



Comhairle Cathrach
& Contae Luimnigh

Limerick City
& County Council

Stiúrthóireacht Forbartha Tuaithe, Pobail & Cultúir
Comhairle Cathrach agus Contae Luimnigh
Ceanncheathrú Chorpáraideach
Cé na gCeannaithe
Luimneach

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11th January 2024

To: The Mayor and Each Member of Limerick City and County Council

Draft Age Friendly Strategy 2024-2028

A Chomhairleoir, a chara,

I attach herewith a copy of the Draft Age Friendly Strategy 2024-2028. The Draft Strategy was presented to the Community, Leisure and Culture SPC at its meeting of 4th December 2023, which recommended that the Draft Strategy be presented to the full council meeting on 22nd January 2024 for Noting.

Is mise le meas,

Stephane Duclot
Director of Service

AGE FRIENDLY LIMERICK

DRAFT STRATEGIC PLAN

2024-2028

Version December 2023



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Foreword – Councillor Gerald Mitchell, Mayor of the City and County of Limerick.

Welcome Message



As Mayor of the City and County of Limerick I welcome this second Age Friendly Strategy for Limerick.

As life expectancy increases it is imperative that we continue to build on the good work already done to transform Limerick into a model county for aging gracefully.

I am glad to see that the voices, concerns, and wisdom of older residents have been carefully considered for this strategy, which aligns with Limerick City and County Council's commitment to benefit all.

The entire community flourishes when older people are empowered to engage in volunteerism and civic endeavours.

For people of all ages it is important to feel useful, to have a sense of purpose and to be able to contribute to our communities.

We all desire to remain socially active for as long as possible and to feel valued, not isolated and forgotten.

An Age Friendly Limerick strives to make these aspirations universally attainable, recognising that the journey may involve both simple and ambitious steps.

I wish to express gratitude to all the stakeholders for their time and consideration in crafting this second Age Friendly Strategy for Limerick.

I especially want to thank the older members of the community who have provided invaluable insights to help shape the future of Limerick as a county we can all be happy to grow old in.

A handwritten signature in blue ink that reads "Gerald Mitchell". The signature is written in a cursive style.

Councillor Gerald Mitchell,

Foreword – Dr. Pat Daly, Chief Executive



As Chief Executive of Limerick City and County Council and Chair of the Limerick Age Friendly Alliance, I am pleased to present the second Limerick Age Friendly strategy.

This strategy document is a new and ambitious plan to improve the lives and wellbeing of older people in Limerick City and County and reflects the progress made to date in our First Age friendly strategy.

The strategy is based on consultation with older people and collaboration with our Alliance members, to ensure as life expectancy increases, we can adapt and respond to the changing needs of an aging population and provide supports where needed.

It allows us to recognise not just the challenges but also to address opportunities for all partners in the Age Friendly Alliance to ensure an inclusive environment is created across the City and County.

To deliver this inclusive Environment the Limerick Age Friendly Alliance will ensure we have an age friendly approach to our policies, services, programmes and infrastructure for both the physical and social environment.

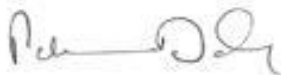
As people grow older, they want to stay healthy, live for as long as possible in their own homes, feel safe both at home and in society, be independent and be connected, respected and a part of their community.

This strategy provides a focus to meet these needs and the needs of citizens across their entire life cycle.

“Ageing is not ‘lost youth’ but a new stage of opportunity and strength” – Betty Friedan

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

I look forward to working with you all over the life of this new strategy.

A handwritten signature in dark ink, appearing to read 'Pat Daly', written in a cursive style.

Chief Executive Officer, Limerick City and County Council

Chairperson, Limerick Age Friendly Alliance

Elizabeth Stanley, Chairperson of the Older People's Executive



The Limerick Older People's Council is a representative group bringing the voice of older people into local government. It works closely with the City and County Council's Age Friendly Programme to implement its Age Friendly Strategy.

As the new Chairperson of the Older Peoples' Executive, it gives me great pleasure that one of my very first acts is to introduce this Strategy 2024 – 2028 to you.

In my younger days I studied Social Science and it was to this learning that I turned before deciding whether or not to put my name forward for Chairperson. I remembered, in particular, two relevant theories that I had come across while carrying out a research project on supporting elderly people to live out their lives in their own homes within their own, familiar, communities.

Social Science texts are full of theories. These theories are always based on research and many go on to influence social policy. When Elaine Cummings and William Earle Henry published their book "Growing Old" in 1961 they introduced their *Theory of Social Disengagement* to explain why it was *normal* for older people to withdraw and become almost invisible – no longer of any use to society. This theory became the foundation of and justification for many of the decisions made regarding the care of older people in the 1960s, 1970s and later.

As often happens, the theory was challenged by other scholars. The most robust response came from American Robert J. Havighurst (1900 – 1991) when he published his *Activity Theory*. He had, as a result of his own research, come to the conclusion that older adults are most fulfilled and happy when they remain active and socially involved within their communities.

The Age Friendly Strategy for Limerick that you are holding in your hand is an ambitious plan for the future of all Limerick people. It reflects the wishes and hopes and dreams of the people who were asked for their opinions about the kind of place they would wish for themselves and those who come after them. It is, in essence, Havighurst's *Activity Theory* in practice as we work together to achieve more engaged, active and social involvement in Limerick City and County for people of all ages.

The support and encouragement of Limerick City and County Council, Limerick Older People's Council and our Alliance partners have been, and will continue to be, central to all this effort and they cannot be thanked enough.

With every good wish for the future.

A handwritten signature in dark ink that reads "Elizabeth Stanley". The signature is written in a cursive style and is positioned above a horizontal line.

Chapter 1

Introduction

This is the second Age Friendly Strategy for Limerick City and County and builds on the work of the previous strategy. The Age Friendly Ireland Programme has been operational in Ireland since 2008 and is affiliated to the World Health Organisation [WHO] Global Age Friendly Cities and Communities Programme with Ireland being the first country in the world to have full affiliation to the Global WHO Programme.

The Age Friendly programme in Limerick City and County has strived to ensure that local people have a voice and are supported to contribute to the development of local policies and initiatives.

The partners involved in the Age Friendly Alliance have all committed to work together closely over the coming years to realise the ambitions set out in this strategy.

The National Age Friendly Programme is operated through a team-based framework of 31 Age Friendly Programmes hosted in Local Government. The National Age Friendly Shared Service supports cities, counties, towns, villages, and rural communities across Ireland to prepare for the rapid ageing of our population. It sets out to achieve this by focusing on environmental, economic, and social factors that influence the health and well-being of older adults. The key objective is to make our communities great places to live in, enhancing the lives of all age groups.

Age Friendly initiatives span many areas including housing, community engagement, transport, cultural activities, and social inclusion.

Key to the success of the programme is the active involvement of key stakeholders including, the Older People's Executive, Age Friendly Alliance, Age Friendly Programme Manager, Age Friendly Housing Technical Advisor. The local Age Friendly Alliance is a high-level cross-sector group, chaired by the Chief Executive of the Local Authority. Key to the success of the Alliance is the representation of members from the Older People's Executive. The member agencies of the local Age Friendly Alliance form a strategic partnership to develop and oversee the Age Friendly Strategy. Members include the Local Authority, the Health Service Executive, the Education and Training Board, An Garda Síochána, the Chamber of Commerce, Local Link Transport, Local Development Groups, Third Level Education Sector, Limerick Mental Health and Limerick Sports Partnership.

Figure 1. – Local Age Friendly Structures

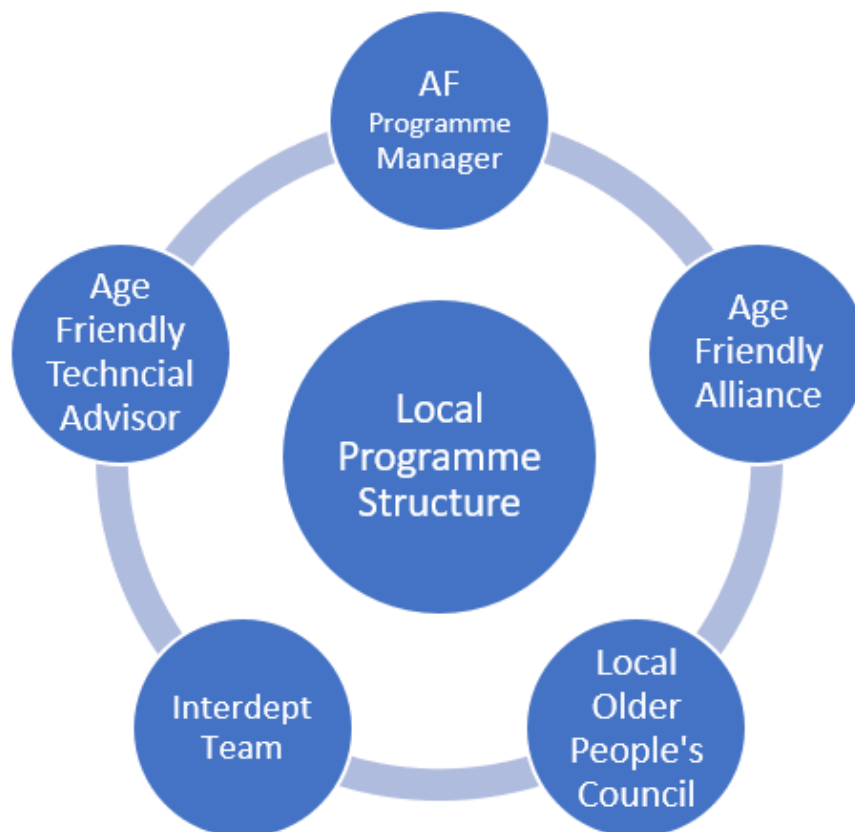
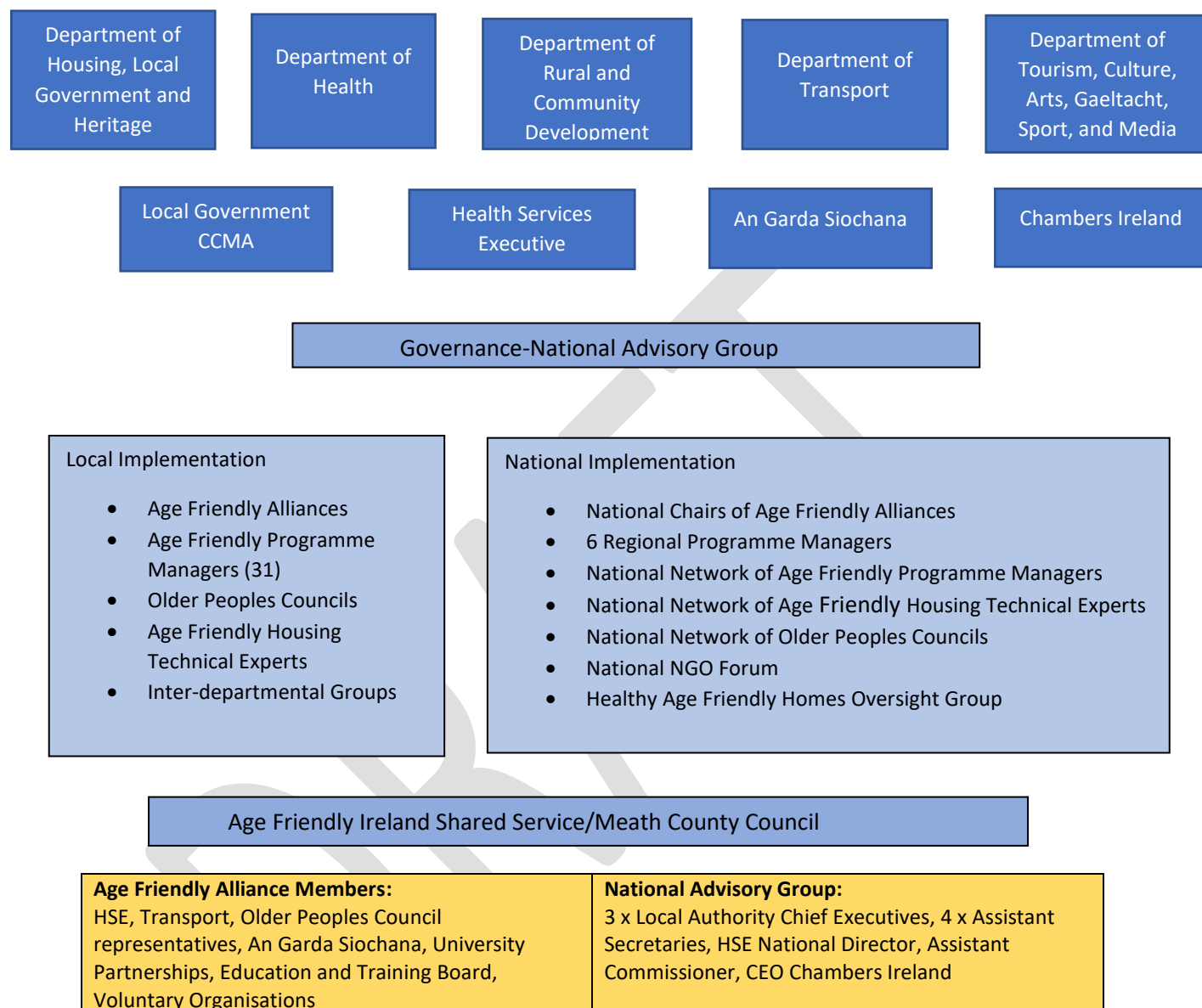


Figure 2: National Age Friendly Structure



LIMERICK CITY AND COUNTY AGE FRIENDLY

Limerick City and County's Age Friendly Strategy is based on and is aligned to the eight themes of the World Health Organisation's Age Friendly Cities and Communities Framework. Each County's Age Friendly Strategy operates using the same structure as outlined above.

Limerick has an Older People's Council made up of representatives from across the city and county, with an Executive Committee and membership base.

Table 1:

Limerick City and County Age Friendly Alliance

Dr Pat Daly	Chief Executive – LCCC, Age Friendly Alliance Chair
Stephane Duclot	Director of Service, LCCC Rural, Community & Culture Development Directorate
Catherine Bowes Kelly	Age Friendly Programme Manager
Elizabeth Stanley	Older People's Executive Chair
Paddy Hyland	Older People's Executive Vice Chair
Maria Bridgeman	Chief Officer, Community Healthcare, HSE
Prof. Collette Cowan	Chief Executive, Limerick Hospitals Group
Derek Smart	Chief Superintendent, An Garda Síochána
George O'Callaghan	Chief Executive Limerick Clare Education and Training Board
Anne Gaughan	Manager, Local Link Limerick & Clare
Jennifer Moroney-Ward	CEO, Paul Partnership
Shay Riordan	CEO, West Limerick Resources
Padraig Casey	CEO, Ballyhoura Development
Prof. Kerstin Mey	President University of Limerick
Prof. Vincent Cunnane	President, TUS Mid-West
Prof. Eugene Wall	President, Mary Immaculate College
Ian Hackett	Limerick Mental Health
Dee Ryan	CEO, Chamber of Commerce
Tracey Mahedy	Limerick Sports Partnership

Table 2:**Limerick Age Friendly Older People's Executive**

	Electoral Area
Elizabeth Stanley Chairperson	Cappamore – Kilmallock MD
Paddy Hyland Vice Chairperson	Cappamore – Kilmallock MD
Jim Hickey	Cappamore – Kilmallock MD
May O' Donnell	Adare MD
Mary Dundon	Adare MD
Bridget Lohan	Adare MD
Aileen O'Connor	Metro MD
Pat Begley	Metro MD
Jean Ryan	Metro MD
Pearl Walsh	Newcastle West MD
Mary Hallinan	Newcastle West MD
Dennis McAuliffe	Newcastle West MD

The Older People's Executive is a key member of the Age Friendly Alliance and ensures that the voice of older people is continually heard and reflected in the work of the Age Friendly Alliance.

The implementation of the Age Friendly Strategy is led by the Age Friendly Programme Manager. The Age Friendly Programme Manager provides a range of supports and services to the Alliance and the Older People's Executive / Older People's Council. These include organisation and facilitation of meetings, coordinating and liaising with lead agencies and stakeholders and ensuring good communication is maintained.

Chapter 2

Setting the Context

Limerick City and County

Demographics: more than 20% increase in population aged over 65.

The number of people aged 65 and over continues to grow in Limerick City and County according to 2022 Census returns. This age group increased by 23% to 33,588 in Limerick and by 22% to 776,315 at a national level since 2016. The percentage of the population of Limerick aged 65 years and over is now 16% (15.3% for males and 16.8% for females) while the percentage of oldest old (80 years and over) is 3.6% in 2022. Of these 8,311 were living alone which was a 21% increase in those aged 65 and over and living alone.

Of Limerick's population in 2022, 105,084 were female and 104,452 were male, which means there were 99 males for every 100 females. In Ireland overall, there were 2,604,590 females and 2,544,549 males or 98 males for every 100 females.

The average age of Limerick's population in April 2022 was 39.3 years, compared with 37.7 years in April 2016. Nationally, the average age of the population was 38.8, up from 37.4 in April 2016.

Dual Irish Citizens

In Limerick, the number of dual Irish citizens increased from 3,258 to 5,487 while non-Irish citizens accounted for 11% of the county's population. Nationally, dual Irish citizenship increased by 63% from 104,784 to 170,597 people and non-Irish citizens made up 12% of the population.

Health

In 2022, 80% of people in Limerick stated that their health was good or very good compared with 86% in 2016. Nationally, 83% of people stated that their health was good/very good, compared to 87% in 2016.

Employment

There were 90,623 people (aged 15 and over) at work in Limerick, an increase of 13,438 people (+17%) between 2016 and 2022. Nationally, there were 313,656 additional people (+16%) at work.

Working From Home

In Limerick, 24,866 people (aged 15 and over) worked from home at least one day a week in 2022. This represented 27% of the workforce. The national figure was 32%.

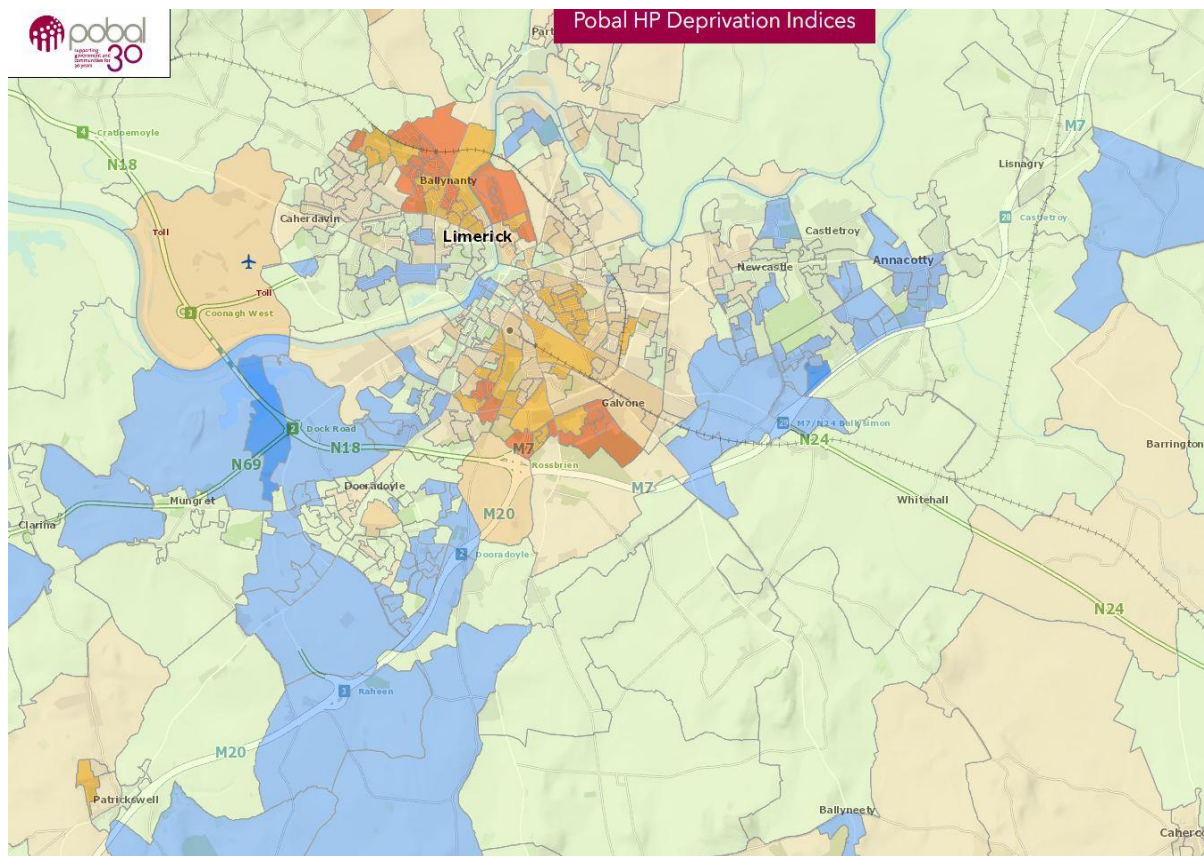
Area-based Deprivation & Social Inequalities

The 2022 Pobal Relative Deprivation Index shows that the upturn in the economy since 2016 brought improvements in the deprivation measures across the state as a whole but the gap between the most disadvantaged areas and the average has widened. This pattern is reflected in Limerick. It shows continuity of a pronounced and deeper pattern of social inequality in Limerick City and pockets of deprivation in some rural Limerick towns (especially Rathkeale, Abbeyfeale and Kilmallock). Affluence has moved out beyond the suburbs of Limerick into the peri-urban areas, a pattern also observed across the state. See Maps of Pobal Deprivation Index.








Limerick City includes areas, which have the highest deprivation levels, specifically, the regeneration areas of Moyross, Southill, Ballinacurra Weston and St. Mary's Park. Adjacent to them are other very disadvantaged or disadvantaged neighbourhoods, mostly areas of older social housing stock and traditional working class communities. These have a large proportion of older residents. Affluent areas within in the city are located along the Ennis Road, Ballinacurra/Courtbrack and parts of Corbally. Some of these areas also have ageing populations.

The dispersed population base of rural Limerick means that many people who are disadvantaged are not "picked up" in an area-based measure, which requires clustering of people with characteristics of disadvantage into certain areas such as social housing estates in towns and villages.

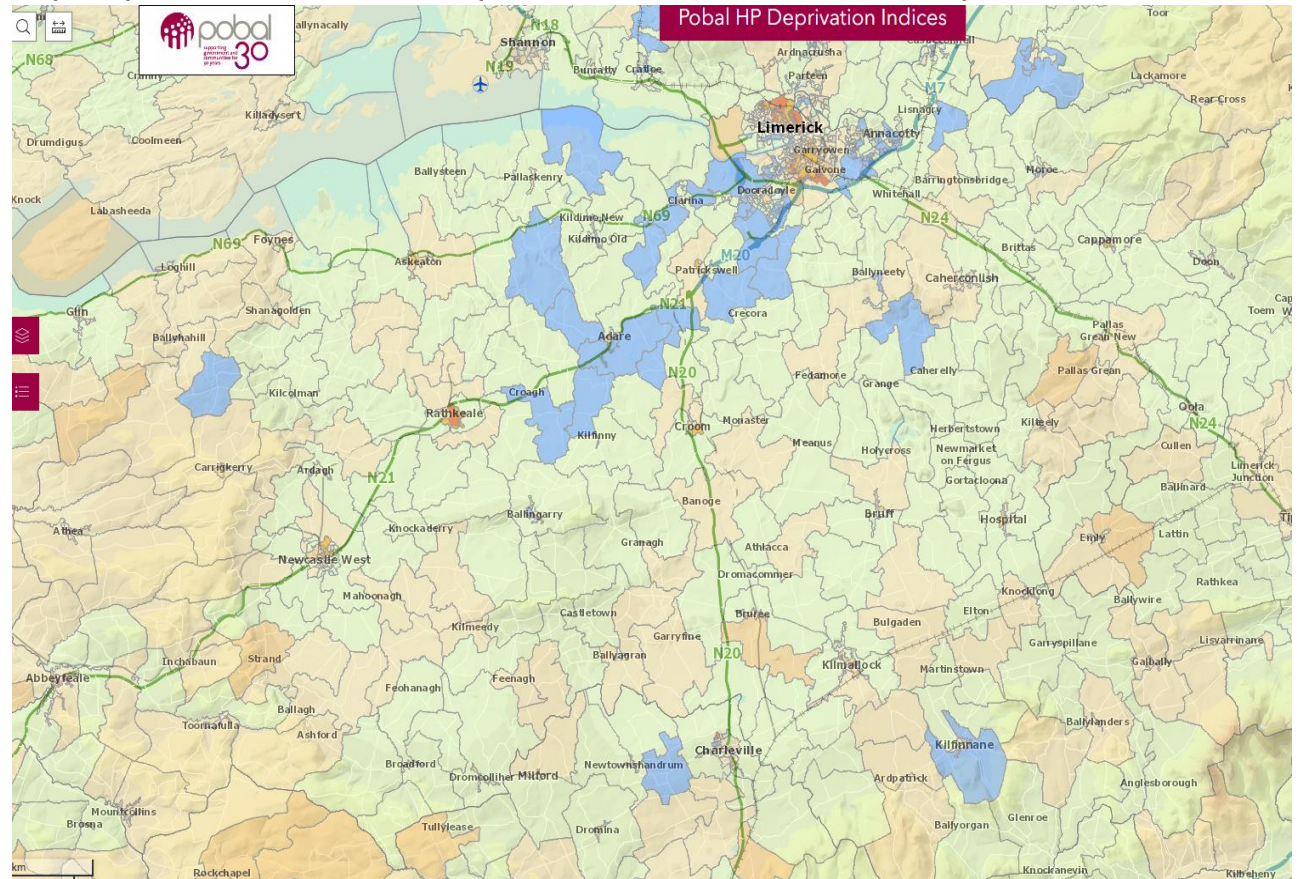
Map: Limerick City & Suburbs: Map of Relative Affluence & Deprivation at Small Area Level: Pobal Deprivation Index 2022



 ☒ Electoral Divisions

	Extremely Disadvantaged
	Very Disadvantaged
	Disadvantaged
	Marginally below average
	Marginally above average
	Affluent
	Very Affluent

Map: Map of Relative Affluence & Deprivation at Small Area Level: Pobal Deprivation Index 2022



\ ☒ Electoral Divisions

	Extremely Disadvantaged
	Very Disadvantaged
	Disadvantaged
	Marginally below average
	Marginally above average
	Affluent
	Very Affluent

Ethnicity and Diversity

There were 1,860 Travellers in Limerick in Census 2022 which was a 12% increase on 2016. The Traveller population increased nationally by 6%.

Existing data however shows that the re-settlement of refugees from Syria and the arrival of refugees from Ukraine and linked to wars, has seen an increase in the population not born in Ireland. In summer 2022, approximately 1,700 Ukrainian refugees were known to be living in the Limerick City and County area, with three Direct Provision Centres located in Limerick with capacity for 430 people.

80.2% of people usually residing in Limerick City identified their ethnicity as White Irish, which is a lower proportion than nationally (82.2%). Other White Ethnicity accounted for 9.1% of people, this compares with a national average of 9.5%. The population in Limerick City who stated their ethnicity as Asian or Asian Irish was higher than the national average (3.4% compared to 2.1%). The population in the constituency who stated their ethnicity as Black or Black Irish was marginally higher than the State average (1.6% compared to 1.4%).

Disability

Census 2022 reported 22% of the population of County Limerick having a disability. Detailed data was not available, but 2016 data reported the highest number of people with a disability were in the population aged over 65 (100,014 people). Chronic conditions such as difficulty with breathing, and difficulty with basic physical activities are the most common disabilities overall, and 25% of people with a disability did not have access to a car or van compared to 13% of the general population.

Key themes

The key themes emerging from this data is:

- The increase in the population aged over 65 and especially those living alone.
- An increasingly diverse population, especially in the city area.
- The higher-than-average population of Travellers in the county.
- Continued high levels of social and economic inequality in some areas of Limerick city.

Working with partners

Programmes designed by agencies targeting the health and well-being of older people are creating a valuable opportunity for partnerships to be created which will enhance and support the work of Age Friendly Limerick. This was particularly successful during the pandemic when the alliances built in the Age Friendly programme work were able to come together to deliver innovative and responsive interventions across the city and county.

Specifically, the HSE's Integrated Care Programme for Older People (ICPOP) and Enhanced Community Care, could partner with the Healthy Age Friendly Homes initiative which has been so successful in Limerick city and county and will be grown during the new Strategic Plan.

Further, Limerick's Paul Partnership's Strategic Plan includes Health, Wellbeing and Ageing Well as one of the five strategic pillars with a commitment to "contribute to reducing health inequalities in Limerick City by supporting community-based health, wellbeing and ageing well initiatives which focus on the social determinants of health."

This will be achieved by "working with stakeholders to implement health, wellbeing and ageing well strategies for the city and region¹".

Covid 19 impact

While the country has emerged from the Covid 19 pandemic, many social activities which supported older people in the community, have not returned and some older people remain fearful of fully re-joining society. Meeting that fear and supporting older people will be a core feature of the work of this Strategic Plan.

¹ PAUL-Partnership-Strategic-Plan-2018-2022.pdf (paulpartnership.ie) p.18.

International and National Policy Context

Future planning and policy development is key to identifying, resourcing, and implementing priority actions based on current and future needs of older people.

World Health Organisation Active Ageing and Policy Framework

Key to the development of this strategy is its alignment with the eight interconnected domains as described by the World Health Organisation. These are



National Policy

From an Irish perspective the National Positive Ageing Strategy published in 2013, identifies ageing as one of the most significant demographic and societal developments that Irish society has encountered. The vision it sets out is

"...a society for all ages that celebrates and prepares properly for individual and population ageing. It will enable and support all ages and older people to enjoy physical and mental health and wellbeing to their full potential. It will promote and respect older people's engagement in economic, social, cultural, community and family life, and foster better solidarity between generations. It will be a society in which the equality, independence, participation, care, self-fulfilment, and dignity of older people are pursued at all times"

Housing

National Planning Framework and older people

The National Planning Framework highlights the need for a seamless, and appropriate continuum of housing choices with appropriate supports for older people. The need for well- designed developments, close to existing services and facilities, supported by universal design will be required. The provision of such accommodation can provide opportunities for older people to move from larger homes within their existing communities. This plan also acknowledges the need for more supportive communal, and specialist care accommodation required by some older people.

Housing for All

This plan for housing in Ireland will run to 2030. A key focus is to support older people to stay in their homes and communities, for as long as possible, with measures including:

- Dedicated social housing provision.
- Delivery of appropriately sized houses and locations (rightsizing opportunities) to facilitate ageing in place with dignity and independence.
- Network of Age Friendly Technical Advisors.
- Age Friendly and Universal Design Principles.
- Increased funding for Housing Adaptation Grants for older people and people with a disability

Healthy Age Friendly Homes Initiative

The Healthy Age Friendly Homes Programme aims to support older people to live in their own home with dignity and independence, for as long as possible. The programme's ambition is to enable everyone to live longer healthier lives by keeping care close to home and expanding the range of health and social care services in the community. It is about providing a range of alternatives for older people who may otherwise transition into long term residential care prematurely.

Age Friendly Ireland have appointed a Healthy Age Friendly Homes Coordinator in each Local Authority. Each coordinator will case manage a support package for each person referred, linking the supports from the variety of public, voluntary, private and community agencies in the area. The coordinator will carry out a home-based assessment and, in partnership with the older person, will identify and design a range of supports to enable the older person to continue living independently.

4 Key Objectives of the Healthy Age Friendly Homes Programme:-

1. Enable older people to continue living in their homes or in a home more suited to their needs.
2. Live with a sense of independence and autonomy.
3. Be and feel part of their Community.
4. Support the avoidance of early or premature admission to long term residential care.

Health

Sláintecare Implementation Strategy

Devised in 2017, this policy provides a very ambitious roadmap to deliver health system reform, and universal healthcare in Ireland. Sláintecare is a ten-year plan to achieve health reform through eight fundamental principles:

1. Engagement.
2. Patient is paramount.
3. Timely Access.
4. Care provided free at the point of delivery.
5. Patients accessing care at the most cost-effective service level.
6. The health service workforce is appropriate, accountable, flexible, well-resourced, supported and valued.
7. Public money is only spent in the public interest.
8. Accountability.

Healthy Ireland - A Framework for Improved Health & Wellbeing 2013- 2025

Supporting people to enjoy healthy and active lives, starting in the womb, and continuing through childhood, adolescence, adulthood, and older age, is a key goal of this framework.

Healthy Ireland (HI) Strategic Action Plan: 2021-2025

The Healthy Ireland Plan provides a roadmap to support good health, access to services, healthy environments, and the promotion of resilience. This helps to ensure that everyone, including older people, can enjoy physical and mental health and wellbeing, to their full potential. The HI Plan identifies a need for a 'whole of Government' and 'whole of society' approach to support health and well-being.

This philosophy has been recognised in this Age Friendly Strategy, which acknowledges the importance of partnership and collaboration to ensure the efficient and effective delivery of facilities and services to older people.

Policies for rural areas

Our Rural Futures – Rural Development Policy 2021 – 2025

This strategy recognises that Ireland has an ageing population and that a larger proportion of older people live in rural areas in comparison to urban conurbations and that this trend is growing. "Continuing demographic trends, with remote rural areas in particular experiencing ageing populations and high dependency ratios; this will have implications for the provision of local services for older people and succession issues for farm families." (**Our Rural Future, 2020**)

Acknowledging the needs of older people and the value of intergenerational initiatives

within rural communities, this policy supports the transfer of knowledge, skills, and heritage between different age groups, including the opportunity for young people to support older age groups to adapt to digital technologies. This plan aims to improve connectivity and digital innovation achieving greater outreach to rural communities. Achieving this will support older people to live independently in their communities by accessing services and education through connected technologies.

Connecting Ireland – Rural Mobility Plan

The Connecting Ireland Plan is a major national public transport initiative developed by the National Transport Authority (NTA), with the aim of increasing connectivity, particularly for people living outside our major cities and towns. The plan aims to improve mobility in rural areas, and it will do this by providing better connections between villages and towns, by linking these areas with an enhanced regional network connecting cities and regional centres nationwide.

Realising Our Rural Potential - Action Plan for Rural Development

This Action Plan is about the people who live in rural Ireland. Focused on the need to support vulnerable rural communities by improving connectivity, tackling isolation, enhancing support for older people, and a range of measures to improve the security and safety of rural dwellers. Supporting older people to live longer healthier lives within their own communities is a priority area within this plan. Specific measures to improve transport connectivity and rural transport services between rural areas, as a mechanism to improve quality of life of rural dwellers, particularly for older people living in more remote areas, are also a strong element of this plan.

National Broadband Strategy – Updated 2015

This strategy aims to deliver high-speed broadband to every citizen and business in Ireland. It is underpinned by a belief that quality high speed broadband is a necessity for any modern economy or society in this digital age. It recognizes the importance of digital inclusion, connecting rural communities, is a priority area for action within this state led intervention strategy. Given the systemic move to online practices it is more important than ever to ensure that older people are connected, to support them in digital inclusion.

CLIMATE

Climate Action Plan 2021

Relevant for all age cohorts, this plan sets out a roadmap for taking decisive action to half Ireland's emissions by 2030 and reach net zero no later than 2050, as has been committed to in the Programme for Government. Achieving these ambitious targets requires extensive awareness creation and engagement across all age cohorts.

European Green Deal

This strategy seeks to transform the European Union into a fair and prosperous society where there are no net emissions of greenhouse gases in 2050. This Age Friendly Strategy seeks to support these aims through ensuring no person and no place is left behind. It also aims to

support the reduction greenhouse gases through improved housing measures and sustainable transport initiatives.

COMMUNITIES

National Volunteering Strategy 2021- 2025

This strategy, a first for Ireland, highlights the value of volunteers and how volunteers make a vital contribution to Irish society, developing communities as vibrant, inclusive, and sustainable places where people want to live.

The purpose of the Volunteering Strategy is to recognise, support and promote the unique value and contribution of volunteers to Irish society. It sets out five objectives and of particular relevance to this Age Friendly Strategy in its objective to “Facilitate, develop and support the Volunteering Environment so that it contributes to vibrant and sustainable communities.”

TILDA

The Irish Longitudinal Study on Ageing (TILDA) is a large-scale, nationally representative, longitudinal study on ageing in Ireland, the overarching aim of which is to make Ireland the best place in the world to grow old.

Limerick Development Plan 2022-2028

The Limerick Development Plan 2022 – 2028 sets out the overall strategy for the proper planning and sustainable development of Limerick over the Plan period, the Plan. The Plan includes a number of objectives specifically around universal design, however the overall vision identified in the Plan, seeks to develop resilient connected and inclusive communities, the Council is committed to accommodating the needs of older people, by encouraging the provision of suitable accommodation to allow older people remain in their established communities, with a particular focus on the development of full lifecycle accommodation. The Council consulted with older people in the development of this plan.

Chapter 3

DEVELOPING THE SECOND AGE FRIENDLY LIMERICK STRATEGIC PLAN

Consultation with older people in Limerick City and County underpinned the approach to the development of this Plan. A series of workshops in community centres, as well as day care and nursing home settings, was held to gather the perspectives and experiences of older people, garner their response and consult with them on the key actions of the Second Strategic Plan.

An extensive survey of people over 55 across Limerick city and county was carried out to inform the review. 454 responses were gathered, and these responses have further informed the development of the Second Strategic Plan. In total over 600 people were consulted with.

A review of the First Strategic Plan which assessed its achievements and unfinished actions have also informed the Second Strategic Plan.

Interviews were conducted with a set of key external stakeholders, including the agencies which are members of the Age Friendly Alliance and other key stakeholders including the Irish Farmers Association and Limerick Local Link.

The outputs from the consultations with older people, the findings of the survey, the review of the work of the First Strategic Plan were presented to members of the Age Friendly Alliance in a workshop, which proposed key strategic objectives that the Second Strategic Plan should address. These, combined with actions proposed at the workshop and arising from the review of the First Strategic Plan, were presented to the new Limerick Older People's Executive.

Review of Strategic Plan 2015-2020

The previous strategic plan set out an ambitious programme of developments and interventions to be delivered across Limerick City and County. It highlighted key actions under all the WHO thematic areas and identified lead partners to bring these forward. A detailed analysis of the achievements of the previous strategy, and evidence supporting new actions and those still to be progressed was undertaken.

The review of the 2015-2020 Strategic Plan demonstrates a range of achievements, some of national significance.

- The collaborative process with Clare and Mayo, and the designation of Shannon and Knock Airports as the first Age Friendly airports in the world.
- Limerick became one of 9 pilot sites for the introduction of the Healthy Age Friendly Homes Programme which has now been adopted nationally.
- The Older Peoples Executive was very active and developed strong relationships across the city and county. The composition of the OPE was amended in 2018 to a structure aligned to the Municipal Districts.
- The Age Friendly Alliance grew during this period and the strong relationships developed assisted considerably in the integrated responses that were delivered during the pandemic.

- Housing developments in Mungret Gate and Colbert Court have been at the forefront of design for sheltered accommodation and right sizing projects.
- New plans including the City and County development plan have Age Friendly components.
- Provision of computer classes were widespread, and the positive impact is evident in the numbers of older people now using new technology.
- Acorn tablets were distributed to groups of older people.
- Large and medium sized businesses signed up to the Age Friendly principles.
- The range and number of health and well-being programmes has been significant.
- Walkability audits took place.
- New seating and parking bays were installed across the city and county.
- Healthy ageing, sports programmes and multiple activity programmes were introduced.
- Greenways and walking routes were developed.
- Age Friendly Limerick was a partner in a hugely successful European research programme called PLACE – EE. This was an inter-generational programme bringing older people together with transition year students from a local school, to challenge perceptions, break down barriers, increase communication through the use of IT, and reduce levels of loneliness and social isolation.

From a strategic perspective, there were perhaps some deficiencies with the previous strategy. There was a lack of clarity about expected outcomes and limited monitoring of proposed interventions and whether they were delivered. The impact of Covid on the delivery of the strategy cannot be underestimated.

While there were positive aspects in the ability of agencies to work together during the pandemic, the focus on the core initiatives of the previous strategy unsurprisingly waned. This strategic plan creates an opportunity for a renewed focus on the opportunities presented by the engagement of a range of agencies and organisations participating on the Age Friendly Alliance, and to utilise an Implementation Framework to track progress against targeted actions.

The review has also revealed the significant societal impact on older people of the pandemic. This cannot be underestimated and the need for specific immediate focus on the remediation of this is unquestionable. This strategic plan includes actions designed to ensure the active engagement of older people in their communities and to restore those parts of the social fabric, such as local groups, which were undermined during the period of the pandemic.

Other areas of focus which have emerged for closer attention in this strategic plan are:

- Taking actions to respond to the fear experienced by older people around engaging fully, post Covid
- Development of public transport links in rural areas and accessible parking, including near transport hubs
- Development of more and accessible walking routes, particularly off-road.
- Building on the success of the Healthy Age Friendly Homes initiative
- Supporting older people with existing and emerging digital technologies

Encouraging a greater level of volunteering by older people.

Survey

During the period September to December 2022, Age Friendly Limerick conducted an extensive survey of people aged 55 and over in the city and county of Limerick. 454 responses were gathered.



Consultative workshops were also conducted in seven settings across the city and county in the course of the development of the Strategic Plan.

PROFILE OF 454 SURVEY PARTICIPANTS

Age	
55-69	37%
70-84	55%
85+	7%
No answer	1%

Living Arrangements	
Alone	41%
With Other people	57%
No Answer	22%

Family living within 30km	
Yes	81%
No	15%
No Answer	3%

Activity Level	
Very Active	32%
Moderately Active	58%
Use Mobility Aids to get around	9%
No Answer	1%

Main issues which emerged from the survey:

- Many social activities and groups involving older people have not resumed post Covid, while there is a strong demand for social, physical and artistic activities to be available.
- The availability of public transport in rural areas is very important for many older people in accessing services and combatting isolation.
- Facebook is now an important source of information for many older people, most of whom have mobile phones.
- While local health services such as GP access is generally good, older people are genuinely anxious about having to go to University Hospital Limerick in an emergency.
- The level of employment and volunteering among older people in Limerick is low.

Findings of the survey, consultative workshops and interviews



Outdoor Spaces & Buildings

The outside environment and public buildings have a major impact on the mobility, independence and quality of life of people in later life. Characteristics of the built environment that contribute to being age-friendly include: access and safety, green spaces, walkable streets, outdoor seating and accessible buildings (with lifts, stairs with railings etc).

Public seating is important to older people and has been installed in some towns including Newcastle West, but its absence in many areas is an issue.

Public parks need to be made and kept safe for older people, who have a concern about anti-social activity. Greenways and walking routes have become an integral part of outdoor life and are welcomed.



Transportation

Transportation, including accessible and affordable public transport, is a key issue for people in later life. People's ability to move about in the community impacts on participation in and access to services. Every aspect of transport infrastructure, equipment and service is integral to creating an Age-friendly Community.

While there is relatively good awareness of Local Link, only 10% of respondents actually use the service. This result may well be influenced by the fact that 69% of respondents have access to a car and 22% are driven to appointments etc by family or friends. The survey engaged with a wide group of people across the whole county, many in very rural areas. For those that do drive parking remains an issue for a third of them. In particular, a lack of parking near facilities such as libraries and health centres and near bus stops is a problem.

There are not enough buses serving rural areas, and information about new bus routes is not widely available. However, Local Link where it exists is seen as an excellent service.

The availability of buses makes a considerable difference particularly in addressing issues of rural isolation, but respondents indicated that there has been insufficient consultation about new bus routes. Bus shelters are extremely important for the older people who use and need public transport and the absence of bus shelters at bus stops makes utilising the bus service a challenge. For many people the "last mile" from the bus stop to their home is the biggest challenge and reflects the need for a transport solution that is door to door.

Transport is an issue in getting to social activities and the price of taxis makes them prohibitive to use for many older people.

Walking on country roads is too dangerous without footpaths and due to speed of cars. Busy roads and traffic travelling at speed reduces quality of life. Road surfaces are often not suited to the use of mobility scooters. The design of cycle lanes needs to take older people into account as some are crossing pedestrian walkways and inhibit access to facilities in some small towns and the city.



Housing

Safe, good-quality homes can maintain or improve physical and mental health, wellbeing and social connections. It is vital to have housing and support that allow us to age comfortably and safely within the community of people's choosing.

85% of respondents are happy with home they are currently inhabiting, while 9% are unhappy with their current home.

The vast majority of respondents feel safe in their own homes (85%) but somewhat less so in their local community (73%).

In relation to housing support through the availability of grants, while there is relatively good awareness, very few people have actually applied for a grant or received one. Those people who used the service generally had a good experience of the process (70%).

The demand for more sheltered accommodation and independent living accommodation is not high. However, for 10% of the older population the provision of such accommodation at community level, would be of significance and would help avert movement into nursing homes. The further development of such schemes needs to be targeted rather than wholesale.



Respect and Social Inclusion

An Age-friendly Community enables people of all backgrounds to actively participate and treats everyone with respect, regardless of age. Multigenerational activities are a great way for different generations to learn from one another.

It is positive to note that 81% of respondents feel they are treated with respect in their communities. On the converse though, respect for their opinion is less evident with 55% reporting that their opinion is not sought around services along with 31% describing services as not suiting their needs.

Most older people feel respected, especially by their family, but some reported instances of anti-social activity which affects their quality of life and appetite for participation in the community, which leads to loneliness. Many reported feeling unsafe and would like to see a greater Garda presence on the street and in their community.

A number of older people said that the Covid 19 pandemic has resulted in an increased fear of crowds, and this has inhibited socialising. The Unifying Generations survey would indicate that in Limerick 47% of respondents consider that the younger and older generation are further apart than before the pandemic.² This is in a context where 64% of 18-40 year olds in Limerick highly value the opportunities for mentoring by older people. The cost of participation can be prohibitive, particularly against the background of the cost-of-living crisis.

The closure of the Citizens Information Centres during Covid and now limited opening means that it is harder to get support in accessing services, payments and grants. Bureaucracy is a challenge for older people trying to access services and supports.

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³Unifying Generations: Building the Pathway to Intergenerational Solidarity Ireland Report 2022 Edwards Institute



Social Participation

Social participation is strongly connected to good health and wellbeing throughout life. It is important to enable people to feel connected and have a sense of belonging and maintain or establish supportive and caring relationships. Enabling accessibility, particularly for those with mobility issues, is also key.

Around 40% of respondents are engaged in some form of community activity through physical exercise, arts activities and social clubs. Walking and dancing along with craft and arts classes are popular and social get togethers are very important to people. People would like to see more of these. Interestingly there is quite a demand for physical

exercise classes alongside yoga and Tai Chi specifically for older people. Sports Partnerships' outreach to older people was acknowledged as positive, with reduced prices welcomed. While there is a strong desire for walking groups it is worth noting that 47% of respondent don't feel safe walking or cycling on public roads.

The Covid 19 pandemic has had a significant impact on social participation, due to a number of social groups closing and not returning when Covid restrictions were lifted. Many older people miss the groups they participated in, before Covid. Fear generated during Covid remains for many older people and absences were noted.

Day services are extremely important to those who use them, particularly in rural areas, and the older people who use them value them highly and would like to have more access to them; the need for transport to the service can limit attendance. For some, the day service is the only opportunity to participate socially in the community.

The positive impact of participating in day services (and the negative impact of its absence) is demonstrated by the fact that most older people who had been using the day service we consulted with before Covid, did not return when restrictions lifted, because they had entered long-term care in the meantime.

Social activities and clubs are more available in the larger towns and in the city, and participation is often influenced by the availability of accessible public transport and appropriate routes. Where no Day Centre is available, this impacts older people's choices to participate in the community and be supported.

New Women's Sheds were welcomed to connect and participate in the community.

Activities people would like more of	
Arts/culture	22%
Community getting together	21%
Physical exercise	20%
Walking groups	13%
Clubs	11%
Craft group	11%
Dancing	7%

Community halls and community centres having good facilities for older people, with appropriate activities taking place, in an accessible venue, makes all the difference to older people.

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Communication and Information

Staying connected with events and people and getting timely, practical information to meet personal needs is vital for active ageing. It is important to have relevant information that is accessible to those of us with varying capacities and resources.

While traditional sources of communication such as newspapers and radio remain important sources of information, the increased relevance of social media, especially since the pandemic is notable. This is supported by the fact that 70% of respondents have a smart phone, 57% an iPad or Tablet and 26% use

Sources of Information		Technology Usage	
Social media	53%	Smartphone	70%
Newspapers	48%	iPad Tablet Computer	57%
Radio	47%	Social Media	40%
Religious Service	21%	Zoom Facetime Skype	26%
Word of mouth	17%		
TV	7%		
Misc	5%		

platforms such as Zoom, skype, Facetime. More women than men use mobile phones, but mostly for information purposes. Text messages became more widely used and important during Covid lockdowns, but not all old people use mobile phones for information. A number of participants are on Facebook and considered it an important source of information as well as entertainment.

Local media – newspapers and radio – continue to be an important source of information for older people. In addition people access information through the church Mass leaflet and the church newsletter, as well as the supermarket noticeboard and word of mouth.

Physical information, for instance, bus timetables, need to be displayed prominently and in more than one location in the community.

Many older people are interested in doing computer classes for older people and are impacted by the digital divide. People have become much more competent in using technology and the demand now appears to be for support in how to use apps etc, rather than on how to turn on a computer. When asked specifically 40% of respondents indicated they would like to have training in using computers/smartphones and the utilisation of apps.

Free classes run by the ETB were referred to as being valuable, and again, the availability of public transport to reach these classes is vital. *“You have to be high tech to get information or understand it”*, said one participant.



Civic Participation and Employment

Age-friendly Communities provide options for people in later life to continue to contribute to their communities. Those options can include paid employment or voluntary work and being engaged in the political process.

Only 6% of survey respondents are in full time employment and 7% are working part time.

For those not working there are a variety of volunteering opportunities that respondents indicated they partook in. However, the numbers were really quite small (4%). Some are involved with local charities while the greatest numbers were engaged in Tidy Towns and their Community Councils. There was little demand expressed for volunteering opportunities. It should be noted that recent European research⁶ would indicate that 20% of over 65's in Limerick are engaged in volunteering. The Age Friendly survey data may be a reflection of what people define as volunteering and would probably merit further exploration.

Older people in the community were more likely to be involved in social activities than to be employed or volunteer.

Employment	
Full Time	6%
Part Time	7%
Not in workforce	83%
No Answer	4%
Flexible Working if employed	
Yes	10%
No	2%
No Answer	88%
Opportunities for volunteering/mentoring in workplace	
Yes	6%
No	6%
No Answer	88%



Community Support and Health Services

Community support is strongly connected to good health and wellbeing throughout life, alongside accessible and affordable health care services. Both criteria are vital for maintaining health and independence as people age community grows too and health and social care funding will need to increase substantially.

There is considerable satisfaction with primary care services and access to them. There is less satisfaction with access to hospital services.

Despite considerable efforts being made to promote the Healthy Age Friendly Homes Coordinator the level of awareness of this service is very low, with just 4% of respondents using the service. However, this is actually not much lower than the reported usage of Meals on Wheels and Day Care and is probably reflective of the respondents' levels of independence. From this survey it is apparent that there is a cohort of approximately 10% of the older population who would be defined as frail and at risk.

Access to GP services is becoming more difficult, both since the Covid 19 pandemic and due to fewer GPs being available. Older people prefer to see the GP in person rather than having a phone consultation and are having to wait longer in many cases.

More visits by Public Health nurses would be welcomed.

Older people are impacted by waiting lists for services such as physiotherapy in the community and would like more access to services such as podiatry in the community. Many are paying for this service in the home.

Where free community services are available, such as at the new Edward St Primary Health Centre in Limerick city, it was highly praised.

The shortage of home help, or a very reduced service, is of concern to older people.

The lack of carers is resulting in more older people entering nursing homes, in the opinion of the older people we spoke to.

Anxiety about needing to go to hospital is very present.

The level of care in the nursing home and day services was called out at the sessions, with the work of the staff being praised. The activities provided at these services, including singing, has a lot of appeal to older people.

The link to community services after having been to hospital seems to be missing for many older people who find it difficult to access information about follow-up care.



Chapter 5 - Age Friendly Strategic Plan 2024-2028

A number of cross cutting strategic objectives have emerged through the consultation process which will be fundamental to the new strategic plan. These encompass the following:


- Rebuild social interaction post Covid.
- Increase diversity and inclusion by broadening out the activities of Age Friendly Limerick to include harder to reach communities.
- Coordinate health and social care integrated care pathway initiatives with the Healthy Age Friendly Homes programme.
- Ensure climate change initiatives are reflective of and consider the age friendly principles.

This strategy sets out objectives for the continued development of Limerick City and County as a place where older people are valued and are actively encouraged and supported to participate in their communities. A review of the actions taken and to be carried forward from the first Strategic Plan was undertaken. This, combined with proposals from a workshop conducted with members of the Age Friendly Alliance, and a consultation with the Older Peoples Council, has generated a set of actions to be undertaken under each Age Friendly theme in this Strategic Plan.

Monitoring & Review

The lead agencies are committed to implementing the actions and working in collaboration to achieve the objectives. Monitoring of the implementation of the strategy will be progressed through regular reports and interaction with the Older Peoples Council and the Limerick City and County Age Friendly Alliance. An annual implementation plan alongside a progress report will be compiled each year of the strategy.

Theme 1 Outdoor Spaces and Buildings

			
	Action	Lead Agency	Partner Agency
1	Promote awareness of Universal Design principles in housing projects and ensure age friendly principles and consideration of older people is imbedded in all plans prepared by the local authority and projects which are proposed under funding streams such as town & village renewal, CLÁR, ORIS, RRDF, URDF & Active Travel etc.	LCCC	OPE, Local Development Companies
2	Arrange workshops for businesses as part of the Age Friendly Business Programme which will result in an Age Friendly Charter being displayed on the outside of their premises.	LCCC	LEO & Chamber of Commerce
3	Ensure outdoor spaces are designed to be accessible with seating at regular intervals in areas of heavy footfall and connect existing facilities with well-lit footpaths	LCCC	OPE
4	Roll out strategy for use of parks and green spaces for physical activities.	LCCC/Limerick Sports Partnership	LCCC/Active Cities/HSE/ Local Development Companies
5	Walkability audits in towns and public buildings will be done and accessibility assessed in line with universal design principles	LCCC/Age Friendly	OPE/Alliance/ Dementia Service
6	Work with Age Friendly Limerick and on “Cycling Without Age Project” as part of making the Limerick Greenway age friendly.	LCCC	Tourism Department LCCC
7	Ensure that all public realm upgrades incorporate universal design principles and that adequate public consultation including engagement with older persons is carried out to incorporate their needs.	LCCC	
8	Lobby Shopping Centres for Age Friendly Parking Spaces	Age Friendly	Shopping Centres

Theme 2 Transportation



	Action	Lead Agency	Partner Agency
1	Build on work being done by Local Link to identify new rural public transport routes, while taking Covid impact into account and making services more accessible.	Local Link	TFI
2	Public transport companies to co-ordinate improvements on routes between the city and the county, with older peoples needs taken into account.	Local Link/TFI/ Bus Eireann/NTA	LCCC, Age Friendly Limerick, Bus Connects
3	Consider a “last mile” approach with regard to the development of transport routes and services	LCCC	Local Development Companies
4	Consider Park & Ride facilities and taxi ranks to allow more connectivity in public transport networks	LCCC-NTA	TII
5	Take a Mid-West approach to have co-ordinated and inter-connected approaches to transport	LCCC	NTA
6	Ensure cycle paths are constructed with older people in mind e.g. consider parking near bus stops, churches and public buildings to be retained if necessary/feasible	LCCC/ Age Friendly	NTA/TII
7	Ensure bus shelters have enough seating	NTA	TFI
8	Raise awareness of Local Link Rural Transport routes. Ensure that timetables are more legible with larger script posted at all bus stops and that times of routes are suitable for older people	Local Link/transport companies	Age Friendly
9	Ensure visibility/rationalisation of street and road signs.	LCCC	

Theme 3 Housing



	Action	Lead Agency	Partner Agency
1	Seek funding to deliver right-sizing developments (similar to Mungret Gate).	LCCC	AHBs/Private Developers/DHLGH
2	Expand Healthy Age Friendly Homes initiative.	Healthy Age Friendly Homes	Ballyhoura Helping Hands/LCCC/ Age Friendly/Northside FRC/Paul Partnership/West Limerick Resources
3	Align the Croí Conaithe Scheme aligns with Age Friendly where appropriate	LCCC	Department of Housing, Local Government & Heritage
4	Properties designated for older people should be retained for older people when they become vacant	LCCC/Housing	
5	To promote and provide housing appropriate to the needs of the elderly and elderly persons with disabilities. The use of Universal Design principles, adaptable housing design and Lifetime Homes in new housing developments to meet the needs of an aging population to also be supported and promoted. New residential schemes to ensure that a minimum of 15% of dwellings are designed to the National Disability Authority's UD++ standard	LCCC	AHBs/Private Developers/DHLGH

Theme 4 Respect and Social Inclusion



	Action	Lead Agency	Partner Agency
1	Deliver further Age Friendly awareness training within LCCC and to a range of community groups and agencies	Age Friendly	Local Development Companies/ An Garda Siochana/PPN
2	Ensure that older people are active partners in the Age Friendly strategy and there is a consultative channel established that ensures opinions are canvassed and their voices heard on issues important to them on an ongoing basis	Age Friendly Alliance/OPE	Local Development Companies
3	Aim for all libraries to be recognised as Age Friendly, with each having an age friendly champion.	LCCC/Age Friendly	
4	Consider programme of intergenerational engagement involving students to promote mentoring and knowledge sharing from older to younger generations	University of Limerick	Age Friendly/ETB
5	Intergenerational learning opportunities which were available before Covid to be re-established particularly schemes that help older people interact more digitally	LCCC/Age Friendly/ETB/ HAFH	Local Development Companies
6	Have arts and culture events take place at times suitable for older people	LCCC	Local Development Companies

Theme 5 Social Participation



	Action	Lead Agency	Partner Agency
1	Bring organisations together in a co-ordinated way to support age friendly approach to volunteering.	LCCC/Age Friendly	Volunteer Ireland/Limerick Volunteer Centre/Local Development Companies
2	Liaise with local and community organisations to support them to re-start social activities which have not resumed post Covid and to develop some immediate short term initiatives with older people to enable confidence building about re-engaging in their communities	LCCC/Age Friendly	Local Development Companies/HSE/PPN
3	Ensure information about events and activities is made available in a range of formats and continue to use traditional media as well as online.	LCCC/Age Friendly	Local Development Companies/PPN
4	Promote and create opportunities for older adults to participate in the range of activities available in Third Level Institutions through traditional and digital routes	LCCC/University of Limerick	
5	Work more closely with libraries to teach online skills and have a supply of tablets available for older people to use to learn digital skills	LCCC	ETB/Development Companies
6	Develop “good2go” hubs in locations accessible via public transport and which are age friendly-enabling people to participate in physical activity sessions in their own community. This programme will also train local older people to become leaders thus providing a sustainable community programme	Limerick Sports Partnership	Age & Opportunity/Development Companies/Local Development Community Organisations

7	Continue engagement with LCCC Arts Office to submit proposals for funding under Creativity in Older Age Scheme	LCCC/Age Friendly	
8	Focus on getting older people still living in fear of Covid, to come out again	Age Friendly Alliance	
9	Chamber of Commerce to work with Age Friendly Limerick on members taking part in training on age-friendly initiatives.	Chamber of Commerce/ Age Friendly	Limerick & Clare Education & Training Board
10	Continue to provide physical activity programmes for older people in Limerick including activities such as aqua aerobics, yoga, walking etc. These programmes will be established by a Sports Development Officer dedicated to developing activities specifically for older people.	Limerick Sports Partnership	Sport Ireland
11	Encourage and motivate older people with chronic conditions to engage in meaningful and beneficial physical sessions.	Limerick Sports Partnership	Sport Ireland

Theme 6 Communication and Information



	Action	Lead Agency	Partner Agency
1	Update and circulate Age Friendly services guide	LCCC/Age Friendly	
2	Use Facebook as a vehicle for dissemination of information to older people along with other social media channels	LCCC/Age Friendly	An Garda Síochána/ Local Development Companies
3	Devise a communications and public relations strategy to build the profile of Age Friendly Limerick including “hard to reach” groups including new Irish communities	LCCC/Age Friendly Alliance/OPE	HSE/Healthy Limerick/Sláintecare Healthy Communities/Local Authority Integration Team/Local Development Companies
4	Initiate campaigns to transform perceptions of the value of older people and their interactions with younger generations	Age Friendly Alliance	Development Companies & Educational Partners
5	Promote climate change awareness among older people and provide specific information on supports available for older people to increase the uptake climate initiatives such housing retrofitting, electric vehicles etc.	LCCC, Age Friendly Limerick	SEAIU, Local Development Companies
6	Partner with libraries to roll out digital training programmes, traditional and digital routes	LCCC	ETB/Local Development Companies, Limerick & Clare Education and Training Board
7	Devise specific educational courses for older people	Education & Training Board	Age Friendly/ University of Limerick

8	Establish a strategic interdepartmental team within Limerick City & County Council	LCCC	N/A
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Theme 7 Civic Participation and Employment



Civic Participation and Employment

	Action	Lead Agency	Partner Agency
1	Partner with the Local Enterprise Office (LEO) to deliver training programmes to encourage “silver entrepreneurship”	LCCC/LEO/Age Friendly	Local Development Companies
2	Develop a mentoring programme for start-ups where the expertise of older people will be available and actively promote the benefits of participation in such a programme for all.	LEO	Local Development Companies
3	Draw up & implement a set of targeted actions to deliver a more diverse membership of the Older People’s Executive and to have minority groups represented	LCCC/Age Friendly/ Sláintecare Healthy Communities	Local Development Companies/PPN
4	Engage with Volunteer Ireland on initiatives to encourage volunteering by older people in the community. Support Volunteer Ireland to conduct a survey with older people to establish what would support them to be engaged in volunteering and to utilise their skills & experience.	Age Friendly/ Volunteer Ireland/Limerick Volunteer Centre	Arts Office
5	Identify projects in rural areas, towns & villages that can provide volunteering/employment opportunities for older people, which could be progressed into funding application and training proposals.	Rural Community & Culture Development – Community Development Dept.	LCDC
6	Devise specific educational courses for older people.	Education & Training Board	Age Friendly/ University of Limerick

Theme 8 Community Support and Health Services



	Action	Lead Agency	Partner Agency
1	Develop a targeted plan of action to support and encourage older people to return to social events, post Covid	Age Friendly Alliance	Local Development Companies/Local Community Organisation
2	Utilise the pathway approaches and implementation as an opportunity to develop an integrated approach across agencies to address the health and social care requirements of older people	HSE	UL Hospital Group/Local Development Companies/Age Friendly Healthy Homes
3	Develop partnerships between the Healthy Age Friendly Homes programme and external stakeholders to align actions to support older people to age well at home	Healthy Age Friendly Homes	ICPOP Team, LCCC, Limerick Sports Partnership, Alzheimer's Society, Alone, Limerick Age Friendly, Healthy Limerick
4	Partner with Local Development Companies on implementing health, wellbeing and ageing well strategies for Limerick.	Healthy Limerick	Healthy Limerick, LCCC/HSE/UL Hospital Group/Local Development Companies
5	Ensure that hard to reach groups, for example, older migrants, asylum seekers and refugees are engaged with and supported through migrant health programmes	Healthy Limerick	Community & Voluntary Sector & Statutory Agencies
6	Link with Limerick Food Partnership to support nutritional needs of older people using the new Healthy Eating Guidelines for the over 65s	Healthy Limerick	Limerick Food Partnership
7	Link in with the ageing research centre in UL to explore further research that will inform and progress the positive ageing experience	University of Limerick	Age Friendly/HSE/Healthy Limerick
8	Include Age Friendly recreation initiatives in funding proposals for Healthy Limerick, Limerick Sports Partnership	Co-partnership Healthy Limerick/Limerick Sports Partnership	

9	Develop an information campaign to promote Health Age Friendly Homes initiative	Healthy Age Friendly Homes Regional Manager and Age Friendly Ireland	Limerick Age Friendly
10	Deliver presentations in the community on safety in the home/cybersecurity/community safety.	An Garda Siochana/Age Friendly	Local Development Companies
11	Deliver presentations in the community on fire safety in the home. Continue to facilitate provision of fire alarms to community groups through the Community Smoke Alarm Application process.	LCCC/Age Friendly	Local Development Companies

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Abbreviations

AF	Age Friendly
AFL	Age Friendly Limerick
ANP	Advanced Nurse Practitioner
DHLGH	Department of Housing, Local Government and Heritage
FRC	Family Resource Centre
GAA	Gaelic Athletic Association
HAFH	Healthy Age Friendly Homes
HI	Healthy Ireland
HSE	Health Service Executive
ICA	Irish Countrywomen's Association
ICPOP	Integrated Care Programme for Older Persons
IT	Information Technology
LA	Local Authority
LCCC	Limerick City and County Council
LCEN	Limerick Community Education Network
LCETB	Limerick Clare Education Training Board
LECP	Local Economic and Community Plan
LEO	Local Enterprise Office
LIT	Limerick Institute of Technology (Now TUS Mid-West)
LSP	Limerick Sports Partnership
MD's	Municipal Districts
NTA	National Transport Authority
OPE	Older Persons Executive
PC	Personal Computer
RRDF	Rural Regeneration & Development Fund
SEAI	Sustainable Energy Authority of Ireland
TFI	Transport for Ireland
TII	Transport Infrastructure Ireland
TILDA	The Irish Longitudinal Study on Ageing
UD	Universal Design
UL	University of Limerick
URDF	Urban Regeneration & Development Fund
WHO	World Health Organisation



***Making Limerick an excellent place to live, work, enjoy life and
grow older***