

## Covid-19 Resource Information Pack

### Older Adults

This document provides links to information, advice and services for Older Adults. Clicking on the links in the blue text, will take you directly to the official websites. 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

<a href="#">ALONE</a>	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: <b>0818 222024</b>
<a href="#">Local Authority Community Response</a>	A dedicated phone line is now operational in every county and the national number <b>0818 222 024</b> 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.
<a href="#">HSE – Mental Health</a>	The HSE has issued useful and practical information and advice for people on how to look after their mental health during this time
<a href="#">PHA – Mental Health</a>	Issued 5 steps to looking after your mental wellbeing while staying at home. If you are in distress or despair, you can call the <a href="#">Lifeline Helpline</a> on <b>0044 808 808 8000</b> where you can speak to a trained counsellor
<a href="#">Samaritans</a>	Are running their freephone helpline ( <b>116-123</b> ) 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.
<a href="#">Age NI</a>	Offering a number of different advice and support options for individuals. Call freephone <b>0044 808 808 7575</b> , 9am – 5pm 365 days a year
<a href="#">Friends of the Elderly</a>	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
<a href="#">Department for Communities NI</a>	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 <b>0044 808 802 0020</b> .

### GENERAL INFORMATION & ADVICE

<a href="#">DEASP</a>	<a href="#">An Post</a> and The Department of Employment Affairs and Social Protection have put special arrangements in place for collecting pensions during this time
<a href="#">Citizens Information – Live Advisor</a>	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
<a href="#">Age Action Ireland</a>	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
<a href="#">Age Friendly Ireland</a>	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 <b>1800 80 45 91</b> .

## PHYSICAL ACTIVITY

<a href="#">Age &amp; Opportunity</a>	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 <b>1800 303 545</b>
<a href="#">Siel Bleu</a>	Offering daily exercise videos for a variety of ability Levels. At 11am everyday on <a href="#">Facebook</a> they offer a class designed for more active older adults. At 2pm everyday Live on <a href="#">YouTube</a> and <a href="#">Facebook</a> 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.
<a href="#">HSE Physiotherapists</a>	Developed a booklet of daily strengthening exercises in conjunction with Cork Healthy Cities including a checklist for tracking what your progress
<a href="#">ExWell Medical</a>	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 <a href="#">RTE website</a> every Monday Wednesday and Friday.
<a href="#">Understand Together</a>	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

<a href="#">GAA Archive</a>	Provides free online access to 113 All Ireland and provincial finals since 1961 and much more.
<a href="#">Libraries.ie</a>	Irish public libraries provide all users with a wide range of free online services including eBooks, audiobooks, eMagazines, online courses and online newspapers.
<a href="#">Church Services TV</a>	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 Guidelines.

# 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](#)

### 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

### 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**

### 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



Rialtas na hÉireann  
Government of Ireland