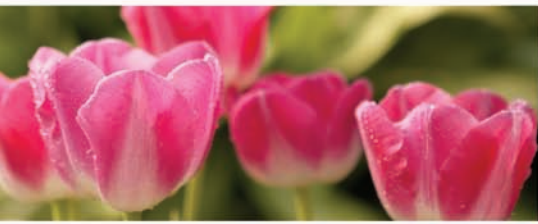


*Your Trusted  
Source for  
Alzheimer's &  
Dementia Care*



Home  Instead  
SENIOR CARE<sup>®</sup>



Nearly 40,000 individuals in Ireland have Alzheimer's disease and related dementias – a number that is expected to grow significantly in the next five decades. These are not just statistics; they represent thousands of families with a loved one who requires special care.

“Dad got very lonely and upset after dinner every evening. I stayed with him all day but needed to get home to my own family at night. He was at the point of becoming anxious and fearful of being alone. That's when we decided to make Bill, a professional CAREGiver, a part of Dad's life. Bill stays with Dad until he falls asleep. He also sits with him and keeps his mind busy with puzzles or looking at family photos before bed. I saw Dad's stress level decrease each day when I would get ready to leave because he knew Bill was on his way to see him.”

– Sarah, Galway

**You are not alone.** Since 1994, families like yours have trusted the Home Instead Senior Care® franchise network to provide one-on-one care for individuals with Alzheimer's disease and related dementias. It's hard to imagine the stress a family experiences as it slowly loses a loved one to memory loss. The resulting emotional and physical demands on family caregivers can be overwhelming, and your local Home Instead Senior Care franchise can help. CAREGivers<sup>SM</sup> are available to provide your family with a trusted source of care so you can take a break.

## Compassionate Care

We know it's hard to ask for help and put your trust in others. Home Instead CAREGivers are trained to provide a safe environment and to provide one-on-one assistance and support to help your loved one age with dignity and respect.

### **Here's why:**

- **Three out of four CAREGivers have experience in caring for an older family member**
- **Thorough screening and background check process**
- **Extensive multi-phased training**
- **Specialized communication skills to help those who suffer from Alzheimer's disease and the stages of the disease**

HomeInstead Senior Care use training provided by Dementia Services Information & Development Centre, St James' Hospital, Dublin.

This programme and other professionally developed and recognized Alzheimer's training programmes are used throughout the franchise system. They provide your CAREGiver with the latest in education and techniques, so you can be assured your loved one is with a trusted professional.

## Maintaining Independence with Dignity and Respect

**CAREGivers are trained to:**

- **Maintain a Safe Environment**
- **Manage Changing Behaviours**
- **Provide Nutritious Meals**
- **Provide Mind-Stimulating Activities**
- **Create Social Interaction**
- **Supervise Daily Activities**

CAREGivers can also provide assistance with enhancing and restoring the simple pleasures of life, such as a walk in the park, a drive in the car to get ice cream or spending time in the garden. These activities are proven to maximize abilities and independence. They remain one of the best treatments for this disease.

## Living Life to the Fullest

The best place for a person with memory loss is in familiar surroundings. Home Instead Senior Care is a valuable, trusted solution to help your loved one maintain a regular routine, thus enhancing quality of life.

*With a little help  
from a friend.*

“Shortly after my father was diagnosed with Alzheimer’s disease, my brother and I began taking turns caring for him. We watched the disease take my dad away one day at a time, and he rarely recognised us when we came to help. We were not prepared for the emotional and physical demands that this responsibility placed on us - it was overwhelming. So we reached out and found someone we could trust to help us take care of him. That’s when Phyllis entered the picture. Phyllis is a professional CAREGiver who gives us the break we need during the busy workweek. She fills in when we can’t be there and Dad enjoys her company. We are very grateful!”

– Ann, Fairview, Dublin



# Getting to Know More About Home Instead Senior Care

With more than 750 independently owned and operated franchises around the world, the Home Instead Senior Care network is the trusted source of companionship and home care services for seniors. Services include companionship, meal preparation, medication reminders, light housekeeping, errands and shopping.

You can arrange services from as little as a few hours a week or up to 24 hours per day, seven days a week, including holidays. We're ready to help. Contact us today, or when you're ready for a break and we'll find a compatible CAREGiver for your loved one.



“Mum was at the point where she couldn’t wash her own hands. I would get so frustrated that I’d just wash them for her. A friend told us about Home Instead Senior Care so we enlisted the help of a professional CAREGiver, Mary, and I was amazed at what I saw. Mary would stand at the sink with Mum and talk her through each step. First, she would point to the tap until Mum turned it on; then she would tap on the soap until Mum picked the soap up. Mary would imitate washing her hands and Mum would follow Mary’s instructions. It was amazing to me the amount of patience Mary had with Mum, but the more amazing thing was the look of accomplishment on Mum’s face when she had finished washing her hands by herself.”

– Henry, Wexford



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***Covering Dublin 6W, 10, 12, 14 & 16***

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***Covering Galway***

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***Covering Cork***

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Each HomeInstead Senior Care franchise office is independently owned and operated.