

**Friends of
Dean Maxwell Home**



Analysis of the Needs of Older People Living in Roscrea

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BROADMORE
RESEARCH & CONSULTING

***Working together to make
Roscrea an even greater place
to live and grow old***

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EXECUTIVE SUMMARY

Older Roscrea Citizens, in common with all Irish citizens, are enjoying a longer life expectancy. In tandem with this very welcome longevity is the obligation to provide enhanced services and supports for older citizens to maximise their potential for a happy, healthy life.

Friends of Dean Maxwell Home and Age Friendly Roscrea commissioned this analysis of the needs of Older People in Roscrea to determine the needs of older people and to highlight these needs to the relevant stakeholders, agencies and service providers locally, regionally and nationally.

The life expectancy in Ireland is increasing faster than the EU average and the proportion of people aged over 65 years is predicted to increase significantly in coming decades. One of the outcomes of the improved life expectancy is an expected increase in the demand for healthcare services.

It is estimated that almost one in five residents of Roscrea will be aged over 65 years by 2030. The number of over 65 years increasing from 889 people in 2016 to over 1350 people in 2030.

The needs of Older People in Roscrea were determined through a series of consultations with older people in Roscrea and key individuals involved in and associated with the Friends of Dean Maxwell House and Age Friendly Roscrea. A summary of the main needs of Older People in Roscrea is provided in this section.

With regard to **Outdoor Spaces and Buildings**, the Older People of Roscrea **need:**

- A central service and information hub;
- Older friendly services in financial institutions suited to their needs;
- Well maintained footpaths which are safe to access and use;
- 24/7 Garda presence in the town;
- More accessible public buildings with improved facilities;
- Better coordination of public services;
- The barriers to accessing public services to be addressed;
- Flexible services responsive to the needs of older people;
- Additional designated parking spaces in central locations;
- More pedestrian crossings with appropriate crossing times;
- More traffic calming measures;
- Improved and well maintained public lighting;
- More safe and accessible public recreation spaces with appropriate fitness equipment;
- Enhanced accessibility in shops and business premises;
- Safe pedestrian access to streets, residential and commercial developments;
- Safe walking routes to main services; and
- Safe cycling routes/paths.

With regard to **Transport**, the Older People of Roscrea **need**:

- A seated bus shelter;
- A bus depot with facilities;
- An enhanced community transport service appropriate to their needs;
- Improved connectivity with national bus and train routes;
- Additional designated parking spaces; and
- Greater enforcement of parking infringements on footpaths and designated spaces.

With regard to **Housing**, the Older People of Roscrea **need**:

- Housing complexes to be made more age friendly;
- More housing units for older people in accessible locations;
- To have options available to down/right size their homes;
- More information on supports for home improvements/modifications;
- Support for the completion of application forms;
- Trusted tradesmen and guidance on prices for home improvements/modifications;
- Age friendly initiatives in all housing developments (old and new);
- To be better informed on Neighbourhood Watch; and
- To be better informed on the Seniors Alert Scheme.

With regard to **Social Participation**, the Older People of Roscrea **need**:

- Vibrant active retirement clubs;
- A wider range of services provided through the local library which promotes social interaction;
- Opportunities to improve literacy skills and support for those with literacy difficulties;
- Support and information to overcome financial stresses/challenges;
- Support for senior citizens clubs;
- Social clubs which proactively encourage participation;
- Ongoing promotion of activities/events;
- Encouragement to engage in exercise;
- Specific classes/times dedicated for older people in leisure facilities; and
- Specific efforts to engage those who are less comfortable in social settings.

With regard to **Respect and Social Inclusion**, the Older People of Roscrea **need**:

- Age Friendly training for services/businesses
- Services/businesses to adopt more 'Age Friendly' approach;
- Business/employment skills training and advice for interested older people;
- Appropriate opportunities to engage in Life Long Learning; and
- Appropriate training in the use of technology.

With regard to **Civic Participation**, the Older People of Roscrea **need**:

- Strong advocates;
- Recognition of the differing needs of a more diverse population;

- Opportunities to have their voice heard;
- Support in getting their voice heard; and
- Support for voluntary roles/activities.

With regard to **Communication and Information**, the Older People of Roscrea **need**:

- Increased awareness of the Citizens Information Service;
- Ready access to financial advice;
- Ready access to legal advice;
- Local points of information on activities/events; and
- More information on rights, entitlements and benefits.

With regard to **Community Support and Health Services**, the Older People of Roscrea **need**:

- An enhanced Befriending Service;
- An enhanced Bereavement Support Service;
- Additional chiropody services;
- Enhanced day care services providing personal, nursing and social care;
- Access to ablement, habilitation and rehabilitation care;
- Increased dementia awareness;
- Comprehensive/integrated care and support for those living with dementia and their carers;
- Day care services for those with dementia;
- Respite care in locally situated, dementia friendly environments;
- Flexible locally located housing for those with dementia;
- Person-centred, dementia friendly continuing care facilities;
- Continued local provision of dental services;
- Local provision of healthcare services;
- Better coordination of the delivery of services;
- The implementation of a case management approach;
- The barriers to accessing healthcare to be addressed;
- Healthcare services which are responsive to local needs;
- Adequate local GP services;
- Enhanced home help services which are responsive to their needs;
- Increased awareness of the home help services available;
- A service for short-time periods/illness;
- Improved hospital services;
- Encouragement to attend hospital services;
- Ongoing investment in the local Health Centre;
- A Meal Delivery Service that addresses the requirements of the community;
- Comprehensive mental health services in appropriate settings;
- Additional local nursing home beds;
- Living accommodation with flexible level of support;
- Enhanced occupational therapy services;
- Adequate pharmacy services;

- Enhanced physiotherapy services especially community based;
- Increased Public Health Nurse service;
- Dedicated public Health Nursing Service for older people;
- More locally available flexible respite care;
- Enhanced Roscrea based out of hours doctor services;
- Enhanced speech and language therapy services;
- More support, training and respite for carers;
- Specific support for those with intellectual disabilities to ensure that they can access all required services; and
- Transport service to appointments.

The analysis of needs has established the main trends in population, changing healthcare requirements and the specific needs of older people living in Roscrea. It is obvious that while the older residents of Roscrea are currently reasonably well served with many services, there are also many gaps and particular concerns about services and access to services for the future.

The sponsors of this research report, Friends of Dean Maxwell Home and Age Friendly Roscrea have the evidence to seek improvements in the services available for older people in Roscrea. The two organisations need to determine how they can respond to the needs identified in the report, but they also need to inform, challenge and encourage all other relevant stakeholders and service providers to take action to address the needs of older people.

All stakeholders/service providers including older people and the wider population need to consider the following questions:

- What current services need to be maintained and developed?
- What are the most critical gaps in services?
- How can the needs be met?
- Could resources be better utilised?
- Who can meet or help to meet the needs?
- What needs can each organisation/service provider address?
- What strategic alliances/partnerships are required to address specific needs?
- Who needs to be influenced to bring about changes?
- What are the consequences of not meeting the needs identified?
- What do the older people of Roscrea deserve?

1. INTRODUCTION

It is evident from local communities and analysis of national and international data that people are living longer which can be attributed to many factors but most notably enhanced nutrition and healthcare. Longer life expectancy has the obvious benefits of having more time to enjoy life, spend with family and friends and involvement in communities. However, it brings with it the challenges of providing services and supports for older people (who are much older and active than previous generations) and in particular caring for the needs of older people.

Friends of Dean Maxwell Home and Age Friendly Roscrea commissioned this analysis of the needs of Older People in Roscrea in order to determine the needs of older people and to highlight these needs to the relevant stakeholders, agencies and service providers locally, regionally and nationally.

Friends of Dean Maxwell Home was established in mid 1990s with the purpose of improving the quality of life for older people residing in or attending Dean Maxwell Home. This is achieved by raising and administering funds for the provision of services, equipment and outings/holidays. The group aims to support the management and staff of Dean Maxwell Home in delivering an effective service to the Roscrea community.

Age Friendly Roscrea was established in 2016 to progress the age friendly agenda in Roscrea. The vision of Age Friendly Roscrea is: *'to make Roscrea a great place in which to live and grow old'*.

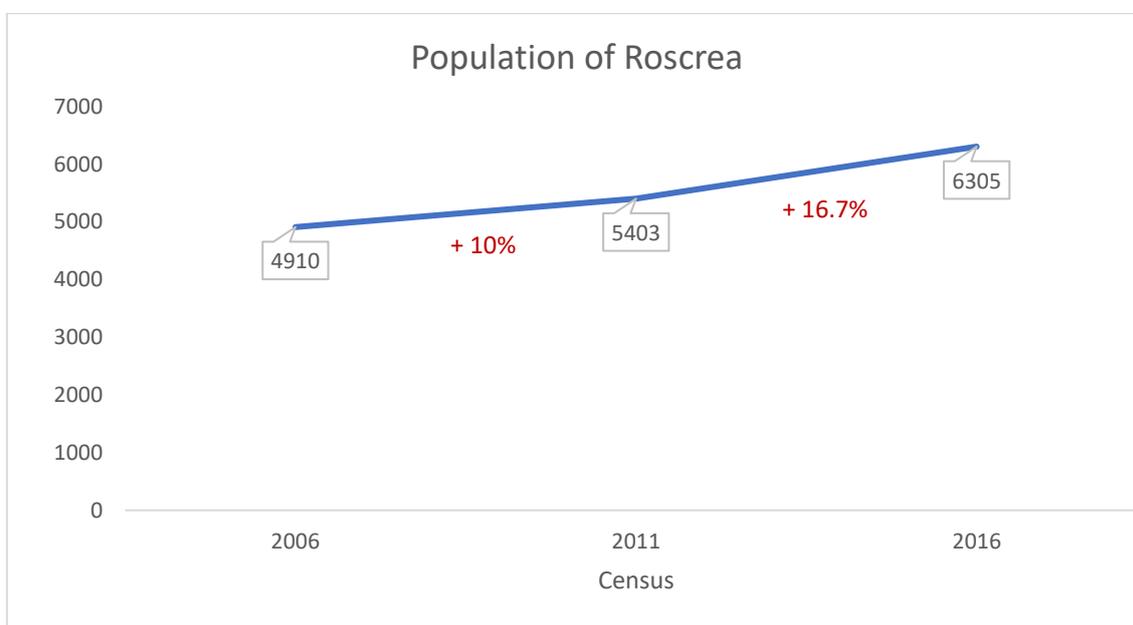
The objectives of Age Friendly Roscrea are:

- To facilitate/empower and encourage Older Roscrea Residents to enjoy their active and inclusive position in society;
- To learn the views of Older Roscrea Residents and stakeholders;
- To be a voice for Older Roscrea Residents when necessary;
- To identify and prioritise actions in consultation with Older Roscrea Residents;
- To develop strategy that will direct Age Friendly Roscrea and service providers;
- To create awareness and ensure Age Friendly Roscrea on all relevant agendas;
- To advise, encourage and support service providers;
- To initiate and support actions identified in consultation with Older Roscrea Residents; and
- To evaluate and measure progress.

2. DESCRIPTION OF ROSCREA

Roscrea is a linear town built on a number of steep hills with the river Moneen flowing through the centre of the town. Roscrea has a central location, just off the M7 Dublin Limerick Motorway (town was located on main route from Limerick to Dublin prior to the opening of the M7) and on the N62 connecting Thurles to Athlone. The town is located close to the Tipperary and Offaly (Munster and Leinster) border. Traditionally Roscrea would have been described as a market town. The main sources of employment in the town have historically been in food production, pharmaceuticals and retailing. Similar to many other towns, in recent decades residential areas have developed around the periphery of the town which has brought increased population, but also more dispersed residential areas distanced from the town centre and centrally located services (NTCC, 2012¹).

The population of the Roscrea Electoral Division was 6,305 people in 2016 and was predicted to continue to grow (CSO, 2016²; NTCC, 2012³).



Source: CSO

Figure 1 Growth in Population of Roscrea 2006-2016

Some 14.1% of the population of the Roscrea Electoral Division were aged 65 years or older in 2016. The national average was slightly lower at 13.3% of the population aged 65 years or older. A further 4.4% of the population of the Roscrea Electoral Division were aged between 60 and 64 years and 6.5% between 55 and 59 years. The average age of the population of Roscrea in 2016 was 37.4 years, an increase of 1.2 years since 2011.

The old dependency rate (people aged over 65 years as a percentage of the working population) in Roscrea was 21.9% in 2016 (increased from 20.5% in 2011) which was higher

¹ North Tipperary County Council (NTCC), 2012. Roscrea Local Area Plan 2012-2018.

² Central Statistics Office, 2016. Census of Ireland 2016.

³ North Tipperary County Council (NTCC), 2012. Roscrea Local Area Plan 2012-2018.

than the national average of 20.4% but lower than the average for Co. Tipperary which was 24.1%.

The Roscrea Community Action Plan 2016-2019 (TCC, 2015⁴) identified Roscrea as one of the areas in the county where deprivation is high, and families are struggling. The Pobal Deprivation Index (Pobal, 2018⁵) (the index provides a relative affluence or disadvantage score for geographic areas) for Roscrea Electoral Division was -8.72 in 2016 which was described as *marginally below average*. The deprivation figure for Co. Tipperary was -3.39. Within Roscrea, there were a number of smaller areas which were described as *disadvantaged* or *very disadvantaged*.

⁴ Tipperary County Council (TCC), 2015. Roscrea Community Action Plan 2016-19. Tipperary County Council.

⁵ Pobal, 2018. Pobal Deprivation Indices. <https://maps.pobal.ie/WebApps/DeprivationIndices/index.html>.

3. BACKGROUND AND CONTEXT – THE NEEDS OF OLDER PEOPLE

In order to set the context for this needs analysis, some relevant statistics, trends and research findings are examined in this section.

3.1 Trends in Life Expectancy

The aging population and the increasing proportion of older people is an outcome of improved health and increased life expectancy. The life expectancy in Ireland is increasing faster than the EU average (OECD, 2017⁶). The life expectancy at birth in Ireland was 81.5 years in 2015 (EU average was 80.6 years), an increase from 76.6 years in 2000. In contrast, a century ago, the average life expectancy was 50 years (DOH, 2013⁷). The life expectancy in Ireland in 2015 for a female aged 65 years was 21 years with an expectation of 12 healthy years while it was 18 years for males with an expectation of 11 healthy years (DOH, 2018⁸).

3.2 Older Population in Ireland

In 2016, there were 637,500 people aged over 65 years in Ireland, an increase of 19.1% since 2011 (CSO, 2016⁹). Some 23.3% of all people aged over 65 years in 2016 were 80 years old or over. It is anticipated that there will be a significant aging of the population over the next two decades with estimates of 1.3-1.4 million people aged over 65 years by 2041 (representing 20-25% of the population) and the over 80 year old cohort are expected to reach 440,000 by 2041 (Cahill et al., 2012¹⁰).

It was estimated that there were over 41,000 people living in Ireland in 2016 with dementia with a projected increase in the number of people with this condition reaching between 141,000 and 147,000 by 2041 (Browne, 2016¹¹; Cahill et al., 2012¹²).

3.3 Consequences/Impacts of an Ageing Population

Old age and retirement were in the past typically viewed as a time when people were withdrawing from active involvement and participation in society and a period of decline and '*retirement from life*' but now later life is seen more as a period of new beginnings and

⁶ OECD/European Observatory on Health Systems and Policies (2017), Ireland: Country Health Profile 2017, State of Health in the EU, OECD Publishing, Paris/European Observatory on Health Systems and Policies, Brussels. <http://dx.doi.org/10.1787/9789264283435-en>.

⁷ Department of Health (DOH), 2013. Positive Ageing – Starts Now! The National Positive Ageing Strategy.

⁸ Department of Health (DOH), 2018. Life Expectancy and Healthy Years at Age 65. Graph presented on Department of Health website (<https://health.gov.ie/wp-content/uploads/2018/01/Figure-1-8.png>).

⁹ Central Statistics Office, 2016. Census of Ireland 2016.

¹⁰ Cahill, S., O'Shea, E., Pierce, M., 2012. Creating Excellence in Dementia Care – A Research Review for Ireland's National Dementia Strategy. DSIDC's Living with Dementia Research Programme, School of Social Work and Social Policy, Trinity College, Dublin Irish Centre for Social Gerontology, National University of Ireland, Galway.

¹¹ Browne, M, 2016. Responding to the Support & Care Needs of our Older Population – Shaping an Agenda for Future Action. Report to Forum on Long-Term Care for Older People.

¹² Cahill, S., O'Shea, E., Pierce, M., 2012. Creating Excellence in Dementia Care – A Research Review for Ireland's National Dementia Strategy. DSIDC's Living with Dementia Research Programme, School of Social Work and Social Policy, Trinity College, Dublin Irish Centre for Social Gerontology, National University of Ireland, Galway.

of new possibilities when people continue to develop and contribute to their communities (Gibney et al, (2018¹³; DOH, 2013¹⁴).

People living longer and healthier lives is an obvious positive for society, however it also has implications (economic, social and political) at many levels including public policy, service provision, housing, transport, healthcare and education (among others) (DOH, 2013¹⁵; Gibney et al, 2018¹⁶).

As people age, more demands are placed on services/supports (e.g. healthcare and housing) for older people. Evidence from the UK suggests that by the age of late 80's, one in three people have difficulty with routine daily tasks and as a result may require support/assistance and modifications to their homes (Marmot et al, 2016¹⁷; SCIE, 2018¹⁸). To highlight, the challenge faced with housing, only 7% of homes in the UK were classed as meeting basic accessibility features for older people (DCLG, 2016¹⁹). In an Irish context, the National Housing Strategy stated that *'if older people are to live independently in their home for as long as possible, the design type and condition of housing will need to match the requirement of an ageing population'* (Respond, 2013²⁰). The reality is that adaptations to houses are needed to some extent in practically all households as people age.

Cognitive impairment including Alzheimer's disease and other dementias significantly impact on the physical, psychological and emotional state of those living with the conditions and their families/carers and increase the demand for care and support services.

A specific social consequence of aging for many older people is loneliness and isolation (which can have many contributing factors including health and low income). It is estimated that as many as one in three older people live alone and many suffer from loneliness. Loneliness can decrease life expectancy by up to 10 years (Tipperary County Council, 2018²¹).

¹³ Gibney S, Ward M, Shannon S, Moore T, Moran N. 2018, Positive ageing in age friendly cities and counties: local indicators report. Dublin: Department of Health.

¹⁴ Department of Health (DOH), 2013. Positive Ageing – Starts Now! The National Positive Ageing Strategy.

¹⁵ Department of Health (DOH), 2013. Positive Ageing – Starts Now! The National Positive Ageing Strategy.

¹⁶ Gibney S, Ward M, Shannon S, Moore T, Moran N. 2018, Positive ageing in age friendly cities and counties: local indicators report. Dublin: Department of Health.

¹⁷ Marmot, M., Oldfield, Z., Clemens, S., Blake, M., Phelps, A., Nazroo, J., Steptoe, A., Rogers, N., Banks, J., Oskala, A. (2016). English Longitudinal Study of Ageing: Waves 0-7, 1998-2015. [data collection]. 25th Edition. UK Data Service. SN: 5050.

¹⁸ Social Care Institute for Excellence (SCIE), 2018. The 100-year life: the role of housing, planning and design. Future of Care, Number 7, June 2018. (www.scie.org.uk).

¹⁹ Department for Communities and Local Government (DCLG) (2016), 'English housing survey 2014 to 2015: adaptations and accessibility of homes report'.

²⁰ Respond, 2013. National Strategy for Older People 2013-2016.

²¹ Tipperary County Council, 2018. A Strategy for a Healthy Tipperary 2018-2020.

3.4 Needs of Older People

One of the major challenges faced and feared by older people is the loss of independence. A National Economic and Social Forum report (NESF, 2005²²) identified that services play an important role in helping people to remain independent for longer. The report highlighted a number of critical enablers for supporting older people which are still valid in 2018 including:

- Housing – good housing enables older people to continue living independently and to maintain social contacts and networks;
- Transport – to encourage and support social integration and to facilitate access to community care services, such as day care;
- Physical and environmental design – good environmental design can support older people’s participation in society;
- Safety and security – in the home and community; and
- Technology - has considerable potential to facilitate greater social participation.

The needs of older people in Wales were identified as: having a sense of purpose and good relationships; living in a community sensitive to their needs; and having a good quality of life. The findings with regard to older people in Wales are very relevant to the Irish situation. Older people in Wales:

- Like to feel like they belong;
- Like to have something to do and feel needed;
- Want to be able to access information and advice;
- Need support for carers;
- Identify cost, transport, poor pavements, lighting and public toilets as barriers to engagement in society;
- State that public or community transport are not sufficient to their needs;
- Recognise that their housing needs change and need adaption as they age; and
- Are concerned about the pressure on their incomes and financial worries can cause anxiety (Welsh Government, 2013²³).

Evidence from UK research cited in (Browne, 2016²⁴) identified that older people want to:

- Remain in their own homes;
- Have a good quality of life;
- Develop good relationships with their carers; and
- Receive high-quality personalised care in which they are treated as an individual in.

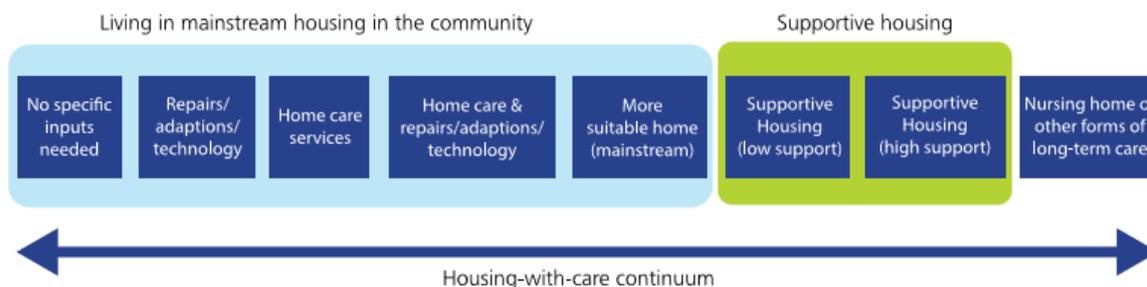
One of the most basic and fundamental needs is housing and the sense of feeling secure in one’s own home and individuals want to stay in their own homes and communities for as long as possible. As people age, their home becomes even more important as they spend more time in their own home (often substantially confined to their home) (Age Friendly

²² National Economic and Social Forum (NESF), 2005. Care for Older People NESF Report No. 32. (<http://hdl.handle.net/2262/72763>).

²³ Welsh Government, 2013. The Strategy for Older People in Wales 2013-2023 – Living longer, ageing well – Making Wales a great place to grow old.

²⁴ Browne, M, 2016. Responding to the Support & Care Needs of our Older Population – Shaping an Agenda for Future Action. Report to Forum on Long-Term Care for Older People.

Ireland, 2016²⁵). A very useful descriptive of the continuum of housing and care which highlights the differing needs of individuals from those living in their own homes with no supports needed to those requiring full-time nursing home care is presented in the Age Friendly Ireland Report (2016²⁶)(Figure 2).



Source: Age Friendly Ireland, 2016
Figure 2 Continuum of Housing With Care

The previous paragraphs have discussed the needs of older people. However, one of the particular challenges facing older people and of considerable concern to them is the withdrawal or decline in the local delivery of services. The fact that many services are centralised in larger urban areas impacts not only on the ability of older people to access services but also on social engagement and sense of community. Older people in particular miss the opportunity to interact with others in their local community while interacting with services. The move to online services and remote access is challenging for those who are not technology literate or competent while it is also more isolated and individual. Physically accessing services becomes more challenging when located in a larger urban centre rather than in a local community.

3.5 The Challenge of Providing Supports for Older People

The needs of older people are complex and while supports are provided, they may not be as beneficial in practice as in theory. By way of example, in a report to the forum on Long Term Care for Older People, Browne (2016²⁷) discussed the fact that home care packages are generally provided for specific tasks such as personal care or meal preparation but do not consider the holistic needs of the individual such as support to address social isolation or assistance with personal tasks. Home Care packages can:

- Enable older people to live at home for longer;
- Enable families to care for their older relatives;
- Give older people and their families a greater say in their care;
- Provide a more cost-effective than nursing homes or hospitals;
- Reduce the number of delayed hospital discharges;
- Reduce pressure on HSE services, such as public health nursing and home help;
- Be flexible in the way services are provided; and

²⁵ Age Friendly Ireland (AFI), 2016. Housing for Older People: Future Perspectives.

²⁶ Ibid.

²⁷ Department of Health (DOH), 2013. Positive Ageing – Starts Now! The National Positive Ageing Strategy.

- Stimulate employment creation in care services (Browne (2016²⁸)).

The example of the Home Care Packages illustrates the importance of supports for older people and the wider impact which they have.

3.6 Future Demand for Healthcare Services

Given the projected increase in population and increased life expectancy, there will be an increased demand for health care services. An Economic and Social Research Institute report (Wren et al., 2017²⁹) quantifies the likely demand for healthcare services between 2015-2030. Some of the most relevant projections are presented in Table 1.

Table 1 Selected Healthcare Projections 2015-2030

Issue	Projected Increase in Demand (%)
In Patient Bed Days (Public Hospitals)	32-37
In Patient Bed Days (Private Hospitals)	28-32
Emergency Department Attendances	16-26
GP visits	20-27
Practice Nurse Visits	26-32
Pharmacy Consultations	19-25
Long-term and Intermediate Care Resident Places	40-54
Long-term and Intermediate Care Day Places	40-54
Home Care Packages	44-66
Home Help Hours	38-54
Public Health Nurse Visits	26-35
Public Physiotherapy Visits	24-30
Public Occupational Therapy Visits	33-38

Source: Wren et al., 2017

3.7 Experiences of Older People in Ireland

The HaPAI AFCC Survey provides some insights into the lifestyles, community involvement/activities and issues affecting older people in Ireland (Gibney et al, 2018³⁰).

3.7.1 Outdoor Spaces and Buildings

- 21% of over 55 year olds were dissatisfied with pedestrian crossings and traffic lights;
- 29% were dissatisfied with traffic calming measures;
- 45% were dissatisfied with availability of seats or resting places;
- 64% were dissatisfied with the availability of accessible toilets; and

²⁸ Browne, M, 2016. Responding to the Support & Care Needs of our Older Population – Shaping an Agenda for Future Action. Report to Forum on Long-Term Care for Older People.

²⁹ Wren, M.A, Keegan C., Walsh, B., Bergin, A., Eighan, J., Brick, A., Connolly, S., Watson, D., Banks, J., 2017. Projections in Demand for Healthcare in Ireland, 2015-2030 – First Report from the Hippocrates Model. Produced by the Economic and Social Research Institute. Research Series 67, October 2017.

³⁰ Gibney S, Ward M, Shannon S, Moore T, Moran N. 2018, Positive ageing in age friendly cities and counties: local indicators report. Dublin: Department of Health.

- 27% were dissatisfied with the quality and continuity of footpaths.

3.7.2 Transport

- 69% of over 55 year olds drove themselves in the past week (79% of males and 59% of females) – 58% of 70+ year olds;
- 31% reported difficulties accessing public transport; and
- The main impacts of transport issues include: difficulty socialising; doing essential tasks; and getting to health/social care appointments.

3.7.3 Security

- 25% of over 55 year olds had difficulty with housing maintenance;
- 10% had housing conditions problems;
- 21% had housing facility (e.g. toilet, shower, space) problems; and
- 10% were unable to keep their home adequately warm.

3.7.4 Community and Social Participation

- 11% of over 55 year olds (8.8% in Co. Tipperary) attended a training or education course in the past 12 months (mainly arts, crafts and cookery) - 6.9% of 70+ year olds;
- Higher level of participation in training and education courses among those living in the countryside and villages;
- Lower incomes and poorer physical health were barriers to participation in education or training courses;
- 25% of over 55 year olds volunteered in an organisation at least once per month (19% of 70+ year olds);
- Almost half (48%) of over 55 year olds participated in community activities at least once per month (46% of over 70 year olds);
- Nine out of ten (92%) over 55 year olds socialised at least once per month;
- The main barriers to social participation included:
 - Activities available don't interest them (25%);
 - No interest in attending activities (22%);
 - Lack of transport (11%); and
 - Activities too expensive (10%).

3.7.5 Access to Essential and Social Services

- 41% of over 55 year olds experienced difficulties in accessing essential services (post, banks, transport, shops, health services or Garda stations); and
- 31% experienced difficulties in accessing social services (cinema, entertainment, park or green area, community centre or other venue, café, restaurant, library).

3.7.6 Health

- 70% rated their health as good/very good (61% of 70+ year olds);

- 69% of over 55 year olds had at least one chronic condition; and
- 29% had a long-standing illness or condition that limits daily activity and a further 14% had a long-standing illness or condition which did not limit daily activity.

3.7.7 Care Giving

- 25% of over 55 year olds were caring for a child/grandchild weekly;
- 8.5% were caring for an older relative weekly; and
- 6.7% were caring for a child/grandchild and an older relative weekly.

3.8 Insights from The Irish Longitudinal Study on Ageing

The Irish Longitudinal Study on Ageing (TILDA) is a large scale nationally representative study on ageing in Ireland. The emerging results provide some interesting insights into older people. Some relevant findings are presented below.

3.8.1 Transport

- As people get older, they are less likely to drive themselves and more likely to rely on others for transport. Only 30% of women aged over 75 years old drive themselves.
- Use of public transport only marginally increases with age which reflects both the greater convenience of travelling by car and the lack of suitable public transport.
- Lack of local transport facilities affects the lifestyle of one in five rural adults aged over 75 years. While an inability to drive also affects the ability to socialise, attend business, social or healthcare appointments.
- People who can drive themselves or have ready access to public transport have a higher level of engagement in social activities or volunteering.
- Non-drivers have higher levels of depressive symptoms and loneliness and a lower quality of life to drivers.
- As the population ages, there is an increasing need for improved transport networks and services that meet the specific needs of older adults (O'Donoghue et al., 2017³¹).

3.8.2 Contribution to Community and Family

- 53% of older adults volunteered at some time during the year and 17% did so at least once per week.
- Sixty percent of the older population take part in active and social leisure activities at least once per week, while 47% are involved in formal organisations/ clubs.
- Volunteering and social participation are associated with better quality of life (Ward and McQuarrie, 2017³²).

³¹ Donoghue, O., Orr, J., Leahy, S., R.A. Kenny, 2017. Transport Patterns in Community-Dwelling Adults aged 50 Years and Older. The Irish Longitudinal Study on Ageing, Lincoln Place, Trinity College Dublin, Dublin 2.

³² Ward, M., McGarrigle, C., 2017. The Contribution of Older Adults to their Families and Communities. The Irish Longitudinal Study on Ageing, Lincoln Place, Trinity College Dublin, Dublin 2.

3.8.3 Physical and Mental Health

- Low physical activity is almost twice as prevalent in those aged 75 years and older compared to those aged 50-64 years.
- Older adults with high levels of physical activity report greater participation in social activities, better self-rated health, better quality of life and lower loneliness and less depressive symptoms compared to those with low physical activity levels.
- Not being able to cross the road safely and comfortably can impact on everyday experiences, social engagement, physical activity, independence and quality of life (O 'Donoghue et al., 2016³³; O 'Donoghue and Kenny, 2015³⁴).
- Good mental health is associated with better social relationships and reduced risk of physical illness (O 'Regan et al., 2011³⁵).

3.9 Policy Responses to Ageing Population

The National Positive Ageing Strategy launched in 2013 is the Government's blueprint for planning for an 'age-friendly' society.

The vision of the National Positive Aging Strategy is that:

Ireland will be 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 (DOH, 2013³⁶).

The goals of the National Positive Aging Strategy are to:

- Remove barriers to participation and provide more opportunities for the continued involvement of people as they age in all aspects of cultural, economic and social life in their communities according to their needs, preferences and capacities;
- Support people as they age to maintain, improve or manage their physical and mental health and wellbeing;
- Enable people to age with confidence, security and dignity in their own homes and communities for as long as possible; and
- Support and use research about people as they age to better inform policy responses to population ageing in Ireland (DOH, 2013³⁷).

³³ Donoghue, O., O'Connell, M., R.A. Kenny, 2016. Walking to Wellbeing: Physical Activity, Social Participation and Psychological Health in Irish Adults aged 50 Years and Older. The Irish Longitudinal Study on Ageing, Lincoln Place, Trinity College Dublin, Dublin 2.

³⁴ Donoghue, O., Kenny, R.A., 2015. Amber Cross Code: Walking Speed in Middle-Aged and Older Adults and the Implications for Pedestrian Traffic Signals. The Irish Longitudinal Study on Ageing, Lincoln Place, Trinity College Dublin, Dublin 2.

³⁵ O'Regan, C., Cronin, H., Kenny, R.A., 2011. Mental Health and Cognitive Function in Fifty Plus in Ireland 2011. First Report from The Irish Longitudinal Study on Aging (Edited by Barrett, A., Savva, G., Timonen, V. and Kenny, R.A. The Irish Longitudinal Study on Ageing, Lincoln Place, Trinity College Dublin, Dublin 2.

³⁶ Department of Health (DOH), 2013. Positive Ageing – Starts Now! The National Positive Ageing Strategy.

³⁷ *ibid.*

Local Authorities across Ireland are implementing age friendly programmes which are designed to support and enable older people to *'age actively' 'living in security and good health while continuing to participate fully in society'*. Active ageing is the process of optimizing opportunities for health, participation and security in order to enhance quality of life as people age. In order to facilitate this services and facilities are made more accessible in order to cater for varying levels of ability (Gibney et al., 2018³⁸).

Each local authority has committed to developing an Age Friendly Programme based on the World Health Organisation (WHO) Age Friendly Cities Framework and Guidelines (WHO, 2007³⁹). The WHO framework covers the main areas for action and change:

Security:

- Outdoor spaces and buildings;
- Transportation;
- Housing;

Participation:

- Social participation;
- Respect and social inclusion;
- Civic participation and employment;

Health:

- Communication and information; and
- Community support and health services.

3.9.1 Programme for Partnership Government

Recognising the aging of the Irish population, the 2016 Programme for Partnership Government specifically referenced policies which could potentially cater for a more diverse aging population who want to live independent and active lives (Government of Ireland, 2016⁴⁰). Some of the relevant commitments in the Programme for Partnership Government include:

- Improve supports and services for older people to live independently;
- Build the capacity of GPs to respond to needs;
- Increase the numbers of training places for healthcare professionals;
- Expand the Public Health Nurse (PHN) service;
- Increase funding for homecare packages;
- Further investment in Housing Adaption Scheme and Senior Alert;
- Work to keep transport services operating on as many routes as possible; and
- Seek to improve the integration of transport services in rural areas.

These are worthwhile aspirations if they are delivered over the lifetime of the Government.

³⁸ Gibney S, Ward M, Shannon S, Moore T, Moran N. 2018, Positive ageing in age friendly cities and counties: local indicators report. Dublin: Department of Health.

³⁹ World Health Organisation (WHO), 2007. Global Age-Friendly Cities: A Guide. World Health Organisation.

⁴⁰ Government of Ireland, 2016. A Programme for Partnership Government. www.merriestreet.ie.

4. ANALYSIS OF NEEDS

The purpose of the research is to inform the Friends of Dean Maxwell Home and Age Friendly Roscrea on the needs of older people and serve as a reference document for stakeholders involved in the delivery and future planning of health, social care and general services for older people in the town.

The objectives of the research are to:

1. Understand the demography of Roscrea, examining population projections to 2030 based on 2016 Census data;
2. Examine the health care, social care and community services currently available in Roscrea for older people and their capacity to meet the population projections to 2030;
3. Explore the services and supports Roscrea needs as a community to enable an older person in Roscrea to 'Age in Place' now and into the future with reference to international evidence based best practice and national policy; and
4. To make recommendations to inform Age Friendly Roscrea and other stakeholders with regard to 'Ageing in Place' now and in the future for the citizens of Roscrea.

Over the past 2 years, Age Friendly Roscrea have conducted a wide range of consultations with the general public, relevant service providers, voluntary groups and other stakeholders. This information was collated and analysed to determine the issues impacting on older people. Older people from Roscrea were invited to complete survey questionnaires on the key issues affecting them and their older family members, friends and neighbours. Four specific consultations were held focused on dementia. Round table discussions were organised in Roscrea with key individuals involved in and associated with the Friends of Dean Maxwell House and Age Friendly Roscrea to explore in more depth the issues impacting on and needs of older people (session 1 – 24 participants & session 2 – 15 participants). The outcomes from the consultations provide an insight into the needs of older people in Roscrea.

5. ASSESSMENT OF CURRENT SERVICES FOR OLDER PEOPLE AND DETERMINATION OF NEEDS

Some of the key elements in the vision of the Roscrea Local Area Plan 2012-2018 with relevance to older people include *'a vibrant community comprising a high quality and safe environment.....excellent citizen support facilities.....a strong community spirit which binds together longstanding residents and newcomers'* (NTCC, 2012⁴¹). The plan identified one of the major issues for Roscrea was the need to improve existing facilities and to provide additional facilities and amenities to serve the growing population (TCC, 2015⁴²).

Some of the other needs relevant to older people included:

- Improve facilities for pedestrians including walking/cycling routes and amenity walks;
- Sustainable access to community facilities and amenities by:
 - Locating facilities where they are accessible to the older and vulnerable groups without relying on motorised transport and good vehicular, pedestrian and cycling access;
 - Providing a high level of public and private transport access to facilities and amenities, including proximity to bus routes and stops;
 - Clustering and/or linking facilities together to allow for multi-functional use, to minimise the number of trips required to access facilities and to provide focal points for community life, interaction and recreation.
- Improve access to buildings and public spaces; and
- Upgrade and link pedestrian routes throughout the town (NTCC, 2012)

Roscrea is recognised by older people as being a community which is friendly with people who are willing to get involved and as a result there is a good community spirit. The town is considered to be of a scale that it is large enough that it is served by commercial and social services but small enough that people know each other. There are a large number of voluntary organisations in operation in Roscrea.

Based on projections undertaken by the Central Statistics Office (CSO) and the National Planning Framework (NPF), it is possible to extrapolate figures for the future population of Roscrea. Based on predicted national population growth rates, the population of Roscrea could reach over 7,000 by 2030 (Figure 3).

⁴¹ North Tipperary County Council (NTCC), 2012. Roscrea Local Area Plan 2012-2018.

⁴² Tipperary County Council (TCC), 2015. Roscrea Community Action Plan 2016-19. Tipperary County Council.

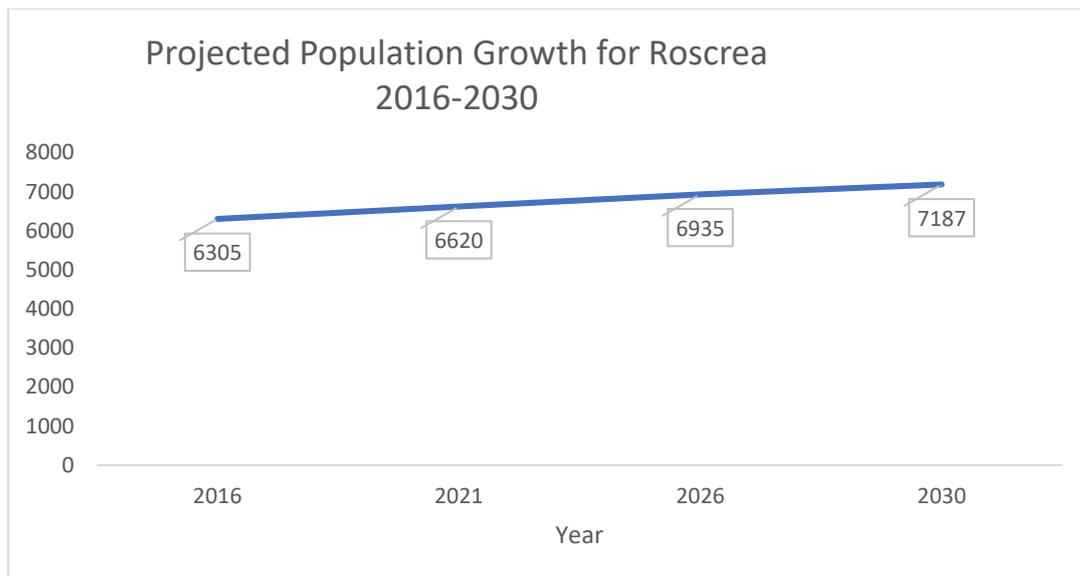


Figure 3 Projected Population Growth for Roscrea (2016-2030)

Indications are that the older population (65 years and older) will increase at a greater rate than the overall population. Taking account of a range of sources⁴³, it is possible to suggest that the proportion of older people (aged 65 years and older) in Roscrea, will increase from 14.1% in 2016 to 18.9% of the population by 2030 (Figure 4).

⁴³ The future projections on the population of Older People in Roscrea have been informed by a range of publications including:

- Centre for Ageing Research & Development in Ireland (CARDI) –Illustrating Ageing in Ireland North and South – Key Facts and Figures. (2010) – predicted the proportion of 65 years plus to be 18.6% of the population by 2030;
- The Irish Longitudinal Study on Ageing (Tilda) - predicted the proportion of 65 years plus to be 20% of the population by 2030;
- Economic and Social Research Institute (ESRI) – Projections of Demand for Healthcare in Ireland, 2015-2030 – First Report from the Hippocrates Model - predicted the proportion of 65 years plus to be 18% of the population by 2030; and
- Central Statistics Office (CSO) – Population and Labour Force Projections 2017-2051 predicted the proportion of 65 years plus to be between 18.8% of the population by 2030.

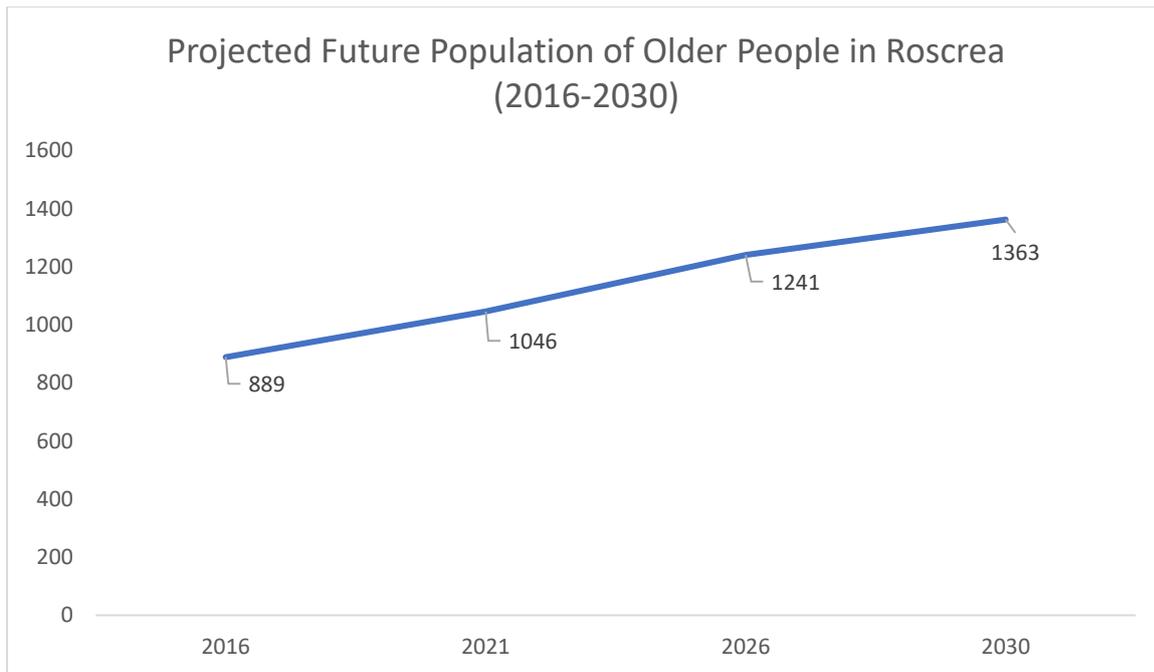


Figure 4 Projected Future Population of Older People (65 years and older) in Roscrea (2016-2030)

The assessment of current services and determination of future needs follows the World Health Organisation (WHO) Age Friendly Cities Framework and Guidelines (WHO, 2007⁴⁴):

Security:

- Outdoor spaces and buildings;
- Transportation;
- Housing;

Participation:

- Social participation;
- Respect and social inclusion;
- Civic participation and employment;

Health:

- Communication and information; and
- Community support and health services.

All older people require specific services; however, the consultation process identified a number of groups of older people which may have specific needs or may need to be specifically considered:

- Older people with no family members;
- Those with dementia;
- Those who are isolated or living alone;
- Incapacitated;
- Non-drivers;
- Carers of older people;
- Those with mental ill-health;

⁴⁴ World Health Organisation (WHO), 2007. Global Age-Friendly Cities: A Guide. World Health Organisation.

- People with intellectual difficulties ;
- Tenants of private rented accommodation;
- Those with disabilities or chronic conditions;
- Men and women may have different needs;
- Older people with literacy issues; and
- Older members of the traveller community.

5.1 Outdoor Spaces and Buildings

Issue	Comments on Current Service	Need
Information & Services	<ul style="list-style-type: none"> Many services are provided in stand-alone locations (dispersed across the town) often inadequate to the needs of providers and the public and with varying levels of access 	<ul style="list-style-type: none"> Range of services located in one building with: common waiting area; shared office space; good access and parking
Financial Services (Banks and Credit Union)	<ul style="list-style-type: none"> Financial services are provided by 2 Banks and the Credit Union Toilets and places to sit are limited in public buildings 	<ul style="list-style-type: none"> Services need to take greater consideration of the needs of older people in terms of their: privacy; ability to use technology both within and without the Bank/Credit Union; and understanding and explaining of issues Enhanced provision of toilets and seating
Footpaths	<ul style="list-style-type: none"> Surface and quality of the footpaths is very variable and many need essential maintenance and improvement 	<ul style="list-style-type: none"> Footpaths need to be maintained in a condition which is safe for all users but particularly those with reduced or impaired mobility including wheelchair and mobility scooter users
Gardai	<ul style="list-style-type: none"> The Garda station is not open 24/7 Squad car is not always available during opening hours Lack of full-time Garda service creates fear among older people 	<ul style="list-style-type: none"> 24/7 cover in the local Garda Station is important for crime prevention and piece of mind for older adults An enhanced visible presence on the streets would instil greater confidence and sense of personal safety

<i>The Older People of Roscrea Need</i>
<ul style="list-style-type: none"> <i>A central service and information hub</i>
<ul style="list-style-type: none"> <i>Older friendly services in financial institutions suited to their needs</i>
<ul style="list-style-type: none"> <i>Well maintained footpaths which are safe to access and use</i>
<ul style="list-style-type: none"> <i>24/7 Garda presence in the town</i>

Issue	Comments on Current Service	Need
Public Buildings (Including key service providers – public and private)	<ul style="list-style-type: none"> Older people currently experience difficulty in accessing public buildings which can deter them people from accessing services (e.g. post office, bank) or limit the services available to them Toilets and places to sit are limited 	<ul style="list-style-type: none"> Improvements are required to ensure that all buildings are accessible for older people and those with mobility issues Enhanced provision of toilets and seating
General Services	<ul style="list-style-type: none"> General service needs of older people are met by a combination of public and private provision Services are provided by a range of linked and unlinked agencies often with limited cross engagement 	<ul style="list-style-type: none"> Better coordination of services across agencies and providers Barriers to accessing services need to be identified and addressed including: opening hours; location; transport; understanding; fears; and other concerns Services should respond to local needs and be flexible to adapt to those needs
Parking	<ul style="list-style-type: none"> Due to the high dependence by older adults on cars, designated parking for older adults around the town centre and in particular in the vicinity of essential services such as the post office, banks, social welfare office and other areas are important and considered inadequate currently 	<ul style="list-style-type: none"> Additional designated parking spaces are needed for older adults and disabled particularly in the vicinity of key service points

<i>The Older People of Roscrea Need</i>
<ul style="list-style-type: none"> <i>More accessible public buildings with improved facilities</i>
<ul style="list-style-type: none"> <i>Better coordination of services</i> <i>The barriers to accessing services to be addressed</i> <i>Flexible services responsive to local needs</i>
<ul style="list-style-type: none"> <i>Additional designated parking spaces in central locations</i>



Issue	Comments on Current Service	Need
Pedestrian Crossings & Traffic Calming	<ul style="list-style-type: none"> Limited provision to date and difficult for older people to cross busy streets Older people require additional time to cross the road even where crossings are provided Traffic calming measures are in place in some areas, but further measures are considered necessary 	<ul style="list-style-type: none"> Further pedestrian crossings are required to allow older people (and other users) to safely cross the road Crossings need to be reviewed to consider the time it takes older adults to safely cross the road Traffic calming measures are required particularly in vicinity of residential and commercial areas
Public Lighting	<ul style="list-style-type: none"> Currently considered as inadequate and the town could benefit from more lighting which would both encourage the usage of public spaces after dark and improve actual and perceived personal safety 	<ul style="list-style-type: none"> Provision of public lighting needs to be reviewed to ensure that there are no lighting blackspots within the town Breakdowns and damaged public lighting need to be promptly repaired
Public Recreation Places	<ul style="list-style-type: none"> Public recreation places within the town are critically important for health and well-being of older adults as they provide them with a place to exercise and interact with others within the town The town is reasonably well served with public recreation areas, but these could be better developed to serve the needs of older people 	<ul style="list-style-type: none"> Need ongoing development and maintenance to ensure that they are accessible and safe Suitable recreational/fitness equipment needs to be provided and maintained Older people should be provided with training/guidance on the safe usage of exercise/fitness equipment

The Older People of Roscrea Need
<ul style="list-style-type: none"> <i>More pedestrian crossings with appropriate crossing times</i> <i>More traffic calming measures</i>
<ul style="list-style-type: none"> <i>Improved and well maintained public lighting</i>
<ul style="list-style-type: none"> <i>More safe and accessible public recreation spaces with appropriate fitness equipment</i>

Issue	Comments on Current Service	Need
Shops	<ul style="list-style-type: none"> Roscrea is well served with large supermarkets and a range of smaller shops Location of supermarkets is spread out and older people can be limited to the one nearest to them Decline in business for smaller shops means choice for some items is limited Toilets and places to sit are limited in shops Limited lift access in some shops 	<ul style="list-style-type: none"> Shops need to be encouraged to consider the access issues for older people and those with reduced mobility and assess the extent to which all parts of their stores are accessible Enhanced provision of toilets and seating
Streets	<ul style="list-style-type: none"> Roscrea has a number of narrow streets including a number which have steep hills It is difficult for older people to safely access all parts of the town 	<ul style="list-style-type: none"> Safe pedestrian access needs to be maintained on all streets including newer residential areas and commercial developments Safe walking routes from car parks/central locations to main services/shops
Cycling Paths/Routes	<ul style="list-style-type: none"> No cycling paths around the town 	<ul style="list-style-type: none"> Safe cycling paths/routes into and around Roscrea

<i>The Older People of Roscrea Need</i>
<ul style="list-style-type: none"> <i>Enhanced accessibility in shops and business premises</i>
<ul style="list-style-type: none"> <i>Safe pedestrian access to streets, residential and commercial developments</i> <i>Safe walking routes to main services and across town</i>
<ul style="list-style-type: none"> <i>Safe cycling routes/paths</i>

5.2 Transport

Issue	Comments on Current Service	Need
Bus Shelter & Seating	<ul style="list-style-type: none"> Older people are often dependent on buses, but they are exposed to the weather without the benefit of a bus shelter 	<ul style="list-style-type: none"> A bus depot with facilities A bus shelter with seating
Community Transport – Local Link Service	<ul style="list-style-type: none"> Limited service available which does not encourage usage Limited information available about the service The linear spread-out nature of the town and hilly profile make a community transport system a necessity for those without their own transport 	<ul style="list-style-type: none"> Service needs to be promoted and should respond to local needs Shuttle bus service is required across the town and to the peripheral parts of the town The local community should be engaged in consultation on possible routes and scheduling Connectivity with national services
National Bus & Rail Service	<ul style="list-style-type: none"> Roscrea is served by rail and bus (public and private) services 	<ul style="list-style-type: none"> More frequent connections which would allow for greater connectivity to other national services and reduce travel times

<i>The Older People of Roscrea Need</i>
<ul style="list-style-type: none"> <i>A bus depot with facilities</i> <i>A seated bus shelter</i>
<ul style="list-style-type: none"> <i>An enhanced community transport service appropriate to their needs</i>
<ul style="list-style-type: none"> <i>Improved connectivity with national bus and train routes</i>

Issue	Comments on Current Service	Need
<p>Parking</p>	<ul style="list-style-type: none"> • Due to the high dependence on cars, designated parking for older adults around the town centre and in particular in the vicinity of essential services such as the post office, banks, social welfare office and other areas are important and considered inadequate currently • Illegal parking on footpaths and disabled parking spaces leads to difficulties for older people in accessing services and the town centre and places them in possible danger while avoiding parked cars 	<ul style="list-style-type: none"> • Additional designated parking spaces are needed for older adults and disabled particularly in the vicinity of key service points • Infringements on parking in disabled parking spaces and on footpaths need to be enforced

<p><i>The Older People of Roscrea Need</i></p>
<ul style="list-style-type: none"> • <i>Additional designated parking spaces</i> • <i>Greater enforcement of parking infringements on footpaths and designated spaces</i>

5.3 Housing

Issue	Comments on Current Service	Need
<p>Specific Housing for Older People</p>	<ul style="list-style-type: none"> • A total of 16 specific units for older people are available in Roscrea which is a small number relative to the possible demand within the community • Housing units targeted at older people are most appropriate in locations accessible to the town centre • Clusters of specific units for older people would provide mutual support, reduce isolation while encouraging independent living 	<ul style="list-style-type: none"> • More units required which are specific to older peoples needs and in appropriate locations relative to services (walking distance) • Smaller houses suited to the needs of older people should be included in all new housing developments (public & private) to ensure that options are available for older people
<p>Downsizing of Homes</p>	<ul style="list-style-type: none"> • Some older people are also exploring options to downsize within the private housing market, but options are limited. But many others have not considered the option but are overburdened by the necessity to maintain a large house and/or garden 	<ul style="list-style-type: none"> • To promote the concept of down/right sizing • Identify suitable properties in central locations • Explore options for both purchase and rental

<p><i>The Older People of Roscrea Need</i></p>
<ul style="list-style-type: none"> • <i>More housing units for older people in accessible locations</i>
<ul style="list-style-type: none"> • <i>To have options available to down/right size their homes</i>

Issue	Comments on Current Service	Need
Grants and Assistance for Home Improvements	<ul style="list-style-type: none"> • Supports are available nationally to assist with the costs of home modifications/improvements but many are not aware of them or not adequately informed on the terms and conditions 	<ul style="list-style-type: none"> • More information on what is available and explanation as to how these could be of benefit to older adults • Support for older people in completing applications
Home Improvements	<ul style="list-style-type: none"> • Many older people need modifications to their homes to facilitate changed circumstances or they may need maintenance undertaken • Fear exists among older people with regard to identifying and engaging suitable trusted tradesmen to work in their homes due to concerns relating to: the cost of the work; the quality and standard of the work (in general and/or to meet grant requirements); and personal safety 	<ul style="list-style-type: none"> • A list of trusted tradesmen available to undertake maintenance work • Indicative guideline prices for typical projects • Information with explanations and examples on projects and supports available
Age Friendly Housing Developments	<ul style="list-style-type: none"> • Roscrea is served by many housing developments both long established and new. However, many developments could benefit from being more age friendly 	<ul style="list-style-type: none"> • Initiatives in all housing developments to ensure that they are age friendly

<i>The Older People of Roscrea Need</i>
<ul style="list-style-type: none"> • <i>More information on supports for home improvements/modifications</i> • <i>Support for the completion of application forms</i>
<ul style="list-style-type: none"> • <i>Trusted tradesmen and guidance on prices for home improvements/modifications</i>
<ul style="list-style-type: none"> • <i>Age friendly initiatives in all housing developments (old and new)</i>

Issue	Comments on Current Service	Need
Neighbourhood Watch	<ul style="list-style-type: none"> • Service leads to an increased sense of safety among older people but not all older people are fully aware of how it operates 	<ul style="list-style-type: none"> • Older people need increased awareness of the operation on the scheme in their own immediate areas
Seniors Alert Scheme	<ul style="list-style-type: none"> • Service leads to an increased sense of safety among older people but not all older people are aware of the scheme and how they could participate 	<ul style="list-style-type: none"> • Needs to be made available to all older people in the community • More information is required for older people

<i>The Older People of Roscrea Need</i>
<ul style="list-style-type: none"> • <i>To be better informed on neighbourhood watch</i>
<ul style="list-style-type: none"> • <i>To be better informed on the Seniors Alert Scheme</i>

5.4 Social Participation

Issue	Comments on Current Service	Need
Active Retirement Club	<ul style="list-style-type: none"> The local Active Retirement Club provides significant opportunities for social interaction It has an aging profile of members which requires rejuvenation 	<ul style="list-style-type: none"> Ongoing recruitment into the Active Retirement Club is required by encouraging others to join particularly those with a low level of social interaction
Library	<ul style="list-style-type: none"> Library is a well utilised and valued facility 	<ul style="list-style-type: none"> The use of the library facility by older people should be maximised by widening the services available to include the broad remit of technology and also by providing an opportunity for older people to meet and engage in social interaction
Low Literacy	<ul style="list-style-type: none"> Poor literacy is an issue for some older people and it can impact negatively on those affected and reduce their level of social engagement 	<ul style="list-style-type: none"> Provide opportunities for older people to improve their literacy skills and provide supports to assist those with poor literacy to access services and supports Community and voluntary groups to foster links with education authorities who provide education & training courses

<i>The Older People of Roscrea Need</i>
<ul style="list-style-type: none"> <i>Vibrant active retirement clubs</i>
<ul style="list-style-type: none"> <i>A wider range of services provided through the local library which promotes social interaction</i>
<ul style="list-style-type: none"> <i>Opportunities to improve literacy skills and support for those with literacy difficulties</i>

Issue	Comments on Current Service	Need
Risk of Poverty – Low Income	<ul style="list-style-type: none"> Many older residents as a result of circumstances, lack of financial planning or increasing living costs are under income pressure which can limit their engagement in society 	<ul style="list-style-type: none"> Support and information on dealing with financial stresses and overcoming financial challenges
Senior Citizens Club	<ul style="list-style-type: none"> The local Senior Citizens Club provides significant opportunities for social interaction Challenging for clubs to maintain activities due to pressure on volunteers, aging membership and lack of resources 	<ul style="list-style-type: none"> Support for the senior citizens club
Social Clubs	<ul style="list-style-type: none"> Wide range of social clubs active in Roscrea with a varying level of involvement from older people 	<ul style="list-style-type: none"> Social clubs need to encourage older people to become members/get involved Clubs should explore how they can maintain the active membership of older people
Social Events/ Activities for Older People	<ul style="list-style-type: none"> The organisation of a range of social events/activities encourages older people to get involved which has health and well-being benefits It is challenging to get older people to attend/participate in social events/activities 	<ul style="list-style-type: none"> Events/activities need to be continually promoted in order to encourage as wide as possible participation particularly among hard to reach groups

The Older People of Roscrea Need
<ul style="list-style-type: none"> <i>Support and information to overcome financial stresses/challenges</i>
<ul style="list-style-type: none"> <i>Support for senior citizens clubs</i>
<ul style="list-style-type: none"> <i>Social clubs which proactively encourage participation</i>
<ul style="list-style-type: none"> <i>Ongoing promotion of activities/events</i>

Issue	Comments on Current Service	Need	<i>The Older People of Roscrea Need</i>
Sports Groups/ Clubs/ Activities	<ul style="list-style-type: none"> Clubs are available and open to membership which benefit the health and well-being of older adults It can be difficult to encourage older people to become involved in sports groups/clubs 	<ul style="list-style-type: none"> Specific efforts need to be made to encourage and facilitate the engagement of older people in exercise activities 	<ul style="list-style-type: none"> <i>Encouragement to engage in exercise</i>
Swimming Pool/ Leisure Centre	<ul style="list-style-type: none"> Important facility within the local community which benefits health and well-being Number of older people utilising the facilities is relatively small 	<ul style="list-style-type: none"> Need to ensure that classes are available for older people and age friendly times are allocated Need to continue to encourage older people to utilise the facility and engage in activities to benefit their health and well-being 	<ul style="list-style-type: none"> <i>Specific classes/times dedicated for older people in leisure facilities</i>
Social Needs of Specific Groups	<ul style="list-style-type: none"> Some older people have poorer social skills or feel less comfortable engaging with others possibly due to mental ill-health or intellectual disabilities. 	<ul style="list-style-type: none"> Specific efforts to meet the social and interaction needs of those less comfortable in engaging with others 	<ul style="list-style-type: none"> <i>Specific efforts to engage those who are less comfortable in social settings</i>

5.5 Respect and Social Inclusion

Issue	Comments on Current Service	Need
Age Friendly Awareness Training	<ul style="list-style-type: none"> Age Friendly Awareness training has been undertaken by many service providers and businesses in Roscrea and as a result some have made changes in order to deliver more 'Age Friendly Services' 	<ul style="list-style-type: none"> Ongoing Age Friendly Awareness training needs to be provided to service providers and businesses
Age Friendly Services	<ul style="list-style-type: none"> Service providers and businesses have started to deliver more 'Age Friendly Services' 	<ul style="list-style-type: none"> Service providers and businesses need to respond with further actions which are more 'Age Friendly' e.g. assistance in accessing services or utilising self-service kiosks in businesses
Business and Employment Skills/ Training & Advice	<ul style="list-style-type: none"> As people are living longer, the traditional retirement age may no longer limit the desire to engage in productive activity. Some older people are interested in setting up a small business or becoming self-employed. However, there is no specific training/advice available for older people on setting up in business 	<ul style="list-style-type: none"> Business/employment skills training and advice for interested older people to encourage them to develop new opportunities

The Older People of Roscrea Need
<ul style="list-style-type: none"> Age Friendly training for services/businesses
<ul style="list-style-type: none"> Services/businesses to adopt more 'Age Friendly' approach
<ul style="list-style-type: none"> Business/employment skills training and advice for interested older people

Issue	Comments on Current Service	Need
Life-Long Learning	<ul style="list-style-type: none"> • Many older people have an interest and desire to engage in '<i>life long learning</i>' by participating in education and training courses of interest to them • For some, this opportunity available to them in their older years was not available or they did not have the opportunity to participate in training when they were younger 	<ul style="list-style-type: none"> • Community and voluntary groups to foster links with education authorities who provide education & training courses
Training in IT	<ul style="list-style-type: none"> • An increasing amount of services are provided through technological and online applications which are portrayed as simple, quick and at the fingertips. However, the reality for many older people is that their lack of IT skills means they are excluded from accessing services by their limited use of technology 	<ul style="list-style-type: none"> • Appropriate training is required for older people in utilising technologies such as those in financial institutions, self-service kiosks, on mobile phones an online • Community and voluntary groups to foster links with education authorities who provide education & training courses

<i>The Older People of Roscrea Need</i>
<ul style="list-style-type: none"> • <i>Appropriate opportunities to engage in Life Long Learning</i>
<ul style="list-style-type: none"> • <i>Appropriate training in the use of technology</i>

5.6 Civic Participation

Issue	Comments on Current Service	Need
Advocacy for Older People	<ul style="list-style-type: none"> Older people have many needs and face many challenges but may not be in a position to seek changes in services, policies and programmes. A number of organisations represent older adults at national level and advocate on their behalf but not to the same extent at local level 	<ul style="list-style-type: none"> Continual advocacy on behalf of older people at local, regional and national level
Diverse Population	<ul style="list-style-type: none"> A more diverse population leads to a wider range of issues and needs than previously within communities 	<ul style="list-style-type: none"> Recognition that a more diverse population will have a range
Engagement with Stakeholders and Politicians	<ul style="list-style-type: none"> In order to achieve improvements in services and policies for older people it is necessary to engage with stakeholders, providers and public representatives which is often challenging for older people 	<ul style="list-style-type: none"> Seek to develop ongoing opportunities to engage with stakeholders and public representatives
Represent Older People on Relevant Fora	<ul style="list-style-type: none"> Local committees/groups often have considerable influence over decision making but older people are often underrepresented or those who represent them are unsupported 	<ul style="list-style-type: none"> Supports are necessary for ensuring that older people are represented on relevant local fora so that their voice is heard

<i>The Older People of Roscrea Need</i>
<ul style="list-style-type: none"> <i>Strong advocates</i>
<ul style="list-style-type: none"> <i>Recognition of the differing needs of a more diverse population</i>
<ul style="list-style-type: none"> <i>Opportunities to have their voice heard</i>
<ul style="list-style-type: none"> <i>Support in getting their voice heard</i>



Issue	Comments on Current Service	Need
<p>Support for Volunteerism</p>	<ul style="list-style-type: none"> Many of the organisations/groups operating in Roscrea are dependent on the voluntary input of older people. Older people are willing volunteers in organisations but the increasing demands on volunteers can limit their involvement 	<ul style="list-style-type: none"> Support for older people in their volunteering roles/activities

<p><i>The Older People of Roscrea Need</i></p>
<ul style="list-style-type: none"> <i>Support for voluntary roles/activities</i>

5.7 Communication and Information

Issue	Comments on Current Service	Need
Citizens Information Service	<ul style="list-style-type: none"> Part-time service available in Roscrea and older people would like to see a full-time service 	<ul style="list-style-type: none"> Need to increase the awareness of the service and what it can offer to older people
Free Financial Advice	<ul style="list-style-type: none"> Limited service available 	<ul style="list-style-type: none"> Older adults could benefit from wider availability of financial advice
Free Legal Advice	<ul style="list-style-type: none"> Limited service available 	<ul style="list-style-type: none"> Older adults could benefit from wider availability of legal advice
Information Points	<ul style="list-style-type: none"> Many older people state that they do not know what is happening in Roscrea or when activities/events are organised 	<ul style="list-style-type: none"> The information on activities and events relevant to older people needs to be collated and made available on an ongoing basis to those interested Need information points in the town for the sharing of information on events and activities for older people
Social Welfare and Entitlements	<ul style="list-style-type: none"> Information available through the local office, Citizens Information Service and online sources Older people are often confused about their entitlements particularly when changes occur 	<ul style="list-style-type: none"> Need more opportunities to gain information on rights, entitlements and benefits and specifically how they affect their own situation

<i>The Older People of Roscrea Need</i>
<ul style="list-style-type: none"> <i>Increased awareness of the Citizens Information Service</i>
<ul style="list-style-type: none"> <i>Ready access to financial advice</i>
<ul style="list-style-type: none"> <i>Ready access to legal advice</i>
<ul style="list-style-type: none"> <i>Local points of information on activities/events</i>
<ul style="list-style-type: none"> <i>More information on rights, entitlements and benefits</i>

5.8 Community Support and Health Services

Issue	Comments on Current Service	Need
Befriending Service	<ul style="list-style-type: none"> Service is available in Roscrea and considered beneficial 	<ul style="list-style-type: none"> Develop the service to reach more people Increase awareness of the service
Bereavement Support Service	<ul style="list-style-type: none"> Service is available in Roscrea and considered beneficial 	<ul style="list-style-type: none"> Develop the service to reach more people Increase awareness of the service
Chiropody Services	<ul style="list-style-type: none"> Current provision perceived as inadequate to meet the needs of an aging population 	<ul style="list-style-type: none"> Additional chiropody services are required
Day Care Centre	<ul style="list-style-type: none"> Day care services are a critical step in the continuum of care by providing supports to those who can still remain living predominantly in their own homes Provided by the Dean Maxwell Centre but places are limited 	<ul style="list-style-type: none"> Enhanced day care services are required Enhanced provision would also lead to potential for increased usage Short term care e.g. days or weeks

<i>The Older People of Roscrea Need</i>
<ul style="list-style-type: none"> <i>An enhanced Befriending Service</i>
<ul style="list-style-type: none"> <i>An enhanced Bereavement Support Service</i>
<ul style="list-style-type: none"> <i>Additional chiropody services</i>
<ul style="list-style-type: none"> <i>Enhanced day care services providing personal, nursing and social care</i> <i>Access to ablement, habilitation and rehabilitation care</i>

Issue	Comments on Current Service	Need
Dementia Services	<ul style="list-style-type: none"> Dementia is increasing in all communities; however, it continues to be extremely challenging for those living with it, their families and carers 	<ul style="list-style-type: none"> Nurture a community of care where those with dementia can maximise their potential and live the best quality of life possible Increased dementia awareness Need full suite of practical supports for those living with dementia and their carers throughout the continuum of care
Dental Services	<ul style="list-style-type: none"> Three dental practices currently serving the town 	<ul style="list-style-type: none"> Maintain the current level of service

<i>The Older People of Roscrea Need</i>
<ul style="list-style-type: none"> <i>Increased dementia awareness</i> <i>Comprehensive/integrated care and support for those living with dementia and their carers</i> <i>Day care services for those with dementia</i> <i>Respite care in locally situated, dementia friendly environments</i> <i>Flexible locally located housing for those with dementia</i> <i>Person-centred, dementia friendly continuing care facilities</i>
<ul style="list-style-type: none"> <i>Continued local provision of dental services</i>

Issue	Comments on Current Service	Need	<i>The Older People of Roscrea Need</i>
General Health Services	<ul style="list-style-type: none"> • General health needs of older people in Roscrea are met by a combination of public and private provision • Healthcare and other services are provided by a range of linked and unlinked agencies often with limited cross engagement 	<ul style="list-style-type: none"> • Public and private provision of healthcare services need to increase in tandem • Need enhanced coordination of services across agencies and service providers • Implement a case management approach for older people which coordinates their engagement/interaction with services • Barriers to accessing health services need to be identified and addressed including: opening hours; location; transport; understanding; fears; and other concerns • Services should respond to local needs and be flexible to respond to those needs 	<ul style="list-style-type: none"> • <i>Local provision of healthcare services</i> • <i>Better coordination of the delivery of services</i> • <i>The implementation of a case management approach</i> • <i>The barriers to accessing healthcare to be addressed</i> • <i>Healthcare services which are responsive to local needs</i>
GP Services	<ul style="list-style-type: none"> • Currently 5 GPs serve the town and the current service is considered as reasonably good but concern about the increasing demands on GP due to growing and aging population • Concern about the future provision of service if GP numbers are not maintained 	<ul style="list-style-type: none"> • Current GP numbers need to be maintained into the future and the same level of service required 	<ul style="list-style-type: none"> • <i>Adequate local GP services</i>

Issue	Comments on Current Service	Need	<i>The Older People of Roscrea Need</i>
Home Help Services	<ul style="list-style-type: none"> • Available but can be restrictive in terms of the services provided • As population ages and desire to continue to live in own home increases, demand for home help services is likely to increase • There is no short-term service available to provide home help services for a short time e.g. sudden short illness 	<ul style="list-style-type: none"> • Enhanced funding and availability of the Home Help Services required • Services need to be flexible to respond to the specific needs of individuals • Increased awareness and information on the Home Help Services available • Home Help Service for short-term illness 	<ul style="list-style-type: none"> • <i>Enhanced home help services which are responsive to their needs</i> • <i>Increased awareness of the home help services available</i> • <i>A service for short-time periods/illness</i>
Hospital Services	<ul style="list-style-type: none"> • Nearest services are provided in Nenagh and Limerick – overcrowding and delays act as a discouragement to older people in accessing services • Fear of delays deters people from attending hospital services 	<ul style="list-style-type: none"> • Hospital services need to improve particularly with regard to waiting times (to access appointments and while attending appointments/A&E) • Increased awareness required of the services available for older people • Older people need encouragement to ensure they attend hospital services when required 	<ul style="list-style-type: none"> • <i>Improved hospital services</i> • <i>Increased awareness of the services available to them</i> • <i>Encouragement to attend hospital services</i>
Local Health Centre	<ul style="list-style-type: none"> • Current service provision is reasonably good however there is concern about the ability of the Health Centre to meet the needs of older people into the future 	<ul style="list-style-type: none"> • Health Centre needs ongoing investment and development to meet future needs 	<ul style="list-style-type: none"> • <i>Ongoing investment in the local Health Centre</i>
Meal Delivery Service	<ul style="list-style-type: none"> • Service is not currently available but there is a demand and could be an important support for older people living in their own homes 	<ul style="list-style-type: none"> • Need to introduce the service in Roscrea 	<ul style="list-style-type: none"> • <i>A Meal Delivery Service that addresses the</i>

Issue	Comments on Current Service	Need
Mental Health Services	<ul style="list-style-type: none"> • Visiting psychiatrist attends in Roscrea but limited service available 	<ul style="list-style-type: none"> • Additional services required
Nursing Homes	<ul style="list-style-type: none"> • Public and private (4 in total) available • Demand is increasing • Cost is an issue • Desire to stay in one's own locality is important for older people in Roscrea 	<ul style="list-style-type: none"> • Additional services required
Occupational Therapist	<ul style="list-style-type: none"> • Primarily serviced from Nenagh 	<ul style="list-style-type: none"> • Additional services required
Pharmacies	<ul style="list-style-type: none"> • Good service currently available from 5 pharmacies and important to maintain and develop current level of service 	<ul style="list-style-type: none"> • Expand the current level of service
Physiotherapist	<ul style="list-style-type: none"> • Private service is available in Roscrea but difficult to get appointment • Restricted public service is available 	<ul style="list-style-type: none"> • Additional services required

<i>requirements of the community</i>
<i>The Older People of Roscrea Need</i>
<ul style="list-style-type: none"> • <i>Comprehensive mental health services in appropriate settings</i>
<ul style="list-style-type: none"> • <i>Additional local nursing home beds</i> • <i>Living accommodation with flexible level of support</i>
<ul style="list-style-type: none"> • <i>Enhanced occupational therapy services</i>
<ul style="list-style-type: none"> • <i>Enhanced pharmacy services</i>
<ul style="list-style-type: none"> • <i>Enhanced physiotherapy services especially community based</i>

Issue	Comments on Current Service	Need
Public Health Nurse	<ul style="list-style-type: none"> Service provided by 2 Public Health Nurses is under pressure due to the aging and growing population Concern that lack of PHN resources could lead to longer stays in hospital and more time in nursing homes/respite care Engagement with PHN keeps older people in contact with the health service 	<ul style="list-style-type: none"> Additional Public Health Nurses are required in order to meet the growing needs (as the population ages and more people continue to live longer in their own homes) A dedicated Public Health Nursing Service for older people e.g. speciality nurse advisors/practitioners e.g. dementia, continence and diabetes
Respite Care	<ul style="list-style-type: none"> Available in public and private nursing homes 	<ul style="list-style-type: none"> Need to be able to access respite care within own community
ShannonDoc – Out of Hours Service	<ul style="list-style-type: none"> Current provision (18:00-23:00 Mon-Fri & 9:00-22:00 Sat & Sun) is perceived as inadequate for the size of town 	<ul style="list-style-type: none"> Enhanced out of hours service required in Roscrea
Speech & Language Therapist	<ul style="list-style-type: none"> Occasional service available in Roscrea but essentially lacking 	<ul style="list-style-type: none"> Additional services required
Support for Carers	<ul style="list-style-type: none"> Currently there are limited supports for carers (both older people themselves who are providing care and younger people caring for older people) Many carers are under stress and strain in their duties and could benefit from support 	<ul style="list-style-type: none"> Need a comprehensive range for supports for carers

<i>The Older People of Roscrea Need</i>
<ul style="list-style-type: none"> <i>Increased Public Health Nurse service</i> <i>Dedicated public Health Nursing Service for older people</i>
<ul style="list-style-type: none"> <i>More locally available flexible respite care</i>
<ul style="list-style-type: none"> <i>Enhanced Roscrea based out of hours doctor services</i>
<ul style="list-style-type: none"> <i>Enhanced speech and language therapy services</i>
<ul style="list-style-type: none"> <i>More support, training and respite for carers</i>

Issue	Comments on Current Service	Need
<p>Support for Older People with Intellectual Disabilities</p>	<ul style="list-style-type: none"> Those with intellectual disabilities face more difficulties in accessing supports and services throughout their lives. However, these challenges can increase as they age as their family or friend support network changes e.g. parents, family, friends no longer as able to support them 	<ul style="list-style-type: none"> Specific supports required for those with intellectual disabilities in ensuring access to all required services
<p>Transport to Healthcare Appointments</p>	<ul style="list-style-type: none"> Many older people do not drive, no longer drive (having previously driven) or are temporarily unable to drive due to ill health. The lack of the ability to drive makes access to healthcare more challenging particularly when they need to travel to Nenagh, Limerick or other locations 	<ul style="list-style-type: none"> Transport to healthcare appointments is critical for patients and could reduce stress

<p><i>The Older People of Roscrea Need</i></p>
<ul style="list-style-type: none"> <i>Specific support for those with intellectual disabilities to ensure that they can access all required services</i>
<ul style="list-style-type: none"> <i>Transport service to appointments</i>

6 NEXT STEPS

The needs analysis has established the main trends in population, changing healthcare requirements and the specific needs of older people living in Roscrea. It is obvious that while the older residents of Roscrea are currently reasonably well served with many services, there are also many gaps and particular concerns about services and access to services for the future.

The sponsors of this research report, Friends of Dean Maxwell Home and Age Friendly Roscrea have the evidence to seek improvements in the services available for older people in Roscrea. The two organisations need to determine how they can respond to the needs identified in the report, but they also need to inform, challenge and encourage all other relevant stakeholders and service providers to take action to address the needs of older people.

All stakeholders/service providers including older people and the wider population need to consider the following questions:

- What current services need to be maintained and developed?
- What are the most critical gaps in services/needs?
- How can the needs be met?
- Could resources be better utilised?
- Who can meet or help to meet those needs?
- What needs can each organisation/service provider address?
- What strategic alliances/partnerships are required to address specific needs?
- Who needs to be met/influenced to bring about changes?
- What are the consequences of not meeting the needs identified?
- What do the older people of Roscrea deserve?