

To Siobhan Cronogue PPN

Summary of Older Person's Council Meetings & Activities Jan-June 2018

Longford Older Person's Council (OPC) are working with Longford Co. Council and representative of many voluntary organisations to make Longford an Age Friendly County.

We express our thanks to Mr. Paddy Mahon CEO, Mary Carlton Reynolds Programme Manager and the staff of Longford Co Council for their commitment and support to OPC.

We thank all our members who contribute generously of their time and knowledge to OPC.

Members Kitty Hughes (Chair), Mary Carleton Reynolds, Madeline Bennet, Nan Quinn, Phil Donohoe, Rose Conway, Carmel Ward, Ita Donlon, Anne MacDonell, Ann Marie Reilly (Community Gda), Sgt Lionel Mullally, Maura Sheridan, Marie Kearney, Seamus Orr, Sr. Elizabeth McNamee, Sharon Gorman, Maureen Mulryan, Des Skelly, Margaret Casey, Maura Sheridan, Marie Kearney and Karena Connolly .(Apologies if anyone omitted)

Mobility Audit

Longford Older Person's Council held a consultation workshop facilitated by Catherine McGuigan Age Friendly Consultant, attended by 19 members and Local Authority staff in 2017. A walkability survey of the town was one of the key priorities for immediate action identified. This was completed in autumn 2017 over three sessions facilitated by LCC and volunteers from OPC and the PPN Disability Network. In Spring Mr. Brian Mc Neela LCC engineer gave a presentation on the results of the audit to the OPC. Brian advised the meeting that funding has been secured to rectify some of the issues raised and other issues would be addressed through consultation etc.

Volunteering

A presentation by Angela Killion of Longford Volunteer Centre explained that they are a broker between agencies and organisations, increasing awareness on the need and opportunities to get involved in voluntary work. Members expressed their concern at multiple requests for Garda Vetting and the complexities of volunteering. All members are active as volunteers with various groups.

Health and Positive Aging Initiative

On 20th June our Chairperson Kitty Hughes represented us and gave an enlightening presentation on ageing, security and safety at the launch of the report Positive Ageing in Age Friendly Cities and Counties at their conference in Dublin. Sgt Lionel Mullally presented on the Crime Ambassador Programme which he piloted in the Longford area to deliver crime prevention information through peer support among older people in the community.

The Health and Positive Aging Initiative with its partners in the Age Friendly city and county programme launched the report Positive ageing in age friendly cities and counties

This project, the Healthy and Positive Ageing Initiative (HaPAI) operates on a national and local level. The Initiative commenced in 2014 and will continue, on the basis of a co-funding commitment from the Department of Health, until 2019. The Initiative currently has a number of areas of work; first national report containing indicators of positive ageing was published in November 2016. The report will be published on a biennial basis after the term of this Initiative;

National Age Friendly Recognition and Achievement Awards for 2017/2018

Well done to Longford's Age Friendly Crime Prevention Ambassadors Programme chosen for special recognition at the National Age Friendly Recognition & Achievement Awards. They received the **AGE FRIENDLY SAFETY AND SECURITY AWARD**
Feeling safe and secure at home and when out and about greatly enhances the lives of older

people. This category acknowledges the impact of community based responses



that enable older people to feel secure in their homes and in the wider community. Our chairperson Kitty Hughes, Vice Chair Des Skelly and Sgt Lionel Mullally addressed the Longford Co Council on 9th May and were assured of the support of councillors to make Longford a better place to grow old. Also on 9th May members of the committee attended and presented at the launch of the programme in Ballymahon library. We sincerely thank our members who presented their experience of the role of crime ambassador.

Bealtaine

Bealtaine Festival which is a celebration of Arts and Creativity as we Age was held throughout the county during the month of May. A large number of events was organised and supported. Members of Longford OPC facilitated and participated in many events and we acknowledge with thanks all the volunteers who ensured its success.

Older Person Safeguarding

Chairperson Kitty Hughes appraised us of Ms. Patricia Rickard Clarke presentation on safe guarding older and vulnerable adults at the National Older Council Meeting on 28th May. This included the high incidence of Elder Abuse, the importance of Enduring Power of Attorney and the fact that Assisted Decision Making Bill is still at legislative stage.

Shannonside Radio

We thank Mary Clare Greally 'Lets talk' for inviting OPC to her show. It gave us the opportunity to share information on our Crime Ambassador programme, the benefits of the Bogus Caller Card and the importance of contacting Gardai if you have any concerns regarding crime or personal safety.

Meeting of National Network of OPC

Attended by our Chairperson who shared with us all the topics discussed. This include housing and home improvements, transport difficulties and the lack of it, and health and home care packages.

Planned Events

Positive Aging Week in Sept.

Completion and launch of information leaflet.

National Conference in November.

Signed

Rose Conway