

Covid-19 Resource Information Pack

Older Adults

For advice, support and information across a number of areas of wellbeing, relevant to all individuals please visit the following website: [Getting Through Covid-19 Together](#)

SUPPORT PHONELINES

ALONE	Provide telephone support lines 7 days a week for all older people, their families and those who feel medically vulnerable. If you need any advice, reassurance or additional support call them at: 0818 222024
Local Authority Community Response	A dedicated phone line is now operational in every county and the national number 0818 222 024 is also in operation. Please click the blue link for a list of each Local Authority's helpline number. They are supporting the delivery of food, fuel, medication, meals and offer additional supports where required.
HSE – Mental Health	The HSE has issued useful and practical information and advice for people on how to look after their mental health during this time
PHA – Mental Health	Issued 5 steps to looking after your mental wellbeing while staying at home. If you are in distress or despair, you can call the Lifeline Helpline on 0044 808 808 8000 where you can speak to a trained counsellor
Samaritans	Are running their freephone helpline (116-123) throughout the crisis, seven days a week, 24 hours a day. Their trained volunteers offer a friendly and non-judgemental ear should anything be weighing on your mind, or should you simply fancy a chat.
Age NI	Offering a number of different advice and support options for individuals. Call freephone 0044 808 808 7575 , 9am – 5pm 365 days a year
Friends of the Elderly	The Friendly Call Service offers older adults the opportunity to receive a regular telephone call from one of our trained part time volunteers. The aim of the call is to share conversation and offer support
Department for Communities NI	General advice and information for people living in Northern Ireland. A freephone Helpline has been established to assist those in vulnerable groups to access information, advice and guidance. The Helpline, which is managed by Advice NI, is open 9am to 5pm, 7 days per week, the number is 0044 808 802 0020 .

GENERAL INFORMATION & ADVICE

DEASP	An Post and The Department of Employment Affairs and Social Protection have put special arrangements in place for collecting pensions during this time
Citizens Information – Live Advisor	Offers an instant chat service for people with hearing and speech difficulties and others who have difficulty communicating by telephone. It is available between 9am and 5pm Monday to Friday
Age Action Ireland	Age Action has launched a COVID-19 Hardship Fund in conjunction with the Irish Red Cross to respond to the immediate needs of older people in vulnerable situations across Ireland experiencing additional hardship as a result of the COVID-19
Age Friendly Ireland	Offer daily news and information updates across many different areas. They also run their SeniorLine a national, confidential listening service for older people, run by trained older volunteers. This FREEPHONE service can be contacted anytime between 10am and 10pm on any day of the week on 1800 80 45 91 .

PHYSICAL ACTIVITY

Age & Opportunity	Offering online physical activity sessions for older adults on a weekly basis. You can also contact their Fitline for helpful motivation to do more exercise on 1800 303 545
Siel Bleu	Offering daily exercise videos for a variety of ability Levels. At 11am everyday on Facebook they offer a class designed for more active older adults. At 2pm everyday Live on YouTube and Facebook they offer a Chair Gym class, a full body workout from a seated position. This programme is suitable for older adults who may be more dependent.
HSE Physiotherapists	Developed a booklet of daily strengthening exercises in conjunction with Cork Healthy Cities including a checklist for tracking what your progress
ExWell Medical	The ExWell@Home programme offers a derailed and supportive home exercise programme for people with any long-term medical problems. There will also be a short video tuition session on the RTE website every Monday Wednesday and Friday.
Understand Together	Compiled a number of fun and meaningful activities for people with dementia and their families, which can be adapted for everyone's abilities
OTHER SERVICES	
GAA Archive	Provides free online access to 113 All Ireland and provincial finals since 1961 and much more.
Libraries.ie	Irish public libraries provide all users with a wide range of free online services including eBooks, audiobooks, eMagazines, online courses and online newspapers.
Church Services TV	Watch live and recorded masses and services from churches in Ireland and the UK. The website has a list of all the participating churches, the schedule of upcoming services

Please note that this document is a collation of information from multiple external sources. The GAA does not offer medical advice or information and communication will be directed by the official Public Health

Coronavirus COVID-19

If you have fever and/or cough you should stay at home regardless of your travel or contact history.

If you have returned from an area that is subject to travel restrictions due to COVID-19 you should restrict your movement for 14 days. Check the list of affected areas on www.dfa.ie

All people are advised to:

- > **Reduce** social interactions
- > **Keep a distance** of 2m between you and other people
- > **Do not** shake hands or make close contact where possible

If you have symptoms visit hse.ie OR phone HSE Live **1850 24 1850**

How to Prevent

Wash
your hands well and often to avoid contamination

Cover
your mouth and nose with a tissue or sleeve when coughing or sneezing and discard used tissue

Avoid
touching eyes, nose, or mouth with unwashed hands

Clean
and disinfect frequently touched objects and surfaces

Stop
shaking hands or hugging when saying hello or greeting other people

Distance
yourself at least 2 metres (6 feet) away from other people, especially those who might be unwell

Symptoms
> Fever (High Temperature) > A Cough > Shortness of Breath > Breathing Difficulties

For daily updates visit
www.gov.ie/health-covid-19
www.hse.ie

Ireland is operating a containment strategy in line with WHO and ECDC advice

Guidelines.