

*An Age Friendly Town is a town where
the community understands and
responds to the needs of older people*

Ageing Well Network

Trim

Age-Friendly Town Initiative



EXECUTIVE SUMMARY

The Meath County Age-Friendly Initiative was officially launched in September 2011 and the Dublin Declaration was signed by then An Cathaoirleach Councillor Eoin Holmes on behalf of Meath and its citizens. A process of county wide consultation then ensued from late 2011 to early 2012 and following the collation of the in depth feedback the Meath Age Friendly County Strategy Document was published in July 2012. This plan covers eight specific areas for action, as set out by the World Health Organisation (WHO), to benefit older people. A number of important principles were incorporated into the strategy:

- An awareness that age friendly principles and practice create environments and communities that benefit all age groups, not just older people
- A linked awareness that we all hope to live in a community and a society that respects, includes and cares for us
- A recognition that older people are critical contributors to our society and a positive resource
- A commitment to the direct involvement of older people in deciding priorities, shaping actions and bringing about change
- An emphasis on improving the physical environment, and the understanding that where we live greatly affects how we live
- A determination that Meath will set standards and join with other counties in leading the way



Signing of Dublin Declaration – Back Left to Right: Anne Connolly - Ageing Well Network, Andrew Montague – Lord Mayor of Dublin, Minister Kathleen Lynch – Minister of State with responsibility for Older People, John Beard – World Health Organisation. **Front Left to Right:** Mrs. Rosa Icela Rodriguez Velazquez, Mexico City and Councillor Eoin Holmes – An Cathaoirleach Meath County Council.

With these principles in mind Trim was chosen as the inaugural town in County Meath to take part in the Age Friendly Town Initiative in 2013 which is facilitated by the Ageing Well Network. This process has been undertaken and overseen by a qualified Spatial Planner.

Extensive data collection in research, mapping, surveying and consultation has been carried out. During the inception period important information such as mapping, contact details and information on complementary strategies and policies was collated and reviewed. Background information, such as Development Plans and Census data, was also appraised.

Following on from the preliminary desktop research a Steering Committee was established with representatives from key organisations involved in the town. Presentations of key information and findings gathered throughout the process were given to each Steering Committee meeting held throughout the process to date and any feedback given has helped to shape the formation of this report and the Action Plan contained herein.

The base information utilized to draft the Action Plan was collected from a number of resources. Throughout the process the people of Trim have been consulted with. A number of volunteers were recruited to undertake a walkability study which highlighted the key areas of deficiency from a hard assets perspective. Public consultations, individual interviews with key stakeholders and older individuals then formed the objectives in relation to the soft asset issues. These issues combined to form the action plan which holds the following ethos at its core:

“If you design for the young you exclude the old, but if you design for the old you include everyone” (Glenn Miller, Director of Education and Research, Canadian Urban Institute).

NATIONAL PROGRAMME

An Age Friendly Town is a town where the community understands and responds to the needs of older people. It is created by consulting, building and implementing a plan with the community to make their town age friendly. It uses the methodologies of the Age Friendly County programme, focusing on the selected town, to significantly improve the quality of life of older adults living in the area and to engage them in shaping and enhancing their own community.

The Age Friendly Town initiative is developing a network of Age Friendly Towns, from each of the four regions and two cities during 2013 & 2014, building on the work previously

undertaken in Ardee, Co Louth. This initiative is part of the wider national Age Friendly Counties (AFC) programme, and an intrinsic part of the AFC Strategy, monitored by the Alliance in each county. The programme’s vision is to make every county in Ireland a great place in which to grow old. It is a collaboration between the AFC Programme, participating Local Authorities, the Irish Planning Institute, Alzheimer’s Society of Ireland and DIT. People living with dementia will be included, so the outcome will be a Dementia Friendly Community (DFC).

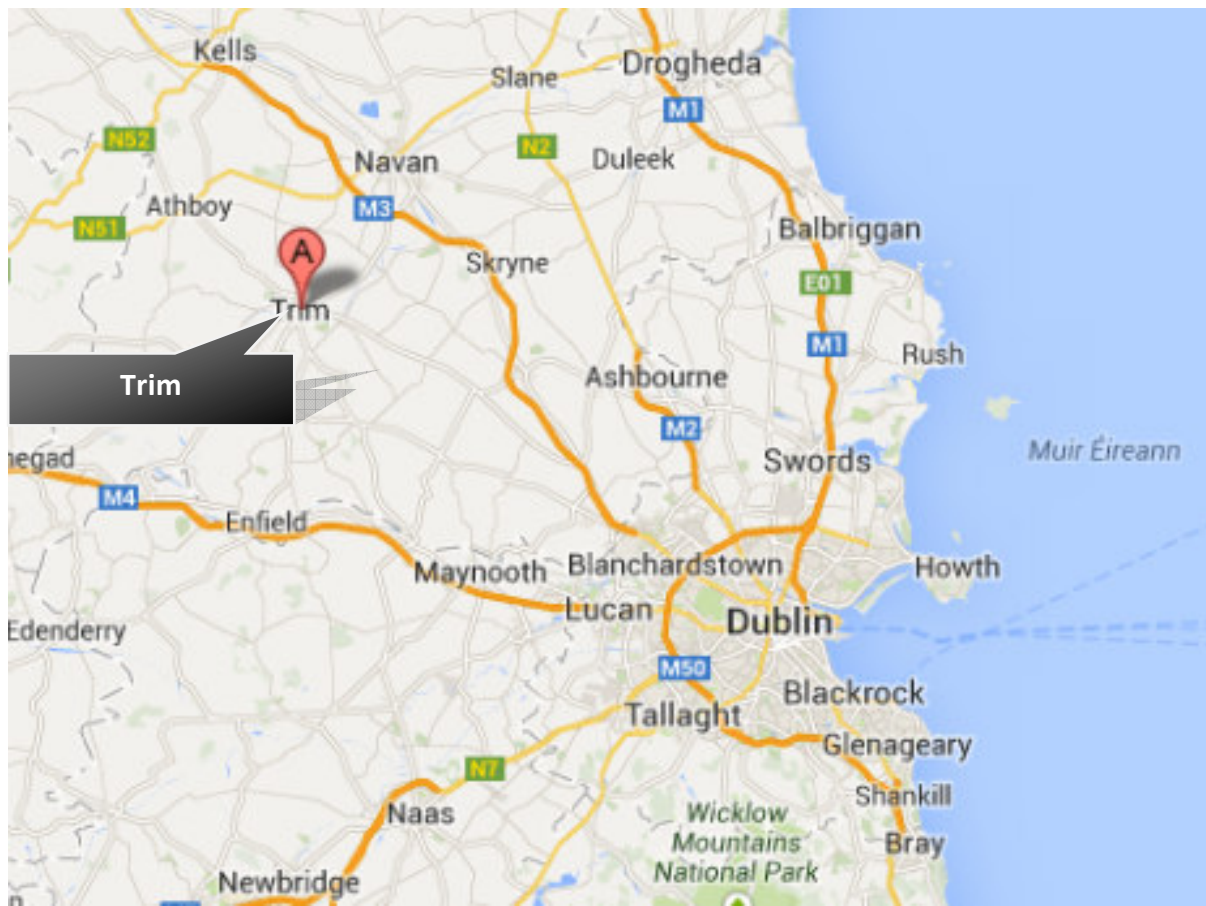


Graphic showing outline of Age Friendly Town Process

The towns/neighbourhoods are from each of the four regions of the Age Friendly County programme. Trim, Skerries, Castleblaney, Foxford, Ballinasloe, Naas, Rathcoole, Callan, Cappaghmore, Waterford Inner City, Sacred Heart and Larchill/Lismore and North Central Limerick and all five administrative areas in Dublin City are becoming Age Friendly Towns.

SCOPE

Trim is a small heritage town located in the County of Meath on the banks of the beautiful River Boyne, the name comes from the Irish 'Baile Atha Troim', which translates as 'the town of the ford of the alder trees' and its origin dates back to the 5th century A.D. It has a population of 8,268 and is about 45km (28 miles) North-West of Dublin. Its location means that it is within forty five minutes of Dublin City Centre and Dublin International Airport and is easily accessible to the M3, M4 and M50. It was once the county town but today that honour belongs to Navan.



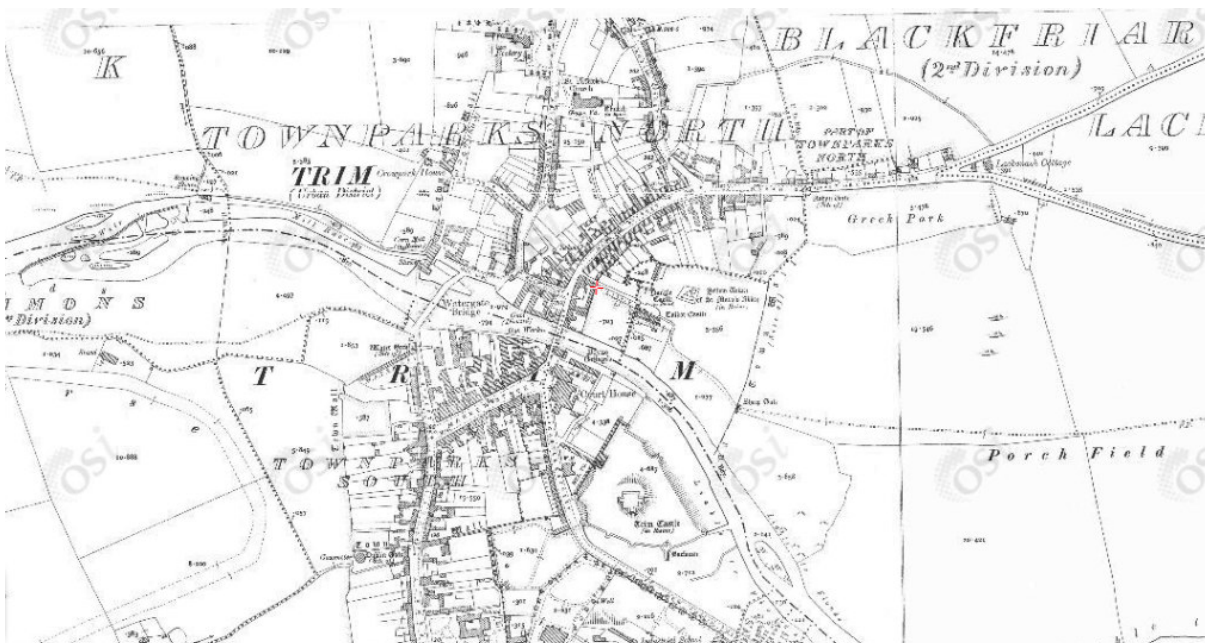
Map showing location of Trim

Lying 61 m above sea level on the River Boyne, Trim became one of the most important Hiberno-Norman settlements in the Middle Ages. In the 15th century the Norman-Irish parliament met in Trim. Arthur Wellesley, 1st Duke of Wellington is reputed to have been born in Dangan Castle between Trim and Summerhill, and a large column to him was erected in the town in 1817. The town's main feature is Ireland's largest Norman castle, Trim Castle. It was built in the late 12th century following the Norman invasion of Ireland. Once a candidate to be the country's capital, the town has also occupied a role as one of the outposts of the Pale, and sessions of the Irish Parliament were sometimes held here.



Historic Map of Trim (circa 1840)

In 1649 after the sacking of Drogheda, the garrison of Trim fled to join other Irish forces and the town was occupied by the army of Oliver Cromwell. There were many local disturbances in neighbouring villages in the Irish Rebellion of 1798, most infamously the battle on the Hill of Tara, following the dispersal of the Wexford rebellion.



Historic Map of Trim (circa 1908)

The 19th century saw the construction of Trim Courthouse, St. Loman's Catholic Church, St. Patrick's Anglican Church, the Wellington column, the current Bank of Ireland building, and

Castle Street by Lord Dunsany, a major landowner. Following the Great Irish Famine of 1846–1849, the practices of agriculture in the hinterland altered, with a change in emphasis from tillage to stock raising. This resulted in a change in the business life of Trim. Trim developed as a market town for the productive agricultural hinterland. Some small-scale local industries were developed including envelope, and leather product manufacturing. Trim was also chosen as location for the Timoney Engineering Company to make Fire Tenders. However in the main the town continued to mainly be a service centre for its immediate area.

A new bridge was built on the Boyne in the 1980s to divert heavy traffic from the town. This was then enhanced by the construction, in a series of stages, of an inner relief road, which now makes it possible for heavy traffic to achieve a complete by-pass of the town. The Watergate Bridge was replaced in 2005. The local town council purchased a field beside the new bridge in 2004, as it was expected to be of archaeological significance.

As part of the Civil Service decentralization plan of the Irish government, Trim was chosen as the location of the headquarters for the state body known as the Office of Public Works. The movement of this state administration function to Trim resulted in Trim being the first location outside of Dublin to complete a satisfactory decentralization move. Trim has seen some growth in recent year with growth as a tourist and business centre.

STRUCTURES

Meath is part of the north east regional age-friendly county programme. The Meath Age Friendly County Initiative was officially launched in September 2011 and a county wide consultation process was completed in February 2012. The Meath Age Friendly County Strategy was launched in July 2012. The Strategy, and the very specific plans it contains, was developed by Meath’s Age-Friendly County Alliance, a newly-established partnership lead by Meath County Council and chaired by Mr. Tom Dowling who was County Manager at that time and has now been succeeded by Ms. Jackie Maguire.

The members of the Alliance are:

- | | |
|--------------------------------------|--|
| Meath County Council | Meath County Development Board |
| Health Services Executive NE | Mid East Regional Authority |
| Meath VEC | An Garda Siochana |
| Meath Partnership | National University of Ireland, Maynooth |
| The Netwell Centre, Dundalk (DkIT) | Ageing Well Network |
| Flexibus | Third Age Foundation |
| Older People’s Forum Representatives | |

The Community Department supports many initiatives in this regard. The Age Friendly Initiative commenced in Meath in September 2011 and continues to develop. The Strategy

to support the initiative was launched in July 2012 and is based on the 8 Themes of the World Health Organisation where actions which will benefit older people are identified. Public consultation took place prior to the Strategy being drafted, together with a base line study on the needs of older people in the County. Meath Partnership (through the Laterlife project) undertook the baseline study part of the consultation with further consultation meetings facilitated by the Community Department of Meath County Council. The Strategy recognises the needs of the Older People, outlining key partners and actions required. The Chairman Michael Finnegan and the members of Meath Age Friendly Alliance have decided that Trim will be the first Age Friendly Town in County Meath.

Administrative Officer, Assumpta Kelly and Staff Officer (Social Inclusion), Maureen McKinley of Meath County Council Community and Enterprise Department were entrusted with the roles of Coordinating the Age Friendly County Initiative in County Meath. Catherine McGuigan, from the Ageing Well Network acts as a Regional Programme Manager in the Dublin North East Region for the Age Friendly City & County Programme, provides support to Meath County Council in implementing the Strategy. The Trim Steering group was formed and they held their inaugural meeting on Thursday the 26th of September 2013 at the Trim Town Council and Area Office, Mornington House, Summerhill Road, Trim, Co. Meath.

Name	Representing
Ms. Anne Marie Russell	Chairperson of the Meath branch of the Alzheimer’s Society of Ireland
Ms. Ita Healy	Manager of the St. Josephs Community Nursing Unit Day Hospital & former nurse of the residential unit.
Ms. Anne Flynn	The Carers Association, Regional Supports Manager (Dublin, Meath, Kildare & Wicklow)
Mr. Aidan Heffernan	Positive Ageing Group
Ms. Fiona Skehan	Trim Town Clerk
Mr. Vincent Collins	Trim Town & Area Engineer
Mr. Sean Quinn	Laterlife Network (Trim Town)
Ms. Phylis White	Laterlife Network (Trim Town)
Mr. Tom Mahon	Sergeant, Trim Garda Station
Ms. Ann Murtagh	Trim Active Retirement Group
Ms. Attracta Collins	Trim Active Retirement Group
Ms. Maureen Finlay	Trim Age Action
Mr. Ciaran Mangan	Head of Library Services in Meath
Ms. Susan Keenan	Trim Family Resource Centre
Mr. Brian Heffernan	Trim Tidy Towns
Ms. Jean Managhan	Third Age - Summerhill

OBJECTIVES & OUTCOMES

The objectives of the Age Friendly Town initiative are to:

- Make the town a great place to grow old,

- measured by the AF outcomes in a survey, before and after the project
- Engage older adults in shaping and enhancing their communities for the benefit of everyone.
 - Measured by the number of older adults volunteering,
 - the number of hours volunteered and
 - the number of projects
- Demonstrate the benefits of a multi-stakeholder planning approach, informed and supported by older adults.
 - Measured by the number of key stakeholders approached,
 - the number of key stakeholders who took part in consultations
 - the number of key stakeholders who were involved in the solutions(projects)
- Learn ‘what works’ in this context and use the findings to inform better approaches to planning
 - Measured by the findings documented in the reports

The nine agreed national outcomes for the Age Friendly Town Initiative are that older people:

1. Are truly valued and respected
2. Have real opportunities to influence social, economic and public life
3. Can continue to learn and develop
4. Are supported to stay living in their own homes and communities
5. Lead healthier and active lives for longer
6. Are able to get to where they want to go, when they want
7. Are enabled by the built and social environment
8. Feel and are safe in their own homes and communities
9. Have the information they need to lead active and healthy life

DESK RESEARCH AND MAPPING

A desktop study of the area was commenced in August 2013 in order to compile a profile of Trim town. Official sources such as the Central Statistics Office (CSO) website, My Plan, Pobal, Airo were accessed. Information was also provided by Meath County Council Planning and Community Development Departments. Other publically available sources such as the National Transport Association (NTA), Dublin Bus and Iarnrod Eireann websites were used to glean background information on existing transport links and future road and rail connections.

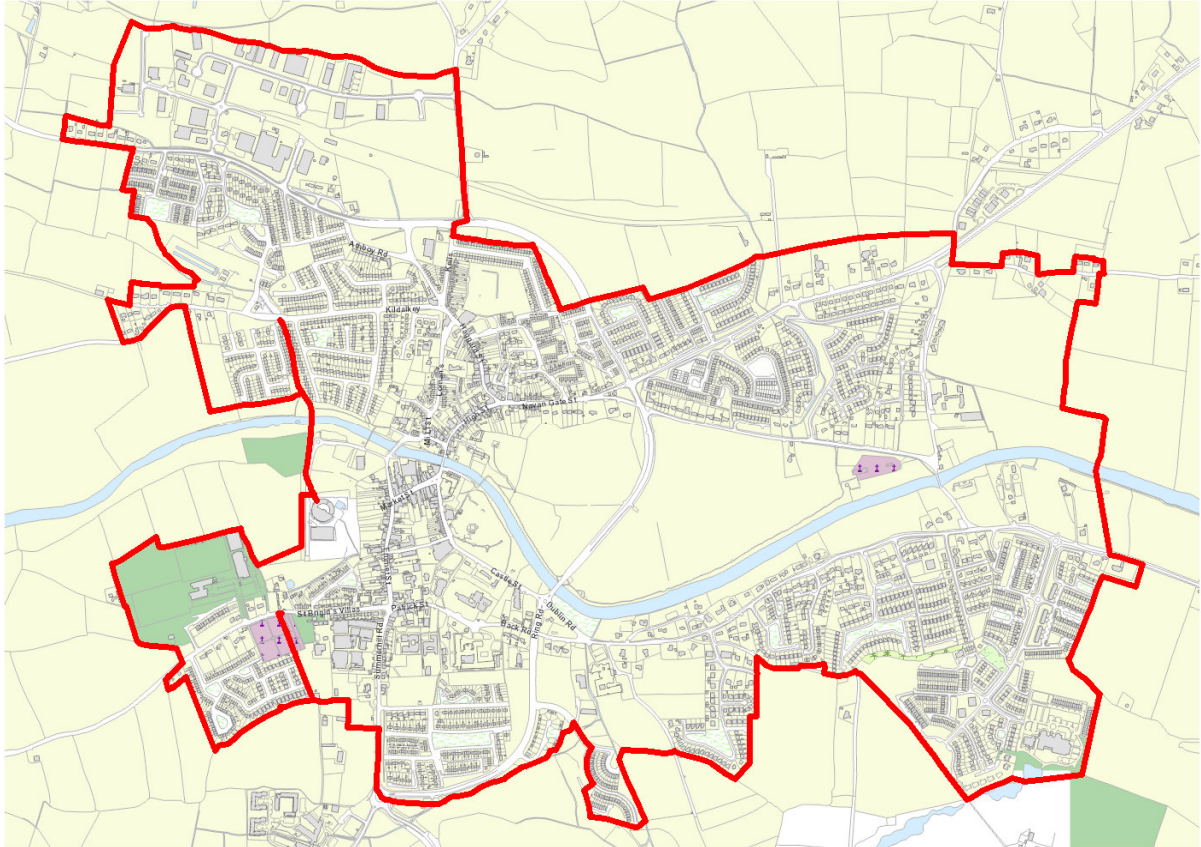
Trim town is located 14.5km south west of Navan Co. Meath. Several regional roads converge at Trim. A notable physical characteristic of Trim is the presence of the River Boyne, which flows directly through the town. Trim enjoys a relatively compact urban

structure. The town straddles both sides of the River Boyne with development generally well balanced on both sides. The south eastern portion of the town has experienced the most notable amount of new development in particular the area within the current development boundary at Effernock. The scale of the built environment is generally low, predominantly two-storey structures, though the area along Market Street and surrounding the castle and historic buildings demonstrate a higher scale.

Trim plays a key role in the Spatial Economic Strategy for the County as it forms part of the Navan Core Economic Area with Navan as a Primary Economic Growth Town and including the Secondary Economic Growth Town of Kells.

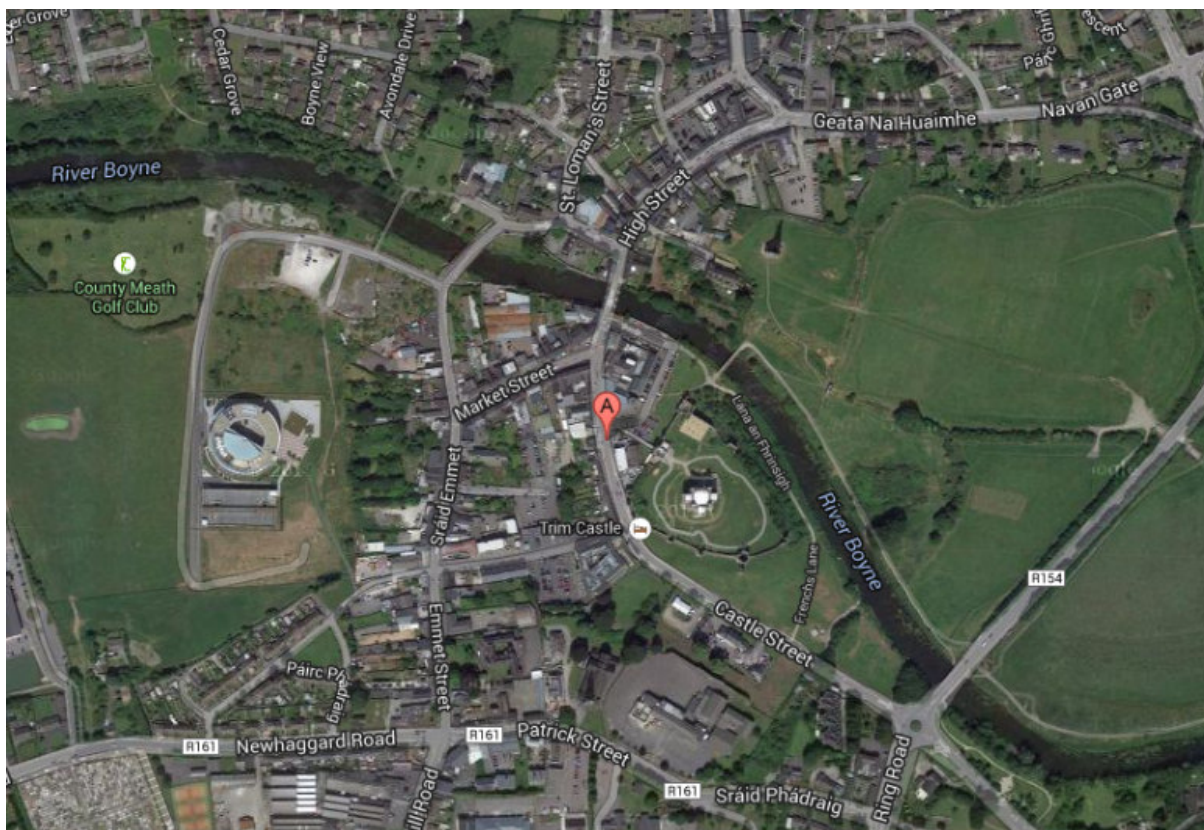
There are currently 4 primary schools and two post primary schools located in the Trim Development Plan area. St Joseph’s Community Nursing Unit located in Trim is comprised of two areas – Camillus & Butterstream (which is dementia specific). There is 1 no. purpose built primary care centre at Knightsbridge Village in Trim provided through the HSE’s ‘Primary Health Care Strategy’. This facility, one of the first primary care centres in the north east region, delivers health and social care services to the local population in Trim and surrounding areas.

Trim is relatively well provided for in terms of outdoor recreational facilities. With amenities such as a leisure centre, golf as well as pitch and putt facilities, football/soccer and tennis grounds and modern GAA facilities. Trim also has a designated walking route and children’s playground.



Map of Trim Town and Environs (showing boundary)

Trim town is one of the largest urban centres serving the south west of the county. The vestiges of Trim's history are clearly evident on the landscape, which provide a sublime context for a modern town. The physical heritage is an important part of the town and surrounding landscape which has resulted in Trim's status as a Heritage Town. The quality and abundance of natural heritage provides a high amenity value serving as a unique setting for the town. Trim is remarkable for the survival of many of its medieval buildings. Historic structures such as Trim Castle, Talbot Castle, St Patrick's Cathedral, the Court House and the Castle Street cottages all contribute to the unique character of the town.



Aerial View of Trim

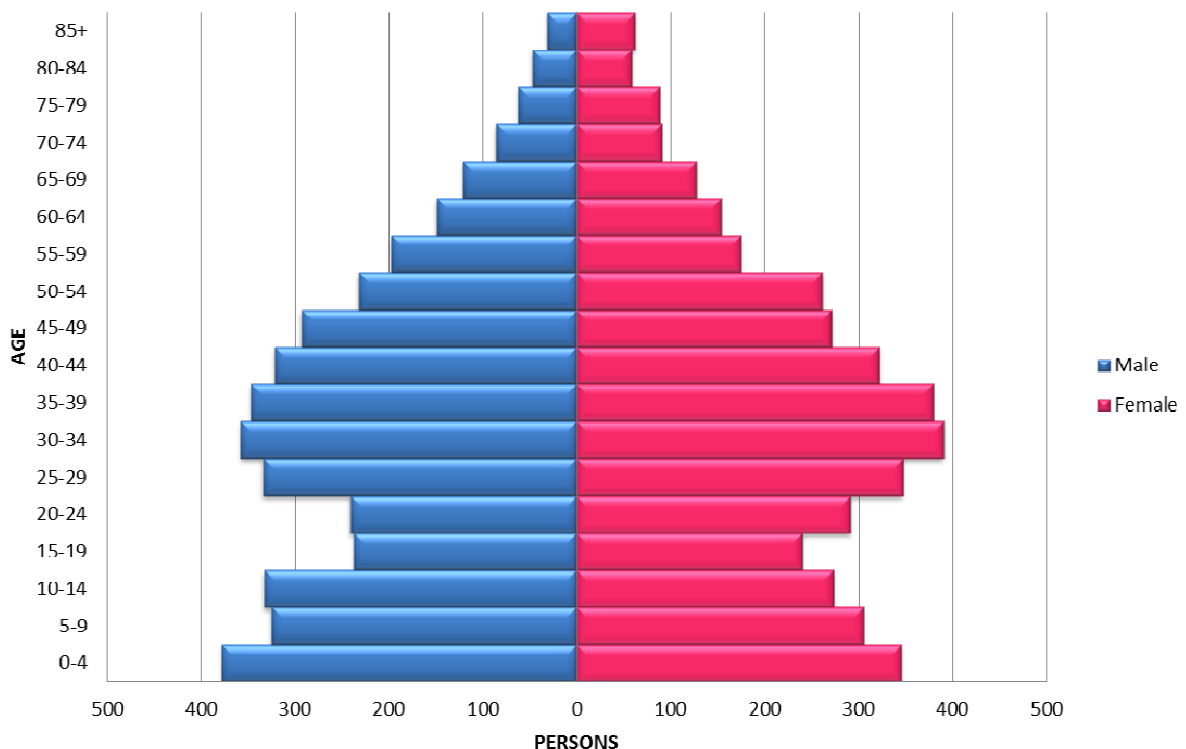
The appearance of the town is a matter of pride for its inhabitants, and Trim performs consistently well in the National Tidy Towns competition. Significant investment has been made in recent years by way of improvements in footpaths and street furniture. Visitors attracted by outdoor pursuits are also well catered for in Trim, with a golf course at Knightsbrook, Trim Castle River Walk, the historic town trail, and canoeing on the river. This year's Tidy Towns adjudicator said that at 35 members strong the Trim town committee was the largest they had come across. The overlap of the committee members with the Black Friary community dig is notable and the same can be said in respect of many other community groups. The committee has been successful in the application of funding for a

series of trails within the historic Porchfields and the strong links forged with the five schools in the town ensure a bright future for Trim.

Volunteering has been key to the success of the town in Pride of Place and Tidy Towns competitions and the Community benefits from harnessing this essential asset within the population of the town. Established organisations and community groups, such as the Saint Vincent De Paul, Chamber of Commerce, Family Resource Centre, Men’s Shed and others all contribute their existing knowledge and expertise to the community at large.

Trim Town and Environs with a population of approximately 8,268 persons, as of the last census in 2011. This represents an increase of 24.2% since the last census results in 2006. Trim is the fifth largest town in County Meath and home to circa 4.5% of the entire Counties population. Circa 9.3% of the Trim population or 772 persons are aged 65 years and over, an increase of 16.2% from 664 in 2006. This is higher than the national average increase for the cohort (Nationally the over 65 cohort grew by 14.4% between 2006 and 2011) however, there are 1,938 persons aged 50 years and over. This equates to 23.4% of the overall population and compares in line with the national average of 23.6%. 961 persons had a disability in April 2011, of whom 337, representing 35.1 per cent of the total, were aged 65 years and over. 276 persons (101 males and 175 females) provided regular unpaid personal help for a friend or family member with a long-term illness, health problem or disability. 19.9 per cent of these provided care for more than 6 hours per day.

TRIM POPULATION 2011

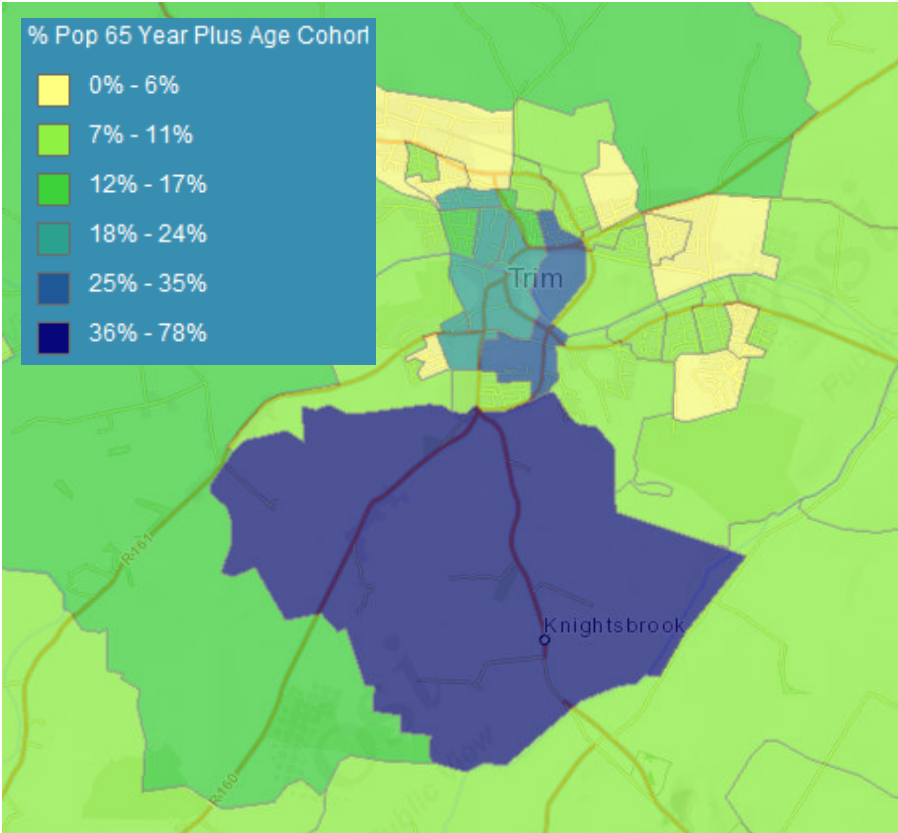


Trim Population Pyramid 2011

In line with national figures the ratio of males to females is approximately 50:50 in all cohorts with a total of 4,092 males and 4,176 females. Interestingly, as shown in the population pyramid below, this ratio changes to 55:45 in favour of females in the over 65 cohort with 347 males and 425 females. The population pyramid shows at a glance how the population is structured in terms of males and females and the proportions of younger and older people and at each age in between.

The very high birth rate nationally in the late 1970s and early 1980s, which reached a peak in 1980 with 74,064 births (today's 31 and 32 year olds) is a strong distinguishing feature of the graph, as is the sharp fall in births over the subsequent 15 year period reaching a low point in 1994 (today's 17 and 18 year olds). The recent recovery in births, particularly in the last four years is also evident. The pyramid shape from the 30 and over age groups reflect the effects of mortality as the population grows older.

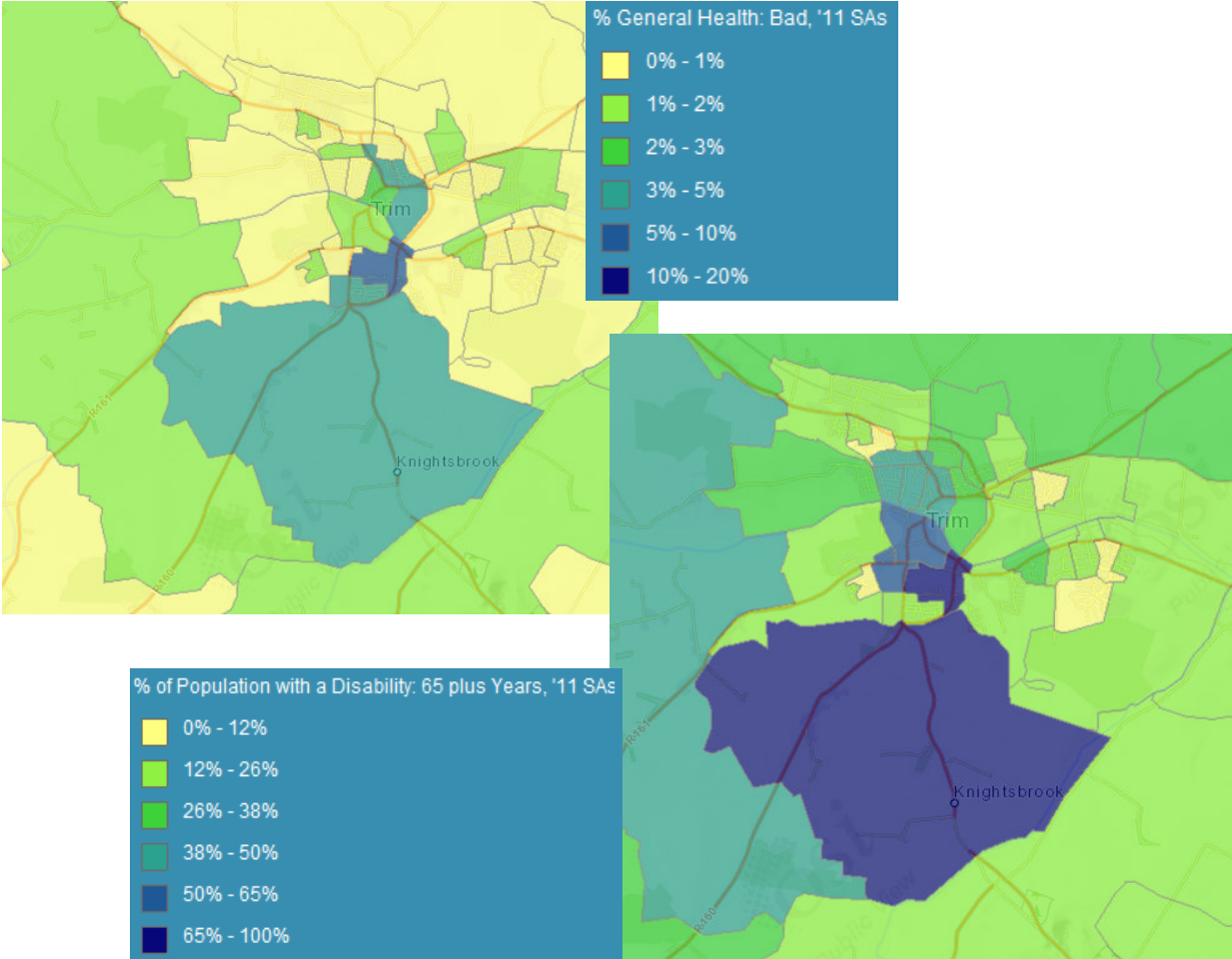
As shown in the map below there is a large concentration of older persons residing near to the town centre in the more established residential areas to the centre and immediately south of town. The profile of the other residential areas is younger. Therefore, it could be argued that the main residential areas are well connected to the town. A large percentage of people are within a 10 minute walk of the main street, where the main services are currently located.



Map of Trim showing the Concentrations of Population over 65

There were 4,116 persons aged 15 years and over in the labour force and of these, 80.1 per cent (3,298 persons) were at work. The unemployment rate for this area was 19.9 per cent compared with a national average rate of 19.0 per cent. Of the 2,193 persons aged 15 years and over who were outside the labour force, 28.8 per cent were students, 28.7 per cent were looking after the home/family and 30.6 per cent were retired. Of the 3,298 workers enumerated in Trim, 1,851 worked outside the area. The daytime working population (resident and non-resident) of Trim was 2,138 with professional services being the largest industry. Of those aged 15 years and over whose full-time education had ceased, 13.4 per cent were educated to at most primary level only; a further 56.6 per cent attained second level while 30.1 per cent were educated to third level.

Map of Trim showing the % of Population who class their General Health as Bad



Map of Trim showing the % of Population over 65 with a Disability

From the two maps above we can see that the higher rates of people who rate their health as bad and also those over the age of 65 with a disability are not only similar geographically but also correlate to the previous map showing the concentrations of population over the age of 65.

Underpinned by a well-developed road network and supporting infrastructure, the private car is the main mode of transport used to access the town. Car dependency is high in the town and its hinterland. According to the CSO 2011, over 44.1% of households had two cars or more.

WALKABILITY AUDIT

The Walkability Survey of Trim town centre took place on the 17th of October and 07th of November 2013. The survey covered the area around the town centre with individual routes varied in length from 800m (1/2 mile) to 1600m (1 mile) which were identified in advance and marked on a map (see below). On the 17th of October there was a mix of able bodied volunteers and transition year students from St. Mary's Secondary school. While on the 07th there was a group of wheelchair users and people living with Dementia and their carers.

The routes covered the main arteries into the town centre from the adjoining residential areas. The routes were all assigned a number and were attached to a Walkability Survey questionnaire. The volunteers were sourced through the Older Peoples Forum, the local ALPS Group, Trim Active Retirement and Age Action and those who participated were a mix of local residents and other older persons from the surrounding areas which brought an excellent cross sectional perspective to the audit. Training was provided for the volunteers who had varying levels of mobility prior to undertaking the survey. A presentation highlighting the reason for the Survey, the survey questions, recording of answers and other relevant issues was presented and the volunteers then headed out to cover their designated routes.



Upon completion of the audit an open discussion was then held in the form of a second workshop to gather initial responses as a precursor to an analysis of the completed Surveys. An informative discussion ensued amongst the volunteers about many issues that they had not noticed in their daily dealings within the town. Many interesting findings resulted,

including that the town is highly walkable. The following are some of the positive findings found from the Survey:

- Good availability of footpaths which are continuous and generally in good repair apart from some localised issues
- Local Drivers who are familiar with the layout of the town are generally good at yielding to pedestrians and allowing them to cross
- Parking spaces for the able bodied are well catered for throughout the town and parking meters are easy to use
- Sign posts are clear, visible and easy to read but the town would benefit from further signage in places
- The street provides a pleasant visual environment and landscaping
- The provision of bins is adequate but further options for recycling should be catered for
- The town is well lit

And these are some of the comments noted by the participants themselves:

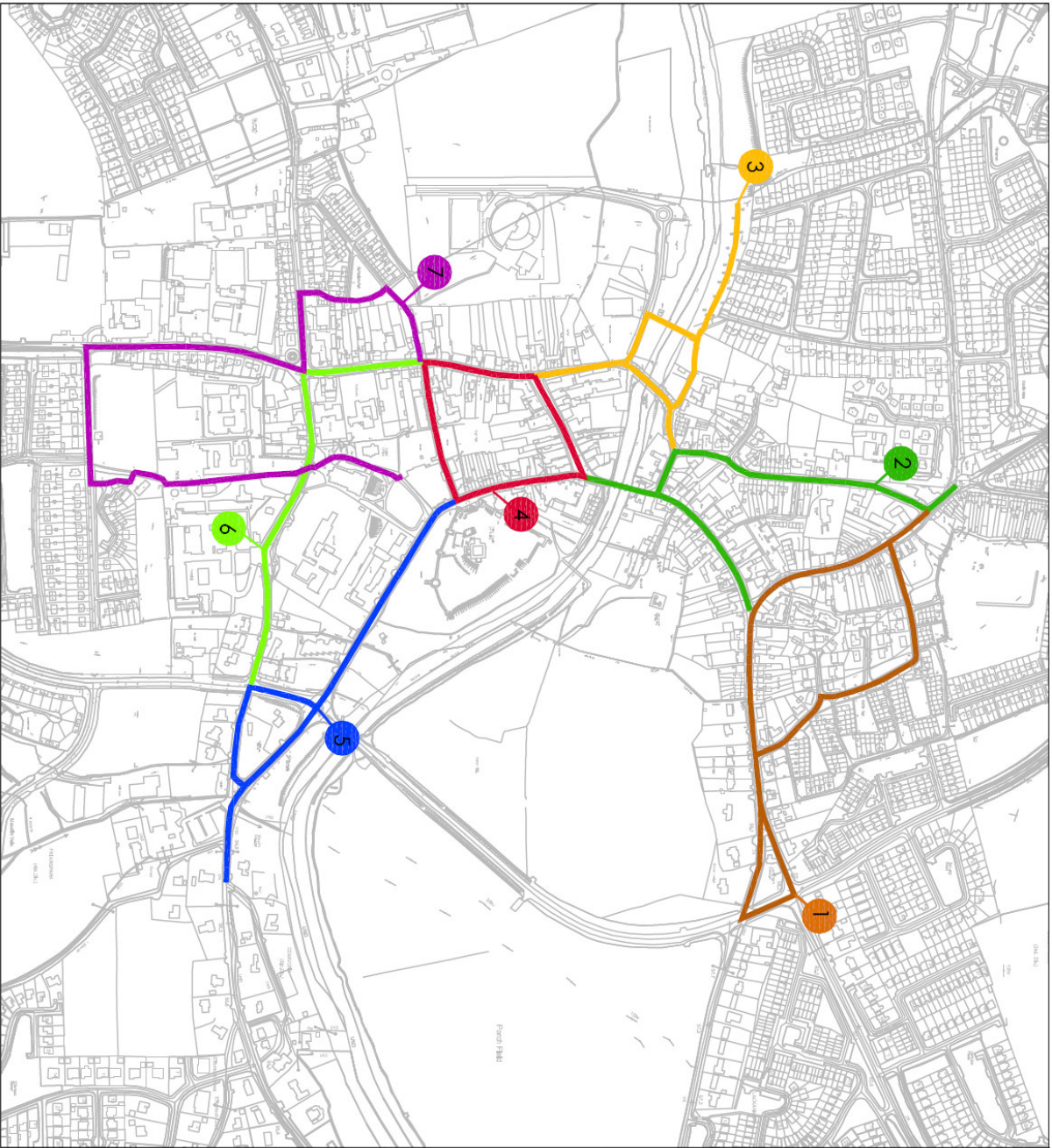
“In general the route surveyed has age friendly access”

“Well worth while exercise – I saw things today that I never even noticed before”

“Congratulations to the Tidy Towns and Town council on the appearance of the town”

Initial consultation has highlighted issues with such as widths of footpaths, lack of outdoor seating/rest areas and difficulty crossing at certain junctions. Lack of appropriate signage was also of concern among older people, as was the general deficit of information in relation to location of essential services. The access to the Post Office was highlighted as causing concern. Other issues included confusion at crossings, drivers not looking out for pedestrians and access to the Post Office due to its rear of property location and the layout of the aisles that are necessary to navigate in order to access it.





TRIM WALKABILITY SURVEY

NAME _____
 DATE _____
 ROUTE(S) WALKED _____

- ROUTE 1:** Navan Gate Street, Right at Lackanrath House, onto the R 154, Navan Gate Street, Blackfriary, Haggard Street
- ROUTE 2:** Haggard Street, St. Loman's Street, Mill Street, High Street, Sidge Street
- ROUTE 3:** Emmet Street, Watergate Bridge, Mill Street, Mill Lane, Riverside Walk, Pedestrian Bridge, Emmet Street
- ROUTE 4:** Castle Street, Market Street, Emmet Street, Finnegan's Way
- ROUTE 5:** Castle Street, Dublin Road, Ring Road, Castle Street
- ROUTE 6:** Emmet Street onto Patrick Street and back again
- ROUTE 7:** Trim Hotel, Car Park, Parish Centre, Car Park, Pedestrian walkway to Mornington, Trim Family Resource Centre, Mornington View, Sunnemoill Road, New Haggard Road, St. Patrick's Park, Emmet Street

Walkability Survey Map

INTERVIEWS

From the initial research undertaken to highlight possible members for the Trim Steering Committee a number of local key stakeholders were identified for one to one consultations. A total of eighteen people were approached representing relevant agencies, non-governmental organisations, voluntary organisations and key departments of the public sector.

Many of the interviews were undertaken in an informal or candid manner, however, all interviewees were posed three specific key questions:

- Do you think Trim is a good place for people to grow up and grow old in?
- What are the main issues facing older people in Trim on a daily basis that you have experienced through your professional and personal life?
- What three improvements would you make that would have the greatest effect on the daily lives of older people in Trim?

Specific questions were then asked in relation to the interviewee's area of work and experience. As with the Public Consultation and Walkability Audit the issues raised as a result of the Key Stakeholder interviews have been represented within the Action Plan contained within this report.

CONSULTATIONS

As part of the Age Friendly Town Initiative a series of consultations were undertaken with various local groups and organizations including members of St. Josephs CNU, Trim Family Resource Centre, Trim Adult Learning Programme (ALPS), Trim Active Retirement Group, Trim Men's Shed, Knightsbridge Primary Care Team (HSE), St. Vincent de Paul and Meals on Wheels. Some of these consultations were on an informal basis but the majority were structured appointments.



The Consultations generally took the form of an arranged series of round table discussions which addressed three Workshop Topics which had been preset. The information retrieved from this consultation was collated and has formed the basis for the formulation of the Action & Implementation Plan which follows.



Workshop 1: Growing old in Trim

What are the good things about growing old in Trim? What services work well? What facilities are good? What is there to do for older people in Trim? What makes you smile in Trim? What's not so good about growing old in Trim? What services don't work well, and why? What facilities could be improved, and how? What really gets your goat about the town, and why?



Workshop 2: Imagine an Age-Friendly Trim

What would have changed, and how? How do you think this could be done?

Workshop 3: A look at the WHO 8 Themes

Each table took 1-2 themes, according to their number of attendees, and the issues each group had raised in the previous workshop. Is this theme well provided for, or not in Trim? What could be

improved? Are each of the issues identified Low, Medium or High priority? Which areas of work have the biggest potential to improve the quality of life of older people in Trim? If the Age Friendly Trim Steering Committee was to do one thing in the next 12 months to improve Trim for older people, what should it be?



The depth of information retrieved and the extent of the topics covered was testament to those who took part and formed a major part in shaping the objectives contained within the Action and Implementation Plan contained within this report.

ACTION & IMPLEMENTATION PLAN

BE ENABLED BY THE BUILT AND SOCIAL ENVIRONMENT

Aligned to the WHO domain of - Outdoor Spaces and Buildings

Physical environments that are Age Friendly can make the difference between independence and dependence for all people, but especially for those growing older.

What Older People in Trim said:

“There is a real lack of seating in Trim - to be able to stop and rest while out and about in the town”

“I don’t feel confident that cars will see me or that they will actually stop while I am crossing the street!”

Key Objectives:

Objective	To make Trim a more pedestrian friendly town for all users
Comment	The prioritisation of pedestrian movement through the town and rationalisation of the vehicular traffic is a priority. By revising the traffic flow at key points and reducing some streets to single lane or restricted access it would be possible to increase the public realm apportioned to pedestrians, wheelchair users and cyclists. The increase in footpath widths would also provide space for public seating and safer crossing points to be established.
Timeframe	Long term
Key Organisations	Meath County Council, Trim Town Council, Trim Business Community

Objective	To make the Post Office more accessible for ALL people
Comment	The Post Office on Market Street is accessed through a SPAR shop. While the space in front of the Public counter is adequate the route through the existing shop is confusing and difficult to negotiate. A rationalised route through the store needs to be considered.
Timeframe	Medium term
Key Organisations	Spar, Meath Laterlife Network, Active Retirement, ALPS, Men’s Sheds

Objective	To increase the provision of seating throughout the town
Comment	Seating is important for all people to be able to rest while journeying through the town and using its amenities
Timeframe	Medium term
Key Organisations	Tidy Towns, Men’s Shed, Town Council, Meath County Council

Objective	To maintain the footpaths free from business paraphernalia including unauthorised signage, trolleys and merchandise
Comment	Businesses need to be made aware of the problems caused by restricting pedestrian movement on the footpaths outside their premises. Private property owners should ensure that hedgerows overhanging the footpath should be adequately maintained.
Timeframe	Short term
Key Organisations	Tidy Towns, Trim Business Community, Chamber of Commerce, Trim Business Group, Private Property Owners, Town Council

Objective	To undertake an audit of the towns signage
Comment	A clear and uniform standard of signage should be used throughout the town for ease of use by all people
Timeframe	Short to medium term
Key Organisations	Town Council, Meath County Council, Tidy Towns

ARE ABLE TO GET TO WHERE WE WANT TO GO, WHEN WE WANT

Aligned to the WHO domain of - Transportation

Research show that transport for older people is linked to independence, autonomy and quality of life.

What Older People in Trim said:

"I don't know what I'd do if I didn't have the car"

"We really need a connection out to Knightsbridge from the town – even if it was once a day"

Key Objectives:

Objective	To pilot a circuitous town bus service to incorporate connections to the town centre, Knightsbridge and the larger retailers in the town
Comment	Flexibus provide training for members of voluntary organisations to obtain the relevant licence. Local establishments and organisations can then be approached with a view to utilising their vehicles. This scheme could be piloted on an every other day basis to see what the initial uptake was like.
Timeframe	Medium-Long term
Key Organisations	Men's Shed, Flexibus, Meath Laterlife Network, Trim Active Retirement, Chamber of Commerce

Objective	To make it easier for people to get into the town centre
Comment	People with a free travel card could be given a reduced rate for a taxi into and out of town. This could be piloted first at off peak times and expanded later if successful.
Timeframe	Short term
Key Organisations	Private Transport Providers, Meath Laterlife Network

Objective	To promote a neighbourly car scheme
Comment	A network could be established where people who do fixed regular journeys into and out of the town could register on a database. Older people who require a lift could then request a lift from them.
Timeframe	Medium term
Key Organisations	Meath Laterlife Network, Local Residents Associations

**STAY LIVING IN OUR OWN HOMES AND COMMUNITIES,
FEEL AND BE SAFE AT HOME**
Aligned to the WHO domain of - Housing

Research on quality of life found that older people feel their home and neighbourhood has a strong influence on the quality of their lives. Research also states that most people would like to grow old in their own home.

What older people in Trim said:

“There isn’t a week that goes by where I don’t hear about a break in”

“I have real difficulty heating my home – the fuel allowance doesn’t go very far”

Key Objectives:

Objective	To make older people feel safer in their own homes
Comment	The introduction of the Bogus Caller Card scheme through the local Gardaí
Timeframe	Short term
Key Organisations	Garda Síochána, Meath Laterlife Network, ALPS group, Men’s Shed, Trim Active Retirement

Objective	To promote a home safety culture amongst older people
Comment	A targeted awareness and education drive and recruitment of volunteers for the Crime Prevention Ambassadors programme.
Timeframe	Short term

Key Organisations	Garda Siochana, Crime Prevention Ambassadors, Meath Laterlife Network
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Objective	Explore housing needs for older people through new initiatives
Comment	Identify secure, independent, sheltered housing options in the existing Trim housing stock and where possible promote purpose designed and built units within new developments – i.e. more bungalow developments
Timeframe	Long Term
Key Organisations	Local Estate Agents, Voluntary Housing, HSE, Meath County Council, Private Developers

**BE TRULY VALUED AND RESPECTED,
FEEL AND BE SAFE OUT AND ABOUT**
Aligned to the WHO domain of - Respect and Social inclusion

The positive impacts of social connections and social networks are well known, and several international reports have shown that all people, regardless of age, who have active social networks, tend to feel happier about their lives.

What Older People in Trim said:

“There is a lot of opportunity for older people to socialise in Trim – I think it’s a great town from that perspective”

“It would be nice to have more interaction with the younger generations – I think that would create a better understanding between young and old”

Key Objectives:

Objective	To promote the exchange of life experiences from Older to younger generations
Comment	Call on existing groups to include older people and their experiences. For example a mother baby group could periodically invite an older person to discuss their experiences in raising children and pass on some of the vital parenting and life skills that they have learned
Timeframe	Short term
Key Organisations	Existing Groups in Trim, Meath Laterlife Network, Trim Active Retirement, ALPS group, Men’s Shed, Garda Schools Programme

Objective	To increase the opportunity for older people to interact and work with younger generations
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Comment	The development of a 'Trim Youth and Senior Council'. Representatives from each of the local senior groups along with representatives from the youth groups and schools in the town would meet periodically to discuss issues that affect both cohorts. These issues could then be addressed by the group or where necessary feed back into the local Town council meetings and discussed within their agenda.
Timeframe	Medium Term
Key Organisations	Scoil Mhuire, Boyne Community School, All youth and elder groups in Trim, Meath County Council, Town Council, Comhairle na Nog

Objective	To make an application to have Trim accredited as an Age Friendly Town
Comment	Trim shall receive an award as having completed the Age Friendly Town process at a presentation on the 28 th of February 2014
Timeframe	Short term
Key Organisations	Age Friendly Counties Programme, Town Council, Meath County Council, Trim Steering Committee

PARTICIPATE IN SOCIAL, ECONOMIC AND PUBLIC LIFE

Aligned to the WHO domain of - Social Participation

TILDA 2011 (Irish Longitudinal Study an Ageing) found that approximately 90% of older adults visit with family and friends once a week or more and also found that older persons with poorer self-rated health are most likely to be socially isolated.

What Older People in Trim said:

"It would be great if there was somewhere for older people to go for a cup of coffee and a chat or read the paper and just relax"

"Established groups in the town should do more to include their older or past members"

Key Objectives:

Objective	Increase the level of awareness within the community in relation to what the town has to offer
Comment	The Introduction of a 'Trim Information Pack' which could be given to all established residents in the town and also prospective residents moving to the area
Timeframe	Medium term
Key Organisations	Scoil Mhuire, Trim Active Retirement, Library, Business Community

Objective	Provide a 'parlour' where older people can drop in share information and socialise
Comment	The refurbished Parish Centre could possibly be used as the space needs to be in the middle of the town. This would provide an alternative meeting point to those who find it difficult to get to other established groups. All religious denominations should be involved as much as possible.
Timeframe	Long term
Key Organisations	All religious denominations, Established senior groups in Trim

HAVE THE INFORMATION WE NEED TO LEAD FULL LIVES
Aligned to the WHO domain of - Communication and Information

Research highlights the importance of staying connected with people and getting timely information to manage life and meet personal needs for active ageing

What Older People in Trim said:

"I'd love to know what that facebook is all about"

"I hate getting an answering machine; it's much nicer to hear a friendly voice"

Key Objectives:

Objective	The introduction of an over 65's day each week at the Citizens Information Offices where they can deal specifically with issues facing older people
Comment	Currently the Trim CIC is temporarily closed due to relocation. Once they have re-opened an over 65's day could be introduced. Where a topic has a larger interest they could run a series of information seminars i.e. property tax, water metering, TV digital switchover
Timeframe	Medium term
Key Organisations	Trim Citizens Information Centre, Trim Family Resource Centre, Trim Active Retirement

CONTINUE TO LEARN, DEVELOP AND WORK
Aligned to the WHO domain of - Civic Participation and Employment

There is evidence that many people prefer to phase their retirement and the TILDA 2011 report (Irish Longitudinal Study on Ageing) found evidence that many have the opportunity to do so

What Older People in Trim said:

"I feel like I still have a lot to give to the community"

"I am often ignored in shops - Older people spend money too you know"

Key Objectives:

Objective	To promote links between people requiring assistance and those that can give of their time and skills
Comment	The promotion and support of a friend and mend service within the senior community of Trim
Timeframe	Short to medium term
Key Organisations	Trim Family Resource Centre, Local Business Community, South Meath Social Economy

Objective	To promote an awareness of age friendliness amongst the business community
Comment	The roll out of the Business of Ageing programme and accreditation of the businesses that participate. A mentoring or entrepreneurship programme could also be integrated to join up new or young business professionals within the community with older or more established ones.
Timeframe	Short to medium term
Key Organisations	Trim Business Community, Chamber of Commerce, Trim Business Group, Town Council, Meath County Council

LEAD HEALTHIER AND ACTIVE LIVES FOR LONGER

Aligned to the WHO domain of - Community Support & Health Services

Increased longevity is largely an outcome of improvements in health care, life-styles and diet. As a result providing health care for older people requires the collaboration of a number of different professionals

What Older People said:

"I feel like a burden on my family and I don't know how to access facilities to remain independent"

"The centre in St. Joseph's is great, I get a hot meal, good company, it's a god-send"

Key Objectives:

Objective	To identify the issues that older people face on a daily basis in Trim
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Comment	Through the process of the Age Friendly Town Initiative older people have been listened to and consulted with continuously.
Timeframe	Short term
Key Organisations	Age Friendly Counties Programme, Meath County Council, Trim Town Council

Objective	Provide simple key information on health options for older people
Comment	Nursing home fees are a great worry for older people and they are very unsure about the application process. Older people have highlighted an apparent lack of advice/information on how to access both public and private medical care. The development of an Audit or Checklist for older people which can be used to see whether a person is getting all of their entitlements and also to act as a Gateway to services in the town. This could then be accommodated on the Age Friendly County Website.
Timeframe	Short to Medium Term
Key Organisations	HSE, CIC, Meath Laterlife Network

Objective	The creation of a role specifically for the gathering and distribution of information specifically relating to what is currently available for older people in Trim
Comment	It would be preferable that this role is accommodated within a current organization such as the CIC or HSE. This person could undertake an audit with the older person and would then act as a matchmaker with personnel in the service providers and organizations that are required. The role of this matchmaker would be key for monitoring what services are being provided and forecasting where existing and future deficiencies in services may lie.
Timeframe	Long Term
Key Organisations	HSE, CIC, Meath Laterlife Network, Trim Family Resource Centre, Trim Active Retirement, St. Vincent de Paul

Support and Approval achieved:

The report and action plan has been presented for support and approval to the Steering Committee on the 18th of February 2014 and recommended amendments have been made. The final report has also been circulated to each member of the Steering Committee prior to its release and further comments and suggestions have been addressed and accommodated where possible.

The Trim Age Friendly Town Initiative interim report was presented to the Trim Town Council on the 08th of October 2013. The presentation included a number of visual slides outlining the key findings to date and suggesting how they could be developed into a set of actions or objectives for the town to work towards. Further work and consultation was undertaken and a set of key recommendations was developed. A review of the final action and implementation plan was presented to the Town Council on the 11th of February 2014 outlining the key objectives. All of the organisations involved in undertaking the outcomes to date and the Trim Steering Committee were commended for their work on the initiative. All of the members present accepted the findings of the report and wholly endorsed the work undertaken by the Aging Well Network and its representatives.

A presentation of key findings and actions was also presented to the Meath Age Friendly County Alliance on the 28th of February and subsequently circulated to all members of the alliance for their review and comment. It is envisaged that the final version of the report shall then be issued for public review in March 2014.

It was noted at the Trim Steering Committee meeting, 18th February 2014, that some of the actions identified are longer term and would be subject to capital funding being obtained. While this may be the case it is important to keep these objectives on any future agendas so that the community is in a position to act upon them when the finance does become available. A date has been set for the next meeting of the Trim Steering Committee of the 25th of March 2014 and a clear path of action is being developed.

The Age Friendly Town Initiative was welcomed by Trim wholeheartedly. Individuals and organizations alike participated with real interest and energy. In all dealings with the community of Trim I sensed a real willingness to discuss and acknowledge age issues. It is this strong community spirit that shall ensure the success of the Initiative in Trim long into the future.