



# Age-Friendly University

Supporting Active and  
Healthy Ageing

## International Scientific Conference of Educational Projects for Seniors

University of Third Age (U3A) Meeting  
16th-17th February 2017, Oporto, Portugal



## **Introduction to DCU/Ireland – Facts**

- Background to establishing an Age Friendly University
- Ten Principles
- Age Friendly national context

## **DCU AFU**

- Structure and Composition
- DCU Activities/Opportunities

## **AFU – Current/Future**

- Membership /Affiliations
- Future plans

## FACTS

DCU is Ireland's University of Enterprise – globally engaged research intensive university with a strong focus on enterprise and technology. We are in the top 4% of universities worldwide and one of the leading young universities.

We have come from establishment just over 20 years ago to the top 4% of universities worldwide and one of the leading young universities – dynamic and vibrant

Student population of almost 16,000, 2,000 non-Irish students from 115 different countries.

More than half of Dublin's population is under 25 making us one of the youngest capitals in the world.

Only 11% of Ireland's population is over 65 but this will double over the next 20 years

## **DCU – BACKGROUND to ESTABLISHING AN AGE FRIENDLY UNIVERSITY**

- 2008 - Established an AFU Working Group  
Worked with External Advisors to develop 10 Principles of an Age Friendly University**
- 2012 - Launched Age Friendly University Network – in partnership with Arizona State University and University of Strathclyde, Scotland**
- 2014 - Reformed the AFU Working Group to an AFU Implementation Action Team – multi-disciplinary  
Appointed AFU Network Coordinator**



## **Launched by An Taoiseach Enda Kenny 2012**

*"I want to congratulate DCU on the tremendous work in bringing this initiative to fruition. Through this initiative, DCU is taking a leadership role in preparing society for the multifaceted challenges of our aging demographic. It will actively encourage older people to come into our higher education institutions and to become involved in shaping university programmes. The age friendly activities being promoted are both relevant and correctly targeted at promoting the quality of life of our older men and women. It is truly a pioneering initiative and I wish you the very best of luck in the coming years."*

# AGE FRIENDLY PRINCIPLES

## Age Friendly Principles

DCU has identified 10 Principles for an Age Friendly University:

- To encourage the participation of older adults in all the **core activities** of the university, including educational and research programmes.
- To promote personal and career development in the second half of life and to support those who wish to pursue "**second careers**".
- 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 promote **intergenerational learning** to facilitate the reciprocal sharing of expertise between learners of all ages.
- To widen access to **online educational opportunities** for older adults to ensure a diversity of routes to participation.

# AGE FRIENDLY PRINCIPLES

cont...

- 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.
- To increase the understanding of students of the **longevity dividend** and the increasing complexity and richness that ageing brings to our society.
- To enhance access for older adults to the university's range of **health and wellness** programmes and its **arts and cultural activities**.
- To engage actively with the university's own **retired community**.
- To ensure regular **dialogue** with organisations representing the interests of the ageing population.

## **Towards an Age-Friendly University**

**Age Friendly Ireland – Dec 2014 Ireland became first EU State to commit to developing an Age Friendly Society**

**Age Friendly Validation Process complimentary to the 10 Principles**

- **Outdoor Space and Buildings**
- **Transport**
- **Home and Community**
- **Information**
- **Safety**
- **Social Economic and Political Life**
- **Health and Activities**
- **Value and Respect**



- ▶ **DCU Walkability Survey**
  - Population of a small town (i.e – Crumlin, Dublin)
  - Students c.12,000
  - Review of transport/campus businesses/lighting/micro climate/seating, accessibility
- ▶ **Staff - 1, 276 staff - 171 staff members (13.4%) are aged 55 or older**
- ▶ **What's your age? Older = EU 55/UN 50**
  - Informing your own aging process

# Why does DCU have an interest in Ageing?

## Research and Strategic Collaboration

- Demographic
- Economic
- Technological
- Social
- Political

DCU  
EXEC

AFUIAT

External  
Advisory Board

Events 2017

Research &  
Innovation

Teaching and  
Learning

Lifelong  
Learning

Intergenerational  
Learning

Enterprise &  
Encore Careers

Community  
Engagement

# Expert Advisory Board

- Age Action Ireland
- Age and Opportunity
- Aontas
- DCU Older People's Advisory Panel
- Irish Senior Citizens Parliament
- Fingal County Council
- Retirement Planning Council of Ireland
- Third Age Ireland
- Prof. Des O'Neill
- U3A Baldoyle
- Whitehall Active Retirement Association
- U3A
- Men's Sheds

# Research and Innovation

- Memory and Cognitive Function (Dr. K. Irwin)
- MeDEX (Dr. N. Mc Caffery)
- Bio-med (Prof. C. Loscher)
- Pedagogy (Prof. M. Slowey/Dr. T. Corrigan)

# Teaching and Learning

- Modules List – Mr. B. Kelly
- Network with FETAC pathways (Mr. B. Kelly, Dr. P. Murphy)
- Springboard (Mr. B. Kelly)

## Life Long Learning

- HERC (Higher Education Research Centre) (Prof. M. Slowey
- Returners/Retirees (Prof. M. Slowey, Dr. Rob Mark)

## Intergenerational Learning

- Non-Professional Learners (Dr. T. Corrigan)
- Network of Providers (Dr. T. Corrigan/Mr. B. Kelly/Dr. P. Murphy)
- Centre for Intergenerational Learning and Research (All Island) (Dr. T. Corrigan)
- Student Union/Volunteering (Dr. T. Corrigan, Student Union)

# Encore Careers

- Social Enterprise –  
(Dr. E. Bhraidaigh/Dr. R. Mattimoe)

# Community Engagement

- Network Providers  
(Mr. B. Kelly, Dr. P. Murphy)
- Sports/MeDEX (Mr. K. Robinson)
- AFU Projects: (Ms. C.O'K)
  - External Advisory Board
  - Albert College Park
  - GAA
  - AFI Validation
  - Creating Global Network of Universities
- Volunteering/Student Engagement  
Dylan Keogh SU President 2016
-

# Opportunities in DCU

- **MedEX Programme** – medical exercise programme 700+
- **Active for Life Programme** – 200
- **Intergenerational Learning Programme** – customised non-credit bearing courses 400 +
- **Dementia Elevator Programme** – caring for people with Dementia, supporting carers and providing free training for retail, financial services and leisure industry staff 200+ participants
- **Cultural and educational opportunities** for older people to engage with DCU – ongoing programme
- **Access to existing academic credit bearing modules from our existing undergraduate programmes** – breaking down barriers for older people to engage with DCU by providing flexibility towards achieving an award
- **Advanced Transitions Programme** – a structured platform for self-development and planning, mentoring opportunities, customized courses, supporting “silver” and social entrepreneurs and identifying opportunities for brokering expertise to match societal challenges.



# Opportunities in DCU

- Older people as **Citizen Researchers** for research projects
- Engaging with older people for **multidisciplinary research** and **end user interface** collaboration
- Providing Retirees with a meeting space and opportunities to engage across campus in all of our programmes – mentoring students and delivering lectures
- 2015/16 – 2000 older people on campus for the first time to attend events hosted and supported by us in partnership with the NGO's on the EAB – Silver Surfer Awards, Operation Conversation (Third Age) Ageism, Elder and Financial Abuse Workshops, in collaboration and participation with local schools
- April 29<sup>th</sup> – Intergenerational Solidarity Award
- Harnessing the “Silver Economy” Irish Smart Ageing Exchange (ISAX) – providing opportunities for silver entrepreneurs and incubator projects.
- Over 40 research multidisciplinary projects in progress yielding in excess of €4m to DCU

## Age Friendly University Snapshot 2016

- DCU is recognized by government departments, statutory organisations, academic and research organisations and NGO's as leading the Age Friendly University Initiative.
- DCU hosted the first international Age Friendly Universities 2 day conference "Engaging Ageing" 160 delegates/24 higher education institutions. Another conference planned for Nov 2017
- Enhanced opportunities for older people to engage across campus through participation – education/cultural and research which brought an additional 2,000 older people onto campus in 2015 –
- Endorsed by the Association for Gerontology in Higher Education – global leaders in education on ageing

## Age Friendly University Members



LASELL  
COLLEGE



UNIVERSITY  
OF MANITOBA

NUI Galway  
OÉ Gaillimh



## DCU AFU Membership

- **Member of the AGE Platform Europe**
- **Member of the International Federation on Ageing**
- **Member of the AFE-Innovnet Project**
- **Founding member of the Covenant on Demographic Change**
- **Age Friendly Ireland – National Board and Sub-committees on Housing and Transport**



**tion for Gerontology in Higher Education**



## Future Plans DCU AFU

- **Formalising AFU Network**
- **Hosting an International Symposium in Nov 2017**
- **Hosting a meeting of AFU members**
- **Developing the AFU Network further**

# Age Friendly University

Questions?

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