

Issues	Solutions
<p>Feeling invisible</p> <ul style="list-style-type: none"> <li>• Self-isolation and by society, which may magnify feelings</li> <li>• Older Irish people have been discriminated against</li> <li>• They may be nervous of using services</li> </ul>	
<p>Language barriers</p> <ul style="list-style-type: none"> <li>• Reverting back to Gaelic</li> <li>• Problems communicating</li> <li>• Other people might make assumptions about what is happening</li> </ul>	
<p>Stigma</p> <ul style="list-style-type: none"> <li>• Cultural, Religious issues and a lack of recognition of differences</li> <li>• Times have changed – younger people may not be aware of what happened in the past</li> <li>• Irish people may remember the bad things that have happened to them</li> <li>• Past prejudices which may become the present</li> <li>• Survivors of sexual abuse</li> <li>• Attitudes to mental health</li> </ul>	<p>Recognition</p> <ul style="list-style-type: none"> <li>• Recognising emotional cost of migration</li> <li>• Recognising difference</li> <li>• Old wounds</li> <li>• Awareness</li> </ul>
<p>Lifestyle impact</p>	