

Central Area Office
51/53 Sean McDermott Street
Dublin 1

1st November, 2016

To the Chairperson and Members of
The Central Area Committee.

Central Area Age Friendly Report

The Older Persons Council for the Central Area are due to receive training on the 'Touchstone programme' delivered by Age & Opportunity. "Touchstone" is an eight-week programme specifically designed to facilitate greater civic engagement among older people. It was developed by Active Ageing Partnership in conjunction with the Life Course Centre at NUI Galway. Active Ageing Partnership is a collaboration between Age & Opportunity, Third Age, Active Retirement and Age Friendly Ireland.

Touchstone is an eight-week programme designed to develop the capacity of older people in becoming more actively engaged in their communities. Participants explore societal issues impact on older people and how to bring about change.

Outcomes include:

- . Developing further critical awareness among participants
- . Generating a greater understanding of wider societal issues and how they impact on the lives of older people
- . Developing a vision for what change would look like, particularly at a local Level
- . Motivating participants to identify and develop local projects and work towards change

Brian O'Connell
Administrative Officer
Central Area