDICATOR
 OUTDOOR SPACES & BUILDINGS	 TRANSPORTATION	 HOUSING	 RESPECT & SOCIAL INCLUSION		
 SOCIAL PARTICIPATION	 COMMUNICATION & INFORMATION	 CIVIC PARTICIPATION & EMPLOYMENT	 COMMUNITY SUPPORT & HEALTH SERVICES		

## OUTDOOR SPACES & BUILDINGS



In all areas of the survey concerning elements of outdoor spaces Kilkenny older people rated their area higher than other counties. 95% of older people surveyed liked living in their area. This is an increase on the number of people who responded positively in 2011.

Over 56% of people are happy with the availability of seats and resting places; this is higher than the average in other counties at 46% and is a testimony to the work done in this area since 2010. Likewise 71% of older people in Kilkenny were satisfied with paths and pavements v 60% in other area and 59% are satisfied with traffic calming measures v 46% in other counties<sup>D</sup>.

As expected access to toilets continues to provide a challenge in all areas of Ireland surveyed. The average rate of dissatisfaction national with access to toilets is 64% with some areas as high as 80%. 50% of older people in Kilkenny were dissatisfied with access to toilets while out and about.

We also know that nationally at any given time 30% of those in acute public hospitals have dementia and in Kilkenny there were 4,231 emergency hospital admissions for over 55s in 2014, this is an increase of .5%

## ACTIONS



NPAS GOAL 1

**Kilkenny Age Friendly Alliance** supported by the Kilkenny Seniors Council and the Kilkenny Local Authority will develop an Age Friendly Signage audit checklist and each Alliance member organisation will undertake a signage audit with a view to improving their organisations age friendly signage.

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NPAS GOAL 1

**Kilkenny County Council** will ensure that Age and Dementia Friendly design and planning principals are embedded in all local authority planning and development. They will build on the training delivered in 2015 to ensure that all front line facing team members continue to provide an age friendly service, assisting with form printing and advice.

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NPAS  
ALL GOALS

**Kilkenny County Council** will establish an Age Friendly Committee in each of the 4 electoral areas. Alliance members will nominate their local representative or community development representative who will be charged with developing the Age Friendly Town model developed in Callan in 2012. This bottom up/top down approach will expand the programme into more areas and will improve the two way communication between local and county structures.

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NPAS GOAL 3

**Kilkenny Age Friendly Alliance** will build greater awareness of the need for access to toilet facilities by older people across towns and villages, building a network of available facilities which are easily identifiable to older people across Kilkenny City and County.

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NPAS GOAL 2

**Health Service Executive** – St. Luke's General Hospital will continue with its Age Friendly Development Plans and aim to conducting a dementia friendly audit.



Members of St. Luke's General Hospital, Age Friendly Steering Group including members of Kilkenny's Seniors Council following the hospital Age Friendly Walkability Audit



NPAS GOAL 1

**Kilkenny Recreation & Sports Partnership** will ensure that the needs of older adults are considered in the planning, design and development of sports and recreation facilities and amenities through its work with clubs and organisations. KRSP will also ensure the needs of older adults are considered in its contribution to the planning of public spaces in conjunction with local agencies.



One of Kilkenny's many Age Friendly parking spaces for older drivers.



NPAS GOAL 3

**The Library Services** will ensure building infrastructure will be continually audited to ensure accessibility, including age and dementia friendly signage in all libraries.



NPAS GOAL 3

**Kilkenny Local Authority** will replicate the successful city initiative of Age Friendly Parking Spaces through the county with a focus on areas of need for older people to access for example pharmacies, shopping areas and post offices.



NPAS GOAL 3

**Kilkenny LEADER Partnership** working with other agencies will facilitate the development of integrated strategies to support and recreate "Living Towns" in rural towns of decline. The partnership will work with local communities to maintain and upgrade the built environment and develop recreation spaces to attract new residents and businesses to ensure regeneration and sustainable "liveable, inclusive towns". This will benefit older adults living in these communities.



## OUTCOMES

Kilkenny's planning and design policies will continue to be inclusive of age friendly designs and consistent with established best practices. The successful age friendly spaces, seating and parking introduced throughout the city is replicated throughout the 3 municipal areas which will also include age and dementia signage in all public buildings.

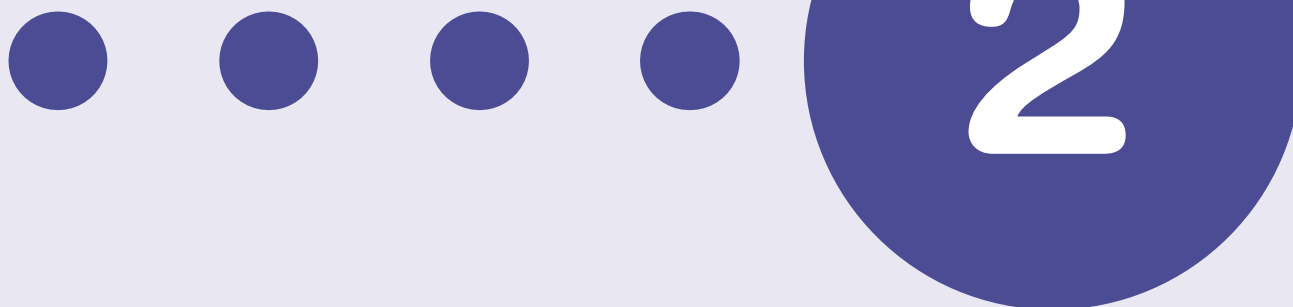
All available toilets in public buildings will be suitably signposted for use by older adults and all community and acute health facilities will be more age and dementia friendly. All physical barriers will be removed enabling older

“to age with confidence, security and dignity in their own homes  
and  
community for as long as possible”

(National Positive Ageing Strategy Goal 3, Department of Health 2013)



## TRANSPORT



The number of older people driving in Kilkenny is high 77% and 65% for the 55-69 group and the over 70's group respectively. Only 6.3% of this group reported difficulties socialising and attending health care appointments. However if we exclude drivers this figure rises to 18% over 55.

However in Kilkenny 37% of older adults rated their access to local public transport as poor or very poor. Nationally as reported by TILDA (The Irish Longitudinal Study on Ageing, 2014) 50% of people rated their local access to transport as good or excellent.

36% of people reported that there was no public transport available within a 15 minute walk of their home, while 9.4% said it was available, it was difficult to access.<sup>1</sup>

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1 HaPAI Kilkenny Survey department of Health 2016

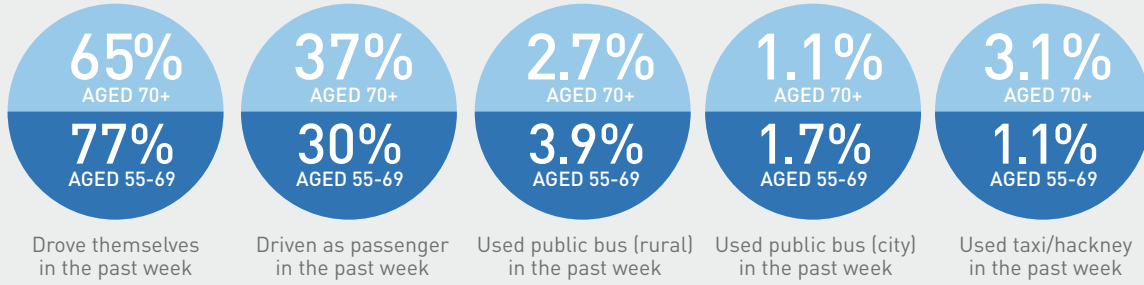
## TRANSPORT USE IN THE PAST WEEK



THE MAJORITY OF RESPONDENTS ARE CURRENT DRIVERS



DROVE THEMSELVES IN THE PAST WEEK



## ACTIONS



NPAS GOAL 2

**Kilkenny Recreation & Sports Partnership** through the Active Travel programme will assist Kilkenny Council County in the development of a mobility plan for Kilkenny City. KRSP will lead the development and delivery of behavioural change programmes to support the infrastructural developments with an emphasis on walking and cycling programmes for older adults.



NPAS GOAL 1

**Kilkenny County Council** will work with to develop a comprehensive city transport systems, ensuring connectivity with areas of usage for older people hospital, shopping areas and residential areas. The location of bus stops, seating and timetables will form an important part of the service.



NPAS GOAL 1

**Kilkenny LEADER Partnership** through its engagement process with stakeholders including a planned Think Tank and Conference hope to support the full assessment of a flexible community based integrated rural transport programme. Subject to the findings of this consultation and conference the Partnership may support the investigation and delivery of a rural transport service focused on identified areas of need.

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NPAS GOAL 1

**Health Service Executive** will work with the Kilkenny Seniors Council and the Alliance to develop appropriate bus stops on the hospital campus and work with other transport providers including taxis to establish hospital and clinic connectivity.



NPAS  
ALL GOALS

**Kilkenny Seniors Council** will work with the Local Authority and the HSE providing advice and disseminating information to its members while continuing to work with the Patient Forum of St. Luke’s Hospital



NPAS GOAL 1

**The Kilkenny Seniors Council** will support any transport initiatives on behalf of its members and will en-devour to reduce duplication of research and information and support agencies to be as effective and efficient as possible, considering the volume of work already undertaken in the area of transport mapping and planning by the Local Government Strategic Planning Committee. This committee has representation from a number of interested groups including social inclusion groups’

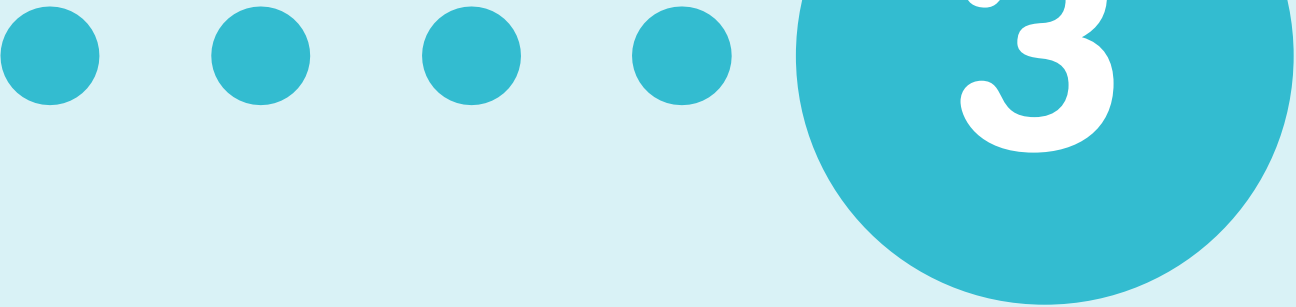
## OUTCOME

All older people will have improved transport access and better connectivity in hard to reach communities in rural areas. Information about the new and improved integrated rural transport service will be age friendly and widely available<sup>4</sup> ensuring that older people can get to where they need to go when they need to go.



<sup>4</sup> Kilkenny Leader Partnership Local Development Strategy 2014-2020

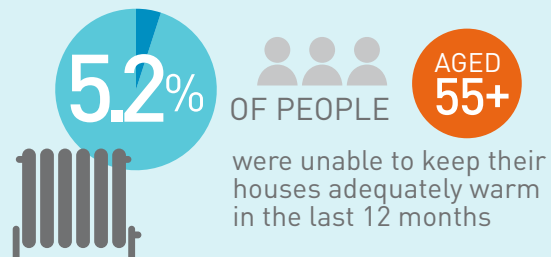
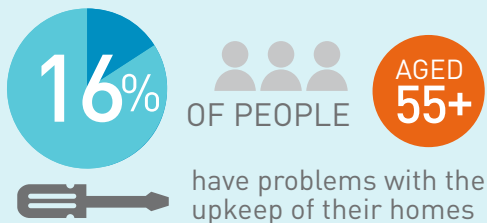
## HOUSING



94 % of older people reported their homes were in good condition and only 7% of older people in Kilkenny had problems with the upkeep of their homes versus 31% in other counties surveyed.

20% of the over 70s group reported difficulties with maintenance their home but is still considerably lower than many other counties. Only 5% reported difficulties keeping their home adequately warm and only 2% reported having no downstairs toilet.

Providing alternative accommodation as we age is not considered a very positive alternative for older people surveyed in Kilkenny. In general older people want to stay at home and only 13% were positive about moving to residential care.



By comparison, the European Quality of Life survey (EQLS, 2012) found nationally that 5% of people were unable to afford to keep their house warm

## ACTIONS



NPAS GOAL 3

**Kilkenny LEADER Partnership** will continue to take referrals from Public Health Nurses and Community Welfare Officers to deliver the Housing Aid Scheme to assist older identified adults and other vulnerable groups with the maintenance of their home. All services are provided by “Trusted Tradesmen” on a referral basis that are Garda Vetting and approved.

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NPAS GOAL 3

**Kilkenny LEADER Partnership** will, subject to funding approval, seek to establish a county wide Care & Repair service for vulnerable low income older adults and those in need. It is hoped the programme will develop with the support the HSE and other community groups and other agencies

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NPAS GOAL 3

**Kilkenny County Council** will work with and support the voluntary housing sector by advising and influence where possible on the best practice and location for any new proposed Supported Housing for older people. They will supply the recently published Housing Guidelines and provide information on future developments and best options.

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NPAS GOAL 3

**Kilkenny County Council** will include an appropriate number of fully Age and Disability Friendly housing units in each new housing scheme, adopting the principals of universal design when designing new housing schemes, where feasible and appropriate and subject to funding.

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NPAS GOAL 2

**Kilkenny Age Friendly Alliance** will work with and support the Service Providers Forum to improve access to community facilities including day care services, meals on wheels and other community level supports and services to support older people to remain living in their community for longer. Rural areas with limited local services will be reviewed for actions in line with Community Supports and Health Service section.

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## OUTCOME

Older people will continue to live in their own homes and communities provided with the necessary community supports and services and appropriate housing.

## RESPECT AND SOCIAL INCLUSION

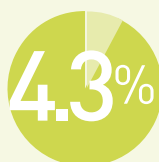


Only 4% of older adults in Kilkenny have experienced negative attitudes or behaviour towards them as an older person<sup>5</sup>. This is down from 13% in 2011<sup>6</sup> which is compared to the current levels experience in other counties in 2016. The source of ageism in Kilkenny was identified as being highest among people in the financial services sector, and to a lesser extent young people.

### PUBLIC ATTITUDES



WE ASKED PEOPLE ABOUT ATTITUDES OR BEHAVIOURS TOWARDS THEM AS AN OLDER PERSON



OF PEOPLE

AGED 55+

IN KILKENNY SAID THEY EXPERIENCED NEGATIVE ATTITUDES OR BEHAVIOURS TOWARDS THEM AS AN OLDER PERSON



5  
6

Kilkenny Healthy & Positive Ageing Initiative Survey 2016  
Kilkenny Baseline Survey 2011



## ACTIONS



NPAS  
ALL GOALS

**The Kilkenny Seniors Council** will work with the Public Participation Network and nomination process and local structures to ensure that the voice of older people is represented on as many community and Municipal groups as possible.



NPAS GOAL 1

**Kilkenny County Council Heritage office** will continue to engage with and support communities and older people on a range of cultural heritage programmes, projects and services. This will include the Kilkenny Field name Recording Project, National Heritage Week and Oral History Recording Projects, in addition to responding to queries and providing information on a range of age friendly heritage issues.



NPAS GOAL 1

**Kilkenny Recreation and Sports Partnership** will continue to identify gaps in the provision of physical activity for people with additional needs and work to ensure that all older adults, regardless of means, have access to opportunities in their community. Intergenerational activities will be considered and developed to promote respect and help dispel the negativity of ageism.



Kilkenny Team at National Go For Life Games



NPAS  
ALL GOALS

**The Kilkenny Library services** will work with Kilkenny Seniors Council to identify what older people would like from their library services. The service will then work with older people to evaluate the delivery of these services.



NPAS  
ALL GOALS

**Kilkenny Heritage Forum** coordinated by the Kilkenny Heritage Office, has made a commitment to address all nine groups of equality/social inclusion, including age, as identified in the equality legislation. The forum will continue to consult with, and encourage participation with the preparation and implementation of the Kilkenny Heritage and Biodiversity Plan.



NPAS  
ALL GOALS

**The Education and Training Board** will work with Kilkenny Senior Council to establish preferences of older learners as outlined in the Civic Participation section.



NPAS  
ALL GOALS

**The Health Service Executive** will introduce measures to promote a better understanding of dementia including modifiable risk factors and work with partners to ensure that the stigma sometimes associated with the condition is reduced.



NPAS  
ALL GOALS

**The Health Service Executive** will work in partnership with the National Dementia Office to map existing service within Carlow/ Kilkenny and the wider Community Health Organisation (CH05, Carlow Kilkenny, Waterford, Wexford and South Tipperary). This information will be used to inform the implementation of the National Dementia Strategy, with specific focus on integrated services, supports and care for people with dementia and their carers. The data will also inform service planning and assist in developing a directory of dementia specific services in every county. It will also provide a baseline from which to conduct further research into dementia specific services available in the community.





NPAS GOAL 2

**The Health Service Executive** will work with other Alliance partners to promote the welfare and safeguarding of vulnerable older persons at risk in line with the HSE Safeguarding Vulnerable Persons at Risk of Abuse National Policy Dec '14. The HSE will work with An Garda Síochána and other key stakeholders to ensure that appropriate information and education is available.



NPAS GOAL 2

**An Garda Síochána** will liaise with Public Health Nurses to ensure vulnerable older adults are included in any crime prevention or other initiatives which would impact on their wellbeing and safety, identifying those at risk of abuse or neglect.



NPAS GOAL 1

**An Garda Síochána** will work to increase trust and confidence among older adults by lessening fear of crime by developing and participation in pilot/test programmes including the Crime Prevention Ambassador or other programmes working with older people themselves.



NPAS GOAL 1

**Kilkenny Carlow Contact Befriending Service** will continue to build relations in the community targeting older adults who live alone and providing information to rural communities, isolated farmers and their partners via Irish Farm Family & Social Affairs Committee of IFA.



NPAS GOAL 2

**The Health Service Executive** will support care services to access training for care staff and develop an LGBTI friendly care environment as recommended in The Rainbow Report - LGBTI Health Needs and Experiences and Health Sector Responses and Practices in the HSE South East Region published by the Child & Family Agency 2015 Dublin, Niall Crowley.



NPAS GOAL 2

**The Health Service Executive** will support the roll out of Intercultural Awareness Training in Health & Social Care Settings for staff working within older persons care settings.



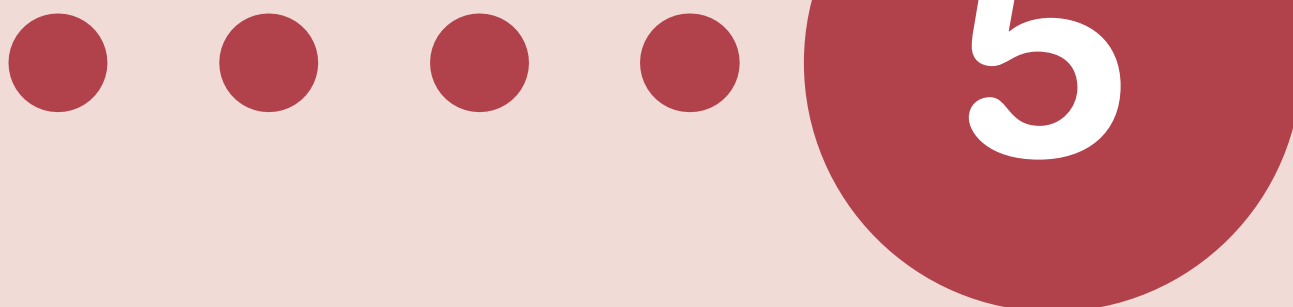
NPAS GOAL 2

**The Alzheimer Society of Ireland** Kilkenny Nurse Manager will join the Kilkenny Service Providers Forum and ensure that the voice of those living with dementia in Kilkenny is included through the participation of ASI linking with forum initiatives and projects.

## OUTCOME

There will be a strong sense of intergenerational solidarity in Kilkenny City and County. The diversity of older people will be respected and included in planning and delivery of services promoting local democracy and social cohesion. Kilkenny will have zero tolerance for elder abuse and ageism.

## SOCIAL PARTICIPATION

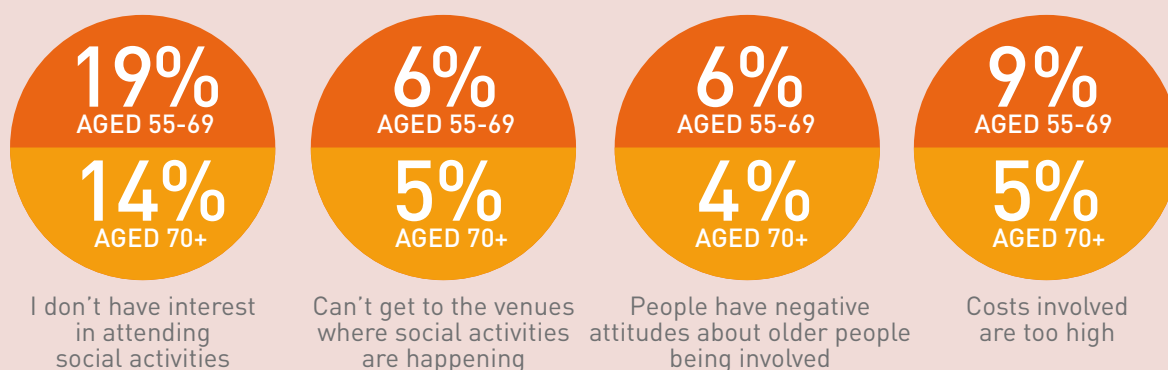


Social participation in Kilkenny is lower than the national average with 33% participating in community groups at least one a month v 49% nationally (The Irish Longitudinal Study on Ageing, 2014). When we investigated this, older people in Kilkenny told us that the social activities in Kilkenny do not interest them; this was reported by 25% of over 55s. 25% of people surveyed over 70 confirmed that they feel lonely some of the time.

### MAIN BARRIERS TO SOCIAL PARTICIPATION



2 IN 5 ADULTS (40%) AGED 70+ IN KILKENNY SAID THAT THE SOCIAL ACTIVITIES AVAILABLE IN THEIR LOCAL AREA DON'T INTEREST THEM.



## ACTIONS



NPAS GOAL 1

**The HSE** will promote and empower older persons to remain socially engaged within their own community through existing structures, processes and networks



NPAS  
ALL GOALS

**The Kilkenny Senior's Council** will establish what social activities are of most interest to their member and older people in general.



NPAS GOAL 1

**Carlow Kilkenny Contact Befriending Service** will continue to recruit volunteer Befrienders with a particular focus on those adults over 70 living in rural areas supported by Public Health Nurses and other service providers.



Befriending Week Participants



NPAS GOAL 2

**Kilkenny Recreation and Sports Partnership** will continue to build on the success of their older adult physical activity programmes. They will particularly focus on low participation groups working with the local clubs and community organisation to build capacity, sustainability and maintain community cohesiveness. The focus will be on expanding affordable and accessible older adult programmes into identified areas of need.



NPAS GOAL 1

**Kilkenny County Council** will continue to grant aid the Kilkenny Seniors Forum to ensure that they can engage with their membership. Kilkenny County Council will also support the Senior Forum with administrative and organisational tasks it undertakes.



NPAS GOAL 1

**The Library Service** will work with rural community to ensure outreach access utilising all available community resources and structures in collaboration with other Alliance members.



NPAS GOAL 1

**The Library Services** will continue to review and invest in collections of stock of all formats to ensure they are timely and relevant. This includes large print stock, audio books on CD, downloadable audio books, newspaper service, and film and music collections. The Library services will build the capacity of the public library network across Kilkenny City and County to develop, deliver sustainable creative ageing programmes and services.



NPAS GOAL 2

**Health Promotion in the HSE** will assist the County Library services in establishing a Bibliotherapy section in each of the libraries across the county to promote wellbeing and mental health in older adults. Bibliotherapy is provided for therapeutic purposes and includes self helps books for those experiencing emotional and psychological difficulties.



NPAS GOAL 1

**Kilkenny County Council Arts Office** will continue to work within the community offering programmes suited to older people including our literature and community arts programmes. The Open Circle programme will continue to strive to include and attract older members to activities. The Arts Office will also explore intergenerational activities through literature and community arts programmes. These projects provide opportunities for civic participation and offer supportive social interaction and lifelong learning opportunities, all of which impact positively on the lives of those involved both as participants and as audiences.



NPAS GOAL 2

**Health Promotion within the HSE** will link with the library in terms of promoting, recruiting for and delivering programmes to older adults such as Taking Stock and Ageing with Confidence in the library setting, both in Kilkenny City and where feasible in rural areas.



NPAS GOAL 1

**Kilkenny Carlow Contact Befriending Service** plan on a series of Tea Dances welcoming older people, volunteers and neighbours to get socially active and develop neighbourhood supports. More activities are available in the Neighbourhood Hall Team in the Butts Green, Kilkenny.



Members of the Kilkenny Seniors Council enjoying the Annual Event.



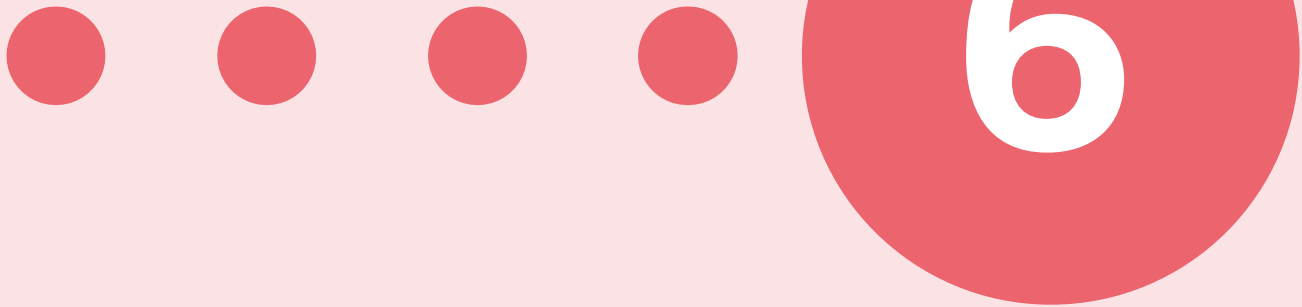
NPAS GOAL 1

**Alzheimer Society of Ireland Kilkenny** will support their clients to participate in a number of dementia specific activities in their specialist day care centre. A number of supported communities which also promote social inclusion and community involvement. The ASI Kilkenny will also support more intergenerational activities with local secondary schools; building activities based interaction and providing information and education for younger people.

## OUTCOME

The number of and variety of social activities available to older adults will increase and the percentage of older people participating in informal, unpaid voluntary work<sup>7</sup> will also increase.

## COMMUNICATION AND INFORMATION



Kilkenny has delivered significantly on its Age Friendly Communications strategy over the last six years and this is represented by the low numbers of older people who reported having difficulty getting information about health and social care (3% in Kilkenny v 12% in other areas).

2% had difficulties getting information about service and entitlements (10% in other areas) and only 1.3% of people reported difficulties getting information about local events (8% in other areas)<sup>8</sup>.

In Kilkenny as in other counties over 64% of people over 70 do not use the internet<sup>9</sup>; this figure is slightly higher than the baseline survey conducted in Kilkenny in 2011, as more people reach the 70+ age group. While 75% of the 55-69 age group use the internet information needs to be provide to older adults in a format that is accessible and suitable until older people have migrated to this mode of communication.

8  
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Kilkenny HaPAI Survey 2016  
Kilkenny Healthy & Positive Ageing Initiative Survey 2016



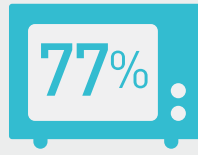
## SOURCES OF INFORMATION



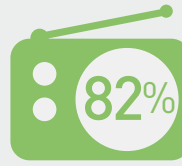
THE TOP THREE SOURCES OF INFORMATION FOR OVER 55s



WORD OF MOUTH

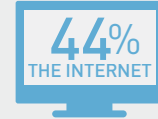


NATIONAL TV



LOCAL RADIO

Less than a quarter of people aged 55+ get information from the internet



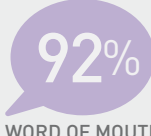
FOR PEOPLE

AGED 55-69



LOCAL RADIO

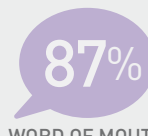
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WORD OF MOUTH

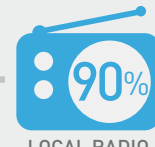
FOR PEOPLE

AGED 70+



WORD OF MOUTH

+



LOCAL RADIO

## DIFFICULTY ACCESSING INFORMATION



LESS THAN 1 IN 20 PEOPLE

AGED 55+

HAVE DIFFICULTY ACCESSING INFORMATION ABOUT HEALTH OR SOCIAL CARE

DIFFICULTY GETTING INFORMATION ABOUT HEALTH OR SOCIAL CARE

2.3%

AGED 70+

3.6%

AGED 55-69

DIFFICULTY GETTING INFORMATION ABOUT LOCAL EVENTS AND ACTIVITIES

2.3%

0.2%

## ACTIONS



NPAS GOAL 1

**The Kilkenny Age Friendly Alliance** members will ensure that information provided for older people is delivered in plain language using the National Adult Literacy Guidelines ([www.nala.ie](http://www.nala.ie)) and in a hard copy format.



NPAS GOAL 3

**An Garda Síochána** will produce location specific crime prevention advice and will work with the Library and Health Centre network to ensure maximum dissemination of information. The Garda will also liaise with the Kilkenny Age Friendly Office and provide updates and information for inclusion in the weekly Age Friendly Kilkenny column in the Kilkenny People.



NPAS GOAL 2

**Kilkenny Recreation and Sports Partnership** will continue to promote the importance of sport and physical activity across the lifespan and the positive benefits to older adults. KRSP will also continue to provide information and promote activities with regular information through traditional methods and social media.



NPAS GOAL 1

**Kilkenny Libraries Service** will serve as an information hub for all matters Age Friendly and act as a touch point in the community to ensure better dissemination of both Library information and Alliance partner's information.



NPAS GOAL 3

**Health Service Executive** will ensure clear integrated care pathways for all older persons who require health services including those living with dementia is available, and assistance is provided to GPs and to those living with dementia and their families and carers to identify and access local services and supports.



Health Service Executive Community Team Members, Assistant Directors of Public Health Nursing and Kilkenny Home Help Co-ordinators



NPAS GOAL 2

**Health Service Executive** through the community dietetic services in Health Promotion will deliver a structured patient education for people with Type 2 Diabetes (Xpert Programme) which is usually late onset and therefore more prevalent in older adults.



NPAS GOAL 3

**An Garda Síochána** will establish an inclusive Age Friendly support office which will become a one-stop-shop for information, enquires and a place where members of the public can visit to discuss their concerns and suggestions.



NPAS GOAL 3

**An Garda Síochána** will continue to work with older victims of crime to minimise effects of events including providing information about Victim Assistance and other local services. The Garda also plan to provide updates on progress of investigation and inform victims through timely communications.



NPAS GOAL 3

**An Garda Síochána** using their weekly and monthly local radio contribution they will include one item of interest for older adults including driving conditions, behaviours towards older drivers and other areas of interest.



NPAS GOAL 3

**An Garda Síochána** will continue to collaborate with other Alliance Members in “Town Hall” style community forums to provide accessible community policing which is specific to community who may have different needs. The Chief Superintendent will assign an Older Person’s Champion within the force who can be a touch point for older adults and their groups.



Chief Superintendent, Dominic Hayes, Making a House Call

## OUTCOME

The information needed by older people will be widely distributed, and the right information will be available at the right time and in a suitably accessible format. Information produced specifically for older people will comply with the national adult literacy guidelines and will adopt the “Plain English” format.

## CIVIC PARTICIPATION & EMPLOYMENT




Kilkenny has the lowest monthly volunteering levels than any other areas at only 19% compared to 28% in other areas. Younger older adults 55-69 volunteered more at 22% but this is still lower than this group in other areas at 32%.

There is a slightly lower level of participation in informal learning in Kilkenny than in other areas, 5.7% in Kilkenny v 10% in other areas. However the level of participation in formal learning is nearly three times higher than other areas at 5.1%

### BARRIERS TO PARTICIPATION IN LIFELONG LEARNING



**1** IN **20**  PEOPLE **AGED 55+** IN KILKENNY EXPERIENCED A BARRIER TO PARTICIPATION IN LIFELONG LEARNING **IN THE PAST 12** MONTHS



**0.7%**

COSTS ASSOCIATED WITH TAKING THE COURSE



**1.2%**

LACK OF TRANSPORT/DISTANCE TO THE COURSE



**.8%**

NO SUITABLE OR INTERESTING COURSES AVAILABLE



**.3%**

RESPONSIBILITIES IN THE HOME



**1.6%**

PERSONAL INCAPACITY OR ILL-HEALTH



**3.2%**

OTHER BARRIER

## ACTIONS



NPAS  
ALL GOALS

**The Education and Training Board** will support Kilkenny's Seniors Council to identify priority needs for older people in relation to learning opportunities and to meet those needs where possible. They will make provisions in its submission, through Funding Allocations Request and Reports (FARR) process to SOLAS for the delivery of identified and appropriate training courses for older people.

.....



NPAS GOAL 3

**Kilkenny LEADER Partnership** will support creative older entrepreneurs working with the traditional creative sector to grow and support their expansion sustaining skills and jobs and recognising that older adults are the new start-up generation.

.....



NPAS GOAL 1

**Kilkenny LEADER Partnership** will promote their new Volunteering Ireland service with a view to promoting the social and varied benefits of volunteering. Through their planned Townlands Heritage Tourist Initiative it is expected that older adults will have the opportunity to engage and be included with local community heritage programmes recording and conserving their natural, cultural and build heritage assets to promote community sustainability and rural tourism.

.....



NPAS GOAL 1

**Kilkenny Local Authority** will also ensure that the knowledge of older adults is fully utilised in planned Civic Trust and Heritage programmes and activities including seasonal festivals and be provided with the skills and confidence to act as Ambassadors for the programmes.





Castlecomer Participants in the 'Ageing with Confidence' Programme with facilitator Paula McEntee



NPAS GOAL 1

**Kilkenny Seniors Council** will promote membership of the council by holding local annual events and continue to inform older people of opportunities for participation through the Public Participation Network and other local structures. The council will continue to support its members to participate in civic life through local government structures and other opportunities to contribute and participate.



NPAS GOAL 1

**The Library Service** will continue to provide and develop accessible, barrier free services, which are trusted, age natural and free to all. Building on these strengths, the library service will investigate the development of services around Health and Wellbeing, Civic and Community engagement and lifelong learning and technology, working with other Alliance members such as Health Promotion, Education and Training Board, and the Public Participation Coordinator.



NPAS GOAL 1

**The Library Service** will continue to provide relevant reader development programmes such as book clubs and library tours. They will also continue to work both locally and nationally with festivals such as Bealtaine, National Heritage Week in an effort to provide access to creativity and new skills for older people. They will also work with Heritage and Rural Cultural Programmes with Kilkenny LEADER Partnership in this regard.



Art and Computing at the Library



## OUTCOME

Older people will have “more opportunities for the continued involvement as they age in all aspects of cultural, economic and social life in their communities according to their needs, preferences and capacity”

(National Positive Ageing Strategy Goal 2013)

## COMMUNITY SUPPORT & HEALTH SERVICES



While health inequality is evident across different groups of older people in general older people in Kilkenny self reported as being healthier than in other areas. 71% of over 70s reported good or very good health v 59% in other counties. The number of older people with more than one medical condition was 35% v 54% in other areas<sup>9</sup>.

However we know that the age group over 80 and over 90 have significantly increased care needs. 10% of people in Kilkenny over 55 smoke (national average 14%). Older smokers (65 and over) are the least likely to attempt to quit (just 37% have tried in the past year) despite being the most vulnerable to the harmful effects of smoking.

Older carers cited stress as being the main barrier to remaining to care for their loved ones at home (HaPAI Report, 2016). Recent research has shown that approx 1/3 of carers are themselves aged 65 and older. The day to day work of caregiving can impact on physical and emotional health and many carers don't prioritise their own health needs.<sup>10</sup>

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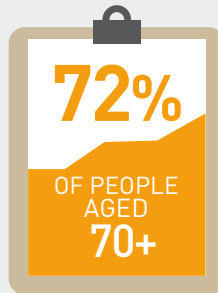
Kilkenny Healthy and Positive Ageing Initiative Survey 2016  
Lafferty, A., Fealy, G., Downes, C. and Drennan, J. (2014) Family Carers of Older People



## STATE OF HEALTH



AND



SAY THEIR HEALTH  
IS GOOD OR VERY GOOD



**10%**  
OF PEOPLE

AGED 55+ CURRENTLY SMOKE

This is lower than the national average of 14% (TILDA, 2013).

**35%**  
OF PEOPLE

**48%**  
OF PEOPLE

AGED  
55-69

have a long-standing  
illness or health problem

AGED  
70+

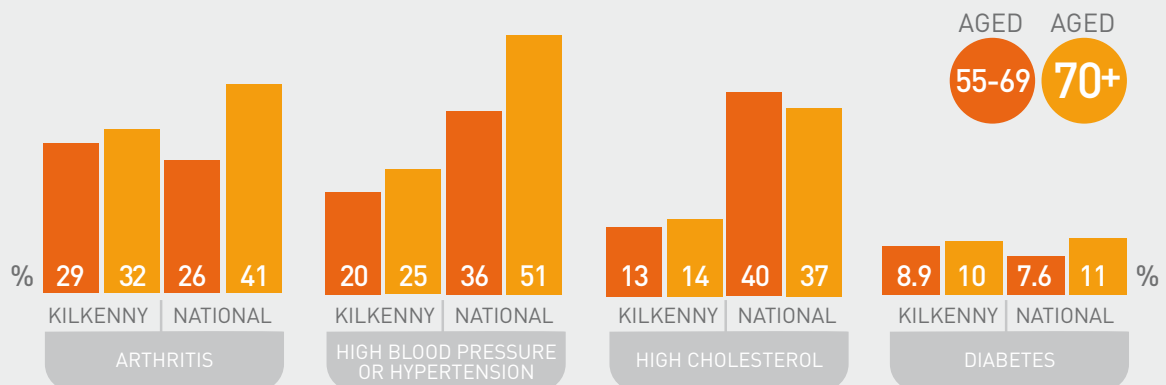
**15%**

of these people are severely limited  
in their everyday activities because  
of this health problem

## MOST COMMON HEALTH CONDITIONS



THE FOUR MOST COMMON HEALTH CONDITIONS EXPERIENCED  
BY ADULTS AGED 55+ IN KILKENNY AND NATIONALLY



While the four main health conditions reported were common across both genders, **osteoporosis is typically more common in women**. However only 7.5% of women reported a doctor diagnosis of osteoporosis in Kilkenny. This was lower than the national percentage for women of 18% (TILDA, 2011)

**7.5%** KILKENNY | NATIONALLY **18%**

## ACTIONS



NPAS GOAL 3

**Health Service Executive Older Persons Service** will implement a revised Model of Homecare in collaboration and consultation with the National Clinical programme for Older Persons, National Older Person's office and other divisions within the Community Health Organisation, hospital groups and older persons. This is directly in response to the National Positive Ageing Strategy 2013, Goal 3 "enable people to age with confidence, security and dignity in their own homes and communities for as long as possible".



NPAS GOAL 3

**Health Service Executive Older Persons Service** will build capacity and reform existing Service Providers by reviewing unmet need in local communities in the areas of Day Care, Meals on Wheels, Assistive Technology and other community support services.



NPAS GOAL 2

**The Health Service Executive** will support, directly and indirectly, through the Service Providers Forum, the roll out of the national advocacy programme, SAGE, into the community to ensure older adults has access to supports and information and an independent advocate volunteer who will support their independence and wellbeing.



NPAS GOAL 3

**The Health Service Executive** acute services and community services will continue to work collaboratively to support earlier discharge from hospital supported by rapid response community teams, to minimise hospital stays for older adults.



NPAS GOAL 3

**St. Luke's Hospital HSE**, will establish a Frailty Unit in the acute hospital to ensure older vulnerable adults are fast tracked through accident and emergency through a "comfort clinic" setting reducing hospital admissions and supporting assessment and treatment in an appropriate way.



NPAS GOAL 3

**The Service Providers Forum** supported by the HSE will review possible community projects including dementia and age specific spaces and activities using available networks and resources, in gardens and secure spaces which are accessible and age and dementia friendly.



NPAS GOAL 3

**Health Service Executive Older Persons Service** will progress the HSE national plan for the local designated care centre for older persons within the community in line with Capital Expenditure Plans for 2021 and in line with Health Information and Quality Authority (HIQA) Standards and Health Act 2007 (registration of designated centre for older people) regulations 2015.



NPAS GOAL 2

**Health Service Executive Older Persons Service** will build capacity of the older persons to maintain their health and wellbeing through existing structures such as Service Providers Forum and Kilkenny Seniors Council.



NPAS GOAL 2

**Health Service Executive, Health & Wellbeing** will support the roll out of “Making Every Contact Count- MECC” which is an approach to behaviour change which will use the thousands of day to day interactions that the HSE and other organisations have with people to encourage behaviour change and have a positive effect on health, such as smoking cessation and alcohol reduction.



NPAS GOAL 2

**Health Service Executive Older Person Service** will develop guidelines to integrate physical activity into long-term care planning and practice in all residential care centres in collaboration with Physiotherapy and Kilkenny Recreational Sports Partnership. This is in line with the National Guidelines for Physical Activity for Ireland which recommends that older people (aged 65+) engage in at least 30 minutes a day (or 150 minutes a week) of moderate physical activity, with a focus on aerobic activity, muscle strengthening and balance. Regular physical activity reduces the risk of chronic diseases such as coronary heart disease, type 2 diabetes, stroke, cancer, osteoporosis and depression. In addition for older people in particular, regular physical activity reduces the risk of falls and resulting injuries as well as improving cognitive function. Nursing home residents are at the highest risk of falls, fractures and osteoporosis.



NPAS GOAL 2

**Health Promotion** will work with Library Service and other Stakeholders to provide educational and information support about Health and Wellbeing and work to ensure maximum dissemination of promotional material and information on National Screening Services such as Breast, cervical and bowel screening as well as glaucoma testing for diabetics.



NPAS GOAL 3

**Kilkenny LEADER Partnership** will encourage the sharing of rural community facilities and support the “campus” style community social enterprises which depending on facilities may include groceries, news agency, cafe and social service like home repairs, laundry and meals-on-wheels. These Community Shops and Social Services Initiatives will support declining rural community and support older adults to remain in their communities.



NPAS GOAL 1

**An Garda Síochána** supporting other Alliance Members, the LEADER Partnership, HSE, Public Health Nurses and other Community Development Agencies will work at a local rural level to support rural community development through visiting and supporting planned pop-up and community ventures.



NPAS GOAL 2

**Health Service Executive** through the Service Providers Forum will promote positive mental health for older people and provide guidance and support on how best to look after your mental health in line with rresearch which shows that there are five key issues that can impact on the mental wellbeing of older people being discrimination, participation in meaningful activities, relationships, physical health & poverty.



NPAS GOAL 2

**Health Promotion within the HSE** will continue to offer training to those working with marginalised groups, e.g. “Engage” Men’s Health which builds capacity for health professionals and community workers to work with men in relation to health and social issues and a 10 day Sexual Health programme, for those who have an opportunity to promote sexual health and influence development of sexual health policies in their workplace.

**Kilkenny Recreation & Sports Partnership** will continue to provide and develop accessible, affordable and age appropriate opportunities for older adults to participate in sport and physical activity.

KRSP will continue to work with community support services and the Health Services to help provide for the recreational and physical activity needs of older adults.



NPAS GOAL 1

KRSP will encourage and build capacity within the leisure and sports organisations to support sport and active recreation providers to facilitate participation for all.

KRSP will continue to support older adult groups and organisations to support leaders and staff working with older adults to increase participation in sports and active recreation.

KRSP will identify gaps in provision for people with additional needs and work to ensure that all older adults, regardless of ability, have opportunities to participate in physical activity in their community.



NPAS GOAL 2

**Health Service Executive Older Persons Service** will continue to implement the actions from The National Dementia and the National Carers Strategy through existing process and structures.



NPAS GOAL 2

**Health Service Executive's** Mental Health and Wellbeing Nurse for Travellers will promote positive mental health and well being, and better access to health service provision for Travellers over 55, who need additional supports for their Mental Health in association with the Kilkenny Traveller Community Health Project and the Traveller Men's Health Project.



NPAS GOAL 2

**Health Service Executive** will deliver a Traveller Specific Chronic Conditions Programme to the Kilkenny Traveller Community Health Project and Traveller Men's Health Worker which include the 'Ticker' Heart Health Training, and Traveller specific training on each of the following: Asthma; Diabetes Type 2; National Screening Programme; Substance Misuse and Mental Health to promote better health and wellbeing among Travellers over 55 in Kilkenny.



NPAS GOAL 2

**Kilkenny Carlow Contact Befriending Service** will continue to work in partnership with local Public Health Nurses to provide personal alarms to Older People under the Pobal Seniors Alert Scheme. This essential service supports people to remain living in their own homes knowing that contact is only a press of a button away. It is also a comfort to family members, who may not be living nearby.

## OUTCOMES

Older people as they age "will maintain or improve their physical and mental health and well being" (National Positive Ageing Goal 2)

## STRATEGIC IMPLEMENTATION

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### **Governance & Structure**

The Kilkenny Age Friendly County Alliance is responsible for the strategic direction and policy development of age friendly policies and practices in Kilkenny. The Service Providers Forum supports the work of the alliance and is the operational arm of the Alliance. Other sub-groups and committees may be formed to deliver special projects and programmes as directed by the Alliance. The Age Friendly Coordinator, appointed by the Local Authority, provides a link between Kilkenny and other National programmes and coordinates the various elements of the local authority strategy. All members of the Alliance and their respective teams are involved in the delivery of the strategic plans both individually and collectively. The Kilkenny Age Friendly County Programme has been formed as a limited not for profit company for the purpose of funding allocations and governance. All alliance members work closely together with a multitude of stakeholders at municipal and national level to continue to future proof Kilkenny to make sure it is the best place in which to grown old.

### **Annual Operational Plans**

It is recognised that this strategy is a living document. New opportunities, policies, and funding may evolve during this period of the strategy. The Alliance also recognises that the plan is subject to external factors at a national and international level which may influence the plans delivery. For this purpose the plans are reviewed on a rolling basis and delivery is reported on annually.

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## Monitoring and Evaluation

The Alliance will use the following methods to evaluate and measure the plan's progress;

- Quarterly meetings with members providing updates on their individual actions.
- Production of an Annual Report which will detail the progress of specific actions against the short / medium and long term objectives.
- The Alliance will maximise existing local government structures to ensure continual sustainability and local community representation through the Local Economic Community Plan.
- The Alliance will work with Age Friendly Ireland or Age Friendly National Structures to identifying and measure age friendly indicators as the HaPAI Project develops.

This strategy and the action plan, the means by which it will be implemented, reflect the commitment of the Alliance members and stakeholders to continue to develop Kilkenny city and county as a great place to grow old. This plan is a celebration of the last 6 years and a road map for the continued development of the Kilkenny Age Friendly County Alliance as a creative, collaborative and innovative transformational partnership.

Signed:

Colette Byrne (Chair, Kilkenny Age Friendly Alliance, CEO Kilkenny County Council)

Dominic Hayes (Chief Superintendent)

Declan Rice (CEO Kilkenny LEADER Partnership)

Patricia McEvoy (Manager Older Person Services, Carlow & Kilkenny HSE)

Teresa Hennessy (Health Promotion, Health Service Executive)

Nicola Keeshan (Kilkenny Recreational & Sports Partnership)

Mary O Hanlon (Chair Kilkenny Seniors Council)

Martha Duggan (Acting Director of Further Education and Training Kilkenny Carlow Education Training Board)

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