

THE SIMPLE CALL FROM OUR **MAKE HOME WORK** CAMPAIGN IS THAT WE ALL BE SUPPORTED TO STAY LIVING WELL IN OUR OWN HOMES FOR AS LONG AS POSSIBLE. GROWING NUMBERS ARE JOINING THE **OLDER & BOLDER** CAMPAIGN TO MAKE THIS GOAL A REALITY. THIS PEOPLE POWER IS NECESSARY. WHILE GOVERNMENT MINISTERS SAY THAT OLDER PEOPLE SHOULD BE SUPPORTED AT HOME THEY CONTINUE TO MAKE ALARMING AND ILLOGICAL CUTS TO HOME AND COMMUNITY CARE SERVICES.

Our concern is that these vital supports – such as home help, home care packages, respite care and day care – are being reduced without any proper thought to the real consequences for peoples’ safety and wellbeing in their own homes.

The **Make Home Work** campaign is clear – we must protect the supports that allow us to grow old at home. This makes sense for individuals, families and communities. We know it makes sense economically too; it is less expensive than residential care and it relieves pressure on our overstretched hospital system.



HOME CARE AND COMMUNITY CARE

Home help services received a 4% cut in January 2012. In September, the HSE announced further cuts of 5% (€10.5 million) to home help and cuts of €1.7 million to Home Care Packages. Even before these cuts were announced access to home help services was inconsistent and under resourced. **These cuts must be reversed. Older people who need, but cannot access or afford, in-home or in-community supports will struggle to live safely and well in their own homes.** Day care centres, respite and hospice care are also necessary supports for many older people to remain living safely at home. Will you have access to these services if you need them? It depends - on where you live, who you speak to, the state of the budget in your regional HSE office and local custom and practice. This is not good enough. **Community care supports must be available as a statutory right rather than due to good fortune or living in the right area.**

Where Ireland’s primary health care services (GP, local health nurse, physiotherapist, chiropodist), community and hospital services exist and link up they are effective.

However, for most villages and towns in Ireland this is not a reality. We have neglected to develop the proper evidence base to allow us to plan effectively for long-term community care services for older people. **We now need an audit of community care services to see what is available, identify the gaps and plan effectively for the future. Older people also need access to a uniform assessment of their own needs and the needs of their carers; and access to a register of professional home-carers.**

Medical cards are vital. Without them doubts about the affordability of essential prescription and medical care would be added to the burden of life-limiting illness.

LOCAL TRANSPORT

Accessible and affordable local public transport is a lifeline that many older people rely on. Being able to get out and about helps; promote independence and participation; link us with family and community; access health and social services – and supports the local economy. However, over a third of older people living in rural areas have a transport need that is not being met by public or private transport means. Where they are

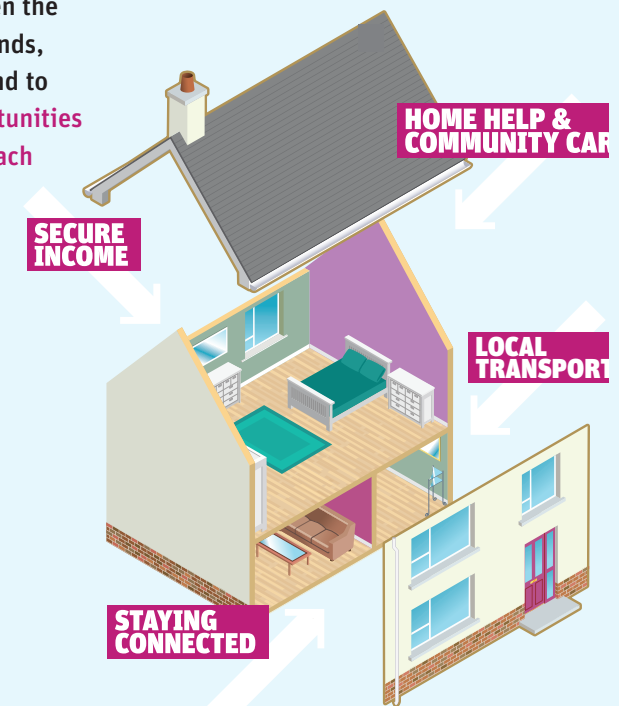
available Rural Transport Schemes and the Free Travel Pass are crucial. **In the December Budget for 2013 existing transport supports must be maintained; the alternative could put our ability to manage our own health and wellbeing at risk.**

STAYING CONNECTED

The opportunity to participate in our own community is essential to maintaining good health and well-being at home. Contact combats loneliness, increases self worth, and fosters positive individual and community identity. However, there have been cuts in funding to the community and voluntary sector. This will lessen the opportunities to learn with friends, to meet in groups, to discuss and to campaign. **Reducing the opportunities for contact that we have with each other is a backwards step.**

SECURE INCOME

The State Pension protects 91% of older people from risk of poverty. While its value has been eroded in recent years – loss of Christmas bonus, Universal Social Charge, household charge and other cost of living increases – for many it makes living well at home a viable option. Any further erosion could reduce the ability to live safely at home, calling into question the affordability of necessities like adequate heating, nutrition and household upkeep. **For all the best reasons the State Pension and related supports must be safeguarded.**



THIS LEAFLET USES THE WALLS AND ROOF OF A HOME TO SHOW THE VITAL SUPPORTS THAT MAKE AGEING WELL IN OUR OWN HOMES POSSIBLE.

JOIN OUR CALL TO KEEP THIS 'HOME' INTACT.



TAKING ACTION We know you understand the range of supports that make healthy ageing at home possible – home care, community care, local transport, staying connected and a secure income. We need your help to ensure that decision makers understand this and protect these supports in the December Budget for 2013.

1 Write a petition postcard
Sign one of our MAKE HOME WORK postcards and ask your friends to write one too. You can also make the postcard more powerful by adding a personal message about the supports you rely on to help you live well in your home.

2 Spread the message
Individually, or as part of a group, tell your local TD, local radio or local newspaper about the **Make Home Work** campaign. Speak to part of the campaign that you, or those close to you, have experience of.

You might share how important a local bus service is to people in your area and how, without it volunteering, shopping or managing your own health would be impossible. You might know from personal experience how beneficial good home and community

care can be. Alternatively, you or those close to you might have struggled to find appropriate supports locally and know all-too-well the impact cuts to services are having on people's lives in your community.

Sharing your messages and experience has real impact. You can also share this leaflet and explain that you're part of a nationwide campaign to **Make Home Work**.

3 Support the Make Home Work Charter
Based on our consultations around the country, Older & Bolder has produced a simple but powerful MAKE HOME WORK Charter setting out the key principles which, if implemented, will make it easier for older people to stay at home for as long as possible. If you are a member of a community group, social club or

residents association, why not consider adopting the Charter at your next meeting.

4 Get creative
We encourage you to get creative about how you support the **Make Home Work** campaign. You could set up a petition stand near your local shopping centre. Your group could organise a constituency walk; walking from one local TD's clinic to another in support of the campaign. Do contact us for support and tell us about your actions.

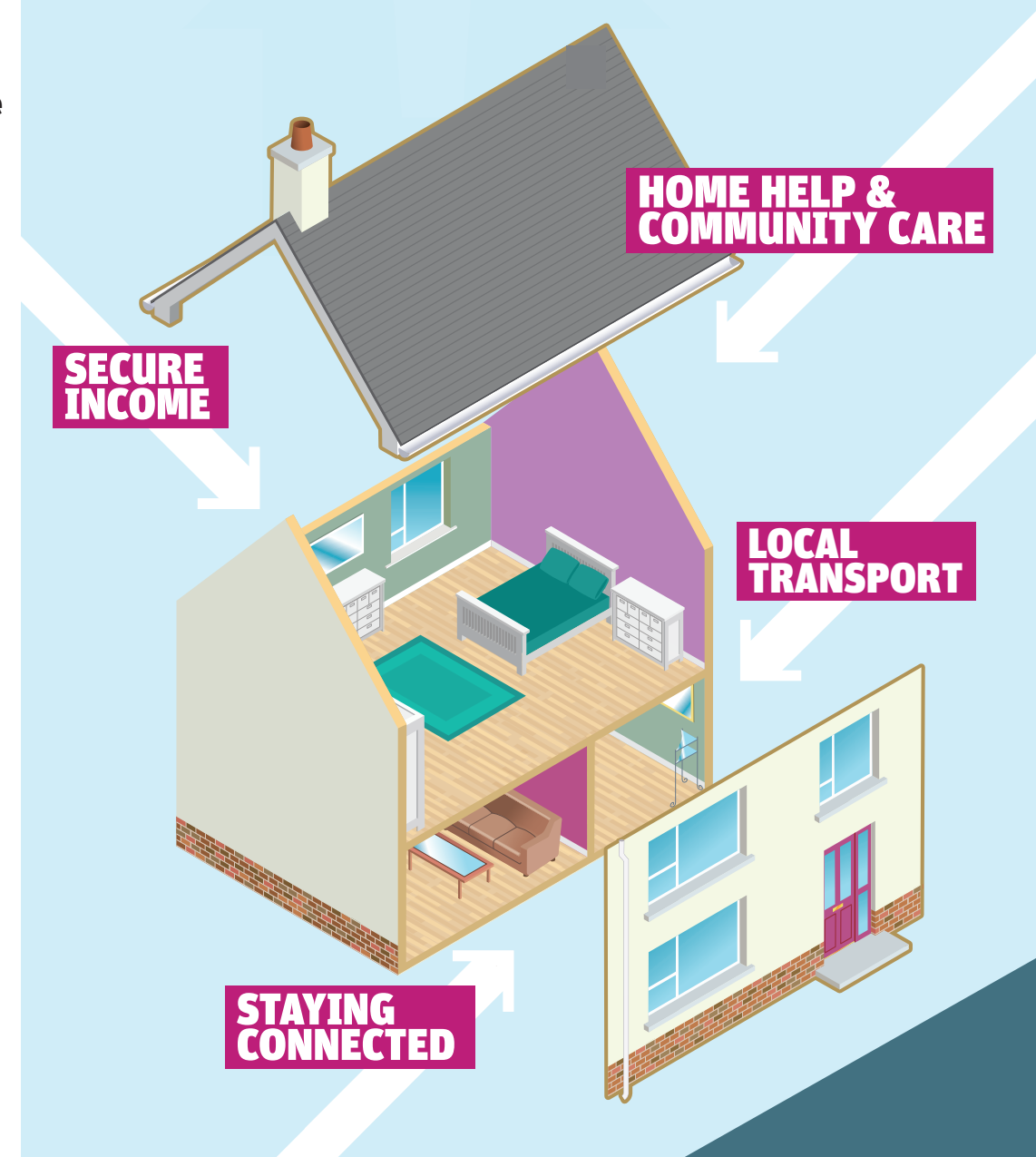
5 Take action online
Older & Bolder also has a very active on-line campaign. Visit our website www.olderandbolder.ie to take online action, watch videos from the campaign or to get the latest news. You can share our updates or links with both online and offline friends. You can also join our email list or follow us on Facebook or Twitter.



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Older & Bolder is an alliance of organisations in the age sector:
Active Retirement Ireland, Age & Opportunity, Alzheimer Society of Ireland, Carers Association, Irish Hospice Foundation, Irish Senior Citizens Parliament, Senior Help Line.



MAKE HOME WORK
The right to age well at home

RESCUE HOME CARE

EVERYONE KNOWS AGEING AT HOME MAKES SENSE