



Ollscoil Chathair
Bhaile Átha Cliath
Dublin City University



DCU Age-Friendly University

Activities Review 2016-2021

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Age-friendly University
Global Network

A DUBLIN CITY UNIVERSITY INITIATIVE TO
PROMOTE POSITIVE AND ACTIVE AGEING



“Age has no reality except in the physical world. The essence of a human being is resistant to the passage of time. Our inner lives are eternal, which is to say our spirits remain as youthful and vigorous as when we were in full bloom.”

Gabriel Garcia Marquez, *Love in the Time of Cholera*
(1985 Spanish, 1988 English)

Introduction

The population of older adults in Ireland is currently one of the lowest in Europe, but it is growing fast. By 2040, 26% of the population will be over 65 (Central Statistics Office, 2016). Across Europe, this rising number of older people will impact health and social service delivery, pensions, work, housing and transport (Government Office for Science, UK, 2016). In 2021 the Central Statistics Office reported that for the first time since the 1850s, Ireland's population is more than 5 million, including an 18% increase in the number of older people since 2016 (Central Statistics Office, 2021). By 2050, the world's population aged 60 years and older is expected to total 2 billion, up from 900 million in 2015 (United Nations, 2015b).

The WHO Global Strategy and Action Plan on Ageing and Health, adopted by the World Health Assembly in 2016, ensures that the global response to population ageing is aligned with the ambitions of the Sustainable Development Goals (World Health Organization, 2016, United Nations, 2015a). The global strategy proposed actions to prepare the world for a decade of concerted, catalytic and collaborative global action "The Decade of Healthy Ageing 2021–2030" (United Nations, 2020). The Age-Friendly University (AFU) initiative aligns with the global strategy and provides a framework for higher education. This report profiles the range of activities and opportunities delivered by DCU's AFU office, from research to education and engagement to impact.

Pictured L-R:
Prof Alexandre
Kalache and
Prof Daire Keogh,
DCU President.



Overview of AFU

The concept of an Age-Friendly University has its genesis in the Age-Friendly Cities Programme launched by the WHO (World Health Organization, 2007). In 2010 DCU's newly appointed President, Professor Brian MacCraith, sought to explore how a university could engage with the Age-Friendly Cities Programme. Ten Principles of an Age-Friendly University developed by DCU reflect the work of an interdisciplinary team convened by Dublin City University (DCU) to identify the distinctive contributions institutions of higher education can make in responding to the interests and needs of an ageing population.

DCU launched the Ten Principles in 2012, the EU Year of Intergenerational Solidarity. The University of Strathclyde and Arizona State University endorsed the Ten Principles in 2012, and by mid-2021, a global network had expanded to over 82 universities across Europe, South America, North America, South East Asia and Australia.

DCU's Ten Principles of an Age-Friendly University provide a framework for higher education institutions to distinguish and evaluate how to shape age-friendly programmes and practices and identify gaps and opportunities for growth.

“The Age-Friendly University Initiative provides an opportunity to mainstream an ageing perspective across all university curricula, not just health. All professionals must be prepared for the fact that a huge percentage of their patients, clients and customers will be older adults. This provides a unique role for universities to have an impact”.

Professor Alexandre Kalache





The 10 Principles of an Age-Friendly University

1. To encourage the participation of older adults in all the **core activities** of the University, including educational and research programmes
2. To promote personal and career development in the second half of life and to support those who wish to pursue **second careers**
3. To recognise the **range of educational needs** of older adults (from those who were early school-leavers through to those who wish to pursue Master's or PhD qualifications)
4. To promote **intergenerational learning** to facilitate the reciprocal sharing of expertise between learners of all ages
5. To widen access to **online educational opportunities** for older adults to ensure a diversity of routes to participation
6. To ensure that the University's **research agenda** is informed by the needs of an ageing society and to promote public discourse on how higher education can better respond to the varied interests and needs of older adults
7. To increase the understanding of students of the **longevity dividend** and the increasing complexity and richness that ageing brings to our society
8. To enhance access for older adults to the University's range of **health and wellness** programmes and its **arts and cultural activities**
9. To engage actively with the University's **retired community**
10. To ensure regular **dialogue** with organisations representing the interests of the ageing population

DCU's AFU works closely with an Expert Advisory Board comprising organisations working with older people in Ireland. Members of the EAB include:

- Age Action
- Active Retirement Ireland
- Age and Opportunity
- Third Age
- Irish Senior Citizens Parliament
- Retirement Planning Council
- Men's Sheds
- The Fold
- Professor Des O'Neill
- U3A
- Love of Lifelong Learning Association (3LA) DCU

DCU employs one full-time Age-Friendly University Coordinator (Ms. Christine O'Kelly) supported by one part-time administrative assistant (Ms Grainne Reddy). The Age-Friendly Coordinator represents DCU¹ and leads the Age-Friendly University Global Network (AFUGN).

¹Fingal Age-Friendly Alliance, Dublin Learning Cities, the International Federation on Ageing, the AGE Platform, E-Seniors Network, the Asia Pacific Network, and The Association of Southeast Asian Nations (ASEAN).

DCU AFU Activities

This report provides an overview of the breadth of DCU Age-Friendly University activities from 2016 to 2021 presented within the context of the 10 Principles of an Age-Friendly University. Principles 3 and 5 and principles 4 and 7 have been grouped due to overlapping activities across these principles.

Principle 1

To encourage the participation of older adults in all the core activities of the University, including educational and research programmes.

Engaging Ageing 2021 – Future of Ageing and the Silver Economy “One Life- Infinite Possibilities” November 1-3

This international virtual event hosted over 300 participants over three days. Fifty-six presenters and contributors from academia, civil society organisations, business and industry leaders from all disciplines shared their expertise on the Future of Ageing and the Silver Economy. Keynote Speakers included Mellissa Mitchell CEO, Global Coalition on Ageing; Dr Maurizio Bussolo, Chief Economist (South Asia) World Bank; Prof. Joao Pedro De Magalhaes, University of Liverpool (UK); Ms Shruti Singh, OECD; and Dr Aisling Conway Lenihan, Hincks Centre, Munster Technological University (Ireland). Details about the conference and a resource directory are available on the website.

[Click here to read more](#)

AFU support for research grant applications

The AFU forms a connected network within DCU that helps to leverage funding for age-related research applications. AFU staff contribute to grant applications by invitation and demonstrate how Age-Friendly University status can enhance successful grant applications.

Engaging Ageing 2018: New Frontiers of Ageing Research, Policy and Practice (2018)

This 2-day international conference hosted by DCU AFU aimed to form new ways of working collectively to maximise opportunities to promote ageing research, policy and practice. Over 130 academic researchers worldwide and policymakers, older people’s organisations and older people attended. This event resulted in the exchange of ideas, research and practice to address the opportunities for the world’s ageing communities.

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AFU Research Support

As demonstrated in the following projects, the AFU provides added value to many research projects and is increasingly recognised as a valuable resource for PPI and the recruitment of older adult research participants.

— NEX project (2019/ongoing)

The first phase of the NEX project explored the potential of technology to support older adults to live independently at home. AFU supported the recruitment of Patient and Public Involvement (PPI) steering group members and recruitment of participants for a co-design user needs and requirements study.



— **CAPTAIN project (2019/ongoing)**

The Coach Assistant via Projected and Tangible Interface (CAPTAIN) e-coaching programme for older adults uses micro projectors to provide a smart home assistant for older adults. AFU supported the recruitment of participants for CAPTAIN workshops during March 2019.

[Click here to read more](#)

— **FACILE project (2018/2020)**

The FACILE project aims to develop a tailored meta-search engine that enables users to specify their information requirements and obtain correct and trustworthy information that is easy to understand. The AFU assisted researchers in the recruitment of older adult participants for project focus groups.

[Click here to read more](#)

— **TRACEUS (2021)**

Traditions, Recipes and Cuisines of Europe using Smartphones (TRACEUS) is a 2-year cross European project led by DCU AFU and includes five countries (Ireland, Cyprus, France, Spain, Bulgaria and Belgium). The project aims to develop and curate a database of cuisines/recipes and traditions associated with European cuisines using mobile technology as a learning tool.

[Click here to read more](#)

— **Socatel Project (2019/2020)**

This European consortium project aims to develop an easy to use multi-stakeholder co-creation platform for better access to information on long-term care services. Service users, care professionals, researchers and innovators took part in testing the online platform for co-creation. DCU AFU facilitated a hackathon, project meetings and recruitment of older adult participants for Socatel.

[Click here to read more](#)

— **Music and Well Being - A Transformative Consumer Research perspective (2018/2019)**

This study focused on how adolescents and older adults use music to manage change during distinct transitional periods in their lives. DCU AFU supported participant recruitment and facilitated intergenerational music workshops for this project.

[Click here to read more](#)

Principle 2

To promote personal and career development in the second half of life and to support those who wish to pursue “second careers”.

Springboard+ Courses (2021)

These courses allow people to obtain a university qualification at a lower cost than a typical degree. The courses are open to those already in employment, jobseekers, formerly self-employed, and those wanting to return to education. These courses provide an excellent opportunity for AFU members to pursue a second career.

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Supported work placements (2018/2019)

An AFU participant interested in a second career as an accounts assistant sought a work placement through DCU AFU. She subsequently undertook this placement for six months, followed by a contract of employment at the University.



Longer Working Lives Report Launch (2018)

DCU AFU part-funded the report “Longer Working Lives” by Professor Maria Slowey and Tanya Zubrzycki in DCU. The report provides an overview of the demographic and labour market trends concerning longer working lives.

[Click here to read more](#)

Advanced Transition Programme (2016)

DCU launched a pilot programme to engage the talents and energy of retired professionals as they transitioned into the next stage of their lives. The programme offered opportunities to explore new challenges and opportunities. The AFU office facilitated website hosting and information exchange on the programme.



Charles Handy, Advanced Transition Programme (2016).

Principle 3 and 5



To recognise the range of educational needs of older adults (from those who were early school-leavers through to those who wish to pursue Master's or PhD qualifications). To widen access to online educational opportunities for older adults to ensure a diversity of routes to participation.

Zoom and Smartphone Training (2020/21)

DCU AFU provided a series of hour-long zoom training sessions during the COVID 19 pandemic in 2020. These training sessions allowed people to learn how to use zoom and get further involved in DCU educational opportunities. One thousand three hundred people availed of this training in 2020. Masters students in the DCU Next Generation Management Programme delivered these training modules again in January 2021.

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50 Plus Show (October 2016/17/18/19)

The 50 Plus Show is Ireland's most extensive lifestyle event for people over 50+ years, showcasing products and services. This annual event takes place in the Royal Dublin Society (RDS) over three days. DCU AFU hosts a stand at this event to showcase and market opportunities in DCU through the AFU, including DCU's Sports Centre's Active for Life programme, and DCU Connected Programmes.



Taste of DCU (2016/17/18/19)

This annual AFU event invites older adults to visit the DCU campus and participate in lectures, workshops and campus tours. The event showcases what DCU has to offer concerning educational, cultural and health programmes. The event attracts over 250 - 300 attendees on an annual basis.

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Love of Lifelong Learning Programme (2017/18/19/20)

This annual customised AFU programme takes place in the DCU Glasnevin and All Hallows campuses. It offers a range of modules such as genealogy, life writing, history psychology, law, politics, religion and English. The programme provides a place for participants to interact, socialise and be involved in all DCU activities. Over 400 people have attended this programme yearly.

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Digital Photography Course (2017/18/19)

Digital photography is a peer-led programme developed and delivered by AFU participants. The 8-week programme takes place on the DCU Glasnevin Campus and includes several field trips. Over three years, 60 participants took part, and four exhibitions were held.

In addition, the group developed a special DCU photobook as a gift to visitors to the University.

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Principle 4 and 7

To promote intergenerational learning to facilitate the reciprocal sharing of expertise between learners of all ages. To increase the understanding of students of the longevity dividend and the increasing complexity and richness that ageing brings to our society.

AFU intergenerational response to the EU Green Paper on Ageing (2021)

The AFU coordinated an intergenerational consultation process on the EU Green Paper on Ageing and compiled and submitted a report on the process. The 2-part process consisted of a virtual information meeting introducing the EU Green Paper on Ageing followed by a virtually facilitated workshop attended by an intergenerational audience of over 300 DCU staff, students and older people from around Ireland.

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Intergenerational Art Competition (2020)

This AFU facilitated competition celebrated intergenerational engagement to coincide with the EU Day of Intergenerational Solidarity (April 29th). This particular children's art competition was open to young people between the ages of 5 and 15. Over 150 entries were received, and 20 prizes were awarded in different age categories. Certificates of Participation were sent to all participants.



Operation Conversation (2016/17/19)

To celebrate the UN International Day of Older Persons (October 1st), Third Age, in association with Dublin City University AFU, hosted an intergenerational event, "Operation Conversation", in Albert College Park adjacent to Dublin City University. The UN promotes a specific theme each year. People of all ages were invited to participate in Operation Conversation, a free family fun day to combat social isolation and promote greater understanding and respect between generations.

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Reminiscence Theatre Workshop (2019)

This event was facilitated by Making Hay Theatre Company in partnership with DCU AFU on the DCU's All Hallows Campus. Reminiscence Theatre celebrates the memories of older people. Their goal is to stimulate memories through reminiscence workshops and improvisation sessions. These are dementia-inclusive workshops and form the basis of intergenerational theatre suitable for both young and older audiences. Sixty people participated in this workshop, and RTE filmed it for the End of Ageing Programme.

[Click here to read more](#)



Intergenerational Awards (2018/19/20)

April 29th marks the EU Day of Intergenerational Solidarity and Cooperation between Generations. DCU AFU marks this day by sponsoring an annual Intergenerational Award for secondary school Transition Year Students who can demonstrate authentic intergenerational engagement, solidarity and cooperation.

[Click here to read more](#)

Hosting International AFU Network Delegations (2018)

The DCU AFU Coordinator hosted students from Pai Chai University, South Korea, affiliated with Professor Jinseop Lim, a member of the AFU Global Network. While in DCU these students met participants of the AFU programmes and took part in the MedEX programme.

[Click here to read more](#)

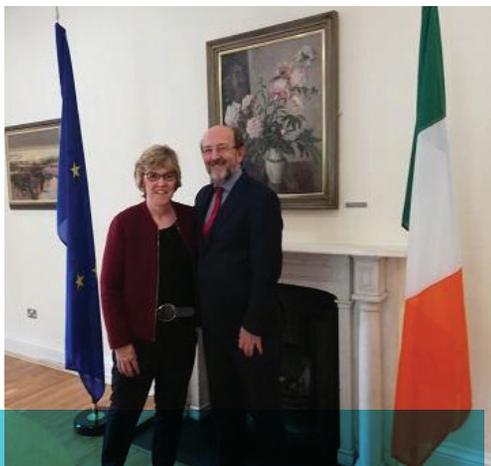
Hosting Visiting AFU Fellows (2018/2021)

The DCU AFU Coordinator hosted an international AFU Fellow, Prof. Cathy Eden from Arizona State University, from August to November 2018. Prof Eden lived on the DCU campus and worked with the AFU Coordinator to develop the AFU Global Network Governance document.

Scholars' subsequent requests to visit DCU AFU from Eastern Michigan University, California State University, San Bernardino and the State University of Northern Rio de Janeiro have been postponed until Covid 19 restrictions are lifted.

DCU Listening Project (2016)

The DCU AFU Coordinator facilitated a pilot project partnership with DCU Counselling and Personal Development Service and Third Age Ireland (a member of DCU's AFU Expert Advisory Board). It established a Student Personal Support Helpline as a pilot initiative in 2016/2017. It was held in Student Support and Development offices and supervised by the DCU Counselling and Personal Development Service and the Third Age Senior Helpline Facilitator. The aim was to pursue further a DCU culture of student personal well-being and help-seeking behaviour. This initiative aimed to provide a Student Personal Support Helpline that is confidential, anonymous, non-judgmental and student-centred by trained senior Helpline volunteers.



Pictured L-R: Prof Cathy Eden visiting Fellow and President Brian MacCraith, 2018.

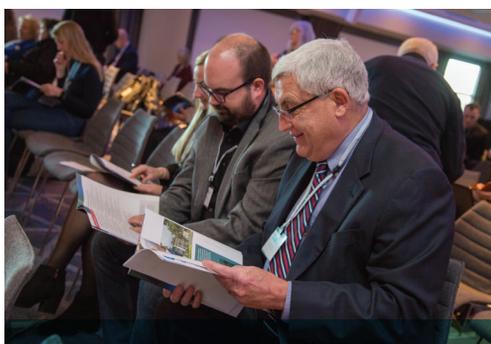
Principle 6

To ensure that the University's research agenda is informed by the needs of an ageing society and to promote public discourse on how higher education can better respond to the varied interests and needs of older adults.

COVID 19 - Age-Friendly Universities Seminar (2021)

DCU AFU hosted a virtual seminar for Age-Friendly University Global Network members titled "COVID 19 Adapting and Innovating in Age-Friendly Universities." Founding partners of the Global Network were in attendance and contributed to the discussion. Over 80 participants took part. The second seminar will take place in Autumn 2021.

[Click here to read more](#)



Pictured L-R: Dr. Craig Talmage and Prof Richard Knopf, Arizona State University.

Dublin Learning City Festival (2021)

DCU AFU and its participants contributed to several online events as part of the 3-day Dublin Learning City Festival, which aims to provide opportunities for accessible lifelong learning in Dublin. Some examples of these events include:

'From Zoom to Immersive Reality'

– Ms Joanne Carroll

'Muscling in on Ageing and Health'

– Dr Brendan Egan

'Getting involved in Irelands Placenames'

– Dr Una Ni Breathnach

'Truth Telling in Dementia for Family Carers'

– Prof Kate Irving

'Stories from your life'

– Dr Cathy Fowley

'Whiskey Presentation'

– Ms Mary Mc Carthy

'First women to get a pilot license in Free State'

– Ms Myra Gleeson

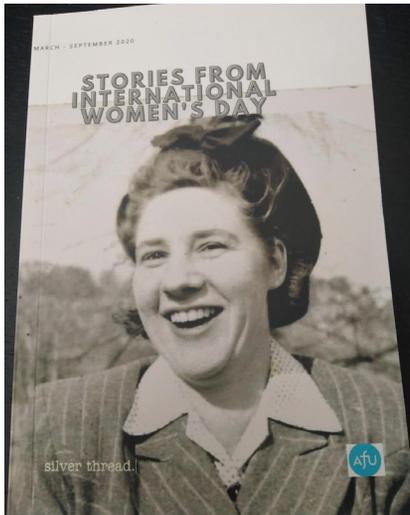
'Art Exhibition (DCU Campus during COVID)'

– Ms Mary Mc Carthy

The live recordings of their presentations are listed on the DCU AFU website.

[Click here to read more](#)

DCU AFU is an active member of the Dublin Learning City Committee.



International Women's Day Workshop (2020)

DCU AFU and Silver Thread collaborated on a series of workshops, an exhibition and a book. These were launched on the DCU Glasnevin campus for International Women's Day. The workshops attended by 40 people focused on celebrating the extraordinary lives of ordinary women who impacted their families and communities. This was followed by a poster exhibition in the DCU O'Reilly library attended by a further 100 people launched by Mairead Hayes CEO Irish Senior Citizens Parliament. Subsequently, the posters were included in a collaborative book with a foreword from Nora Owen, former Minister for Justice and Chair of the Fingal Age-Friendly Alliance.

[Click here to read more](#)

EU Workshop (2019)

This workshop was facilitated by DCU's School of Law and Government to prepare for an AFU participant visit to the EU Parliament. It covered the functions of the EU, how it operates and its various institutions. The workshop was carried out on the DCU Glasnevin campus and attended by 60 people.

DCU AFU Feature in the Irish Times (2017)

The Irish Times journalist Arlene Harris published an article online called "Older, and wiser, students" which featured DCU's AFU opportunities available for older people in Ireland through the "Love of Lifelong Learning" Programme.

[Click here to read more](#)

DCU AFU Feature in Senior Times Magazine (2016/17/18/19)

The Senior Times magazine carried several articles over the past years on AFU activities. The June 2016 edition featured an interview with the then DCU President Brian MacCraith.

[Click here to read more](#)

Principle 8

To enhance access for older adults to the University's range of health and wellness programmes and its arts and cultural activities.



Cycling Without Age (2018/2021)

DCU AFU initially collaborated with Dr Mark Philbin, School of Nursing, Psychotherapy and Community Health, on developing the Cycling without Age initiative on the DCU campus. In mid-2021, this was further expanded in collaboration with Fingal Age Friendly to offer this initiative to older people to encourage older people to get outdoors. The project is based on volunteers recruited through the Student Volunteer Programme to cycle motorised trishaws, allowing older people to sit comfortably in the front and experience cycling outdoors. Older people in communities near DCU and Blanchardstown can avail themselves of the cycling opportunities.

[Click here to read more](#)

Art Courses (2019/20/21)

As part of the AFU "Love of Lifelong Learning" Programme, Dr Thomas McCloughlin, chartered biologist and assistant professor in Biology and Education at DCU, facilitated the delivery of several art programmes on Botanical Art. An art exhibition is planned for Autumn 2021.

[Click here to read more](#)

Bealtaine Festival (2021)

May marks Age and Opportunity's annual Bealtaine Festival in Ireland, which celebrates creativity amongst older people. DCU AFU contributed four days of virtual events to the programme - a podcast "Hello World" on the experience of living through the COVID 19 pandemic ([Click here to read more](#)), a series of videos produced in collaboration with AFU Global Network member Quinnipiac University, and an E-book ([Click here to read more](#)) featuring additional written pieces and readings from participants from the Life Writing Groups. The podcast, video series and Ebook were funded through DCU' Anam Programme. DCU Staff, students and AFU participated in the project.

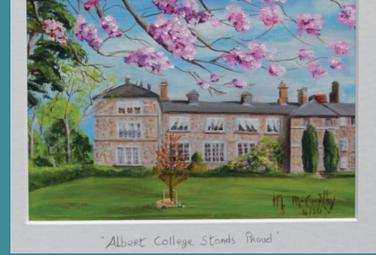
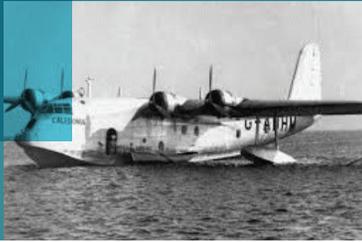
Art Exhibition Campus in COVID (2021)

As part of DCU AFU peer-led learning support, AFU participant Mary McCarthy presented a virtual art exhibition, "Our Campus on Canvas", which was inspired by the COVID lockdown in early 2020. It took participants on a virtual tour of the campus and the history of DCU.

[Click here to read more](#)

"These modules have become an important part of my life over that period, and I would recommend them highly."

(AFU participant)



Aviation Lecture (2020)

AFU member and Aviation Historian Myra Gleeson made a presentation on the history of aviation in Ireland. With a passion for aviation history, Myra presented an interesting and engaging presentation on Irish aviators' life and times, including Lady Mary Heath, Captain Kelly Rogers, and Harry Ferguson. Myra is an expert on Irish Aviation History and hosts her radio programme on NEAR FM, which regularly features AFU news and opportunities.

[Click here to read more](#)

Medex (2014-2019)

The AFU actively promoted and raised awareness of the Medex Programme. MedEx is a community-based chronic illness rehabilitation service, which provides physical activity classes in a medically supervised environment to patients with lung disease, heart disease, peripheral arterial disease, diabetes and cancer. MedEx was initially based at DCU and has now moved to a community site.

ACTIVE for Life Programme (2019/2021)

The AFU promotes and directs participants to the Active for Life programme in the DCU gym. This programme is designed to help older adults achieve health, fitness and optimal quality of life. The classes help to improve muscle tone, strength and flexibility in a group setting.

[Click here to read more](#)

Field Trips (2018/19)

AFU participants frequently make field trips to sites of interest relevant to their studies. During 2018/19, they visited Aras an Uachtaráin, the Hunt Museum, the EPIC museum, the Mansion House, Belvedere House and St. Anne's Park. These group visits complimented modules relating to history and augmented reality and provided the opportunity for social and cultural exchange between AFU participants.

Chime presentation (2019)

Chime is the National Charity for Deafness and Hearing Loss. Chime has campaigned for equal rights, greater accessibility and opportunities for individuals over the past fifty years. Cathy O'Riordan (Chime) presented to members of the AFU on hearing loss, tinnitus and deafness, which can affect all ages.

[Click here to read more](#)

Movement to Music (2017)

The DCU AFU office promoted a 12-week MedEx based pilot dance programme aimed at people with Parkinson's Disease. Parkinson's disease is a neurological condition that causes difficulties with movement, balance and posture. There is evidence that regular dance may improve its symptoms. The AFU was involved in the promotion and recruitment of participants for this programme.

[Click here to read more](#)

"I would encourage others to participate in this opportunity to attend or continue college education in a very friendly invigorating environment."

(AFU participant)



The Home Bus Run Project (2016,2017)

The DCU AFU office provided funding and support for Matt Lacey, a maintenance manager in Cara Care Santry, to develop a “virtual bus” that provided a simulated driving experience for people living in nursing homes. AFU introduced Professor Alan Smeaton to the project, which led him to allocate a master’s student to further research developing technology to enhance the virtual experience. AFU’s support assisted in attracting media coverage and was featured on RTE’s “Local Eye” programme and Seán O’Rourke’s radio show and showcased the bus at several national and international conferences.

[Click here to read more](#)

An Evening with David Puttnam and Mícheál Ó Muircheartaigh (2016)

Third Age and DCU Age-Friendly University collaborated on an event in the Helix which brought together film producer and Digital Champion Lord David Puttnam and GAA commentator Mícheál Ó’Muircheartaigh in conversation with Miriam O’Callaghan about their lives and individual professions. The event hosted by DCU AFU was a fundraiser to support Third Age.

[Click here to read more](#)



Pictured L-R: Lord David Puttnam and Mícheál Ó Muircheartaigh.

Principle 9

To engage actively with the University's retired community.

Visit from the FreeBird Club (2019)

DCU AFU hosted a visit from the Freebird Club. It is a social travel and home-stay club for people over the age of 50. It is a peer to peer club which allows members to travel and stay with fellow members who have made their spare rooms available. DCU Age-Friendly participants enjoy free lifetime membership of the club.

[Click here to read more](#)

1838 Club Retirees Lounge and Annual Dinner

DCU's retired staff lounge offers space for retired members of the community to meet former colleagues over coffee, keep up to date with developments on campus, and continue to engage as part of the University community. They also host a monthly book club, and the DCU Human Resources office organises an annual dinner for retired DCU staff members.

How Retired Staff engage in AFU activities

Retired staff members often return to DCU to contribute to the AFU in many ways, such as participating in the learning programme and events, mentoring and delivering programmes.



Principle 10

To ensure regular dialogue with organisations representing the interests of the ageing population.

Free Computer Courses in partnership with Third Age and the Business School Masters students (2017/19/20)

DCU Age-Friendly collaborated in partnership with Third Age to offer free computer classes to the local community. The programme "Getting Citizens Online" was delivered by DCU's Next Generation Management Students from the Master's Programme, which brings an intergenerational element to the course. The classes took place on DCU's All Hallows Campus and Glasnevin Campus. The course offers an introduction to the internet, email and online shopping. Over 600 people have attended this programme.

[Click here to read more](#)

1st International South-East Asian Age-Friendly University Conference (2019)

Pai Chai University in South Korea hosted the first international Age-Friendly University Conference. Many discussions on the approaches to the age-friendly university initiative and presentations on student and community engagement took place. DCU's Age-Friendly coordinator presented at this conference.

[Click here to read more](#)



10th Annual Silver Surfers Awards (2017 and 2019)

The AFU supported Age Action's Silver Surfers Awards in 2017 and 2019. The award ceremonies took place in the Helix located on the DCU Glasnevin campus. In addition to hosting and supporting the ceremonies, DCU staff participated in the judging panel and leveraged prizes from DCU businesses on campus and the broader industry network. The awards showcase older people's use of the internet and technology. There were over 800 entries for these awards and 500 attendees at the award event.

[Click here to read more](#)

14th International Federation on Ageing Global Conference Joint Symposium on the AFU concept (2018)

A joint symposium presentation by McMaster University, University of Manitoba and Dublin City University on the Age-Friendly University Initiative was delivered at the 14th International Federation on Ageing Global Conference in Toronto. Over 1200 people attended the conference. The focus of the conference was Towards a Decade of Healthy Ageing - From Evidence to Action.

[Click here to read more](#)



Senior Citizens Parliament hosted by DCU at the All Hallows Campus (2018)

The Irish Senior Citizens' Parliament (ISCP) is a representative organisation of Older People in Ireland. The Parliament works to promote the views of older people in policy development and decision making. The ISCP was provided with office space on the DCU All Hallows Campus from 2018 to 2021. It demonstrated DCU's commitment to ageing and helped DCU to keep abreast of grassroots issues. DCU AFU is a member of the ISCP Executive and regularly collaborates with the ISCP. [Click here to read more](#)

United Nations Open-Ended Working Group on Ageing (2019)

This is a four-day annual event held at the United Nations Headquarters in New York. DCU's Age-Friendly Coordinator presented at this event on the Age-Friendly University initiative and took part in several side events over the four days.

Keep Control Campaign Workshop (2016)

The workshop aimed to empower older adults to recognise, develop and use their strengths to assert their rights as citizens and protect themselves from any potential mistreatment. The campaign provided information and helpful tools to empower older adults against any potential financial abuse or exploitation. This event took place on the DCU Glasnevin campus, with over 60 people taking part. [Click here to read more](#)

Pai Chai University meets with AFU Partners (2019)

DCU hosted a visit from Pai Chai University led by Professor Jinseop Lim and his colleague Dr Myung-Bae Park. A memorandum of understanding was signed between DCU AFU and Pai Chai University. The DCU Age-Friendly Coordinator reciprocated by visiting Pai Chai University. A research paper led by Pai Chai University, in partnership with DCU and Arizona State University on "Developing guidelines for an Age-Friendly University: 62 items for measuring age-friendliness" is under review (August 2021).

Activities Review 2016-2021



Pai Chai University visit DCU, 2019.



AFU Local, National, European and Global engagement

Local: DCU has committed to breaking down barriers to third-level education and promoting age inclusivity, demonstrated by the broad range of activities outlined in this report. These activities encourage community participation which leads to greater visibility of older people.

National: DCU and the AFU regularly engage with external stakeholders in the ageing sector and support and participate in AFU events. DCU is recognised by government departments, statutory organisations, academic and research organisations and NGO's as leading the Age-Friendly University Initiative. This recognition endorses DCU's role in influencing the Ageing agenda in Ireland.

European: DCU is one of the founder members of the Covenant on Demographic Change, which promotes

age-friendly environments and assembles European public authorities committed to developing and implementing an action plan on age-friendly environments. This plan is based on the WHO Age-Friendly Cities' Guide and the 2013 Dublin Declaration on Age-Friendly Cities and Communities in Europe. DCU is a member of the AGE Platform, which is a European network of non-profit organisations of and for people aged 50+, which aims to voice and promote the interests of the 200 million citizens over the age of 50 in the European Union and to raise awareness on the issues that affect them most.

Global: DCU is a member of the International Federation on Ageing and at the forefront of the Age-Friendly University Initiative and leads the Age-Friendly Global Network (AFUGN).

Age-Friendly University Global Network

The Age-Friendly University Global Network consists of higher education institutions around the globe who have endorsed the Ten Principles of an Age-Friendly University and are committed to becoming more age-friendly in their programmes and policies.

Joining the AFUGN offers institutions the opportunity to learn about emerging age-friendly efforts and contribute to a

movement of social, personal, and economic benefit to people of all ages. From 2014 to 2021, the Age-Friendly University expanded to include 82 higher education institutions (Table 1). They share a wealth of multidisciplinary expertise and, through their efforts, are advancing age-inclusivity in higher education and engagement with communities and stakeholders working in the ageing sector.

Global Network of Age-Friendly Universities

Ireland

Athlone Institute of Technology
Dublin City University
Munster Technological University
National College of Ireland
National University of Ireland Galway
Royal College of Surgeons in Ireland
Royal College of Physicians
Trinity College Dublin
University College Dublin

USA

Arizona State University
California State University, Long Beach
California State University, San Bernardino
California State University, Fullerton
Central Connecticut State University
Concordia University Chicago
Dominican University of California
Drexel University
Eastern Michigan University
Eckerd College
Edinboro University of Pennsylvania
Fielding Graduate University
Florida State University
Hunter College
Ithaca College
Lasell University
Massachusetts Gerontology Association
Miami University
Michigan State University
Northeastern Illinois University
Northern Kentucky University
Palo Alto University
Portland State University
Purdue University
Quinnipiac University
Rhode Island College
Stockton University
University of Akron
University of California Los Angeles
University of Hartford

USA continued

University of Illinois Urbana-Champaign
 University of Maryland Baltimore
 University of Maryland Baltimore County
 University of Massachusetts five-campus university system
 — University of Massachusetts Amherst
 — University of Massachusetts Boston
 — University of Massachusetts Dartmouth
 — University of Massachusetts Lowell
 — University of Massachusetts Medical School
 University of Minnesota
 University of Montana
 University of Nebraska Omaha
 University of New England
 University of North Georgia
 University of Rhode Island
 University of Southern California
 University of the Pacific
 University of Vermont
 University of Wisconsin-Lacrosse
 Washington University at St. Louis
 West Valley College
 Western Kentucky University
 Western Oregon University
 William James College

Australia

University of Queensland

South Korea

Daejeon Seniors Centre
 University of Pai Chai

Slovenia

University of Maribor

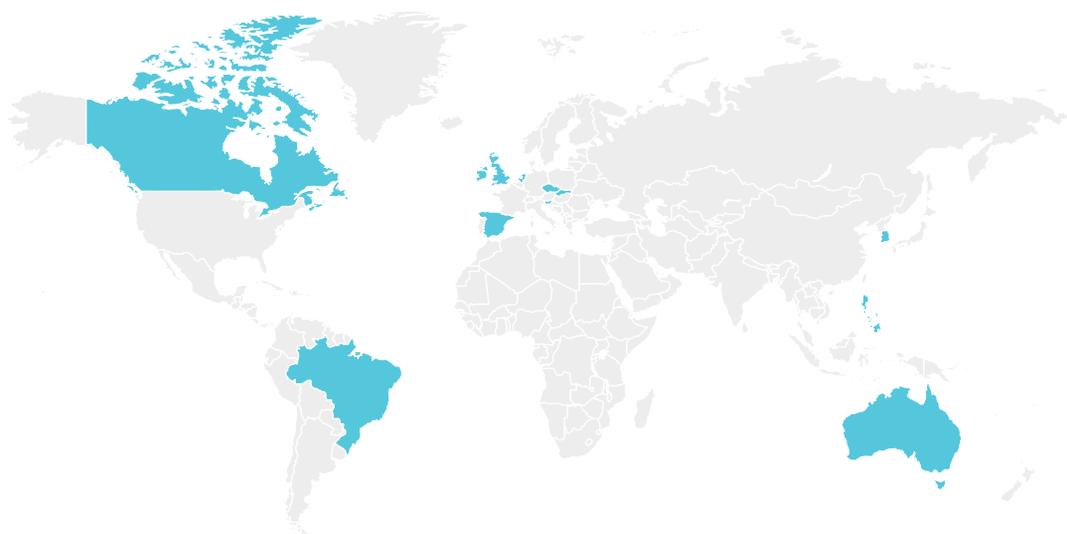
United Kingdom

Leeds Beckett University
 Ulster University (Northern Ireland)
 University of Strathclyde (Scotland)

Czech Republic

Masaryk University

Canada	McMaster University Niagara College Ontario Tech University Ryerson University Trent University University of Calgary University of Manitoba University of Sherbrooke
Philippines	Open University of the Philippines
The Netherlands	Maastricht University
Slovak Republic	University of Bratislava
Spain	University of Murcia-Lorca
Brazil	Pontifical Catholic University Campinas



Conclusion

Universities are well placed to inform and influence the future of ageing at a societal level and lead change to meet societal needs. Higher education has a significant role in supporting longer working lives through lifelong learning, engaging in ageing research and innovation and developing and supporting business and enterprise. Meeting the changing needs and demands of an ageing population is very much at the heart of the Age-Friendly University agenda. It also provides an opportunity to raise awareness of ageing and impact our students and staff by challenging ageism stereotypes and supporting the longevity dividend. The AFU mission is to support positive and healthy ageing and thus contribute to DCU's mission to transform lives and societies.

The need to continue to view ageing over the life course, enable people to work for longer through lifelong learning, upskilling and retraining, and support the silver economy through research and innovation is expressed in the consultation on the EU Green Paper on Ageing (European Commission, 2021). The silver economy is the subset of the global economy associated with the demographic shift brought about by population ageing. It focuses on the needs and demands of older people. Estimates put the global value of this new market at \$15 trillion in 2020, while opportunities in Europe valued at €5.7 trillion (European Commission, 2016) by 2025 are not being fully realised in Ireland².

The impact and reach of the AFU at a local, national and international level is broad. DCU is recognised as a global leader of the Age-Friendly University initiative.

The AFU Global University Network members look to DCU as an exemplar, forging pathways to age inclusivity and contributing to an emerging Age-Friendly Eco-System. In this Decade of Healthy Ageing (United Nations, 2020), promoting age-inclusivity and challenging ageism through intergenerational engagement on campus benefits all generations across all activities (teaching and learning, research and mentoring), in addition to challenging ageist stereotypes affecting all generations.

This report aims to raise awareness of the value of DCU's AFU office within the University and maximise the potential for multidisciplinary collaboration across DCU and wider international networks. The report provides evidence of our DCU age-friendly policy in action and identifies opportunities for further engagement. There are many opportunities to engage with the AFU throughout DCU to bring added value and lead to positive economic and societal impact.

The Ten Principles of an Age-Friendly University has provided a framework for international dialogue and action from higher education to meet the opportunities and challenges of demographic change. In the words of Professor Alexandre Kalache, founder of the Age-Friendly movement

“We are living a global revolution in which we are all immersed, the revolution of longevity... we have to celebrate that we are living; everything else is a premature death.”

Let's be active participants in the revolution.

²The contribution of the European Silver Economy to GDP to reach €6.4 trillion and 88 million jobs by 2025. This would be equivalent to 32% of EU GDP and 38% of the Union's employment.

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