



**Supporting older people  
to age at home**

Revolutionising ageing at home together  
The Challenges of Success – Addressing Population Growth  
in Ireland  
Seán Moynihan, CEO



Best Practice in Transparency and Accountability





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## Who are ALONE?

ALONE is a national organisation that supports and empowers older people to age happily and securely at home.

We are a merger of four organisations with a mission to reimagine how we age by offering innovative and supportive services for older people, their families and our community.

# Challenges of success-

- Housing and living conditions
- Home Supports and the ability to age in place
- Loneliness
- Finance and pensions
- Technology
- Ageism and Equality





# Representations of older people and ageism in the media

*“Need to bite the bullet’ on bedblockers”*

Irish Examiner

*‘Bed blockers occupy dozens of Dublin hospital beds’*

98FM

*‘Pensioner (82) body left undiscovered in sitting room for seven months, inquest hears’*

The Irish Independent

*‘Looming pensions time bomb will lead to €3bn deficit in social welfare fund’*

The Irish Independent

*‘Ancient and active: are older staff in the workplace to stay?’*

The Financial Times

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## ALONE's Befriending Service seeks volunteers to visit older people in Ardee

ALONE BEFRIENDING & SUPPORT SERVICE

by Donard McCabe 20 Nov 2019

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Self-neglect among older people on the rise



By Evelyn Ring  
Irish Examiner Reporter

Follow @EvelynRing

## The old country: Get ready for an ageing Ireland

Ireland is ageing fast, and our economy, health service – and families themselves – need to adapt

© Sat, Aug 24, 2019, 06:00

Martin Wall, Jack Horgan-Jones

5



Now working families blamed as bed-blocker figures soar



Stock image

# Housing and living conditions

## Reality



**1/3**

Older people live  
alone in homes with  
four rooms or less

# Housing and living conditions

- The housing crisis impacts older people as well as other age groups.
- The grant system in place does not adequately support older people whose homes are not suitable for them to enable them to stay at home.

HaPai data identified;

- One quarter (25%) reported having difficulties associated with housing maintenance
- One-fifth (20 %) reported having housing facility problems

Applying this information to the population projections issued by the CSO, in 2016, **234,848** people **aged 55 and over** were experiencing **housing facility problems** and **113,453** are experiencing **problems with housing conditions**.



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## A spectrum of housing-

Dispersed housing

Shared housing

Supported housing

Nursing home

Providing housing options for older people

- €84.5m housing adaptation grants
- 59,462 homes
- Commitment to age-friendly and UD principles

**Total: 59,462 units**

- Co-housing/retirement village
- Shared living
- Split housing
- Boarding out

**Total: 16,307 units**

- 41,564 units of Supportive housing: housing with visiting supports
- 4,341 units of Housing with onsite supports

**Total: 45,905 units**

**Total: 37,000 units by 2031**

# Health Home Supports & the ability to age in place



- Nursing homes and hospital stays are not an inevitable part of ageing.
- Older people unnecessarily take up space in hospitals and A&E departments because the system has not adapted.
- Loneliness is a health issue.

## Reality

**4%**

Older people live in nursing homes

**900**

Fewer people are receiving home support this year as of June

**6 years**

Older people experiencing loneliness are almost twice as likely to die within six years



# Pensions

## Reclaiming the narrative and minding our language

- Is there a pensions time bomb.
- The State pension can't cover all your costs as you get older.

## Reality

Gross Public Pensions: going from 5.1% of GDP in 2020, peaking at 7.4% in 2050, down to 6.6% in 2070

Age-related spending: going from 15% of GDP in 2020, peaking at 20% in 2060, down to 19.3% in 2070

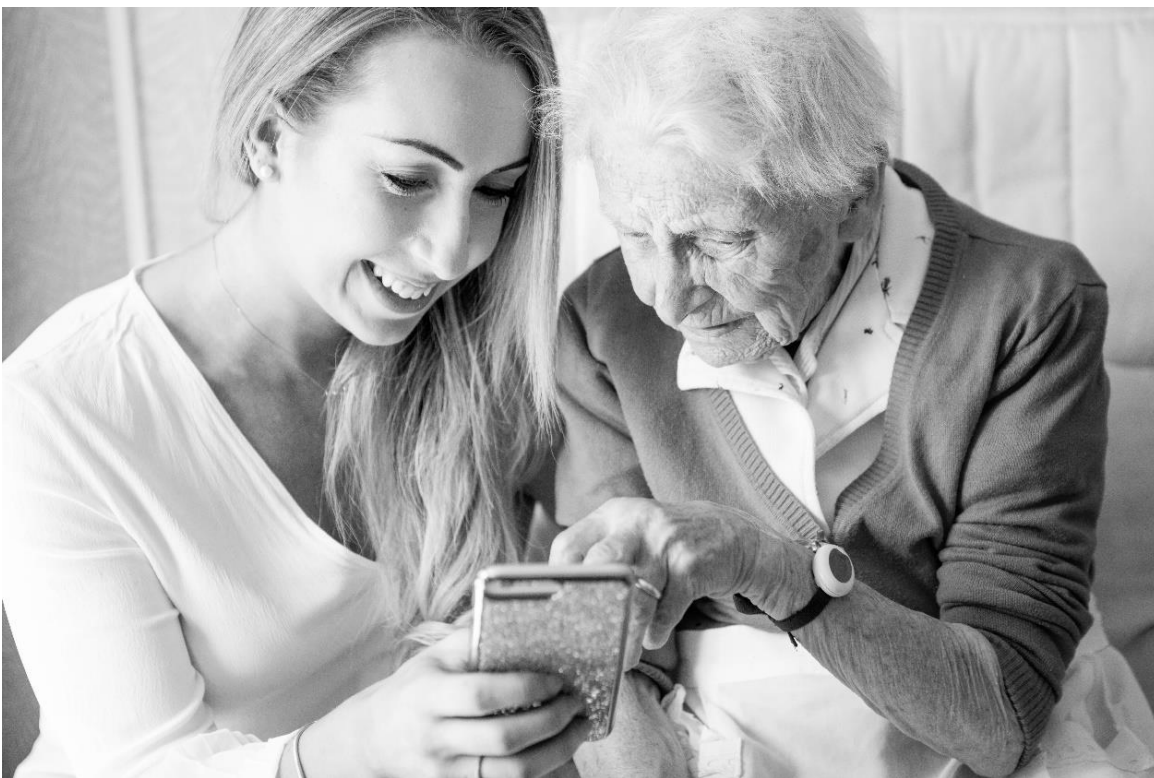
(Social Justice Ireland, *Socio-Economic Review* 2019)



# Technology

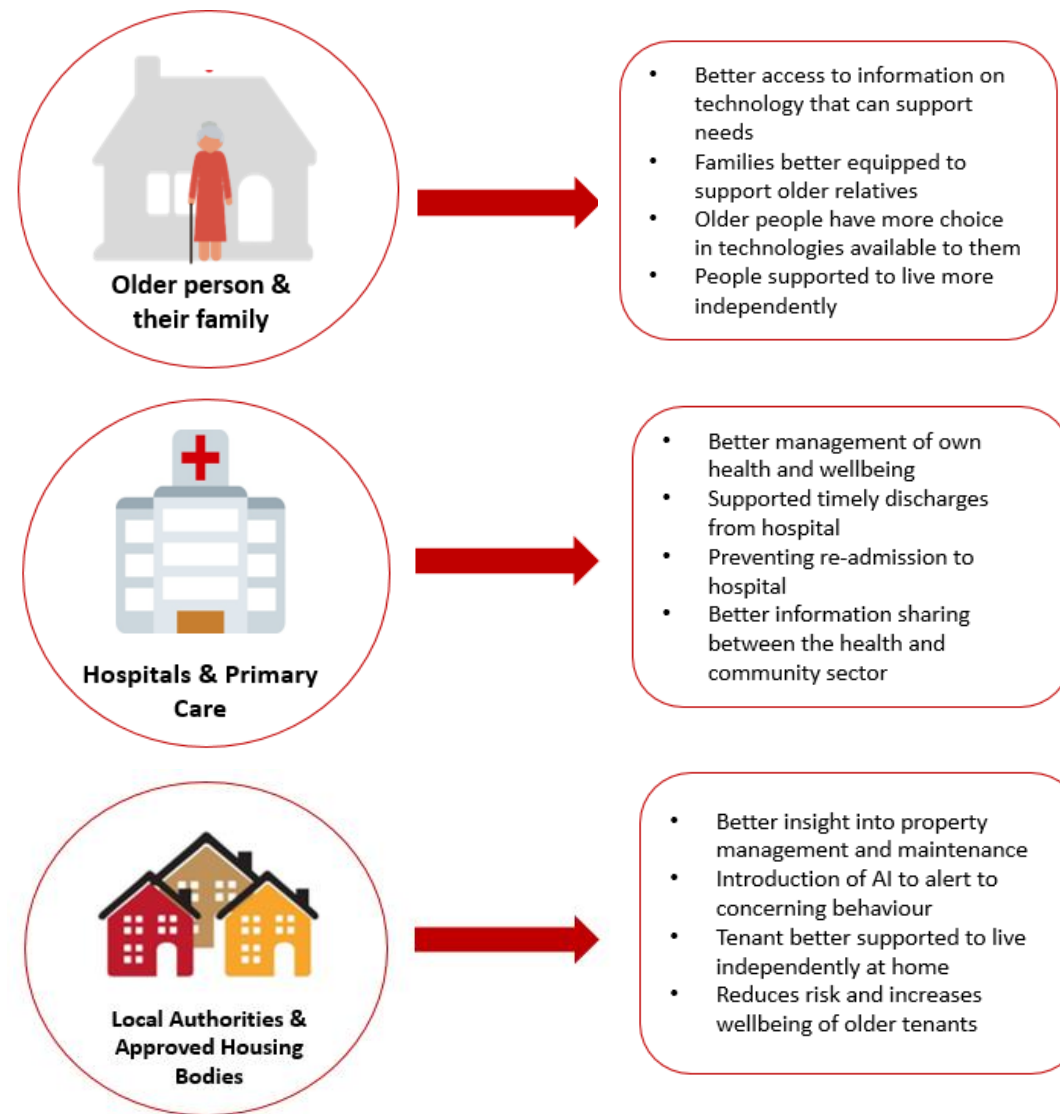
- Technology is a vital support

## Reality



# ALONE

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# What we do



Supporting older people  
to age at home

## Our impact

Improving quality of life

Improving independence

Improving physical and  
mental health

Increasing wellbeing

## Our direct services



**Coordinated Support:**  
One point of contact to help  
and facilitate ageing at home.



**Support and Befriending:**  
Regular visits and telephone  
services.



**Age-friendly Housing:**  
Provides age friendly housing  
to older people.



**BConnect:**  
Providing technology, training,  
and knowledge to agencies and  
older people nationally.

## Making change nationally

Creating sectoral  
infrastructure to provide  
scalable and transferable  
services for older people  
nationally

Inter-agency working and  
campaigning to change  
Government policies

Developing new replicable  
housing models to enable  
choice in housing for older  
people

Mapping the needs of  
older people nationwide to  
better provide services

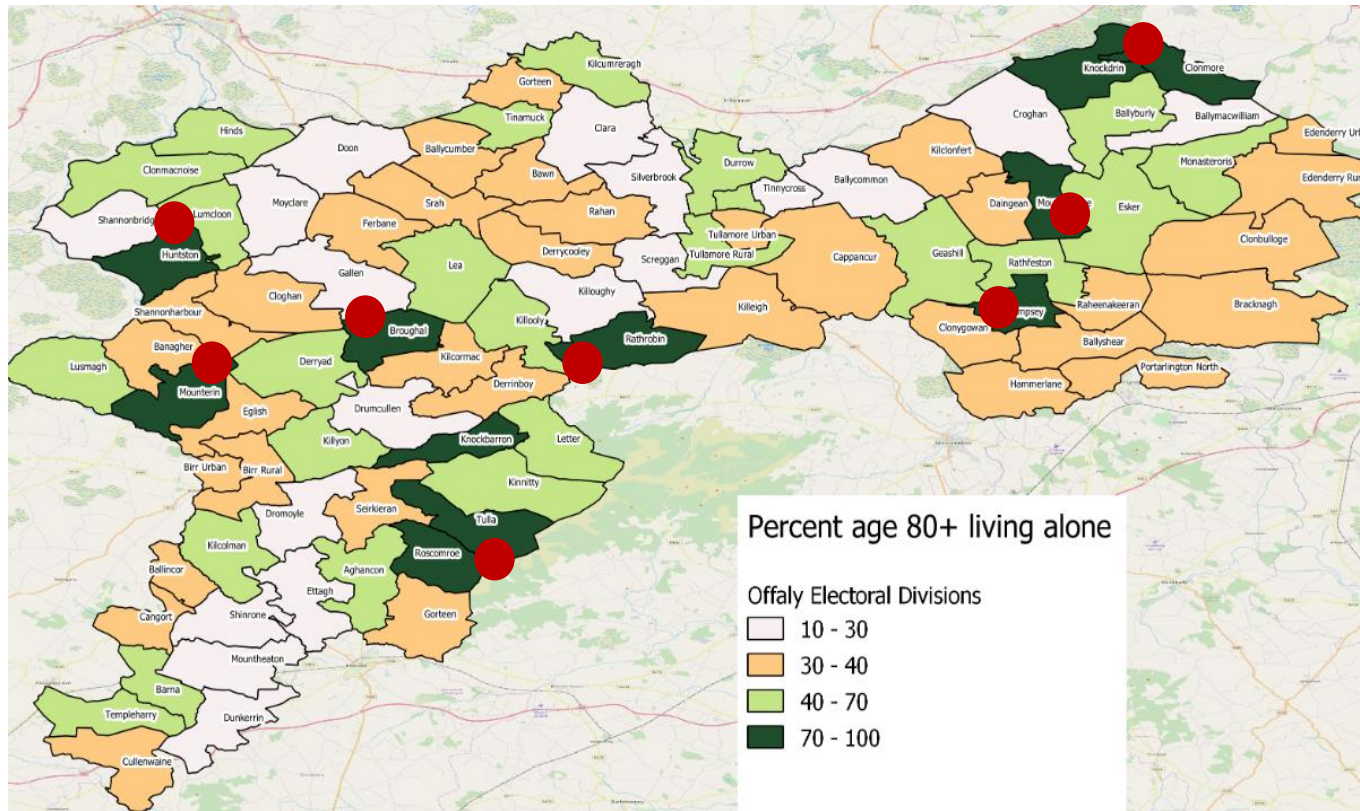


# Mapping supply and demand



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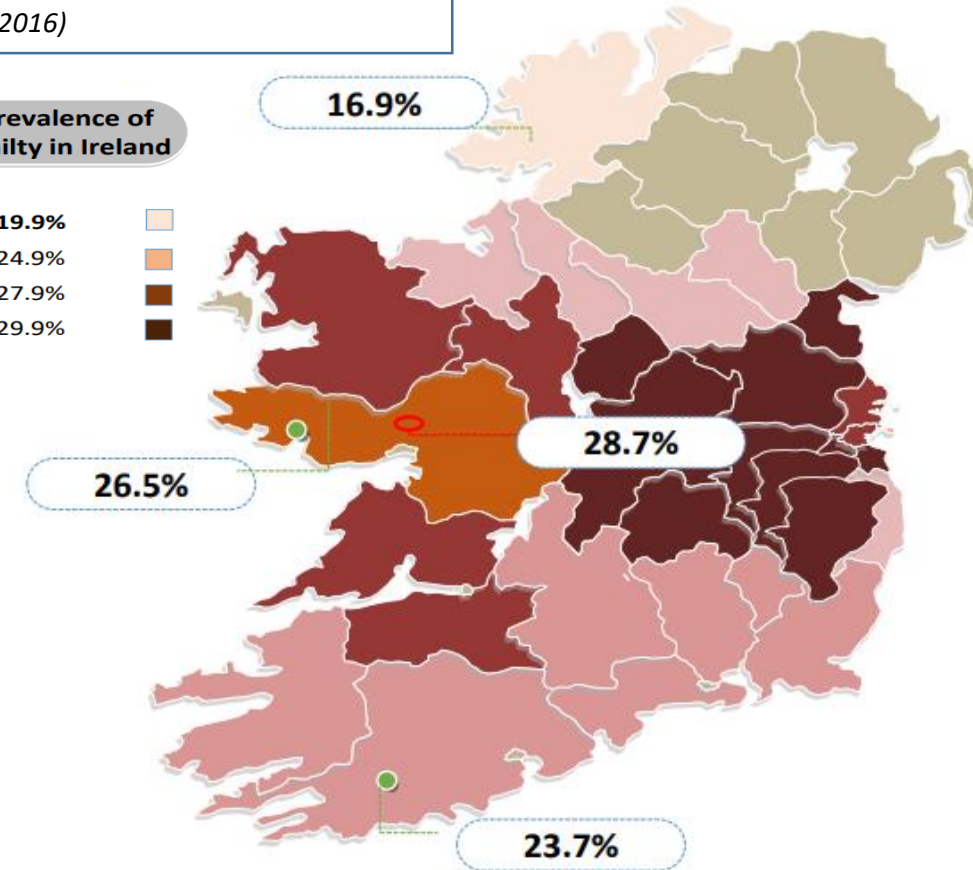
Sample map of people aged 80+ living alone in Offaly



Adapted from Roe et al., TILDA  
2016)

Prevalence of  
Frailty in Ireland

15-19.9%  
20-24.9%  
25-27.9%  
28-29.9%





# Partnership working



Supporting older people  
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Other service providers supported by ALONE



# ALONE

## Strategic Vision 2023

45,000 older people supported

9,000 volunteers



864,000 volunteers hours



500,000 Support & Befriending visits



450,000 Support & Befriending calls



200,000 practical tasks provided



36,000 social activities provided



18,000 older people supported indirectly through 100 agencies



27,000 older people receiving Coordinated Supports



320 homes with onsite support



5,000 older people using technology to live at home



42 local partnerships & 9 mergers



100 organisations trained, supported & computerised

# What do we need from the public sector, ourselves and Government?



- Statutory Home Care Scheme and Sláintecare to be implemented with sufficient funding
- Housing options for older people
- Benchmarking the State Pension to 35% of average earnings
- An implementation structure for the National Positive Ageing Strategy
- **A change in mindset - PLANNING**



# Thank you



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## Get in touch:

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