

## Corporate Site Days

A massive THANK YOU to Energia, Aspen Pharma and Deloitte volunteers who have done fantastic work in Willie Birmingham Place and ALONE Walk over the last couple of months. Without your help and support we could not afford to do this work.

# THANK YOU!



## Dublin City Council City Neighbourhoods Award

The gardens at Willie Bermingham Place won a three awards in the Dublin City Council City Neighbourhoods Award

- Frist prize Senior Citizens Complex
- Second prize Community Garden
- Frist prize in best new entry

The older people who are supported to live in Willie Bermingham Place and ALONE volunteers have worked together to preserve the beautiful gardens. A big thank you for all the hard work. Thank you

## Dublin City Marathon

On Monday, 26th October SSE Airtricity Dublin Marathon will take place in Dublin City Centre. The event will see thousands of people come together to run for the causes they believe in. You could be one of them. We are looking for members and supporters to participate in fun runs and marathons to raise funds for the ALONE. Contact Emily on 01 679 1032 or email [Emily.s@alone.ie](mailto:Emily.s@alone.ie)

## Thank you

Our sincere thanks to IPB, Bank of America, Aspen Pharma, all individuals, schools and groups who have generously contributed to ALONE recently. Without your support we would not be able to continue our day-to-day work with older people in need.

# ALONE

Helping older people in need

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NEWSLETTER  
AUTUMN 2015

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ALONE is a national organisation that provides services to older people who need additional support to age at home. We work with those who have difficulties with loneliness, ill health, poverty, poor housing or homelessness. We support them through these challenges and link them in with the relevant services they need to live in the community. ALONE is independent and receives no government funding for the day to day running of our services.

## ALONE launch 'homeless in all but name' Campaign 2015

We recently launched our 'homeless in all but name' campaign, highlighting Ireland's mounting crisis around housing our older people. Our 2014 Annual Report, released on October 5th, reveals that over 50% of all calls received by ALONE in 2014, were directly related to homelessness or housing. The number of older people coming to us in need of housing increased by 90% in 2014.

Sean Moynihan, CEO said, "All of our services focus on supporting older people to age at home, however, in recent times, the number one issue that people have been presenting with is housing. Whether they are homeless, living in unsuitable or unsafe housing or living in emergency accommodation - housing is a critical issue for the people that we work with".

Moynihan continued, "ALONE are asking the government to plan effectively for the housing needs of our ageing population and

designate a portion of all social housing units for use by older people. The private rental market is simply not suitable for older people as many will have support needs as they age. Also many of those living in private rentals for years are unable to afford their homes' due to increasing rents'

We have found that older people who becomes homeless in the current market, have little or no chance of securing private rented accommodation. Factors for this include; a lack of suitable accommodation for single people, inability to compete in the private rental market and the bias of landlords against older people.

Please support our campaign by signing our petition 'To ask the government to designate a portion of all social housing units for use by older people'. You can sign up at <http://www.ipetitions.com/petition/alone-homeless-in-all-but-name> or go through our website [www.alone.ie](http://www.alone.ie).



Our 2014 Annual Report which was the first year of our new strategic plan No One Left Behind. With an ageing population the needs of older people who use our services will become more complex in the coming years. We are committed to innovating our services to ensure we can meet these changing needs and can continue to provide the most appropriate services to older people who come to us for help.

Every older person that comes to us, does so with individual background and challenges. We work with each person to give them a personalized service and ensure that every older person who comes to us for help, gets the support they require. We would like to thank all our wonderful volunteers and donors whose commitment ensure we can continue to deliver high quality services to older people who need additional supports to age at home.

## Annual Report 2014



## BEFRIENDING NETWORK IRELAND

This International Day of Older Person on October 1st, we highlighted the fact that loneliness was a health issue with far reaching consequences.

In ALONE, we regard befriending as a vital health service and our free Befriending Service provides this necessary companionship for isolated older people. All of our volunteers are trained to a high standard, Garda vetted and they are supported by experienced mentors.

Earlier this year, we initiated a national group that will deliver training, establish quality standards and ensure transparency across befriending services nationwide and in response we founded Befriending Network Ireland. Already, more than 40 organisations have come together to combat loneliness on a national scale.

This International Day of Older people on October 1st, ALONE encourage any older person looking for a Befriending Service in their area to get in touch and call 01 679 1032. Similarly, if there are any befriending organisations looking for advice and support they can contact ALONE.

If you are running a Befriending Service and would like training and support for the organization or volunteers then please get in touch to find out more about the supports we can offer. If you are an older person and think you would benefit from a befriending volunteer then please give us a call on 01 679 1032.

## HOME FIRST CAMPAIGN



Earlier this year we launched the ALONE Home First Campaign raising the question 'Why are we forcing older people out of their home?'

In ALONE, through all our services, we work to support older people to age at home. We launched this campaign as we are particularly concerned that one third of those in our nursing homes have low to medium support needs and could live at home if adequate home care was available to them. The percentage of older population in nursing home care is already greater than the EU average and the average stay in Irish nursing homes is

1.6 years longer than our UK neighbours. These figures highlight the fact that we are forcing older people into nursing homes before they need this type of care.

While we acknowledge that nursing homes provide a vital service, we strongly believe that they should not be seen as the first choice of care for our older population. We should be working to provide a range of options that are cost effective and preferable to the older person, their families and medical professionals. We raised awareness of this issue through our Home First campaign in the national press, radio and TV. We also wrote directly to Ministers, TD's and Councillors to urge them to address this issue in the next budget and to make it a priority for the next government. Our population is ageing and we have an additional 20,000 older people every year. The current model of nursing homes for older people who don't need full time care is not preferable or sustainable. We would ask you to support our campaign by asking your local TD's to ensure supporting our ageing population to age at home is prioritised in the next programme for Government.



## DINNER DANCE

Our Summer Dinner Dance took place on Sunday 30th August in the Louis Fitzgerald Hotel on the Naas Road. ALONE run's three dinner dances throughout the year for the older people who use our services and they are a great opportunity for the older people and volunteers to get together for a night of dancing, food and fun.

Guests were entertained on the night by one man band 'Adam's Dream' and served a delicious three course meal.

A huge thanks to all our volunteers who provided transport and support on the night.