



Fingal Age Friendly Strategy **2026 - 2030**





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Abbreviations



AFCCP Age Friendly Cities and Counties Programme

AFI Age Friendly Ireland

CIC Citizens Information Centre

DCU Dublin City University

DDLETB Dublin and Dun Laoghaire Education and Training Board

AFA Age Friendly Alliance

FCC Fingal County Council

HAFH Healthy Age Friendly Homes

HSE Health Service Executive

ICOP Integrated Care for Older People

IGP Intergenerational Practice

LECP Local Economic and Community Plan

NTA National Transport Authority

OPC Older People's Council

PPN Public Participation Network

WHO World Health Organisation

Foreword

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Senan Turnbull
Chair Age Friendly Alliance



This Strategy document has been put together over the past eight months following extensive consultation with key stakeholders, not least the older residents of Fingal and the agencies and organisations who work to enhance the quality of life that older people aspire to and deserve.

It has been a challenging process to find agreed priorities across the diverse experiences and expectation of the hundreds of older people who participated. It was also challenging to define actions and outcomes that the organisations and agencies could deliver on, over the next five years.

What has been agreed at the Alliance and by Fingal County Council is an overview of the international and national policy context of why and how the strategy has come about; a profile of Fingal's population, a description of the process of putting the strategy together and most importantly the actions that have been agreed as priorities for delivery during the lifetime of this document to the end of 2030. It will require the continuous engagement of all the agencies through the Alliance to see these targets achieved in collaboration with older people. Contexts will change and it will be the core work of the Alliance over the next five years to ensure that the Strategy is flexible and adaptable to those changes while continuing to focus on the expected developments in services and facilities.

This document would not have been possible without the work of key individuals. Members of the Alliance were instrumental in reviewing drafts, suggesting improvements and supporting the work of our consultants at MCA, who facilitated the public meetings, compiled the initial drafts and oversaw the design process. Key staff in Fingal County Council's Community Department had the onerous task of making sense of the disparate strands of ambition and possibilities to ensure that the Strategy was as coherent as possible.

My personal thanks to all.

Senan Turnbull
Independent Chair
December 2025

Foreword



AnnMarie Farrelly
Chief Executive Fingal County Council



I am pleased to present the third Fingal Age Friendly Strategy of the Fingal Age Friendly Alliance. This strategy has been informed by detailed demographic analysis and shaped through extensive engagement with the public, stakeholders and sectoral partners. It sets out a comprehensive vision and practical actions to support the continued development of an age friendly county, one in which older people are supported, included and empowered to thrive and actively contribute to their communities.

This Strategy builds on the foundations of our previous Age Friendly Strategies and aligns with relevant international, national and local policy frameworks. Grounded in robust research and meaningful consultation, it identifies the key challenges facing older people in Fingal today and responds with a coordinated, multi-agency Action Plan.

The strategy is structured around four core thematic areas:

- **Health and Wellbeing**
- **Safe and Attractive Neighbourhoods**
- **Mobility and Accessibility**
- **Information and Participation**

These themes underpin seven strategic objectives, which will be delivered through 34 SMART (Specific, Measurable, Achievable, Realistic and Time-bound) actions. While implementation will be a shared endeavour of the Fingal Age Friendly Alliance, Fingal County Council is proud to act as the lead coordinating agency. We are committed to maintaining momentum and ensuring accountability in achieving the vision set out in this Strategy:

"For Fingal to build on its recognition as an age friendly community, one that values the rich diversity of its older residents, alleviates loneliness through promoting inclusion and empowers older people to lead meaningful lives while realising their full potential."

Fingal is widely recognised for its youthful, diverse population, boasting one of the youngest demographic profiles in Ireland. Simultaneously, we are experiencing significant demographic change: 21% of our population is now aged 55 and over, with this cohort growing by 59% since 2011, far outpacing the national average growth rate of 35%. These trends are projected to continue and it is critical that we prepare for the evolving needs of our ageing population.

Our approach must be dual-focused, celebrating the dynamism of our young communities while also ensuring that older people are empowered to live active, fulfilling lives in an inclusive, connected environment and supporting intergenerational relations. Strategic planning today will ensure that Fingal is ready to meet the needs of the emerging generation of older people.

The successful implementation of this Strategy will depend on strong collaboration across agencies, sectors and communities. As the host organisation for the Fingal Age Friendly Alliance, Fingal County Council reaffirms its commitment to leading and facilitating this shared journey, working in partnership with all stakeholders to make Fingal a truly age friendly county.



AnnMarie Farrelly

Chief Executive

December 2025

Acknowledgements



Our sincere thanks are extended to all who contributed to the consultation process, including community groups and individual residents of Fingal. We are also especially grateful to the following whose support was instrumental in the development of this Strategy:

Fingal Age Friendly Alliance

Fingal Age Friendly Programme Manager

Fingal County Council Community Department

Fingal Inter-Departmental Team

Fingal Older People's Council

MCA Consulting



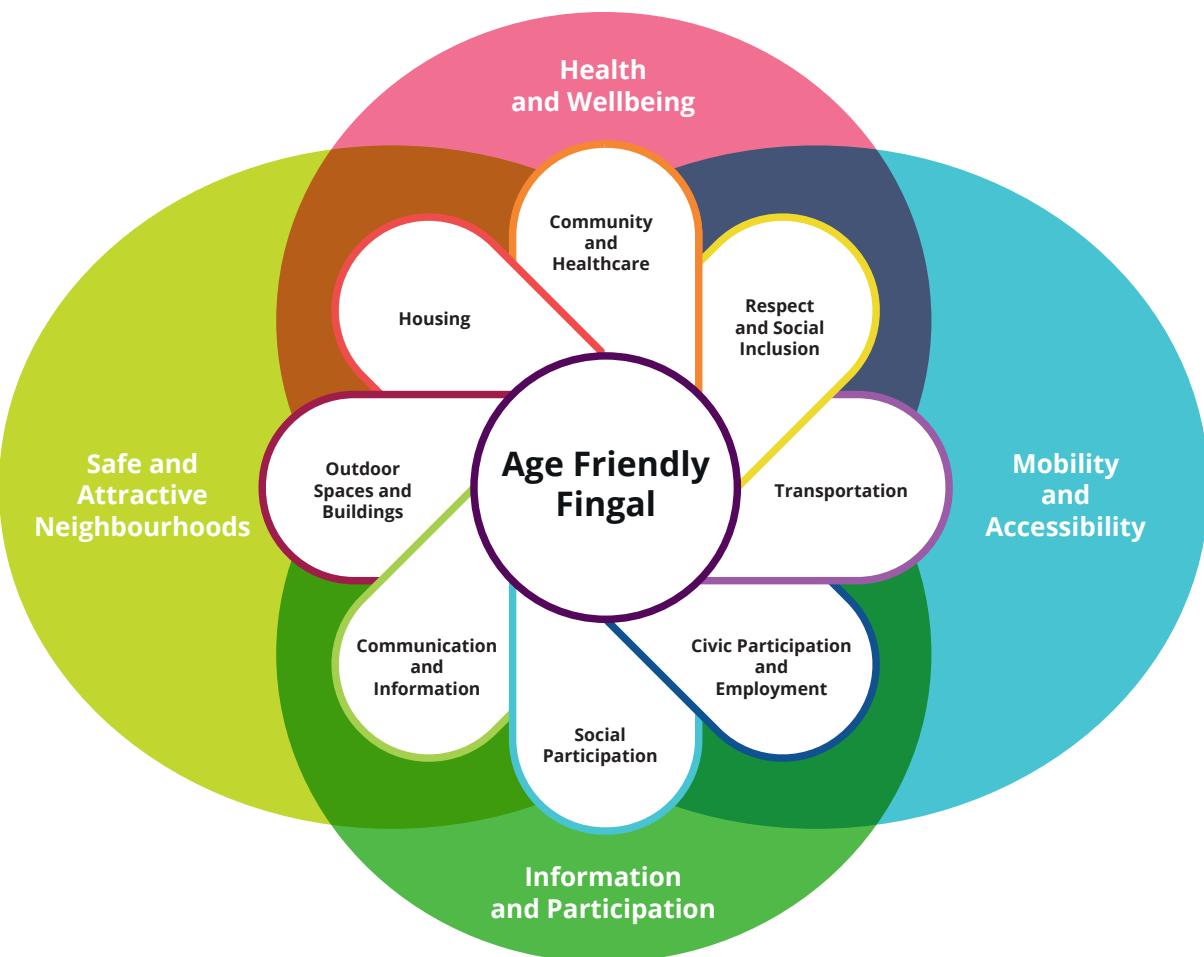
Executive Summary



This Strategy builds on strong foundations and a proven commitment by the organisations represented on the Age Friendly Alliance, to enhancing the lives of older people in Fingal. As Fingal's population grows older and more diverse, the Strategy acknowledges the need to evolve and respond to emerging challenges. The doubling of the population aged 70 and over since 2011, along with a significant cohort currently aged 40–50, signals a need to prepare for future demand on age-related services.

Consultation feedback was instrumental in shaping the Strategy, highlighting both achievements and service gaps. The willingness of older people to share their experiences and suggestions, combined with the collaboration of the Fingal Age Friendly Alliance, will ensure a more aligned, inclusive and proactive approach to service delivery.

By focusing on the four key themes: Health and Wellbeing; Safe and Attractive Neighbourhoods; Mobility and Accessibility; and Information and Participation, the Strategy offers a comprehensive roadmap to address these needs.



The effective implementation of the Fingal Age Friendly Strategy (2026–2030) depends on strong collaboration, regular monitoring and ongoing accountability. The Action Plan represents a shared commitment by stakeholders to lead and deliver on key initiatives. An Annual Implementation Plan will guide actions each year, with progress reviewed quarterly by the Fingal Age Friendly Alliance. The Older People's Council will play a key role in reviewing and shaping the plan to ensure older people's voices remain central. A comprehensive Annual Progress Report will track achievements, challenges and guide future priorities, keeping the Strategy transparent, effective and responsive.

As Fingal continues to grow, balancing the vibrancy of a youthful population with the needs of its older residents will be vital. This Strategy will build on previous work to ensure Fingal is a place where people of all ages can live well, age with dignity and thrive in a supportive, accessible and age friendly environment.

1. Introduction



Fingal is home to a growing and vibrant population of older people who make a vital contribution to the social, cultural and economic life of the county. As people are living longer, healthier lives, the demographic profile of Fingal is changing significantly and the number of older people is projected to continue rising over the coming decades. This demographic shift presents both opportunities and challenges that require a coordinated, thoughtful and inclusive response. In recognition of this, Fingal County Council is delighted to present the *Fingal Age Friendly Strategy 2026–2030*, a comprehensive plan to ensure that Fingal remains a great place to live and grow old in, where everyone, regardless of age, is valued, respected and supported to live full and active lives.

In line with Age Friendly Ireland and for the purpose of this Strategy, older people include those aged 55 and over. This allows a proactive approach to supporting people as they approach older age, rather than waiting until they experience age-related challenges. This approach reflects the understanding that planning, prevention and early intervention lead to better outcomes for individuals and communities and helps create communities that are more prepared for the needs of an ageing population. It's about ensuring people not only live longer but live better.

The vision for this Strategy is grounded in Fingal's commitment to creating inclusive communities that enable older people to participate fully in all aspects of life. Whether it is access to quality public spaces, transportation, healthcare, housing, lifelong learning or social inclusion, an age friendly approach benefits everyone—older people today and all of us into the future.

This Strategy builds on the success and learnings from previous strategies published in 2012 and 2018 and shaped by the voices of older people across Fingal, as well as the many organisations and service providers who support them. Extensive consultations were undertaken, including public engagement events, focus groups, surveys and meetings with stakeholders. Older people shared their lived experiences, identified priorities and voiced both the opportunities and barriers they face in their daily lives. The data gathered has guided the development of this Strategy and has helped identify key areas for action. Importantly, it has also highlighted the need for strong local collaboration and national advocacy.

The implementation of this Strategy will be overseen by the Fingal Age Friendly Alliance, a partnership of statutory, community and voluntary organisations working collaboratively to deliver age friendly outcomes for the county's older residents. The Alliance is responsible for driving the delivery of the Strategy's goals through a dedicated Action Plan that outlines clear, measurable steps and timelines.

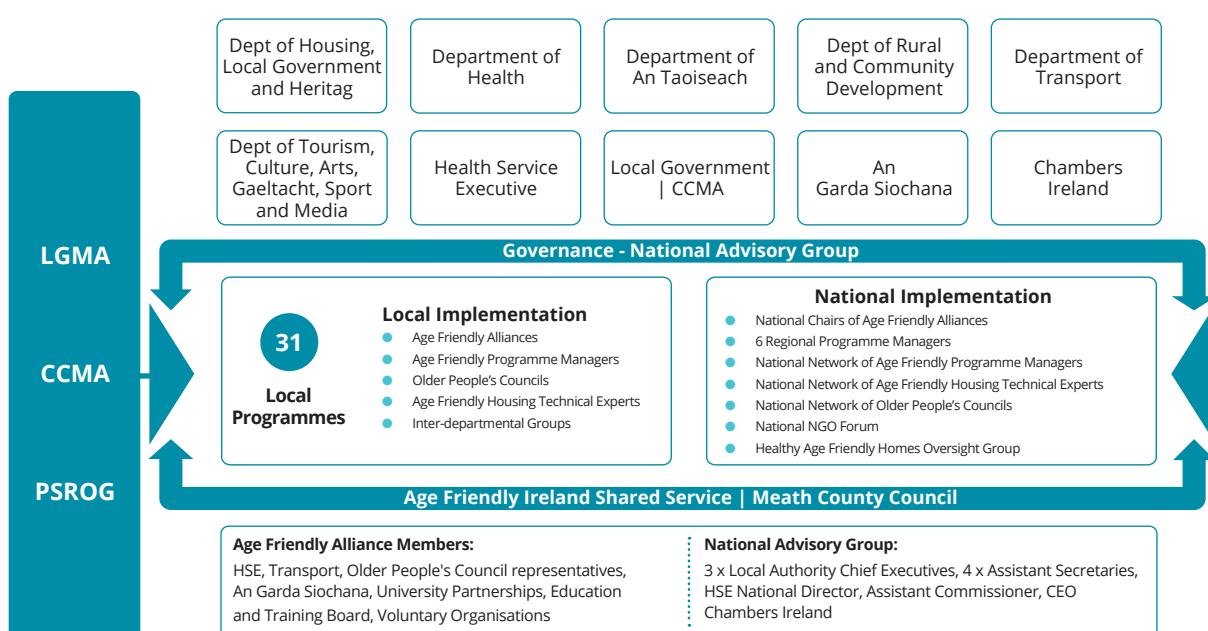
However, we acknowledge that not all the challenges identified during the consultations fall within the remit or influence of the Alliance. Where local resolution is not possible, these issues will be referred to Age Friendly Ireland for national-level consideration and response, ensuring that the voices of Fingal's older people continue to be heard at the highest levels.

2. The Age Friendly Cities and Counties Programme



The Age Friendly City and Counties Programme in Ireland grew from the World Health Organisation's (WHO) Age Friendly initiative (WHO 2005). In recognition of the need to support our ageing society, the Age Friendly Cities and Counties Programme (AFCCP) was established. Age Friendly Ireland (AFI), a national shared service of Local Government hosted by Meath County Council is responsible for delivering this programme through local authorities. Age Friendly Ireland is overseen by the National Advisory Group, consisting of representatives from the Department of Housing, Local Government and Heritage, Department of Health, Department of Transport, Department of Rural and Community Development, representatives of Local Authority Chief Executives, HSE, An Garda Síochána and Chambers Ireland.

Fig. 2.1 Age Friendly Ireland Structures and Governance Chart



Source: Age Friendly Ireland 2025

Age Friendly Ireland guides and supports 31 Local Authority-led Age Friendly Programmes across the country. These programmes address a wide range of environmental, economic and social determinants that impact the daily lives of older people, aligning closely with the WHO's framework for age friendly communities.

Age Friendly Ireland promotes a collaborative, multi-agency approach to planning and service delivery at local authority level. Under the leadership of local authorities and through the coordinated efforts of key stakeholders, this integrated approach ensures that actions are not developed in isolation but are part of a cohesive strategy. Partner agencies align their resources to deliver joined-up solutions across areas such as the built environment, housing, health, safety, lifelong learning, social inclusion and cultural and physical engagement.

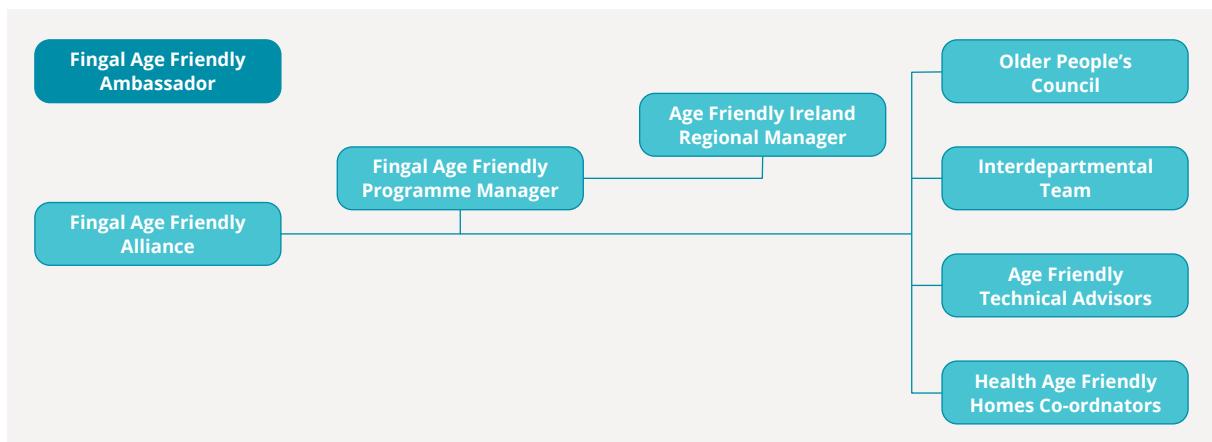
3. Age Friendly Fingal



In 2011, Fingal County Council signed the Dublin Declaration on Age Friendly Cities and Communities, marking a commitment by Fingal to address the needs and opportunities of its older residents. This is the third Age Friendly Strategy to be delivered by Age Friendly Fingal, building on the successful delivery of the previous strategies from 2012–2017 and 2018–2023.

Age Friendly Fingal is committed to creating an environment where older people can live active, healthy and fulfilling lives. The programme focuses on improving the quality of life for older people by ensuring that Fingal's communities are inclusive, accessible and responsive to their needs. The Strategy aims to enhance public services, promote safe mobility, support social inclusion and foster intergenerational connections. It also emphasises the importance of creating age friendly spaces that promote physical, mental and emotional wellbeing. By engaging with older people, local organisations and service providers, Age Friendly Fingal strives to build communities where all ages can thrive together.

Figure 3.1 Age Friendly Fingal Framework



A robust framework supports the implementation of the Age Friendly Programme and the delivery of this Strategy's actions. The programme is overseen by the Age Friendly Alliance, with Fingal Older People's Council ensuring that the voice of older people informs and influences relevant policies and initiatives. The Interdepartmental Team works to embed Age Friendly principles across all aspects of Fingal's operations. Delivery is further supported by Age Friendly Technical Advisors and Fingal's Age Friendly Programme Manager, with support from Age Friendly Ireland's Regional Manager. Fingal's Age Friendly Ambassador plays a key role in promoting awareness and engagement with Age Friendly initiatives.

Fingal's Age Friendly Alliance

Fingal's Age Friendly Alliance is a cross-sectoral partnership that brings together key organisations and stakeholders committed to making Fingal a better place in which to grow old. The Alliance plays a central role in leading and overseeing the implementation of the Fingal Age Friendly Strategy.

Chaired by an Independent Chair, the Alliance includes members from a wide range of agencies and groups, including:

- An Garda Síochána
- Dublin and Dun Laoghaire Education and Training Board
- Dublin City University (DCU)
- Healthy Fingal
- Health Service Executive (HSE)
- Local Link
- Fingal County Council Elected Representatives
- Fingal County Council Housing and Community Departments
- Fingal County Council Libraries Department
- Fingal Older People's Council

The Alliance serves as the main coordinating and decision-making body for age friendly initiatives in Fingal. Its core responsibilities include:

- Driving Implementation: Overseeing the delivery of the goals and actions set out in the Age Friendly Strategy and ensuring that all partners are working together effectively.
- Promoting Collaboration: Encouraging joint initiatives between agencies, services and community groups to meet the needs of older people in a holistic way.
- Monitoring Progress: Tracking outcomes, measuring impact and reporting regularly on the progress of the Strategy's implementation.
- Identifying and Addressing Gaps: Responding to challenges raised by older people and stakeholders and referring issues beyond its remit to Age Friendly Ireland for national-level action.
- Championing Older People: Ensuring that the voice of older people is central to planning and decision-making and that they are involved in shaping the services and supports that affect their lives.

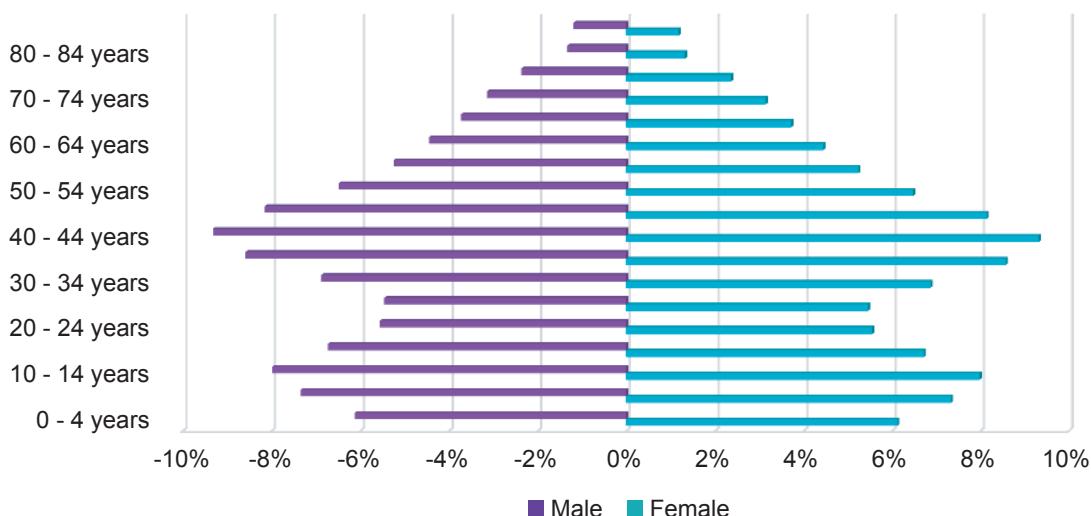
By bringing diverse organisations together with a shared purpose, Fingal's Age Friendly Alliance ensures that age friendly actions are not just the responsibility of one agency but a joint commitment to building an inclusive, supportive community for all.

4. Demographic Profile of Older People in Fingal



Fingal is one of Ireland's fastest-growing counties in Ireland with a blend of urban, suburban and rural communities. As of the 2022 Census, the population reached 330,506, marking an 11.6% increase since 2016, well above the national growth rate. This rapid growth, driven by both inward migration and natural population increases, has contributed to Fingal maintaining one of the youngest demographic profiles in the country. However, alongside this youthful population, there is a marked and growing cohort of older adults. While those aged 55 and over currently represent about 21% of the population, this group has grown by 59% since 2011, far exceeding the national average increase of 35.8%. The increase is expected to accelerate in the next 10-15 years driven by a rise in the number of people currently in their 40s and 50s, who make up a significant proportion of Fingal's population

Figure 4.1 : Percentage of Population by Age and Sex in Fingal 2022



Source: CSO

Diversity among Fingal's older population

Fingal's older population reflects a growing diversity in terms of health, caregiving roles, ethnicity and nationality, all of which have important implications for the development of inclusive, age friendly policies. A significant and increasing number of older people are living with a disability. In 2022, 23,571 people aged 55 or older identified as having a disability, highlighting the need for targeted supports and accessible services to enable full participation and quality of life for older people with disabilities.

Caring responsibilities are another key aspect of diversity among older people. A total of 6,175 people aged 55+ identified as unpaid carers in 2022, with the largest share in the 55-59 age group (2,235 carers). These older carers often support spouses, adult children with disabilities or

grandchildren, placing additional emotional and physical demands on them. As the population ages, these dual roles, as older individuals and caregivers require recognition and support.

Living alone can significantly impact the wellbeing of older people, particularly in areas such as social isolation, access to services and health outcomes. It is unclear how many people aged 55 and over are living alone in Fingal. However, according to Census 2022, 6,929 people aged 65 and over were living alone, of which 2,036 were aged 80 years or over. Older people living alone are more vulnerable to social isolation, particularly those who are widowed, have limited mobility or live in more rural or poorly connected areas. Targeted supports for this group, including right-sizing housing options and enhanced social inclusion initiatives will be essential in creating a more Age Friendly Fingal where older people living alone can remain safe, connected and supported. Social isolation is not just experienced by those living alone, it is recognised that this can be felt even when surrounded by people living in towns and villages across the county representing a further dimension to this complex societal challenge.

Ethnic and cultural diversity is also a growing feature of older people in Fingal. While the majority of older residents in Fingal are Irish nationals, a notable 6,765 people aged 55 and over are non-Irish nationals. This figure, alongside trends showing increased numbers of residents born outside Ireland (26.7% in 2022), suggests an increasingly multicultural older population. Ensuring that services are culturally competent, linguistically accessible and reflective of diverse life experiences will be essential to fostering a truly inclusive, age friendly environment in Fingal. Moreover, it is crucial to continue engaging these communities to better understand and respond to their specific needs and aspirations as they age.

Although Fingal has traditionally been seen as a county of young families, the population aged 70 and over has doubled since 2011 and the large numbers currently in the 40–50 age bracket indicate a coming surge in demand for age-related services in the next 10 to 15 years. These demographic shifts highlight the urgent need to prepare for an ageing population which requires a robust, forward-thinking Age Friendly Strategy to ensure adequate support, infrastructure and services are available to meet the current and future needs of a diverse cohort of older people. As the county develops, promoting inclusion, accessibility and active ageing will be essential to building a truly Age Friendly Fingal.

5. Strategy Development



The development of this Strategy employed a robust and inclusive methodology, ensuring that the voices of older people and the wider community were central to the process. The approach combined extensive public consultation, targeted engagement with key stakeholders and surveys to gather diverse perspectives and insights.

As with previous Age Friendly Strategies in Fingal, this Strategy is structured around the eight thematic areas identified by the WHO (2007) as augmented and categorised by the WHO Age Friendly Environments in Europe project (Afee) 2018. During the public consultation phase of developing this Strategy, emphasis was placed on gathering insights and identifying priorities from the seven Local Electoral Areas within Fingal County Council, aligned with the eight strategic focus areas

Figure 5.1 Fingal Age Friendly Strategy Roadmap



The initial stages involved a desktop review of Census 2022 data and relevant reports and strategic policy documents. This review informed the selection of relevant locations and target groups for consultation meetings.

Engagements

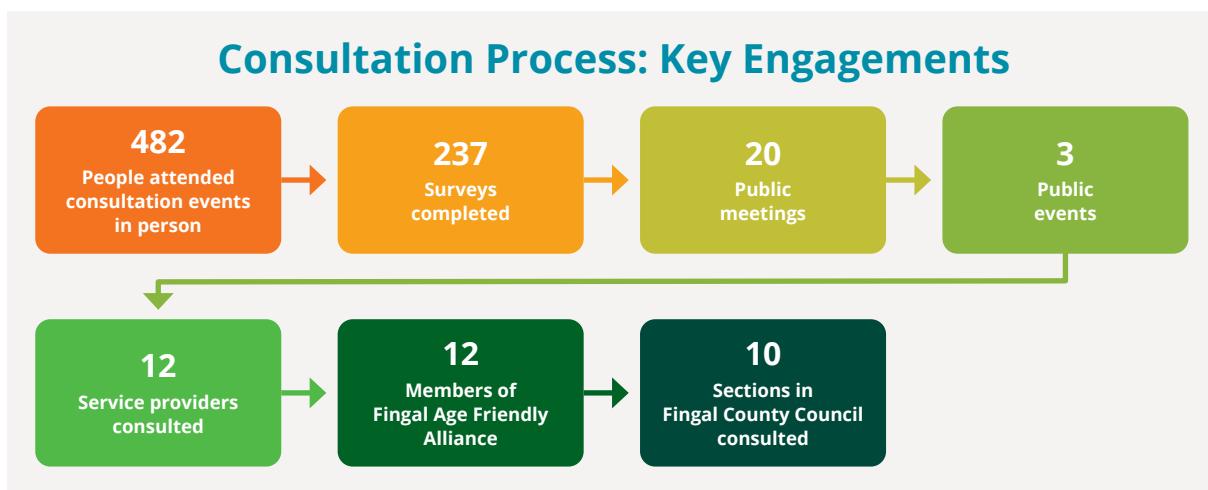
A broad and inclusive engagement approach was adopted to inform the development of the Age Friendly Strategy. Public participation was promoted through posters in community venues, direct outreach to older people's groups, communication via the Public Participation Network (PPN) and coordination with stakeholder organisations such as the Older People's Council (OPC) and the Age Friendly Alliance. Fingal County Council Community Development Officers played a key role in mobilising local engagement and encouraging participation from older people and their representative groups.

A total of 23 consultation events were held across the county, attracting 482 participants. These localised sessions provided an accessible platform for individuals and groups to share their experiences, voice concerns and offer suggestions. Many attendees represented community or advocacy organisations, broadening the range and depth of input collected.

Key stakeholders, including the Age Friendly Alliance and the Older People's Council, were actively involved through dedicated meetings. Their insights were essential in shaping the Strategy's direction and ensuring alignment with the needs and aspirations of older people. In addition, each member of the Council's Age Friendly Interdepartmental Team was interviewed, with findings integrated into the overall analysis.

To complement the qualitative input, a survey was disseminated both online and in hard copy. The responses received provided additional valuable data on the priorities and challenges facing older people in Fingal.

Figure 5.2 Consultation Process



Reaching Under-represented Groups

Early feedback identified gaps in participation from certain groups, including men, members of the Traveller and migrant communities, as well as people with disabilities. The engagement process was adapted to address this by organising targeted sessions with these groups, ensuring their perspectives were included in the Strategy's development. The PPN, with over 600 member groups, supported outreach which enabled engagement with a broad spectrum of community organisations, enhancing the Strategy's inclusivity and depth.

Data Analysis

Data from consultations, targeted engagement, surveys and stakeholder interviews was analysed to identify recurring themes and priority areas. This evidence-based process informed the development of this Strategy that is responsive to the unique demographic and social context of Fingal.

The collaborative, multi-agency approach used placed the voices of older people at its core. By integrating broad public input with targeted outreach and data analysis, a strong foundation for an inclusive and actionable Age Friendly Strategy was built.



6. The Strategy



Fingal Age Friendly Strategy (2026-2030) sets out the vision of Fingal as an Age Friendly County. Since its inception, Age Friendly Fingal has been committed to enhancing the quality of life for older people through a diverse range of initiatives, in collaboration with organisations, agencies and volunteer groups. These efforts have helped create an inclusive, supportive and empowering environment where older people can thrive, remain active and continue to contribute meaningfully to their communities.

However, with a growing and more diverse population of older people, it is necessary to evaluate the work that has been done and continuously improve to ensure that the needs and interests of a changing cohort of older people are met. While the majority of the respondents in the consultations provided constructive and positive feedback, gaps in service provision and their priorities were identified. For the service providers represented on the Age Friendly Alliance, this process provided a strong foundation from which to jointly develop services for older people. While older residents identified many gaps, they also acknowledged the positive actions already taken. This feedback will guide and encourage greater alignment of delivery of services over the next four to five years.





Vision

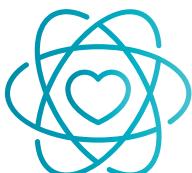
Fingal builds on its recognition as an Age Friendly County, one that values the rich diversity of its older residents, alleviates loneliness through promoting inclusion and empowers older people to lead meaningful lives while realising their full potential.



Mission

To work together as partners to enhance the wellbeing of older people in Fingal through:

- Improving the provision of and access to key services, supports and facilities.
- Addressing gaps in service provision and creating synergies through co-ordination of an interagency approach in partnership with local communities.



Values

Our core values in approaching delivery of this Strategy are:

Inclusion: Recognise the diversity of our older population and as a priority strive towards equality of access for all regardless of ethnicity, economic or social status.

Collaboration: Partner with others to lead by example, set high standards and create an environment where all available resources are effectively coordinated and used to deliver the Strategy for the greatest benefit to current and future generations of older people.

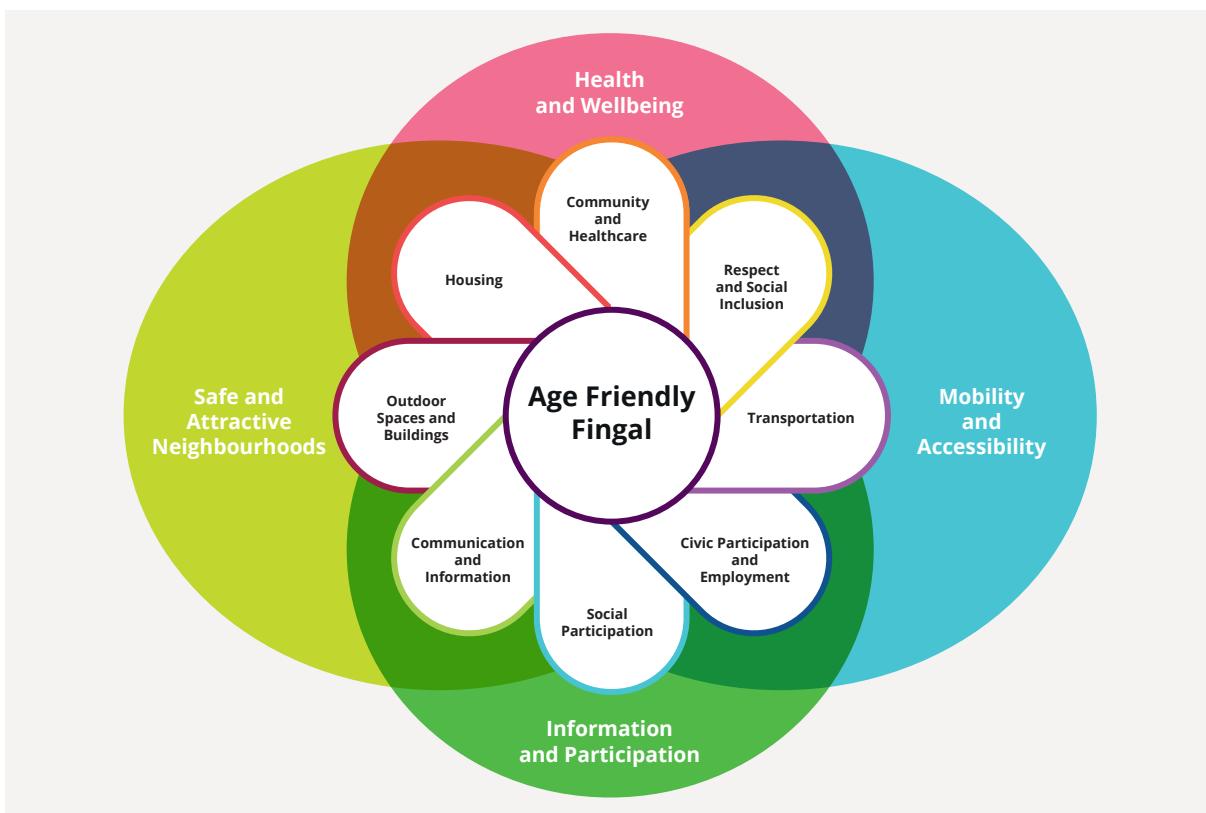
Innovation: To be pioneering in introducing new ways of addressing everyday challenges and needs of older people by piloting and bringing forward new ideas, methods and approaches.

Strategic Goals

This Strategy aims to address some of the challenges identified in the consultation process with older people across the county. The challenges are varied, reflecting both the diverse needs of a heterogeneous older population and the geographic differences across Fingal, where urban, suburban and rural areas each present unique issues. However, the consultations highlighted similar issues across the county which are presented under four overall themes.

The four thematic areas relate directly to the eight domains of the WHO's Age Friendly Communities.

Figure 6.1 Thematic areas and Domains



These four key themes emerged from the analysis of the findings from the community and stakeholder consultations:

1
Health and Wellbeing

2
Safe and Attractive Neighbourhoods

3
Mobility and Accessibility

4
Information and Participation



Theme A: Health and Wellbeing

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Theme A: Health and Wellbeing

Progress has been made with the introduction of health and wellbeing programmes for older people. Health Promotion talks in libraries and community centres with the HSE and Healthy Fingal provide older residents with information on maintaining health and preventing illness. Exercise programmes both in person and online have been developed by Fingal Sports Officers for all levels of ability including walking groups, sofa to saddle programme, aqua-aerobics and exercise classes for older people. Tai Chi and Yoga are among the regular classes available in Fingal Libraries. Fingal Community Development Officers continue to support groups through the provision of training and funding for new activities and initiatives to promote health and wellbeing.



Objective 1: Optimise Health Outcomes for Older People

During the consultation process issues were identified pertaining to health services across the county. While recognising constraints in the HSE and staff shortages as well as the rising ageing population, concerns were raised about a lack of basic health services in some of the more rural areas in Fingal with long waiting times to see GPs. Older people are cognisant of the benefits of taking preventative measures to ensure their health and wellbeing. However, there is lack of awareness of the health and exercise programmes and a need for clearer pathways to accessing these programmes. Information on health-monitoring devices to enable older people to remain living at home is lacking, as is financial support in the form of grants for these devices.

Further challenges highlighted include a need for training in digital literacy for healthcare access via smartphones. Deficits in transport to hospitals across the county was raised consistently throughout the consultation process and is addressed under Theme C: Mobility and Accessibility.

It is unsurprising that loneliness did not emerge during consultations with older people for this Strategy, as individuals experiencing loneliness and isolation are often hidden and less likely to participate. However, the European Commission's Joint Research Centre (JRC) reported that 20% of Irish people felt lonely most or all of the time, significantly higher than the European average of 13% (Berlingieri et al., 2023) and as such is an issue requiring targeted attention within this Strategy. Drawing on insights from Fingal's active participation in the Interreg Europe supported Korale Project which has highlighted the hidden nature of loneliness in local communities, this Strategy will integrate initiatives shaped by best practices emerging from this ongoing international collaboration.

Actions

- Promote initiatives and campaigns to enhance and support the health and wellbeing of older people.
- Support older people to prevent and manage chronic disease.
- Deliver Minding Your Wellbeing training currently being developed by the HSE and AFI.
- Continue to promote and develop programmes of physical activities for older people across the county.
- Promote cycling for exercise and mobility.
- Implement initiatives to address substance misuse in older people.
- Introduce a programme to target those experience loneliness and isolation.
- Support older people with dementia and their carers through dementia cafes.
- Develop partnerships between the Healthy Age Friendly Homes Programme and external stakeholders to better serve the needs of older residents in Fingal.



Objective 2: Build Strong and Inclusive Services

The need for clearly designated, visible and welcoming age friendly spaces for older people, such as ground-floor areas in public libraries, arose during consultations. There is a need for a coordinated approach to expand the age friendly towns and communities' initiative to ensure inclusivity in design, planning and service delivery. There is a variance in the range of supports reported by participants for senior groups. While many groups appreciate the support they received, a need for structured supports to navigate and access the full range of available services and resources was identified.

Actions

- Fingal County Council will continue to provide capacity building supports to community groups which benefit older people through capacity building, networking and funding supports.
- Using existing expertise such as community leadership and healthy ageing, DCU will deliver training sessions and short courses to support groups and individuals.
- Age Friendly Towns initiative will be expanded to other towns in Fingal.
- Work will commence on attaining a designation of Age Friendly Sports Campus in a major facility in Fingal.





Theme B: **Safe and Attractive Neighbourhoods**

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Theme B: Safe and Attractive Neighbourhoods

Significant progress has been made in recent years to ensure that neighbourhoods in Fingal are safe, accessible and welcoming for older people. Key improvements include the introduction of age friendly parking spaces across the county, along with walkability audits aimed at enhancing the public realm to ensure older people feel secure and confident in their neighbourhoods. Fingal County Council continues to actively support local initiatives such as Tidy Towns, enhancement groups and community gardens, all of which contribute to creating more attractive and inclusive environments.

Fingal continues to incorporate Principles of Universal Design in newly developed housing schemes and public buildings. Two Healthy Age Friendly Homes Coordinators, are assigned to Fingal to provide guidance to older people on home adaptation grants and support services, enabling them to age safely in place. Two members of staff have been designed as Age Friendly Technical Advisors and have received training to ensure they continue to offer expertise on public domain and inclusive housing design to assist in the development of suitable housing options. To further support community safety, An Garda Siochana hold regular safety talks providing older residents with practical information on personal security and crime prevention. These combined efforts reflect a strong commitment to building communities where older people can live independently, safely and with dignity.



Objective 3: Improve Safety and Security for Older People

Participants in the consultation process expressed a range of concerns related to safety and security, both in public spaces and within their homes. Personal safety fears are heightened in public parks, where anti-social behaviour and the presence of unsupervised dogs contribute to feelings of vulnerability and isolation. The growing use of e-scooters and bicycles on footpaths, combined with a perceived lack of Garda presence, adds to these anxieties. Additionally, the increasing shift to online services has introduced new risks, with many older people expressing fear and uncertainty about navigating websites, clicking links or falling victim to scams.

Actions

- Provision of crime prevention advice for older people to enhance personal safety and safety in the home.
- Provision of workshops to help older people stay safe on the roads as drivers, cyclists and pedestrians.
- Provision of training in online safety designed for older people.



Objective 4: Enhance Accessibility in Public Spaces

Consultations with older people revealed a broad range of challenges related to the public realm, infrastructure and outdoor accessibility. A consistent concern was the deficit in amenities such as public seating, toilets and safe walking routes, as well as suitable carparking. Many parks and open spaces lack basic features like benches, lighting and accessible toilets, essential for older people to comfortably enjoy outdoor areas. While acknowledging the value of regional parks across the county, participants noted their large scale can discourage use by older people and highlighted the need for smaller more accessible parks designed for rest and relaxation. They also noted a shortage of outdoor exercise facilities in some areas.

Outdoor accessibility was another issue identified, particularly the poor condition of footpaths which are often uneven, cracked or obstructed by parked vehicles, posing serious safety risks for those with mobility aids and challenges. In the more rural areas, narrow and busy roads make walking hazardous. The lack of clear signage to separate walkers and cyclists adds further safety concerns. Overall, these findings highlighted a pressing need for more inclusive, well-maintained and safe outdoor environments to support older people's mobility, wellbeing and social engagement.

Actions

- Integrate walkability studies into major infrastructure programmes to ensure that public realm developments are designed to meet the needs of older people.
- Identify additional areas suitable for additional age friendly car parking spaces during walkability audits.
- Develop and promote age friendly walking routes.



Objective 5: Facilitate Provision of Age-Appropriate Housing

Consultations highlighted significant housing-related challenges, particularly around the lack of suitable, age friendly options to support ageing in place or facilitate rightsizing. There is a clear deficit of smaller, accessible homes that would allow older residents to right-size within their own communities, with few affordable or appropriate properties available for purchase. There is a demand for sheltered housing, assisted living and retirement villages, with a preference for these to be located locally to maintain social connections and community ties.

The lack of accessible information and support for home retrofitting and maintenance was identified during consultations. Older people reported difficulties in understanding and accessing grants and in evaluating the affordability or cost-effectiveness of energy efficiency upgrades. There is a strong sense among older people for the need for greater housing choice, clearer guidance and financial support to remain safe, independent and comfortable in their homes without being pressurised to relocate for the benefit of a younger population.

Actions

- Implement and formalise proposed practices in relation to the new Right-Sizing Policy
- Expand the Healthy Age Friendly Homes (HAFH) Programme.
- Provide a minimum percentage of homes developed to Universal Design Standards.
- Encourage the delivery of age friendly homes as referenced in policies and objectives of the Fingal Development Plan 2023-2029





Theme C: Mobility and Accessibility

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Theme C: Mobility and Accessibility

Fingal County Council has made significant strides in enhancing mobility and accessibility for older residents through a range of initiatives. The introduction of Active Travel Programmes, such as Cycling Without Age, have created opportunities for older people to enjoy safe, leisurely cycling experiences, fostering both physical wellbeing and social engagement. The Trishaw is now available in three locations to allow those who can no longer cycle themselves enjoy the cycling experience.

To further support independent travel, a Community Car Scheme was established, offering convenient and reliable transport for older people to attend essential appointments in their community. In addition, over 20 age friendly car parking spaces have been strategically installed throughout the county to ensure easier access to services and amenities. Complementing these efforts, Local Link has tailored and expanded its rural transport routes to better serve the specific needs of older residents in rural Fingal, enhancing their connectivity and reducing isolation. In addition, Public Libraries in Fingal have been awarded the Age Friendly Charter, recognising the considerable improvements made to facilities and services for older people in recent years.



Objective 6: Improve Availability and Access to Public Transport for Older People

Consultation findings across Fingal highlighted several critical challenges affecting older people's access to public transport and related infrastructure. One of the most prominent concerns is the lack of direct bus routes to essential destinations such as hospitals. Poor cross-county connectivity and inadequate transport options in growing communities like Lusk and Donabate further compound the issue. The limited frequency of existing services, the lack of synchronisation between bus and train schedules and the unreliable nature of some infrastructure, such as train station lifts, also present significant barriers to mobility for older residents.

Participants also pointed to physical accessibility and comfort as areas needing urgent improvement. This includes the need for more bus shelters, seating and designated secure parking, especially in town centres. There is also a strong demand for the expansion and better promotion of age friendly transport options such as Local Link to medical and retail facilities, as well as community car schemes. Additionally, older people expressed concerns about safety, poor taxi availability in rural areas like Garristown, the usability of parking meters that rely solely on apps and a lack of respect or inclusion when using public transport. The need for clearer communication and awareness around available services was a recurring theme, as many older people feel socially excluded or uninformed and increasingly isolated.

Actions

- Engage with Age Friendly Ireland to address identified gaps in transport provision with the National Transport Authority (NTA)
- Work with local transport providers to explore how current resources can be better used to facilitate the needs of older people to access local hospitals in Fingal.
- Support the expansion of the Community Car Scheme to additional locations in Fingal.
- Provide support and assistance to further develop the Cycling Without Age Initiative across the county.
- Identify opportunities to promote bike share as a viable form of public transport for older people and pilot age friendly bike share initiatives.

Theme D: **Information and Participation**

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Theme D: Information and Participation

A wide range of initiatives to promote the active participation of older people in community life, celebrating their contributions while ensuring inclusion, creativity and connection, have been implemented across Fingal. Events such as Vintage Picnic, which welcomes over 600 participants annually, create joyful spaces where older people can engage in music, dance and cultural expression. Libraries across Fingal also play a key role, offering tailored programmes and hosting events during the Bealtaine Festival to celebrate creativity in later life. In addition, Fingal supports Positive Ageing Week by partnering with community centres countywide to showcase a vibrant, active image of ageing and encourage meaningful community involvement.

Targeted programmes such as Walk and Talk and Men on the Move provide accessible ways for older people, particularly older men who are often underrepresented in social initiatives, to stay physically active and socially connected.

Information sharing and empowerment are central to Fingal's approach. Biannual Information Events for Older People provide valuable advice and resources from a range of public and voluntary organisations, while the Annual OPC Conference offers a platform for senior groups to voice concerns and shape policy. Ongoing support for senior social groups and intergenerational projects such as Cricket4All and Cross Border–Cross Generations help bridge generational divide and strengthen community ties. Lifelong learning and digital skills training delivered by our Alliance members in DDLETB and DCU empower older people to stay engaged and informed. DDLETB also provides tutors for classes in a wide variety of topics to groups across the county in clubs and libraries. These efforts are further complemented by the weekly Age Friendly Newsletter, which keeps older residents updated on services, opportunities and initiatives throughout Fingal and beyond.





Objective 7: Embrace Active Participation of Older People in Society

Older people across the county highlighted a broad range of challenges that hinder their full and active participation in society, particularly around communication, access to information, social engagement and inclusion. A consistent theme is the digital divide. Many older people do not use smartphones or struggle with online platforms, leaving them behind in an increasingly digital-first environment. Websites are often difficult to navigate and critical updates are not always delivered reliably. There is a strong desire for more human-based communication and printed materials, including local newsletters, physical information points in community centres and better use of non-digital outlets like local radio. Calls were made for the creation of a one-stop information shop or expanded citizen information-type service.

In terms of civic and social participation, many respondents reported a lack of accessible venues. There's also a need for increased subsidies for social and physical activities, such as swimming, line dancing and exercise classes, to accommodate those on fixed income. Older people called for more volunteer opportunities and better awareness of the Volunteer Centre, alongside improved funding access for community and voluntary organisations. Demand exists for more intergenerational activities to reduce barriers between generations and promote inclusivity and wellbeing. Finally, participants highlighted broader inclusion issues and accessible sports options for those with reduced mobility. Older residents have asked for joined up, coordinated communication efforts and greater recognition of the valuable social, civic and cultural contributions they continue to make.

Actions

- Explore the possibility of developing a schedule of drop-in clinics for older people with Citizen's Information Centre (CIC) in conjunction with libraries.
- Organise Information/Showcase events in local communities to provide information for older people on the services and activities available in their area.
- Establish a database for the distribution of information specifically for older people to include individuals, groups, service providers and social media channels.
- Develop an older volunteer enabler initiative to promote volunteer roles for older people in Fingal.
- Extend existing intergenerational practice to enable and empower older people to participate in their communities and facilitate the transfer of knowledge and skills between the generations.
- Design intergenerational programs that pair older residents with students for cultural, educational or mentorship exchanges.

The challenges and issues identified during consultations were presented to the Fingal Age Friendly Alliance to identify and agree on actions. For each action, a lead organisation and a timeframe for implementation were agreed upon to ensure accountability and timely progress. Issues identified which fall outside the remit of the Alliance, will be forwarded to Age Friendly Ireland for consideration and discussion at national level. Oversight for the implementation of the Action Plan rests with the Alliance, supported by other structures in place within Age Friendly Fingal. An annual report will provide an update on progress and any changes or additions to the plan will be ratified by the Alliance to maintain transparency and collective agreement throughout the process.

7. Action Plan



The themes and objectives in the Action Plan have been aligned with the National Age Friendly Programme. The plan has been developed to deliver SMART actions with clear measurable outcomes organised under four key themes. These themes collectively cover the eight strategic focus areas of the National Programme. Objectives have been established in each of the four themes, with SMART actions designed to directly support their achievement. Overall, the strategy comprises four themes, seven objectives and 34 specific actions.

Figure 7.1 Thematic areas and Domains

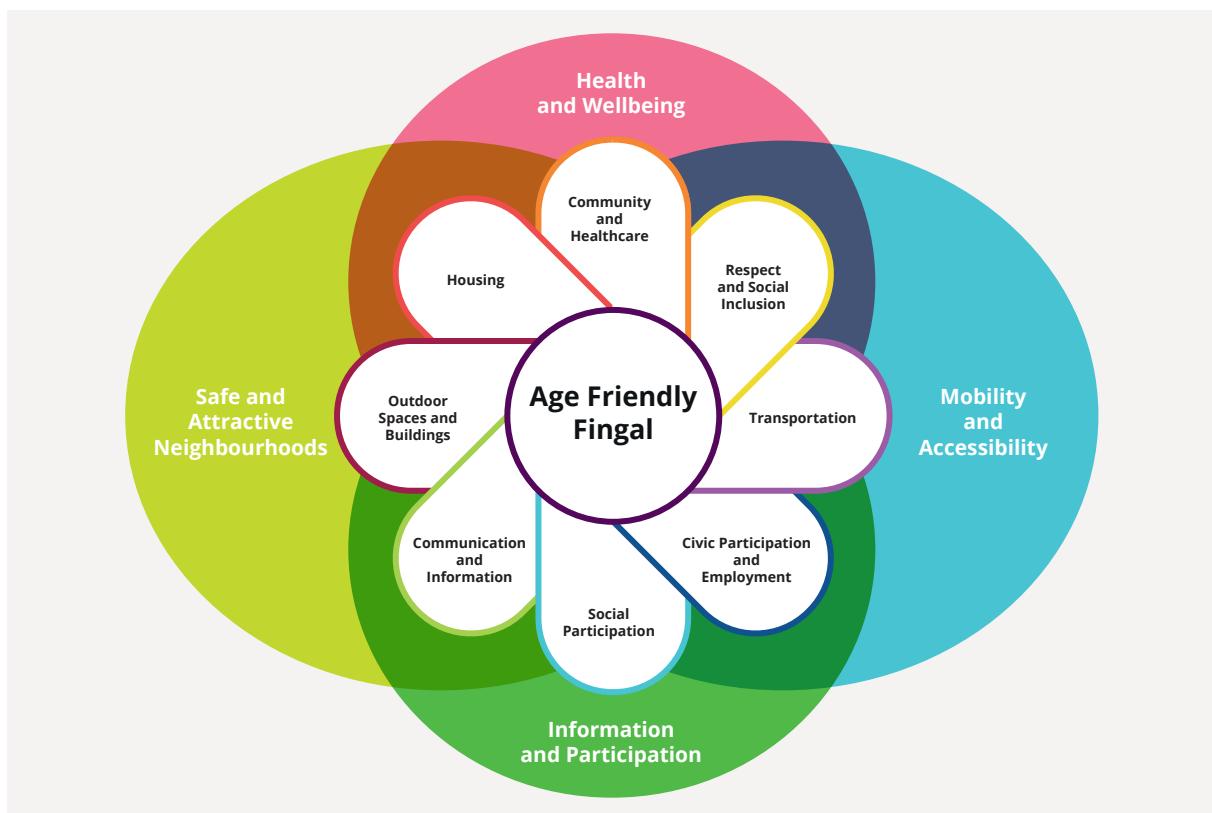
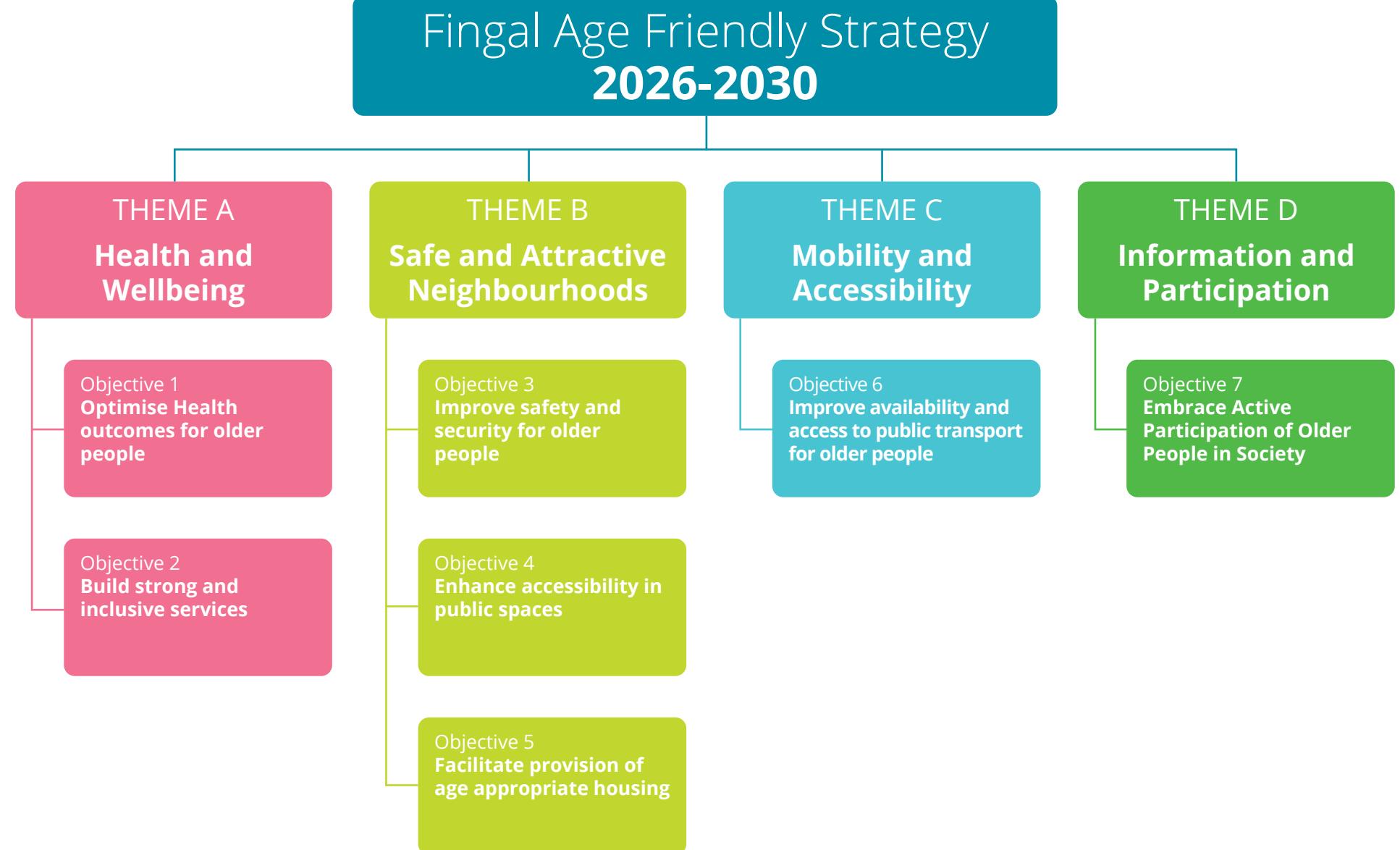


Fig. 7.2 Structure of Fingal Age Friendly Strategy 2026-2030



Theme A: Health and Wellbeing

Objective 1 – Optimise Health Outcomes for Older People

No.	Action	Description	Lead Partner(s)	Supporting Partners	Timescale	Indicators	Target Areas
1.1	Promote initiatives and campaigns to enhance and support the health and wellbeing of older people. Support older people to prevent and manage chronic disease.	<p>1. Promote both national and targeted local campaigns in relation to healthy eating and active living, cancer prevention, brain health, dementia awareness, self-management support, smoking cessation, reduction in binge drinking and mental health and wellbeing.</p> <p>2. County-wide health and wellbeing information campaigns to support early intervention, prevention and self-management of chronic disease.</p> <p>3. Plan, support and promote activities during National Positive Ageing Week to promote wellbeing</p> <p>4. Distribution of HSE booklet on services for older people</p>	HSE (Health Promotion and Improvement Team)	Healthy Ireland at your Libraries Coordinator, Healthy Fingal Coordinator, Fingal Sports Office, HSE's Older Persons/Mental Health and Primary Care Services	2026-2030	<p>1. Data capture of older people accessing stop smoking services</p> <p>2. Data capture of campaigns/information sessions delivered to HSE staff and local community members</p> <p>3. Activities completed and attended during Positive Ageing Week.</p> <p>4. No of booklets disseminated</p>	Entire County
1.2	Deliver Wellbeing Programme	Promote HSE's new Age Friendly Healthy Programme: Minding Your Wellbeing for Older Adults	HSE	Age Friendly Fingal	2026-2029	One course in 2026 with the aim of increasing in subsequent years. Number will depend on delivery method and interest among groups	Entire county

Theme A: Health and Wellbeing

Objective 1 – Optimise Health Outcomes for Older People

No.	Action	Description	Lead Partner(s)	Supporting Partners	Timescale	Indicators	Target Areas
1.3	Implement and promote a programme of physical activities for older people	<p>Launch a campaign to improve health and fitness of older people. Provide structured and easily accessible exercise for different mobility levels on an annual basis.</p> <ol style="list-style-type: none"> 1. Run an annual “Active for Life”, programme of physical activities for older people. 2. Identify gaps in physical activities for older people in Fingal, through the Fingal Active Cities Dublin Initiative in line with Fingal Sports Office, Local Sports Plan 2024-2029. 3. Undertake campaigns to promote the benefits of physical activity for older people. Promote “active for all” in campaigns and promotions and ensure the visibility of older people in promotional material. 	Fingal Active Cities & Sports Depts	Libraries HSE Fingal Community Dept OPC	2026-2030	<p>Active for Life programme to increase from 6 to 8 locations by 2026</p> <p>250-300 older people per week participating in Active for Life exercise programmes.</p>	Entire county

Theme A: Health and Wellbeing

Objective 1 – Optimise Health Outcomes for Older People

No.	Action	Description	Lead Partner(s)	Supporting Partners	Timescale	Indicators	Target Areas
1.4	Encourage older people to cycle for exercise and mobility	Activities to increase access to cycling for older people	Fingal Active Cities & Sports Depts	Age & Opportunity	2026-2030	Sofa to Saddle Programme - 40 new people per year (4 courses)	Areas to be agreed
1.5	Implement initiative to address substance misuse in older people	Targeted programme of support and information provision to target alcohol misuse and binge drinking amongst older men 55-74. Information campaign on alcohol misuse and binge drinking.	HSE Healthy Fingal Office	n/a	2026-2030	Data capture of older adults reporting a decrease in binge drinking	Targeting areas of disadvantage and areas of identified need
1.6	Programme to tackle loneliness and isolation amongst older people	Explore good practice initiatives identified in the KORALE Project on loneliness with a view to piloting these initiatives in Fingal and showcasing best practice.	Fingal Community Dept	HSE (PHN) DCU Alone Libraries Age Friendly Skerries	2026-2030	Pilot 2 social engagement initiatives in 2026 and roll-out to other identified areas from 2026 to 2030	Roll out successful initiatives, prioritising areas with identified needs.
1.7	As per action 1.6	Continue to support groups to develop and engage with Walk & Talk	Fingal Active Cities & Sports Depts	Get Ireland Walking	2026-2028	Increased presence of Walk & Talk Groups from 5 to 15 across the County	Entire County
1.8	Support older people with dementia and their carers	Continue to support Dementia Cafes in Fingal. Identify gaps and support the expansion of dementia cafes in areas identified	Fingal Community Dept	HSE ASI	2026	Support the establishment of 1 café in an area with an identified need.	Dublin 15

Theme A: Health and Wellbeing

Objective 1 – Optimise Health Outcomes for Older People

No.	Action	Description	Lead Partner(s)	Supporting Partners	Timescale	Indicators	Target Areas
1.9	Develop partnerships between the Healthy Age Friendly Homes Programme and external stakeholders	Develop working relationships with key stakeholders and service providers to align actions to support older people to age well while continuing to live in their own home. Promote the Healthy Homes Initiative with relevant agencies to ensure relevant supports for older people to remain living in their own homes	Age Friendly Ireland/ Healthy Homes	n/a	2026-2030	Increase in referral numbers or an increase in referrers.	Entire County

Theme A: Health and Wellbeing

Objective 2 – Build Strong and Inclusive Services

No.	Action	Description	Lead Partner(s)	Supporting Partners	Timescale	Indicators	Target Areas
2.1	Continue to provide capacity building supports to community groups	Through the Community Department's First Steps Programme provide capacity building, networking opportunities and funding supports for groups and activities for older people	Fingal Community Dept	DCU DDLETB	2026-2030	The number of groups for older people supported each year. No of newly established groups.	Entire County

Theme A: Health and Wellbeing

Objective 2 – Build Strong and Inclusive Services

No.	Action	Description	Lead Partner(s)	Supporting Partners	Timescale	Indicators	Target Areas
2.2	As per action 2.1	Harness DCU-led training modules. Use university existing expertise in areas such as healthy ageing, community leadership and digital literacy, to deliver training sessions or short courses.	DCU	DCU	2026-2030	Number of training sessions delivered, disaggregated by topic (healthy ageing, community leadership, digital literacy).	Entire County
2.3	Build on the Age Friendly Towns initiative	Designation of additional towns to Age Friendly status	Age Friendly Fingal	FCC EETCD FCC Operations An Gardai Local businesses Other FCC Depts identified	2026-2030	Revisit Age Friendly Skerries 1 no. new Ag Friendly Town	Skerries Area to be identified
2.4	Age Friendly Sports Campus	Establish an Age Friendly National Sport Campus	Age Friendly Fingal/ Age Friendly Ireland	National Sports Campus & other identified partners	2026-2027	1 Age Friendly Sports Campus in Fingal	To be identified

Theme B: Safe and Attractive Neighbourhoods

Objective 3: Improve Safety and Security for Older People

No.	Action	Description	Lead Partner(s)	Supporting Partners	Timescale	Indicators	Target Areas
3.1	Provide regular safety information for older people.	Provision of crime prevention advice to older people to enhance personal safety and safety in the home.	Fingal Community Dept An Garda Síochana	Age Friendly Fingal OPC	2026-2030	An Garda Siouchana to engage on a minimum of 20 occasions with associated groups, annually Participate in Age Friendly Fingal Information Events x 2 annually	Entire county
3.2	Road Safety	Deliver road safety talks to older people as drivers, cyclists and pedestrians	Age Friendly Fingal Road Safety Authority	OPC Fingal Community Dept	2026-2030	Deliver a minimum of 1 Mobility Matters programme for older people annually	Entire county
3.3	Online Safety	Online Cyber Safety Training	DDLETB	n/a	2026	1 training session per annum	Entire County

Theme B: Safe and Attractive Neighbourhoods

Objective 4: Enhance Accessibility in Public Spaces

No.	Action	Description	Lead Partner(s)	Supporting Partners	Timescale	Indicators	Target Areas
4.1	To upgrade and expand public realm infrastructure that is age friendly	Link walkability studies with significant infrastructure programmes to inform public realm infrastructure including urban planting to ensure works meet the needs of older people.	Age Friendly Fingal	OPC Town Team Projects FCC Access Officer An Garda Síochana	2026-2030	The number of development programmes which include age friendly walkability audits/consultations as part of the programme	Entire County

Theme B: Safe and Attractive Neighbourhoods

Objective 4: Enhance Accessibility in Public Spaces

No.	Action	Description	Lead Partner(s)	Supporting Partners	Timescale	Indicators	Target Areas
4.2	Age friendly carparking spaces	Identify areas suitable for age friendly car parking spaces as identified during walkability audits	Age Friendly Fingal	OPC Fingal Active Travel Dept	2026-2030	No. of additional carparking spaces	Entire County
4.3	Age friendly walking routes	Develop and promote age friendly walking routes	Fingal Active Travel Dept	Get Ireland Walking Tidy Towns	2026-2028	Establish 2 walking routes in each LEA designated age friendly (6 in total)	Entire County

Theme B: Safe and Attractive Neighbourhoods

Objective 5: Facilitate Provision of Age-Appropriate Housing

No.	Action	Description	Lead Partner(s)	Supporting Partners	Timescale	Indicators	Target Areas
5.1	Implement and formalise proposed practices in relation to the new Right Sizing Policy	Launch and implement a rightsizing initiative to ensure that housing meets the needs of older people and rightsizing options available to those who wish to avail of it. Impact study to be conducted by academic partners. Strategy launched, actioned and communicated to older property owners that wish to downsize.	Fingal Housing Dept	Approved housing bodies	2026	Rightsizing policy implemented	Entire County

Theme B: Safe and Attractive Neighbourhoods

Objective 5: Facilitate Provision of Age-Appropriate Housing

No.	Action	Description	Lead Partner(s)	Supporting Partners	Timescale	Indicators	Target Areas
5.2	Expand the Healthy Age Friendly Homes (HAFH) Programme	<p>Provide a signposting and hands on advice to older people through the Age-Friendly Homes initiative.</p> <p>One to one provision of support for older people in their own homes by dedicated professional staff with universal knowledge of supports and interventions that help maintain independent living</p>	Age Friendly Ireland Healthy Homes	FCC Housing Dept	2026-2030	Increase to 600 home visits per year.	Entire County
5.3	Provide a minimum percentage of homes developed to Universal Design standards	<p>Fingal County Council to continue to implement their policy of 30% of social homes in new housing developments to be developed to Universal Design standards, making them age friendly.</p> <p>All new housing developments proofed for compliance with Minimum Universal Design limits.</p>	Fingal Housing Dept.	n/a	2026-2030	Continued increase in Universal Design social housing stock from commencement of Strategy.	Entire County

Theme B: Safe and Attractive Neighbourhoods

Objective 5: Facilitate Provision of Age-Appropriate Housing

No.	Action	Description	Lead Partner(s)	Supporting Partners	Timescale	Indicators	Target Areas
5.4	Implement and formalise proposed age friendly practices as referenced in policies and objectives of the Fingal Development Plan 2023-2029	<p>Encourage delivery of age friendly housing as per Section 3.5.7.1 of the Fingal Development Plan 2023-2029 and as required by Objective DMSO37: Age Friendly Housing of the Development Plan which requires that new residential developments in excess of 100 units provide 10% of the units as age friendly accommodation.</p> <p>Objective SPQHO19 of the Development Plan seeks to ensure a range of housing options for older people and includes the requirement that all Local Area Plans (LAP's) and Masterplans are assessed for suitability so as to provide housing for older people.</p>	Fingal Planning Dept	Fingal County Council	2026-2030	Compliance with the stated Development Plan objectives is ongoing through the Development Management and policy/plan-making functions of Fingal County Council.	Entire County

Theme C: Mobility and Accessibility

Objective 6: Improve Availability and Access to Public Transport for Older People

No.	Action	Description	Lead Partner(s)	Supporting Partners	Timescale	Indicators	Target Areas
6.1	Explore the development of transport routes in Fingal to hospitals i.e. Beaumont Hospital and St. Joseph's Campus and Connolly Hospital.	High level engagement with national organisations through AFI is required to address the identified gaps in transport provision. Liaise with local transport providers to explore how current resources can be used to better facilitate the needs of older people to access local hospitals	Fingal Age Friendly Alliance	FCC HSE Active Travel Unit An Garda Síochána Local Link NTA Dublin Bus Bus Eireann	2026-2028	Improved services for older people to hospitals in Fingal.	Entire County
6.2	Support the expansion of the community car initiative	Identify funding sources that would support the expansion of the community car scheme to additional locations in Fingal and add additional schemes across the County	Fingal Active Travel Dept	Car Share Operators & Local Link	2026-2030	Improved access to Community Cars across Fingal through increase from 1 to 3 community cars.	Donabate, Mulhuddart and Castleknock
6.3	Cycling without Age	Provide support and assistance in the further development of the Cycling Without Age Initiative leading to Inclusion of additional areas in the Cycling Without Age Scheme	Fingal Active Travel Dept		2026-2030	Addition of 3 more towns & villages involved in Cycling Without Age, bringing total to 6.	Skerries, Malahide, Santry, Dublin 15 and Baldoyle
6.4	Bike Share	Identify opportunities to promote bike share as a viable form of public transport for older adults and pilot age friendly bike share initiatives.	Fingal Active Travel Dept	Bleeper Bike	2026 - 2028	Increase uptake in bike share among the overs 55's	Skerries, Malahide, Castleknock and Howth

Theme D: Information and Participation

Objective 7: Embrace Active Participation of Older People in Society

No.	Action	Description	Lead Partner(s)	Supporting Partners	Timescale	Indicators	Target Areas
7.1	Enhance access to information for older people in Fingal.	Explore the possibility of developing a schedule of drop-in clinics for older people with CIC in conjunction with libraries.	Citizens Information Centre	Libraries	2026-2030	Develop a pilot in an area to measure success and roll out in areas identified with highest needs	Entire County
7.2	Information/Showcase Events for Older People	Provision of information for older people on services and activities available in their area	Fingal Community Dept	Fingal Age Friendly Alliance	2026-2030	2 showcases per year	Entire County
7.3	Advertise all Age Friendly Fingal events	Establish a database for the distribution of information specifically for older people to include individuals, groups, service providers and social media channels	Age Friendly Fingal	FCC Comms OPC Fingal Age Friendly Alliance	2026-2030	Database increase year-on-year.	Entire County
7.4	Develop an Older Volunteer enabler initiative	Scope out opportunities to promote volunteer roles for older people in Fingal	Fingal Volunteer Centre Age Friendly Fingal	Fingal Community Department	2026	Develop a pilot initiative in year 1 to be rolled out in identified areas. 1 event per year.	Entire County
7.5	Extend Intergenerational Practice in Fingal	Devise and resource a programme to build on existing intergenerational work to enable and empower older people to participate in their communities and facilitate transfer of knowledge and skills between the generations.	Fingal Community Dept. DDLETB	Libraries FCC Arts Office DCU Schools, Youth Clubs, OPC, social and activity groups for older people	2026-2030	1 no. Intergenerational Programme Framework developed for Fingal area. Expand by one area per year for duration of the Strategy	Entire county

Theme D: Information and Participation

Objective 7: Embrace Active Participation of Older People in Society

No.	Action	Description	Lead Partner(s)	Supporting Partners	Timescale	Indicators	Target Areas
7.6	As per action 7.5	DCU to design intergenerational programs that pair older residents with students for cultural, educational or mentorship exchanges.	DCU	Age Friendly Fingal. National youth groups	2026-2027	Number of intergenerational programmes designed and launched Number of older adults and students participating Number of sessions or contact hours completed	Entire county
7.7	Continue to provide supports to empower older people with essential literacy skills to navigate modern life.	Continue to organise talks, workshops and advice sessions throughout the library network in Fingal covering essential skills, including digital skills, media literacy, financial literacy, health awareness and sustainable lifestyles.	Fingal Libraries DDLETB	Organisations providing information in literacy skills. Other FCC Depts	2026-2030	Number of events organised and audience numbers	Entire area

8. Monitoring and Evaluation



The successful implementation of the Fingal Age Friendly Strategy (2026-2030) relies on ongoing monitoring, collaboration and accountability. To ensure that actions are progressing as intended and continue to reflect the needs of older people, a structured monitoring and evaluation framework will be put in place.

An **Annual Implementation Plan** will be developed at the beginning of each year, outlining specific actions, lead agencies, expected outputs and timelines. Progress on these actions will be monitored through quarterly meetings of the Fingal Age Friendly Alliance, with regular updates provided by the lead agencies.

The **Older People's Council** will play a key role in reviewing the Action Plan, offering feedback and recommendations to the Alliance. This ensures that the views, ideas and concerns of older people remain central to the Strategy's delivery. Outcomes and progress will be communicated widely to ensure transparency and to raise awareness of available supports and initiatives.

The **FCC Interdepartmental Team** will convene as needed to advance key projects, particularly those aligned with emerging funding opportunities or national programmes. Fingal's Age Friendly Programme will also maintain active links with the National Age Friendly office to align with national policy and best practice.

A comprehensive Annual Progress Report will be compiled and presented at the first Alliance meeting of each year. This report will assess achievements, highlight challenges and inform priorities for the year ahead, ensuring the strategy remains responsive, accountable and focused on improving the lives of older people in Fingal.

9. Supporting the implementation of the Strategy and Action Plan



A comprehensive framework has been established to support the delivery of the Action Plan, with defined roles and responsibilities assigned to the following groups and individuals.

Fingal Older People's Council

Fingal's Older People's Council (OPC) serves as the representative voice of older people across the county. Integral to the Fingal Age Friendly Programme, the OPC collaborates closely with Fingal Age Friendly Alliance and the National OPC to inform and influence both local and national policies affecting older people. Comprising individuals with diverse backgrounds and experiences, the OPC meets regularly to discuss issues pertinent to older people and to co-design solutions that enhance their quality of life.

The OPC actively contributes to various initiatives in Fingal, including the development of this Strategy, the organisation of information, cultural and social gatherings. They participate in local and national consultations to ensure the voice of older people in Fingal is included in all decisions that impact on them. Through these efforts, the OPC ensures that the perspectives and needs of older people are central to community planning and service delivery in Fingal.

Fingal Age Friendly Ambassador

The Age Friendly Ambassador for Fingal plays a pivotal role in advocating for and promoting age friendly policies and practices within the county. Drawing on experiences, the Ambassador raises awareness, challenges age-related stereotypes and supports the implementation of policies and practices that contribute to making Fingal a great place to grow older. Through engagement at both local and national levels, the ambassador plays a vital role in influencing positive change and fostering an inclusive environment for all generations. This honorary position is held by Terry Prone, media personality and communications expert. With her extensive experience in strategic communication and media relations, Terry is well-equipped to champion the Age Friendly Programme in Fingal. She is committed to standing up for issues facing society and aims to change attitudes towards ageing.

Age Friendly Fingal

- **Interdepartmental Team:** Fingal's Interdepartmental Team comprises of representatives from across departments in Fingal, including Housing, Communications, Active Travel, Planning, Architects, Community Development, Libraries and Economic Development. The team works collaboratively to ensure that the age friendly agenda is incorporated into Fingal County Council's work across the organisation.
- **Age Friendly Technical Advisor:** A core principle of the Government's housing policy is to enable older people to live independently and with dignity in their own homes for as long as possible. Fingal have two Age Friendly Technical Advisors who play a vital role as the primary point of contact for age friendly housing-related and public domain technical inquiries, particularly in the areas of designing for life and universal design principles. This role involves referring to best practice models from other regions and sharing technical plans and development specifications. Additionally, the advisors provide appropriate contacts for individuals outside the local authority who can offer technical guidance, especially concerning universal design and crime prevention through environmental design principles.
- **Age Friendly Programme Manager:** The Programme Manager plays a central role in coordinating and driving the implementation of the Age Friendly Strategy (2026-2030) across the county. Working closely with key stakeholders, including the Age Friendly Alliance, the OPC and internal departments, the Programme Manager ensures that age friendly principles are embedded in local policies, services and initiatives. The role involves strategic planning, stakeholder engagement, monitoring progress against action plans and reporting on outcomes. Additionally, the Programme Manager acts as a liaison with Age Friendly Ireland, supporting the alignment of local efforts with national objectives and fostering innovation and best practice in promoting active, healthy and inclusive ageing in Fingal.



Age Friendly Ireland (AFI)

- **Healthy Homes Co-ordinators:** This service is overseen by AFI with two co-ordinators allocated to Fingal. They are integral to ensuring that older people in Fingal have access to safe, comfortable and appropriate housing that supports their health, wellbeing and independence. They act as a central point of contact for older people in the community, offering information and support on housing-related services such as home adaptations, repairs and energy efficiency measures. They work closely with local and national agencies, including health services, social services and non-governmental organisations, ensuring a holistic approach to addressing the housing needs of older people. Additionally, the coordinators assist older people and their families in making informed decisions about home modifications, whether it involves safety features like grab rails or ramps, energy efficiency improvements or enhancing overall accessibility.
- **Age Friendly Regional Manager (Eastern Region)** - The Regional Manager supports the implementation of the Age Friendly Programme across Fingal and neighbouring local authorities. The Regional Manager acts as a link between local Age Friendly Programmes and the national office, offering support on best practices, capacity building and coordination of regional initiatives. The role also involves fostering collaboration across local authorities to enhance the delivery of age friendly actions and ensure a cohesive approach to improving the quality of life for older people across the region.



10. Policy Context



Fingal's Age Friendly Strategy (2026-2030) is set within an inter-connected network of international, national and local strategies and policies, many of which are informed by global trends and drivers for change. It is vital that during the bottom-up process of the Strategy formulation phase, that goals, objectives and actions that ultimately form Fingal's Age Friendly Strategy are congruent, complement and are consistent with these Strategies and Policies to address the challenges and issues raised.

While the timelines for the development and implementation of these strategies and policies are not always the same, every effort is made to ensure that they align to maximise their effectiveness. This section presents an overview of some key relevant International, National and Local Strategies and Policies.

In addition, Fingal is an active participant in the Korale Project, a significant initiative addressing loneliness across Europe. As a key driver for change, the Korale Project fosters collaboration and knowledge exchange among European partners to identify and implement effective interventions (<https://www.interregeurope.eu/korale>). This Strategy will remain responsive to the evolving insights and good practices emerging from the Korale Consortium, ensuring that its actions are continuously informed by evidence-based approaches and innovative solutions to tackle loneliness within the community.

International

OECD Skills Strategy for Ireland (2023)

This strategy highlights the importance of fostering greater participation in lifelong learning, particularly for older people, to adapt to the evolving labour market and societal changes. The strategy emphasises the need to strengthen incentives for both individuals and employers to engage in lifelong learning and to make learning opportunities more flexible and accessible. This approach aims to equip older individuals with the necessary skills to remain active and competitive in the workforce, thereby supporting their economic participation and wellbeing.

WHO: National programmes for age friendly cities and communities: a guide (2023)

In April 2023, the World Health Organization (WHO) released a comprehensive guide to developing national programmes for age friendly cities and communities. This guide aims to assist countries in creating environments that support older individuals in living healthy, active and fulfilling lives. It outlines a step-by-step approach encompassing leadership, stakeholder engagement, resource allocation, capacity building and monitoring. The guide emphasises the importance of partnerships and networks in fostering age friendly initiatives and provides a living toolkit to support implementation.

National

Programme for Government: Securing Ireland's Future (2025)

The Programme for Government, Securing Ireland's Future, outlines a comprehensive approach to supporting older people and fostering age friendly communities. Recognising the importance of enabling older people to live independently and remain integrated within their communities, the government commits to several key initiatives such as an expansion of home supports services including meals-on-wheels and care and repair scheme and increasing housing adaptation grants.

National Strategic Framework for Lifelong Guidance (2024–2030)

The National Strategic Framework for Lifelong Guidance (2024–2030) outlines Ireland's vision for a unified, high-quality guidance system that supports individuals across all stages of life, including older people. While the framework does not explicitly focus on older people, its emphasis on access, inclusion and universal design ensures that guidance services are accessible to all individuals, regardless of age. This approach is particularly relevant for older people seeking to re-enter the workforce, transition careers or engage in lifelong learning. By promoting lifelong career mobility and guidance within various sectors, including public employment services, the framework aims to provide older individuals with the support needed to make informed decisions about their education, career and life choices.

Sláintecare – A New Health Service for Ireland (2022)

Sláintecare aims to transform the health and social care system to ensure equitable access to services based on need, not ability to pay. A central focus of Sláintecare is to support older people in living healthy, independent lives within their own communities, thereby reducing reliance on acute hospital services. Key initiatives include Integrated Care for Older People (ICOP), Healthy Age Friendly Homes Programme and community-based supports to help older people stay healthy in their own homes and communities. These initiatives reflect Sláintecare's commitment to addressing the needs of older people through integrated, community-based care models.

Housing for All – A New Housing Plan for Ireland (2021)

Housing for All, Ireland's National Housing Plan, places a strong emphasis on supporting older people to remain in their homes and communities for as long as possible. Aligned with the Programme for Government's vision of an age friendly Ireland, the plan promotes independent living, community participation and access to a range of suitable housing and health supports. It reiterates many of the key initiatives recommended in the Policy Statement Housing Options for Our Ageing Population and supports a national network of Age Friendly Technical Advisors, enhanced funding for Housing Adaptation Grants for Older and Disabled Persons and the continued use of the Capital Assistance Scheme to facilitate age-appropriate housing solutions.

National Volunteering Strategy (2021–2025)

This Strategy aims to make volunteering more inclusive and accessible, including for older people. The Strategy encourages the creation of flexible volunteer roles, supports diversity and works to remove barriers to participation, such as digital illiteracy and transportation issues. While not specifically targeting older people, it promotes volunteer opportunities that allow older people to contribute in ways that suit their needs, such as short-term, virtual or home-based roles. The Strategy also focuses on supporting volunteer organisations to engage older volunteers and create welcoming environments. This approach aligns with age friendly volunteering principles, which emphasise flexibility, inclusivity and leveraging the strengths of older volunteers.

Our Shared Future: Policy Statement on the Future of the Community and Voluntary Sector in Ireland (2020)

The Government's National Policy, Our Shared Future, outlines a comprehensive approach to fostering a sustainable, inclusive and empowered society. While the Policy encompasses various aspects of community development, its implications for older people and age friendly communities are particularly significant. The policy emphasises the importance of creating environments that support the wellbeing and active participation of all citizens, including older people. It supports the development of age friendly communities through policies that promote accessible housing, healthcare and social services tailored to the needs of older people. By fostering collaboration between government agencies, local authorities and community organisations, the policy facilitates the creation of environments where older people can live independently and participate fully in community life. This holistic approach ensures that the voices of older people are heard and their needs are met, contributing to the overarching goal of a more inclusive and equitable society.

Housing Options for Our Ageing Population – Policy Statement (2019)

The Irish Government's Housing Options for Our Ageing Population policy aims to support older people to live independently within their communities. Key initiatives include dedicated social housing, rightsizing opportunities, Age Friendly Technical Advisors, the implementation of Universal Design Principles, increased funding for housing adaptation grants and capital assistance to support the development of housing for older individuals.

Healthy Ireland Framework (2019–2025)

The Healthy Ireland Framework 2019–2025 aims to improve the health and wellbeing of the population. A core objective of the framework is to enable people to age with confidence, security and dignity in their own homes and communities for as long as possible. This aligns with the broader vision of an age friendly Ireland, where older people can live healthy, active lives and participate fully in society. There are several key relevant initiatives under the framework including promoting healthy ageing by encouraging older people to maintain physical and mental health through regular activity, balanced nutrition and social engagement. Supporting independent living and community integration are also key as well as implementing policies that address the specific needs of older people, including the development of a statutory scheme for homecare to improve access to services.

Sustainable, Inclusive and Empowered Communities: A Five-Year Strategy to Support the Community and Voluntary Sector in Ireland (2019–2024).

The Strategy outlines the Irish Government's vision to strengthen communities through enhanced collaboration with the community and voluntary sector. It promotes social inclusion initiatives which encourages community support for vulnerable older people, enabling them to live securely and independently in their homes. This aligns with the broader goal of fostering inclusive communities where all members have an opportunity to participate fully and benefit from available services. The Strategy acknowledges the pivotal role of community and voluntary organisations in delivering, often essential, services that support older people. By enhancing the capacity of these groups, the Strategy aims to improve the quality of life for older people, ensuring they remain active, engaged and supported within their communities.

Project Ireland 2040: National Planning Framework (2018)

Project Ireland 2040 acknowledges the need to plan for Ireland's ageing population by prioritising accessible services, healthcare and appropriate housing. It calls on local authorities and Age Friendly Programmes to deliver a range of housing options that support older people to live independently in their communities. Key priorities include accessible, well-located homes, opportunities to downsize and accommodation with care supports, all designed using universal design principles. The framework reinforces the role of local government in creating inclusive, age friendly environments that promote healthy, connected and confident living for older adults.

National Positive Ageing Strategy (2013)

The National Positive Ageing Strategy (NPAS) provides a high-level framework aimed at promoting positive ageing across Ireland. It outlines four national goals: removing barriers to participation, supporting health and wellbeing, enabling independent living and using research to inform policy. These goals emphasise the need for a whole-of-government approach to address the social, economic and environmental factors that impact older people.



Local Policy

Fingal County Council Community Development Office Strategic Plan (2025 – 2029)

This Strategy guides the department's work in supporting local community groups, initiatives and residents throughout the county. It commits to continuing to foster strong, cohesive communities by providing a wide range of programmes, services and advice to diverse groups, including older people. The strategy focuses on working with local voluntary groups and statutory agencies to deliver services and address specific community needs for all ages, ultimately aiming to improve quality of life in Fingal through community-driven sustainability and collaborative engagement.

Fingal Library Services Development Plan (2024-2029)

Fingal Library Service Development Plan (2024-2029) explicitly recognises older people as important users of library services under the theme of Access and Inclusion. It includes actions that benefit older people, such as improving physical access to library spaces, enhancing both physical and digital collections, life-long learning and informal education programming for all ages and providing inclusive cultural and community events.

Fingal County Council Active Together Local Sports and Physical Activity Plan (2024-2029)

Active Together Local Sports & Physical Activity Plan (2024-2029) recognises that fostering active lifestyles among older residents isn't just about health, but also social connection, inclusion and enabling participation for all. It places strong emphasis on ensuring older people are included, active and benefitting from both physical and social wellbeing. It commits to improving accessibility, offering programmes that cater specifically to older people and designing outreach aimed at reducing barriers such as mobility, cost or isolation.

Fingal County Development Plan (2023-2029)

The Development Plan outlines a comprehensive approach to supporting older residents through accessible housing, community engagement and age friendly infrastructure. A key policy, SPQHO22, mandates that 30% of new social housing units be designed with universal accessibility, facilitating 'ageing in place' and accommodating diverse mobility needs. The plan also promotes the development of senior living communities, including retirement homes and sheltered accommodation, within towns and villages to ensure proximity to essential services and social inclusion. Beyond housing, the plan emphasises the importance of integrating age friendly principles into urban planning. This includes the provision of accessible green spaces, safe outdoor environments and the incorporation of social and care facilities within residential developments.

Fingal Local Economic and Community Plan (2023–2028)

The Fingal Local Economic and Community Plan (LECP) provides a strategic framework for fostering inclusive economic and community development in the county. While the LECP does not explicitly focus on older people, its objectives encompass principles that indirectly support the wellbeing of older people. The plan emphasises the importance of social inclusion, aiming to alleviate poverty and deprivation and to ensure that all citizens, including older people, can participate actively in society.

Through collaborative efforts involving various stakeholders the LECP contributes to initiatives that enhance the quality of life for older residents. These initiatives focus on improving access to services, promoting social participation and ensuring that the needs of older people are considered in community planning and development.

An Active Travel Strategy for Fingal (2023)

The Strategy recognises that older people face barriers with regard to mobility, safety and accessibility. It emphasises that Active Travel should be accessible and safe for people of all ages and abilities, including older people. Key aims include improved pedestrian and design of routes that connect homes with essential service such as shops, health and recreation facilities so that short journeys are manageable without a car. It promotes environments that encourage active travel for people who may have limited mobility or lower confidence in traffic settings.

Fingal County Council's Corporate Plan (2022–2026)

The Corporate Plan highlights Fingal County Council's commitment to fostering an inclusive environment that supports the wellbeing of older people. It emphasises the importance of creating age friendly communities by embedding age-inclusive principles across housing, mobility, public spaces and community services. This aligns with the objectives of this strategy, which focuses on enhancing the quality of life for older people through accessible infrastructure, supportive services and opportunities for social participation.

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