



age well  
Live Well, Age Well

AGEWELL SUPPORTS PEOPLE  
AS THEY AGE:  
IMPROVING WELL-BEING  
AND REDUCING  
MEDICAL COSTS

third age



# About AgeWell

The AgeWell Team is dedicated to supporting people as they age, improving well-being and health and creating nurturing communities for older adults.

AgeWell engages older adults – Peer Companions called AgeWells – to conduct home visits to older people primarily living alone. These peer companions provide social engagement to improve well-being.

In addition, if required they may act as a link to the health care system and community services to promote health and build stronger connections between older adults and what services are available to them in their community.

## Referrals

Referrals to AgeWell are dealt with by the AgeWell team who will assess the client for suitability for the programme. People wanting to avail of the service must be over the age of 60. Referrals can be made through Community Services, Primary Care Teams, Gardaí, Family, Friends or Self-referral.

## How does it work?

Should you or a family member engage in the programme, you will receive one visit per week from your AgeWell Companion and 2 phone calls per week between visits to check and see how you are doing.



On every second visit, your AgeWell companion will ask you a series of questions, related to your health and general well-being. **(Your information remains confidential at all times)**



The purpose of these questions is to identify and address evolving health and social problems before they escalate. The aim is to keep you at home and in good health for as long as possible. There is no cost to you for participating in the programme.

*Agewell's model combines best practices of several care coordination models: engaging able older people as companions; providing social engagement through home visits and deploying a mobile health screening tool to identify and address evolving health and social problems before they escalate.*

## Who is Third Age

Third Age is a national voluntary organisation celebrating the third age in life when people may no longer be in paid employment, but can remain healthy, fulfilled and continue to contribute to society. The longer people are encouraged to remain in this life stage, the better for older people themselves, their families, communities and society as a whole.

The AgeWell programme is amongst the first to be rolled out in Europe and is in partnership with AgeWell Global and is supported by the HSE. Together we are certain to make a difference in the lives of our ageing population in Ireland. AgeWell looks forward to providing a quality service to clients through their participation in the AgeWell programme.

For more information about Agewell contact the team:



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