



## Partner Search Form

Please do not write more than two pages.

Identification of the applicant	
Name of the organisation	Active Retirement Ireland
Registered address (street, city, country)	Suite 124, 1 <sup>st</sup> Floor The Capel Building St. Mary's Abbey Dublin 7
Telephone / Fax	01 8733836/01 8733986
Website of the organisation	<a href="http://www.activeirl.ie">www.activeirl.ie</a>
Name of the contact person	Frank Phelan, <a href="mailto:frank@activeirl.ie">frank@activeirl.ie</a>
Email/Telephone of the contact person	087 616 9320
Short overview of your organisation (key activities, experience)	<p>Active Retirement Ireland (ARI) is the largest older people's organisation in Ireland, with a network of 575 locally based groups and an overall membership of over 24,500 older people. ARI believes all older people are equal and entitled to be treated with respect. Active Retirement Ireland reaches out to older people to stop loneliness and isolation through friendship and support.</p> <p>All older people are welcome to join ARI, to partake of activities and have their voices heard regardless of age, gender or culture. The local associations aim to help older people lead a full, happy and healthy life by offering organised opportunities for a wide range of activities that enable older people to become active agents in their local communities.</p> <p>Each local association plans and delivers a range of social, cultural, learning and physical activities based on what their members would like to do and their ability to participate.</p>

	<p>These activities include, but are not limited to the following:</p> <ul style="list-style-type: none"> <li>• Physical activities such as swimming and walking etc.</li> <li>• Cultural visits to museums etc.</li> <li>• Learning activities such as IT, intergenerational projects, art and crafts.</li> <li>• Social activities such as dances, evenings out and short holiday breaks</li> </ul> <p>All the activities are aimed at keeping older people independent, mentally active, fit and well. Active Retirement Associations are a lifeline for many older people.</p> <p>Having an outlet at local level to avail of such a range of activities has improved the social, mental and physical wellbeing of older people. Research conducted by Irish Centre for Social Gerontology on Active Retirement Ireland highlighted the importance of this organisation to the positive health and wellbeing of older people, their families and their communities. This is a model for a new way to address social care for all of us as we age. Members of Active Retirement Ireland had higher self-reported rates of happiness and good health than their peers, and were less likely to suffer from loneliness and depression.</p> <p>ARI sees its role firmly placed in a model of health and wellbeing that supports the role of older people as the central mechanism in the delivery rather than passive recipients of a service. This model is of the community for the community where older people are supported to plan, organise and deliver a range of activities that improve health and wellbeing while reducing loneliness and isolation.</p> <p>The work of Active Retirement Ireland addresses social exclusion of older people. Our work sits within the National Positive Ageing Strategy and the Healthy Ireland framework which works to remove barriers to participation and provide more</p>
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opportunities; supports people to maintain and manage their physical and mental health; enables people to age with confidence and dignity in their homes and communities. Similarly the Healthy Ireland Framework improves health and wellbeing through reducing inequalities and provision of supports for people to age with dignity. Active Retirement Ireland employs a community development model to deliver our work at national, regional and local level within these interlinked national strategies.

In research carried out by the ICSG, a cost-benefit analysis was done on the time that ARI members give on activities that improve their health and wellbeing; and it was found that based on the number of hours our members spend on activities, this equates to the equivalent of €15 million as an investment in their own health. This model shows great potential as a ground-breaking model of social care for older people in Ireland.

Active Retirement Ireland also works in collaboration with a wide range of agencies and organisations to promote the issues of our members. These organisations include AONTAS, AGE Platform Europe and other key stakeholders and national, European and international level. Other organisations we work with to further our work are:

- Age & Opportunity who manage the Go For Life grants
- 3<sup>rd</sup> Age who relies on the ARI volunteers to deliver their Failte Isteach programme with new communities and their Senior Helpline
- Irish Hospice Foundation on the Think Ahead initiative which challenges older people to plan ahead for end of life.
- Road Safety Authority on keeping older people safe on the roads

In addition, our programmes delivered at regional level to the leaders of the local ARI associations, aim to challenge ageism which is a major factor

	<p>limiting the participation and engagement of older people. Through our workshops and information provision we challenge the attitude that sees older people as weaker, less capable or a drain on society's resources. The data we collect on case studies of members highlight how their lives have changed through involvement in Active Retirement Ireland. All our work is focused on the ethos that through the provision of information, capacity building and support, members will be enabled to plan and participate in opportunities at local, regional and national levels resulting in less isolation and loneliness while remaining independent.</p>
<p><b>Description of the project</b></p>	
<p>Strand, Measure in the framework of "Europe for Citizens" Programme (e.g. European Remembrance; Civil Society Project; Town Twinning)?</p>	<p>Town Twinning</p>
<p>Timetable of the project</p>	<p>2017-2018</p>
<p>Short description of the project, including its aims</p>	<p>Demographic change is resulting in larger numbers of older people living longer. This also means that greater numbers of people will be affected by age discrimination and ageism and older people's rights are mostly invisible under international law. Active Retirement Ireland believes that one way to challenge this is to strengthen older people's human rights in particular to having a say in policies that impact on their daily lives. Population aging is portrayed as a negative and burden on society and the economy thus policies made and implemented by local and national government tend to be based on this ageist view resulting in older people being denied the same access to opportunities as younger people. The lack of policies and plans required to address ageism condemns hundreds of thousands of older people across Ireland to a life of inequality instead of recognising the active economic and social contribution they make. This project will focus on one area of policy and decision-making where ARI knows older people can make a difference - Age friendly older people's councils and the Public Participation Network structure at county level. ARI intends to examine the</p>

	<p>extent to which older people are participating in the PPNs, the older people’s councils and the links between these two bodies. ARI will also document as case studies the real experience of older people involved in these structures. The aims of the project are:</p> <ol style="list-style-type: none"> <li>1. To examine the PPNs at county level for evidence of policies relating to older people</li> <li>2. To highlight the levels of participation in these structures by older people</li> <li>3. To explore the links between the older peoples councils and the PPNs</li> <li>4. Identify effective mechanisms for ensuring effective participation of diverse range of older people</li> <li>5. Make recommendations for ARI and the named structures for improving effective participation of older people.</li> </ol>
<p>Role of the partner organisation in the project</p>	<p>Active Retirement Ireland propose to be the LEAD applicant in this project but seek partners from around the EU.</p>
<p>Comments from the applicant</p>	