**Trim: An Age Friendly Town?**

**What’s in it for me?**

**An Information morning on Trim:**

**An Age Friendly Town will take place on**

* **Tuesday December 5th**
* **Location: Trim Castle Hotel**
* **Time: 10.30am to 2pm**

**10.30 am tea and coffee.**

* **11.00:Welcome: Cllr Noel French: Cathaoirleach, Trim Municipal District.**
* **11.10: Trim: The Age Friendly Town: An Update: Catherine McGuigan**
* **11.20: What’s the best thing about Living in Trim as an older person**
* **11.30: Rights and Entitlements for Older People, Meath Citizens Information Service**
* **11.45:Safety and Security for older people: Seniors Alert Scheme, South Meath Social Economy**
* **12.05 If I had a magic wand I would…….**
* **12.15Getting older: Things to consider: Nursing Home Fair Deal Scheme, Power of Attorney, Assisted Decision Making Act**
* **12.25: Keeping Well: Some Health Tips: Meath Sports Partnership**
* **12.35: How to communicate best with older people in Trim?**
* **12.45: The Later Life Network: Who and What?**
* **12.55: Ageing Well Project**
* **13.00: Close and Lunch.**

**There will be information stands from various different organisations and there will be a chance for participants to have their say! Stands include: SAGE Support and Advocacy Service, South Meath Social Economy, MABS, Home Instead Senior Care, Meath County Council, Meath Sports Partnership and Meath Citizens Information, Trim Family Resource Centre.**

**This information morning is targeted at those aged 55 and over and those who work with them.**

**To register please email:** **trim@citinfo.ie** **or phone 0761 076180**

**Spaces are limited so please contact us as soon as possible. Closing date for registration: Thursday, November 30th**