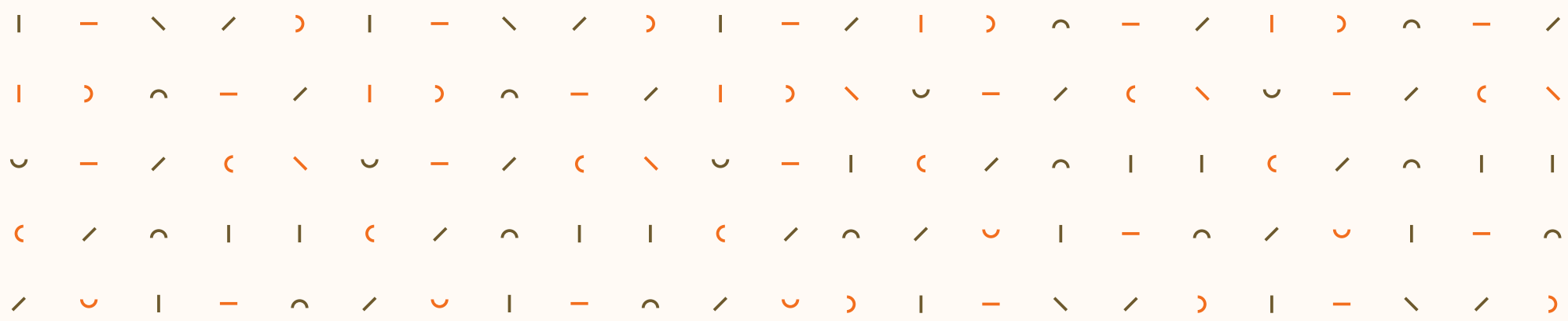


# Library Under The Lid

A PROJECT BY SOUTH DUBLIN MOBILE LIBRARIES



**"Since the COVID-19 pandemic unfolded, we have known that this unprecedented crisis has disproportionately impacted upon the health, circumstances and wellbeing of older adults across the world....**

**Aside from the greater susceptibility to severity of COVID-19 infection faced by older adults, the pandemic has led to a significant rise in stress, anxiety, loneliness and depression, and unveils the huge sacrifices older adults have had to make."**

**Rose Anne Kenny - TILDA - (The Irish Longitudinal Study on Ageing)**



# **TILDA: Impact of Pandemic: Between July and November 2020**

**(Study undertaken by TILDA of 4000 people over the age of 60)**

- Impact of Pandemic: Those most concerned about the pandemic lived alone.**
- 1 in 20 (5%) adults aged 60 and over have lost a family member or friend due to COVID-19.**

- 30% of older adults feel lonely at least some of the time.**

**Increased isolation has resulted in an increase in loneliness across the population.**

- Loneliness is associated with poorer overall quality of life and physical and mental health.**

- 29% report high stress levels and 11% have moderate-to-severe anxiety levels.**

**This represents a significant increase from before the pandemic.**

**11% of South Dublin County's residents  
are 65 years old or older**

**That is roughly 30,000 people.**



# SDCC'S MISSION OF SOCIAL INCLUSION

## WHAT IS SOCIAL INCLUSION IN SOCIETY?

**A socially inclusive society is a society where all people are recognised and accepted, and have a sense of belonging.**

**It ensures the fullest participation of all members of the community including minority groups ...**



**DORMANT ACCOUNTS FUND  
FUNDED PROJECT**

**TO CREATE LIBRARY OUTREACH FOR OLDER PEOPLE IN  
THE SOUTH DUBLIN COMMUNITY WHO WERE CUT OFF  
FROM THE LIBRARY'S SERVICES DUE TO COVID-19**



# what's in the box?









