



## **AGE FRIENDLY DUBLIN**

## **2016 PROGRESS REPORT**





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## Introduction

It has been an exciting second year for the Dublin Age Friendly City Initiative. The programme now has representatives from over 30 organisations and businesses who are working to improve the way we deliver services for older people, under the nine headings of the 2014 - 2019 Age Friendly Strategy:

1. **Outdoor Space & Buildings**
2. **Transportation**
3. **Home and Community**
4. **Information**
5. **Safety**
6. **Learn, Develop and Work**
7. **Social, Economic and Political Life**
8. **Healthy and Active Living**
9. **Value and respect**





## **DUBLIN AGE FRIENDLY STRATEGY- ACHIEVEMENTS BY THEME:**

### **1. Outdoor Space & Buildings**

Dublin City Council Planning Department working in conjunction with Age Friendly Ireland and DLR & Sligo County Council published an Older Persons Impact Assessment Tool entitled 'Being Age-Friendly in the Public Realm'. This was a Document designed to assist planners on best Age Friendly practice in public realm works.





## 2. Transportation:

Dublin Bus & Vantastic continue to actively engage with the Age Friendly Alliances.

## 3. Home & Community:

Following a multi-agency Housing Summit which was held Oct 2015, a Housing Working Group was established and met on a number of occasions during 2016. The aim of the working group was to agree a new Prototype Model of Housing for Older People. The prototype project examined new approaches to providing 'Housing with Care' or 'Housing with Supports' which involves DCC Housing Department incorporating design and technology features which will extend the lifecycle period over which older people can successfully remain at home, thereby delaying admittance to residential care. The prototype aims to include space for on-site healthcare visiting facilities eg. Office Space for doctors or other health related clinics

This initiative is a partnership between DHPCLG, DCC Housing Dept, HSE, Dept of Health, Age Friendly Ireland, the Dublin City Age Friendly Programme and the Irish Council for Social Housing. It is proposed that the prototype will be adopted for roll-out nationally. The initiative has been included in "Rebuilding Ireland- An Action Plan for Housing and Homelessness 2016."

The initial Scheme plans to provide 52 units accommodation in Inchicore, Dublin 8 adjacent to the newly refurbished Richmond Barracks.

Report of OPRAH (Older People Remaining at Home) findings is in the process of completion. The OPRAH project was primarily a health Service based initiative which examined innovative methods of providing care to older people in their own homes as an alternative to residential care.

Range of initiatives at area Level including Community cafes, Dementia Choirs, Men's Sheds, Citywide Cold Weather Strategy, were implemented across the five administrative areas.





#### 4. Information

Automated Telephone system audited, Age Friendly Information Stands installed in all 5 areas, 10,000 Age Friendly calendars circulated, Dublin City Libraries Age Friendly Strategy continues to be rolled out. Information Fairs held in ILAC centre.



#### 5. Safety

As part of the Garda Age Friendly Implementation Plan a Garda Age Friendly Representative has been appointed in every station in Dublin City. This representative is responsible for promoting awareness of older persons concerns within the Garda Síochána and liaising with older people in the community to address concerns raised.





## 6. Learn, Develop & Work:



A number of academic institutions including TCD & DCU are involved in various ways with the Age Friendly programme. Research on aging is a growing academic field and there is a growing awareness of the importance of life-long learning. Trinity College has signed up to becoming an Age Friendly University. The Irish Longitudinal Study on Aging (TILDA) is run by Trinity College and provides much of the academic foundations of the Age Friendly Programme.

TCD ran an Open On- Line Training Course on Successful Aging in 2016 which registered 12,000 on-line participants.

DCU is also a designated Age Friendly University and continues to work with the Age friendly Alliance on a number of initiatives.

Dublin City Council participated in Age Friendly Workplace staff consultation programme focus groups.







## 7. Social, Economic & Political Life



City Business Improvement District Company (BIDS) participated in the Age Friendly Business Learning Network.

Dublin City Council's five area offices continue to support regular meetings of the five Older Person's Councils which are active members of the five Age Friendly Area Alliances. The OPCs allow the voice of older people to influence local policy and actions plans in areas related to older citizens.



## 8. Healthy & Active Living:



A joint DCC/DCU project on older person's health is being investigated by Dublin City Council Sports and Parks divisions in conjunction with the DCU School of Human Performance run by Dr Niall Moyna with a view to developing a healthy living pilot project utilising the outdoor Gym equipment in Albert College Park, Ballymun, in 2017. If successful it is hoped the initiative can be extended to other DCC parks over the life of the strategy.

Dublin City HaPAI (Healthy & Positive Aging Initiative) Baseline Survey completed. Report forthcoming in 2017.



Broken and uneven footpaths significantly affect the accessibility of public parks for older people with mobility issues. In 2015, Dublin City Council spent in excess of €0.5m improving accessibility in public parks. This expenditure was in addition to the broader citywide €2m investment in the reconstruction of City footpaths. Footpath renewals and repairs carried out by contract amounted to €2,150,000 in 2016

Parks installed three outdoor gyms in 2016 at:

- Albert College Park,
- Bunting Park and
- Landsdowne Valley Park.



## 9. Value & Respect

DCC Age Friendly Charter to be delivered in 2017 was agreed and presented to the LCDC in 2016. The second phase of development of the Age Friendly Charter scheduled for 2017 is to incorporate an Irish language version into the proposed design template and to eventually install copies of the charter in a number of prominent reception areas in DCC's public offices.

The 2016 DCC Social Inclusion Week included Age Friendly Events which was scheduled to coincide with National Positive Aging Week.





## **Area Reports 2016**

### **Central Area**

- The Central Area Age Friendly Alliance has been expanded to include the following organisations  
Alone, An Síol, & the Welcome Café (Dublin Migrant community).
- The Central Area has arranged training in civic engagement to be provided in early 2017 by Age & Opportunity for nominated members of the Older Persons Council from the 5 Areas.
- A project is underway to provide a 'Men's Shed' and community facilities in the Community Garden in Rutland Street, Dublin 1.
- The Central Area office is working with An Síol to develop an older person's representative group in the Dublin 7 area.
- The Central Area 'Over 55's day held during the Bealtaine festival was again a popular event and well supported by organisations with an interest in providing services to the elderly.
- The Central Area Office is working with the Gardai to help identify and assist older people living in vulnerable areas.
- Dublin City Volunteer Centre have proposed working with the Central Area in developing the path to volunteering for 'Over 55's'
- The Central Area Older Persons Council have raised awareness of the 'trusted tradesman' scheme and influenced AIB and Bank of Ireland in improving customer service.
- The Central Area is assisting Croke Park in achieving an 'Age Friendly Stadium' status.
- Age Awareness training has been provide to Dublin City Centre Street ambassadors.





### **South East Area**

- Three formal SEA Alliance Committee meetings were held in 2016 to address and link into the core nine themes of the Age Friendly Strategy.
- The Older Persons Council meets regularly and we consult with them on SEA plans and developments across the villages.

Annual plan of activities and events for older persons that our team co-ordinate:

- Ballroom of Romance at the Royal College of Surgeons
- Beech Hill Knitting Group
- Beech Hill Weekly Afternoon Tea
- Carmelite Over 55s Fair



- Golden Oldies Sing-along
- 'Message in a Bottle'
- Neighbours Day at St. Patricks CYMS
- Ringsend Fun Bingo & Quiz
- Terenure Tea Dances
- Dance for Life – Contemporary Dance programme
- Let's Walk & Talk:- Over 300 walk's per year focusing on keeping fit, meeting people & learning lots about our fair city and are attended by a large number of older people
- Seasonal Arts & Cultural and Easter, Summer, Halloween & Christmas events organised in all Older Persons Complexes.





Dublin City Council's South East Area Community Development Department commissioned a World Café Consultation Event regarding Dublin City's Age Friendly Strategy and Local Economic and Community Plan which took place in September 2016. This was held to engage with older people from the area and gather their concerns and ideas towards improving the quality of community life for themselves and, in turn, for everyone.

Launch of DCC Older Persons Cold Weather Initiative 2016:

The Dublin City Council South East Area Community Development in association with ALONE, the Gardai and the Fire Brigade ran a campaign for the South East Area Central that focuses on older and vulnerable people at winter time. This winter we are appealing to all communities to look out for and be a good neighbour to those who live in their neighbourhood.

### **South Central Area**

- Community & Social events were held in Older Persons complexes across the South Central Area. Environmental enhancements, Summer BBQ's and Christmas Parties provide excellent opportunities for older people to socialise and mix in a relaxed atmosphere.
- The Showcase of Talents was held in late September as part of Social Inclusion Week. This celebrated the impact of local older people in the arts, music, dance etc and involved participation from Arts & Craft Clubs, Men's Shed groups, choirs and dance groups from across the area.







- Funding was secured and resulted in the installation of Age Friendly Outdoor exercise equipment in various Parks across the South Central Area.
- The development of an integrated choir for those with Alzheimer/ Dementia related illnesses, their families, carers and the wider community in 2016 in the Ballyfermot/Inchicore Area has been successfully completed. Over 45 members meet weekly in St Mary's Nursing Home. Members attend from Glenaulin Nursing Home, Cherry Orchard Hospital and St Mary's with some members from the community and some family members. Memory Lane Choir continues to be successfully supported in the Crumlin Area.
- St. James's Bowling Club hosted a one day bowling blitz with older people from all of the clubs in the South Central Area earlier in the year. The tournament was part of the Dublin City Age Friendly Initiative.



- 4 Seniors Café have been agreed across the South Central Area with one pending. The 4 agreed are: 1. Café De Broc , Chapelizod, 2. Ballyfermot Community Civic Centre Café, 3. The Ballyfermot Family Resource Centre Café and 4. St Michaels Community Centre Café.  
The Walkinstown Green Café have also indicated some interest.  
Café will provide a weekly service to older people on given days where they can avail of reduced prices on tea, scones or breakfasts/dinners according to each café.



- The café will host talks on various subjects relating to older persons interests such as budget information, community activities/services, getting older wisely etc. A number of grants have been applied for in order to secure funding for electronic information boards which will feature updated information on events.
- Young at Heart Dance in Crumlin attended by over 350 older people in October and is organised by Dublin City Council's Crumlin Area Office & Community & Social Development Teams.
- Positive aging events held throughout Crumlin, Drimnagh, Ballyfermot, Inchicore and the Liberties in association with the SICAP implementers.





- The newly formed Men's Sheds and Men's Groups Network comprises local groups from across the South Central Area. They meet regularly to exchange information and are looking to plan events that engage older men in positive activities.
- Walkability study completed in Chapelizod, Bluebell and Inchicore. Further studies are planned for Crumlin, Drimnagh and Ballyfermot.
- A number of fire safety talks organised at Stannaway Avenue and Father Kitt Court Senior Citizen complexes in conjunction with Dublin Fire Brigade. Fire prevention talks have also been held at the Golden Years Senior Citizens Club based at Moeran Road Hall in Walkinstown. These talks combined with personal safety talks provided by the Gardai provide Older People with a sense of personal safety.
- The popularity of the Ballyfermot Swinging 50's Cois Ceim dance classes continued throughout the year. Dancing and exercise to gentle moves for the over 55's takes place in the Ballyfermot Sports & Fitness Centre every Tuesday morning from 12 – 1 pm and includes a cup of tea/coffee and biscuits after the class. It is hoped that 2017 will see this project supported right across the South Central Area.

### **North West Area**

- Dublin City Council has helped to develop a new Men's shed project in the Finglas area. The Area office has also been in contact with the Cabra Area Men's Shed who is seeking support from Dublin City Council to extend this initiative. 6 members of the North West Older Persons Council (OPC) represented the DCC North West Area at the National OPC Convention which was held in Co. Cavan on 3<sup>rd</sup> and 4<sup>th</sup> Nov 2016.
- 3 members of the North West Older Persons Council (OPC) represented the North West Area at An Action Agenda for *European Cities and Communities* conference held in Malahide Castle from 25<sup>th</sup> to 26<sup>th</sup> October.





- Seating enhancement works were completed on Collins Avenue, Dublin 11 following consultation with Older Peoples Council.
- Two Falls Prevention Courses and an Older Person's positive Mental Health Session were delivered in the Finglas Area by local Occupational Therapists with the support of Dublin City Council who supplied the venue for these events.
- Opening of 3 Petanque courts have been agreed in the North West Area. A site has been identified and agreed in Ellenfield Park and two courts are to be re-opened in Albert College Park.
- Members of the North West OPC participated in Trinity College's Alzheimer Memory tests studies.





### **North Central Area**

- Exercise Classes: HSE & DCC Community Walking Programme –Commenced October 2016. Meet every Thursday morning at Ierne Sports & Social Club.
- Walking Group in Memorial Park, Tuesday 9.30am & Priorswood Park, Thursday, 9.30am
- Men on the Move (MOT) 12 week Programme, Glin Community Centre, 11.am Every Tuesday & Friday
- Aqua Aerobics & Swimming to music every Tuesday at 3pm
- Pilot Walking Football Programme for over 55's in Darndale is to commence Spring 2017.
- Age friendly events in Parks: Walking Group in Memorial Park, Tuesday 9.30am & Priorswood Park, Thursday, 9.30am



- DCC Talk & Walk, Historical Walk & Talk in Drumcondra graveyard.
- Develop Men's Sheds in NCA: 4 Men's Sheds Established Priorswood, Donaghmede, Ayrfield, Artane/Coolock. All full to capacity with a waiting list. Membership is reviewed on a quarterly basis.
- Pilot a model for Local community groups. Fruit project for ornamental pears was set up in Autumn of 2016 in Marino. Road sweepers could not get access due to volume of street parking and falling fruit was potential H & S problem. Public Domain met with residents and agreed to supply them with equipment to pick up fruit and have collected.
- Identify a location to pilot a Senior Citizen Café in the NCA
- The first Raheny Café / Community Club took place in June 2015. They meet in Cara Hall, Raheny, on the second Wednesday of each month with the assistance of the Local business's, Gardai and the Age Friendly Committee. They facilitate an attendance of approximately 35 -45 local residents. To date we have facilitated over 20 meetings. At each meeting there is a guest speaker. The guest speakers talk for about 30 minutes about legal and health matters followed by a question and answer session. They provide home baking and a friendly environment to all.
- Artane/Coolock Café was set up May 2016. Meet at 10.30am last Friday of the month. Average attendance is 50-60.
- Garda participation in Senior Citizen Café.
- Gardai attend Raheny on a regular basis and have attended Artane/Coolock.
- DCC to engage with Public Lighting and Parks Depts. re safety issues highlighted during walkability studies. Walkability in Marino – Parks issues identified have been sent to Parks Dept.
- Tree trips identified under the Raheny walkability study were dealt with in the past year. The footpaths that were uneven were removed and repaired. The dishing on footpaths in key locations was improved for wheelchair accessibility.
- The gradient on many of the safety ramps in the shops and also in Raheny Garda Station has been improved.
- Roll out Age Friendly Ireland Business Recognition Scheme
- Over 12 Businesses in the Raheny Area have achieved Recognition and completed all relevant training. They continue to meet and improve their customer focus under Age Friendly Action Plan.





- Support the DIT intergenerational nutrition project.  
The NCA has assisted in organising a free one-to-one nutrition advice session for older people in conjunction with the Department of Nutrition, DIT Kevin Street. In 2016 7 volunteers participated from the NCA and Vantastic provided transport.
- Provide opportunities for neighbourhood events to encourage inclusion and respect of older people in their own community.
- Northside Citizens Information Service held 'An Information Session for Older People' on services and entitlements that are available on Tuesday 27<sup>th</sup> September 2016 from 12.30 p.m - 1.30 p.m. in Donnycarney, Beaumont Local Care Centre for Older People, St. John's Court, Malahide Road, Donnycarney (Beside Donnycarney Church car park). This event was organised by Dublin City Council in conjunction with Northside Citizens Information Service.
- St. Anne's Court Art Group held an Art Exhibition in the Community Room of St. Anne's Court Older Person's Complex in Raheny on Saturday 19<sup>th</sup> November 2016. The Exhibition provided the group with an opportunity to showcase their paintings which they created during their art classes funded under Dublin City Council's Informal Adult Education Programme. It was also an opportunity for residents in the locality to visit the Complex and enjoy a creative afternoon with the residents of St. Anne's Court. The event was organised by St. Anne's Court Art Group in conjunction with Dublin City Council.
- 'Drop In' dance classes for people aged 50+ in Grange Woodbine Community Centre on Monday's commencing 30<sup>th</sup> May 2016 to the 11<sup>th</sup> July 2016. Classes encouraged participants to keep active, have fun and be creative. This initiative was organised by Dublin City Council's Community and Social Development Section and Sports and Recreation Services Section.
- Tea Dance Events  
March 24<sup>th</sup> - Easter 1916 Commemorative Tea Dance  
July 28<sup>th</sup> - Summer Sizzler Tea Dance  
October 27<sup>th</sup> - Monster Ball, Fancy Dress Tea Dance  
December 14<sup>th</sup> - Christmas Dinner Dance.





The organisations engaged in delivering Age Friendly Services in the City continues to grow:

Active Retirement Ireland	Dublin Bus	Old County Pitch and Putt Club
Age Action	Dublin Chamber of Commerce	OPRAH
Age and Opportunity	Dublin City Council	Raheny Age Friendly Village
Age Friendly Ireland Alone	Dublin City University (DCU)	Senior Parliament
An Garda Siochana	Dublin City Volunteer Centre	Third Age
Ballyfermot Local Development Partnership	Dublin Fire Brigade	Trinity College Dublin
Canals Communities Partnership	Dublin Institute of Technology	
City of Dublin Educational Training Board (CDET B)	Dublin Town (BIDS)	
Croke Park	East Wall Age Friendly Town	
Crosscare	Health Service Executive	
Crumlin Age Friendly Village	Iveagh Trust	
	The Larkin Centre	
	Northside Partnership	







## **Acknowledgement**

Dublin City Council would like to acknowledge the work being carried out by the five Age Friendly Area Alliances, their Co-ordinators and the Chair Persons, the Older Person's Councils, the Age Friendly City Alliance and all the other sectoral Agencies and Services providers who have been, and continue to be involved in making Dublin a great place in which to grow old.

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