



**COVID-19 Age Friendly Ireland Daily Update**

**1 April 2020**



**Age Friendly Communication Training available for Local Authority Staff**

*There are many factors that lead to breakdown in communications, some of these factors arise from changes associated with ageing. Many older people experience changes as part of the natural ageing process that can affect their capacity to receive and understand information. Service providers should be aware of these changes and ensure the methods used to communicate with older customers reflect the barriers older people may experience.*

Age Friendly Ireland are currently delivering the Age Friendly Communications training to local authority staff working on the community helplines, the training can be delivered via Zoom for up to 30 participants at a time and can be arranged via your [local Age Friendly Programme manager](#).

If you are working in the Community & Voluntary sector and would like to avail of this training please contact [rleavy@meathcoco.ie](mailto:rleavy@meathcoco.ie)

**National Updates**



**Transport for Ireland** are providing details on Bus and Train services which moved to revised timetables from March 30th, services are for essential journeys only. Learn more [here](#)



**Gardaí** around the country are urging people to beware of a significant increase in the number of bogus callers attempting to use the coronavirus crisis to take advantage of unsuspecting members of the public. People are advised not to give any personal/bank details to an untrusted source over the phone and anyone who believes they may have been a victim of a scam is urged to contact their local garda station.



The **Irish Cancer Society** have lots of information and Coronavirus advice for patients, survivors and family members as well as their volunteers. [See here](#)

Daffodil Day, supported by Boots Ireland, is the Irish Cancer Society's biggest fundraiser, taking place each year in March. Funds raised go towards supporting cancer patients and their loved ones by providing free advice and support, as well as by funding life-saving cancer research. The Irish Cancer Society took the decision to cancel all Daffodil Day street collections and events that were scheduled for March 27<sup>th</sup> 2020 due to COVID-19 to protect the health and wellbeing of patients, volunteers and supporters.

The Irish Cancer Society is very thankful to Twitter Dublin and Rothco, part of Accenture Interactive for supporting its work providing care and support for cancer patients following the cancellation of Daffodil Day. Twitter and Rothco organised a #DigitalDaffodilDay that started on Friday, 20<sup>th</sup> March and are encouraging other businesses and individuals across the country to get involved by making a donation.



A grassroots fundraising initiative "**Feed the Heroes**" has raised over €550,000 in just two weeks. Feed the Heroes partners with restaurants and takeaways, caterers and commercial kitchens to prepare and deliver meals and co-ordinates with the frontline teams to ensure they get to where they are needed. More than 18,500 meals have been delivered nationwide to staff at the Covid-19 Testing Centres, HSE Contact Tracing, the National Ambulance Service and the Fire Brigade as well as hospital workers.



The HSE and The Pharmacy Regulator have issued advice on home delivery of medicines by public servants and volunteers during the COVID-19 pandemic. Click [here](#)



Banc Ceannais na hÉireann  
Central Bank of Ireland  
Eurosystem

Starting from today, Wednesday April 1, you'll be able to tap your debit or credit card for contactless payments of up to €50 in most essential retail outlets around Ireland - an increase from the previous limit of €30.



**Age Action** has launched a COVID-19 Hardship Fund in conjunction with the Irish Red Cross to respond to the immediate needs of older people in vulnerable situations across Ireland experiencing additional hardship as a result of the COVID-19 health crisis. See more [here](#)

## Local Updates

 <p><b>Irish Society of Chartered Physiotherapists</b> The Voice of Physiotherapy in Ireland</p>	<p>The Irish Society of Chartered Physiotherapists are delighted to support Chartered Physiotherapists in the HSE Community Physiotherapy Service in Cork to bring you evidence based, safe exercises for strengthening and balance for older adults to encourage exercise during this period of cocooning. In partnership with Cork Learning City, Cork Healthy Cities, Cork Sports Partnership and Cork Age Friendly City Programme this resource will be distributed with Meals on Wheels &amp; is free to download <a href="#">here</a></p>
 <p><b>Cork Chamber</b> Advancing business together</p>	<p>Cork Chamber are running a FREE Business Survival Strategy for SMEs webinar on Thurs 2 April   11am-12.30pm SMEs are reviewing business continuity plans &amp; emergency activation plans. This webinar will offer business owners valuable ways &amp; means to survive in the coming weeks &amp; months. There are limited spaces available – register <a href="#">here</a></p>
 <p><b>Fingal Public Participation Network</b></p>	<p>Fingal Public Participation Network and Fingal Community are documenting a diary of 'good news stories', highlighting the fantastic community spirit of Fingal in response to the ongoing Covid-19 crisis. To get involved click <a href="#">here</a></p>

## Your Voice

	<p>We've heard about so much good work going on all around the country, please let us know what's happening in your area so we can share those innovative ideas with everyone. Please email us your news to Rachel at <a href="mailto:reavy@meathcoco.ie">reavy@meathcoco.ie</a> Information is one thing we can share right now!</p>
 <p><b>Ireland's Older People's Councils</b></p>	<p>Thanks to Dublin City North Central Area Older People's Council for sending this on: The Irish Global Health Network in partnership with the Environmental Health Association of Ireland and the Chartered Institute of Environmental Health in the UK have released guidelines for shoppers to help reduce the spread of Coronavirus. The guidelines released yesterday set out a number of protocols to help the public protect themselves while at the store, including:</p>

	<ul style="list-style-type: none"> <li>• using the non-dominant hand to pick up goods which subsequently reduces the cross-contamination risk from touching of the mouth, nose or eyes</li> <li>• making contactless payments and avoiding contact with surfaces of any kind</li> <li>• Because of the capacity of the virus to live on surfaces, shopping trolleys, baskets, pin pads, and other regularly touched items should be sanitised after each use</li> </ul> <p><a href="#">DOWNLOAD THE SAFE SHOPPING GUIDELINES HERE</a></p>
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**International Updates**

	<p>The World Health Organisation Regional Office for Europe will go live tomorrow 10.00am to 11.00am Irish time to provide an update before answering questions from journalists on #COVID19 &amp; the importance of protecting the health and well-being of older people during the #coronavirus pandemic. See more <a href="#">here</a></p>
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**Important Tips**

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

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

[10 Ways to Support an Isolated Older Person](#)

**Useful Contacts**

<p><b>Age Friendly Ireland Shared Service Office</b> T: 046 9097413 E: <a href="mailto:rlaevy@meathcoco.ie">rlaevy@meathcoco.ie</a></p> <p><b>HSE Advice Line:</b> Call from 8am – 8pm Monday to Friday and 10am to 5pm Saturday and Sunday <b>Callsave 1850 24 1850</b></p>	<div style="display: flex; justify-content: space-between;"> <div style="text-align: center;"> <h2>Coronavirus COVID-19</h2> <p><small>If you have fever and/or cough you should stay at home regardless of your travel or contact history.</small></p> <p><small>If you have returned from an area that is subject to travel restrictions due to COVID-19 you should restrict your movement for 14 days. Check the list of affected areas on <a href="#">www.hse.ie</a></small></p> <p><b>All people are advised to:</b></p> <ul style="list-style-type: none"> <li>&gt; Reduce social interactions</li> <li>&gt; <b>Keep a distance</b> of 2m between you and other people</li> <li>&gt; <b>Do not</b> shake hands or make close contact where possible</li> </ul> <p><small>If you have symptoms visit <a href="#">hse.ie</a> or phone HSE Live <b>1850 24 1850</b></small></p> </div> <div> <p><b>How to Prevent</b></p> <table border="0"> <tr> <td style="text-align: center;"> <b>Wash</b> <small>your hands well and often to avoid contamination</small></td> <td style="text-align: center;"> <b>Cover</b> <small>your mouth and nose when you cough or sneeze and dispose and leave</small></td> <td style="text-align: center;"> <b>Avoid</b> <small>touching eyes, nose or mouth with unwashed hands</small></td> <td style="text-align: center;"> <b>Clean</b> <small>and disinfect frequently touched objects and surfaces</small></td> <td style="text-align: center;"> <b>Stop</b> <small>sharing foods or beverages, kissing, hugging or greeting other people</small></td> <td style="text-align: center;"> <b>Distance</b> <small>steer clear of large groups of people from other people, especially those who might be unwell</small></td> </tr> </table> <p><b>Symptoms</b> &gt; Fever (High Temperature) • A Cough • Shortness of Breath • Breathing Difficulties</p> <p><b>For daily updates visit</b> <a href="http://www.gov.ie/health/covid-19">www.gov.ie/health/covid-19</a> <a href="http://www2.hse.ie">www2.hse.ie</a></p> </div> </div> <div style="display: flex; justify-content: space-between; align-items: center; margin-top: 10px;"> <p><small>info@meathcoco.ie   contact@meathcoco.ie   www.meathcoco.ie</small></p>   </div>	 <b>Wash</b> <small>your hands well and often to avoid contamination</small>	 <b>Cover</b> <small>your mouth and nose when you cough or sneeze and dispose and leave</small>	 <b>Avoid</b> <small>touching eyes, nose or mouth with unwashed hands</small>	 <b>Clean</b> <small>and disinfect frequently touched objects and surfaces</small>	 <b>Stop</b> <small>sharing foods or beverages, kissing, hugging or greeting other people</small>	 <b>Distance</b> <small>steer clear of large groups of people from other people, especially those who might be unwell</small>
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