

# The challenges & opportunities of an ageing society & economy

Five Themes - Society

Dr Jerry Cowley  
GP & Community Activist

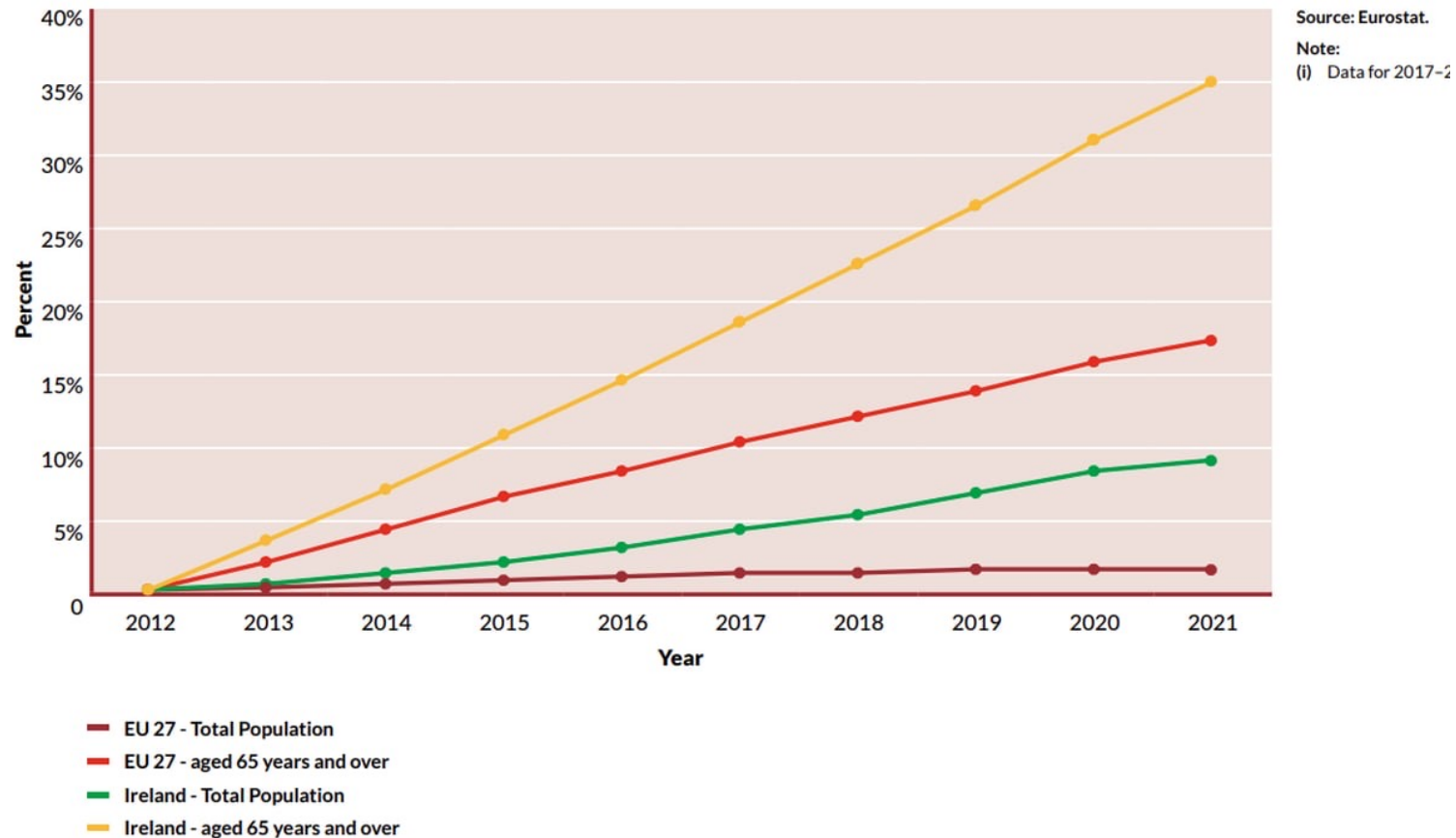


# WHO – UN Decade of Health Ageing (2021 – 2030)

- Changing how we think, feel and act towards age and ageism
- Developing communities in ways that foster the abilities of older people
- Delivering person-centred integrated care and primary health services responsive to older people
- Providing older people who need it with access to quality long-term care.



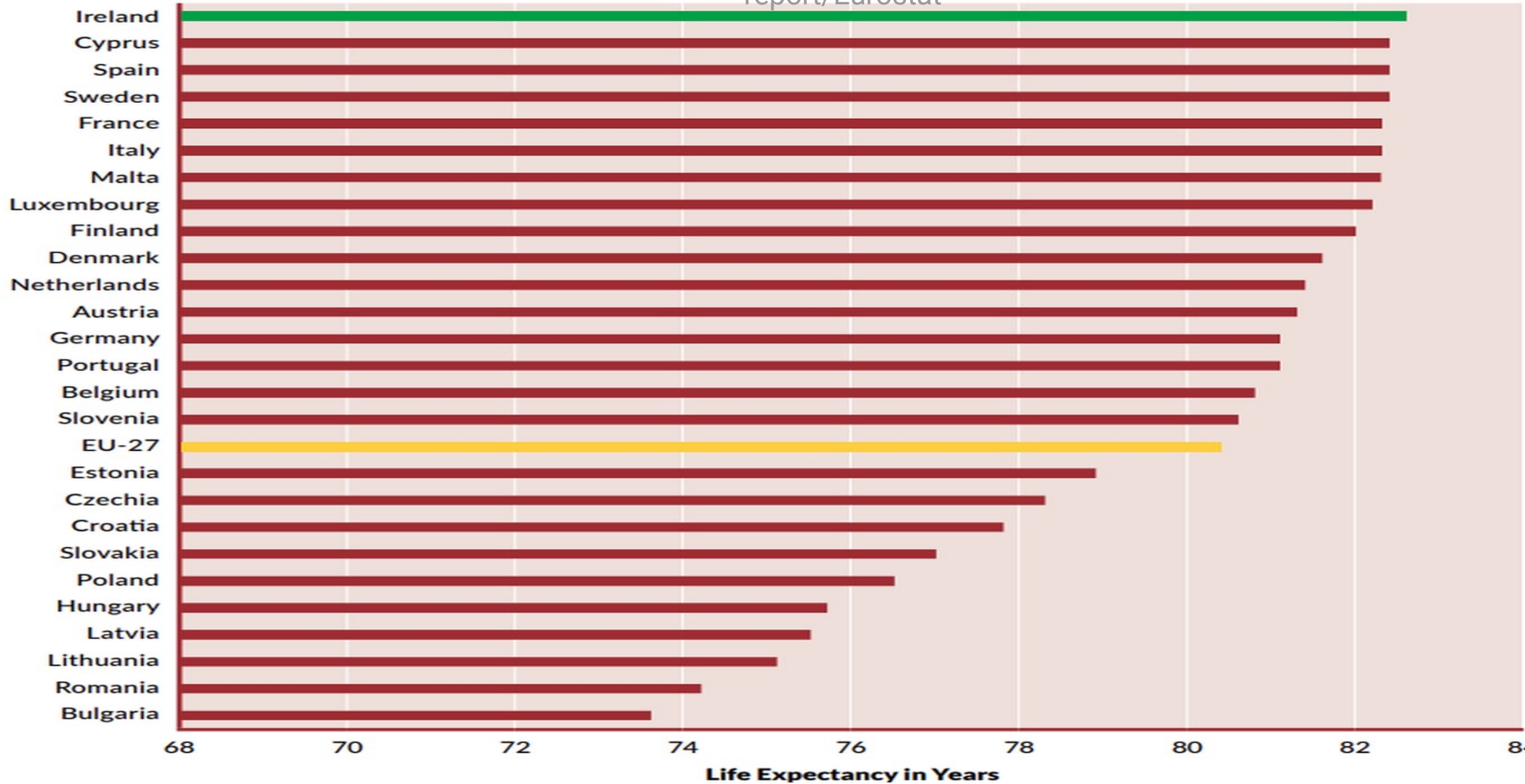
**Figure 1.1**  
Cumulative Percentage Increase in Population, All Ages and 65+ for Ireland and EU-27, 2012 to 2021



Source:  
Health in Ireland  
Key Trends 2022  
Eurostat

**Figure 1.6**  
**Life Expectancy at Birth for EU-27 Countries, 2020**

Source: Health in Ireland Key Trends 2022  
report/Eurostat

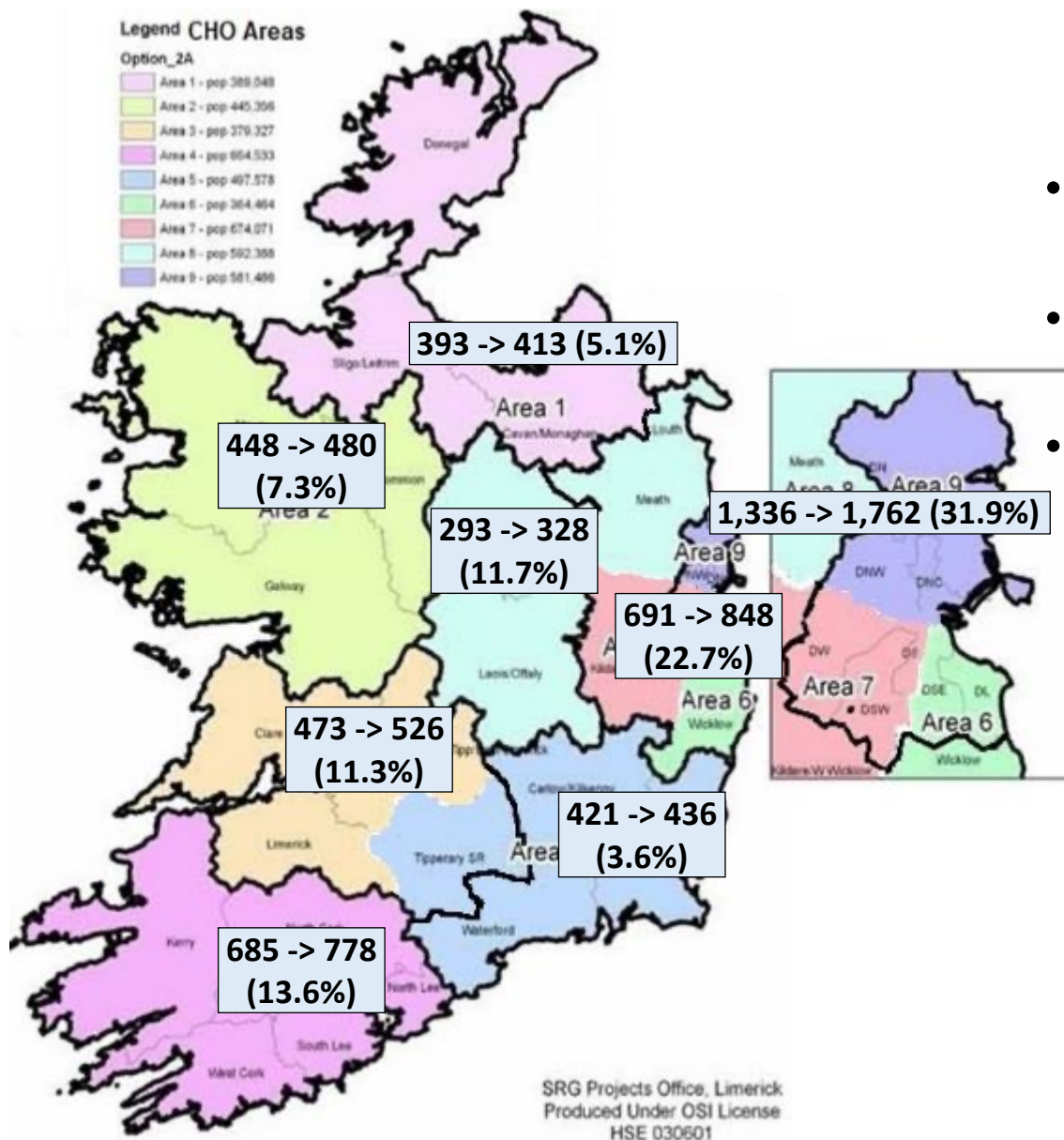




Urban vs Rural?  
or  
Balanced social & economic development



— CSO Pop'n areas



## CSO Regional population projections 2016 → 2036

M2F2 – **Dublin inflow** - In 000's of population

Total population growth ≈ 17.6% from 4,740 to 5,572 thousands

- ≈ **21.9%** growth East of Ireland (2,966 -> 3,616 thousands)
- ≈ **12.7%** growth South & Mid West (1,069 -> 1,205 thousands)
- ≈ **6.5%** growth West & NW (705 -> 751 thousands)

### CSO regions for population forecasting

**Borders:** Cavan, Donegal, Leitrim, Louth Monaghan, Sligo

**West:** Galway city, Galway co, Mayo, Roscommon

**Mid-West:** Clare, Limerick city, Limerick Co, Tipp North

**South-West:** Cork city, Cork Co, Kerry

**South-East:** Carlow, Kilkenny, Tipp South, Waterford, Wexford

**Mid-East:** Kildare, Meath Wicklow

**Midland:** Laois, Longford, Offaly, West Meath

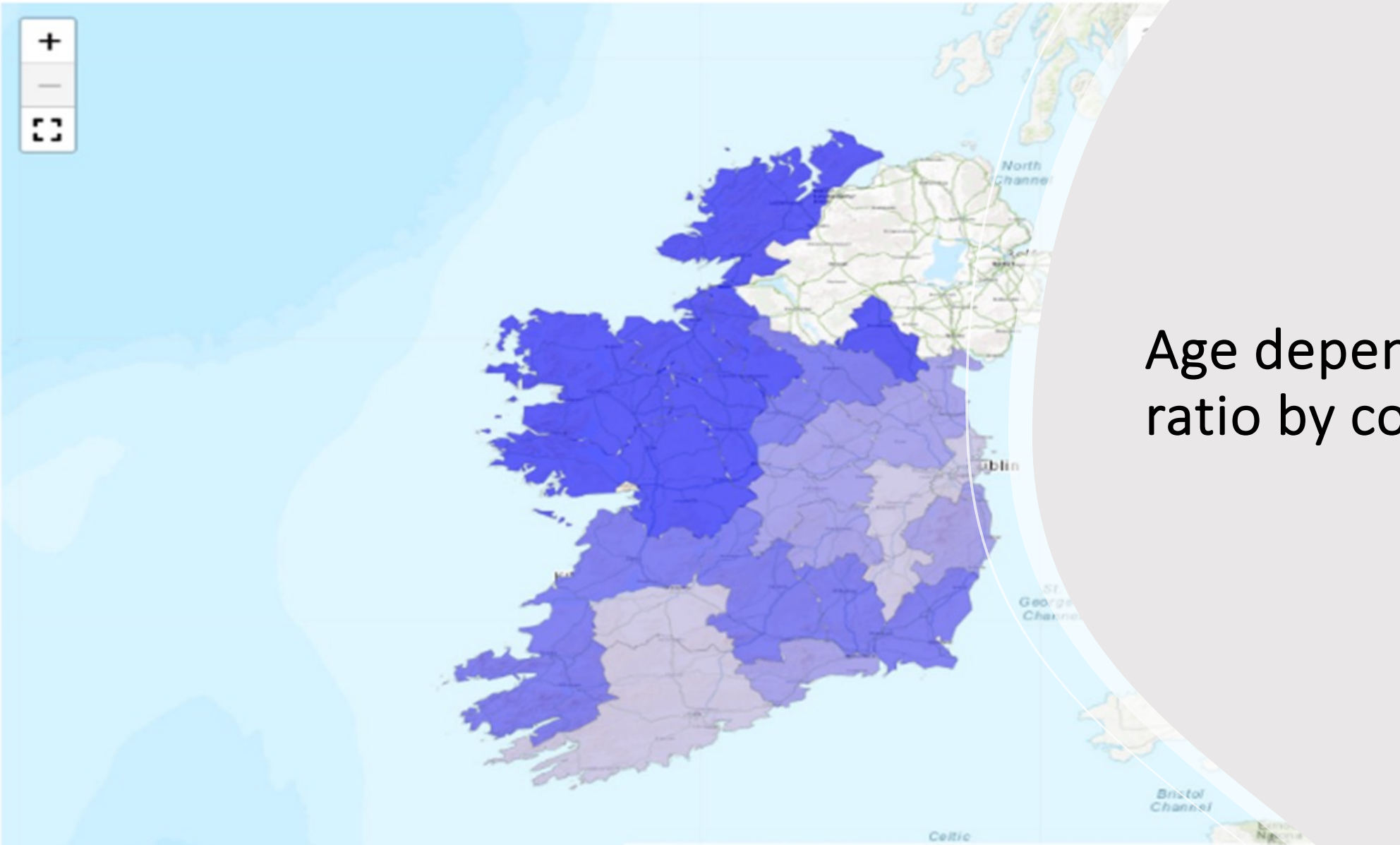
**Dublin:** Dublin city, Dun Laoghaire/Rathdown, Fingal, South Dublin

Regions are CSO Nomenclature of Territorial Units for Statistics (NUTS)

2011

2016

2022



# Age dependency ratio by county

Special thanks to Prof Garry Courtney. National Clinical Programme for Acute Medicine.

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Celtic Sea

[//data.cso.ie/table/FY083B](https://data.cso.ie/table/FY083B)

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# Un-Fair Deal for Rural/West -ESRI

- Private operators now gone full circle to control the LTRC market
- One in five small residential homes (less than 30 bed units) closed between 2020 and 2022
- 74% of the 31,723 NH beds are now provided by large privately owned operators. The balance is provided by voluntary/public providers
- 15 large operators control 38 per cent of beds with all but one financed by private equity.
- Increasing evidence from the US (Gupta et al 2021), England(Patwardhan et al 2022)and other countries that private equity often results in poor outcomes for residents.
- Warehousing of older people to expensive large private urban nursing homes to accelerate.
- Government must recognise and invest in the broad continuum model of housing and care for older







# Banshees of Inisheerin

## Innovators of Mulranny

# St Brendan's Community Village Project

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Person centred care in own locality always

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16 Sheltered Houses and 25 bedded High Support Unit

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Broader than a nursing home

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Support as required on continuum from home support to high support

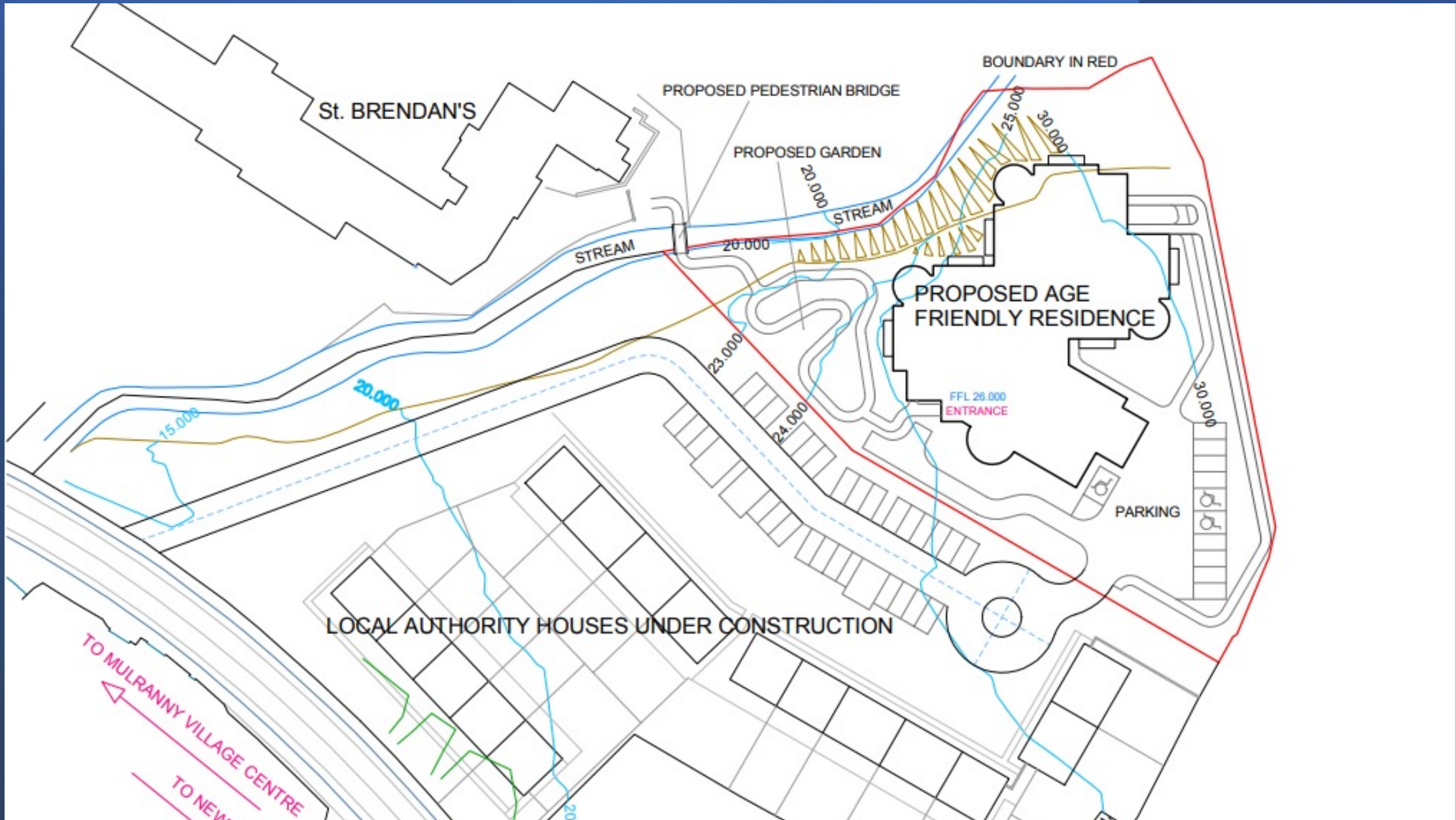
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Respite, convalescent care and palliative care with iv antibiotics

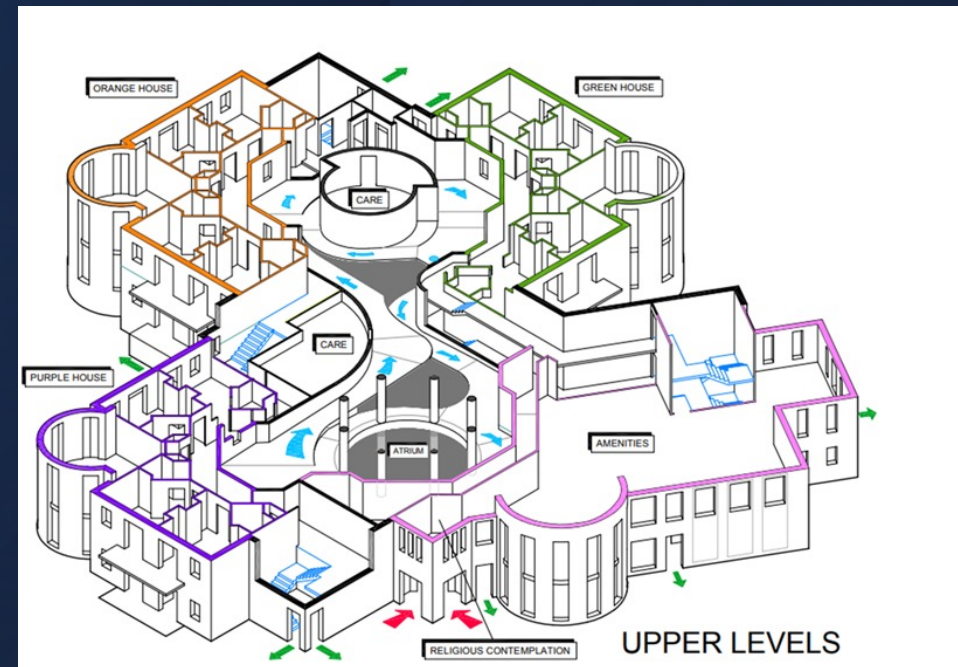
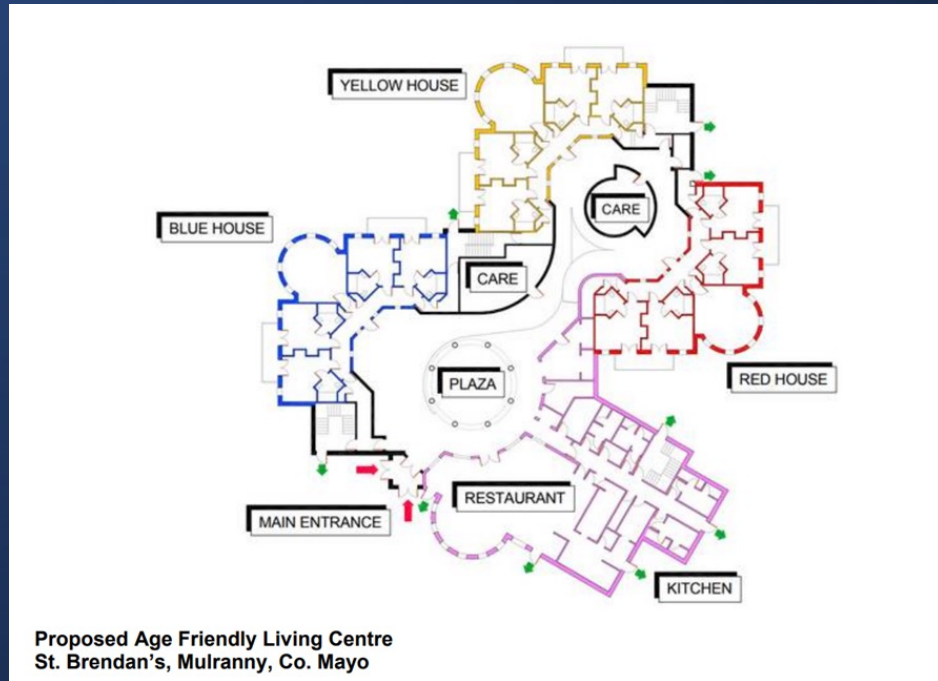
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Proposed Age Friendly Residence





# Special thanks to Bernard Moran



# Outcomes

KEEP PEOPLE LIVING  
IN THEIR OWN  
COMMUNITY

HELPING EMIGRANTS  
RETURN TO THEIR  
ROOTS

TIERED RESPONSES  
TO SUPPORT AND  
CARE NEEDS IN ONE  
AREA

HUB FOR  
INTEGRATION OF  
OTHER INITIATIVES  
E.G. SOCIAL HOUSING

CREATES JOBS IN  
AREA AND BOOSTS  
LOCAL ECONOMY

ANTICIPATORY CARE  
& PREVENTION OF  
UNNECESSARY  
HOSPITALISATION

# What's good about it?



Its what people want



People deserve happy endings too!



Own GP providing round the clock care



A powerful tool for rural regeneration



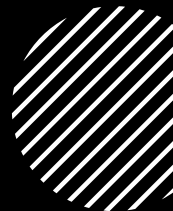
Could work equally well in an urban/inner city area



Biggest local employer for the past 25 years



# What's needed for Replication?



Support of Community, Local Authority, HSE & Government



Irish Council for Social Housing powerful resource



Equity in the funding of community care services compared to similar HSE facilities



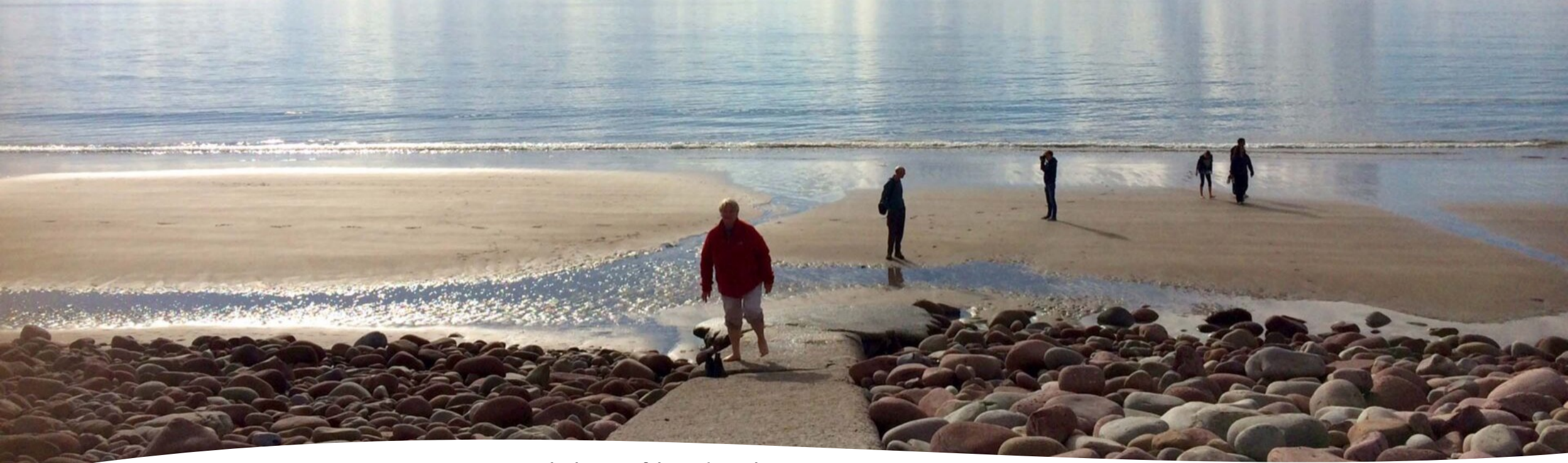
Innovation fund/ Access to Capital Assistance Scheme for community based not-for-profit enterprises



Supporting viability of rural practitioners to remain in practice



Government must make this community housing model part of official policy



## Challenges

- Sustainability of leadership
- Rural GPs
- Congregated care aspect paid less than public facility yet it is obviously a public / community facility
- Developing links with Universities (Galway & Atlantic) – training courses
- Developing links with thought leaders in design of built environment post covid.
- Need wider framework catchment area for innovation to reach ‘critical mass’ and have wider impact
- Mayo Project – planning for innovation fund



# Strengths

- Support of community/BOM/Meitheal (Mr Gerry Grealis) Local voluntary services/media
- Support of local Authority, Local Representatives.
- Power of community- Sheltered Housing/ ICSH/NFGWS
- Track record – Safe Home (with support of DFA Emigrant Support Programme – 2,250 accommodation secured) CAS Amendment Nov 2001
- Test of time
- Local architects support (Mr Bernard Moran/Mr Pat O’Grady)
- Interest of Universities
- Upcoming Commission on Care
- Sage Advocacy





# Messages from Mulranny

- We are all getting older  
– the mortality rate is 100%
- Social & economic development need to go hand in hand
- We need to strengthen the 'public realm' not regulate & privatise
- Public funding must be equitable
- Social innovation & enterprise are necessary
- An innovation fund with BHAGs is required
- Think big...build small scale.