



IRELAND

Site: Ireland: Collaboration on Ageing (COLLAGE)



COLLAGE is a collaboration formed by Cork Healthy Ageing (through Resource Generation & Education - University College Cork) and Louth Age Friendly County. This cross-sectorial initiative includes healthcare providers, local authorities, older people economic development agencies, SMEs, industry partners, community groups and academia.

The **CARTS (Community Assessment of Risk and Treatment Strategies) Programme** aims to delay or prevent *functional decline* and *frailty* and 3 adverse outcomes: *institutionalisation*, *hospitalisation* and *death*. It is an integrated screening assessment and treatment package that uses a rapid screening tool (providing a global assessment in 2-5 minutes) helping identifying and understanding the risk factors and thus to define the most beneficial interventions for the patients.

Within the framework of Ireland's National Age-Friendly Counties Programme, Louth has set out as the first county in Ireland to develop and implement an *age-friendly county* action plan: the **Louth Age-friendly County Initiative (LAFCI)**. Among its objectives there are an improvement in the seniors' health and well-being, an increased participation of older people in the community life and the delivery of services through imaginative and cost-effective partnerships. Housing, building and transport are among the "physical" environments that are object of innovation in order to increase their age-friendliness.

The **"Let Me Decide" Advance Care Planning and Palliative Care Programme in Long-term Care** implements



an advance care planning programme and a palliative care educational initiative into long-term care settings. The objective is to increase older people's independency and reduce unnecessary treatments.



Some examples of the impact of these good practices:

- CARTS is improving patients' empowerment, allowing them to take part in the definition of their specific management plans, based on their personal risk level. 803 patients were tested in the pilot phase, currently 5000 older adults are being assessed.
- Preliminary data on the use of CARTS show that high-risk individuals are 33 times more likely to be institutionalised, 3 times more likely to be hospitalised and 16 times more likely to die than the low-risk group within 6 months from the assessment. The tool proved to have a superior sensitivity, accuracy and specificity in predicting long term care, hospitalisation and death, improving care delivery, detection of frailty, communication and integration of care settings.
- 13,500 citizens aged 65+ participated in the pilot of the Louth Age-friendly Initiative. The guidelines for "Place to Flourish", directed to improving the person-centred characteristics of the environment in long term care setting, were adopted in 181 out of 581 places in residential care.

For further information:

<http://www.collage-ireland.eu/>