

# SENIOR CARE CONNECTIONS

Home Instead  
SENIOR CARE  
*To us, it's personal.*

Autumn 2010



## Caring Hands Are Not Alone

There's good news for the 160,000 CAREGivers in Ireland in the form of **Caring Hands**, a new support programme for CAREGivers of people with arthritis – the single biggest cause of disability in Ireland. Caring Hands has been developed by Arthritis Ireland in association with Home Instead Senior Care to help CAREGivers learn about arthritis, understand more about its symptoms and realise how they can support someone with arthritis to live a full and independent life.

By participating in a free half day workshop, CAREGivers will learn about arthritis, what the 'pain cycle' is and how to break it, the importance of exercise, and the benefits of relaxation methods. They will also receive some practical tips on improving communications between the CAREGiver and the person being cared for, as well as information on treatments for arthritis, and how to identify medical priorities.

Ultimately, and most importantly they will learn

about self management and how to provide help and assistance while enabling the person with arthritis maintain as much mobility, independence and control over their life as possible.

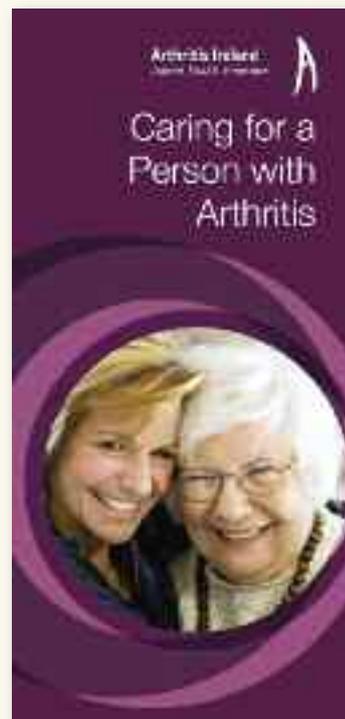
The workshops are practical and informative, and delivered in a relaxed and informal environment. As such, participants can meet with and learn from others who are caring for those with arthritis.

Each workshop is delivered by a team comprised of a trained Home Instead

employee and a person living with arthritis. This ensures that the knowledge received is truly valid in the home care setting.

All participants will receive a full CAREGivers Pack to take home which can be referred to time and again. These workshops will take place in 17 locations nationwide over the next 12 months. Early registration is essential as these workshops are likely to prove extremely popular.

To register for a workshop Lo Call: 1890 252 846.



## New Caring Hands Booklet

To mark the launch of this pioneering programme, Arthritis Ireland and Home Instead Senior Care have developed an information booklet, 'Caring Hands: Caring for A Person with Arthritis'.

To request a copy of the booklet, or to speak to someone about caring for a person with arthritis contact your local Home Instead Senior Care office.



### See Inside for:

- Caring for a person with diabetes
- Hearing loss - the invisible condition
- Heart of a CAREGiver
- New Home Instead Senior Care office in Ballsbridge
- Book review

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# Caring for the Older Person with Diabetes

The Diabetes Federation recently hosted an education session for CAREGivers at the Home Instead Senior Care office on Merrion Road, Ballsbridge. Over 200,000 people in Ireland have diabetes so there is a real need for CAREGivers to learn more about this condition and help seniors look after their health.

Speaking about the recent seminar, Karl Schutte, Managing Director of Home Instead Senior Care said: "People respond in many different ways when they are diagnosed with diabetes and it is important seniors can count on their CAREGiver for support. This seminar gave Home Instead CAREGivers the opportunity to learn more about diabetes and what they can do to help seniors stay healthy and live independently at home".



Sinead Hanley  
Diabetes Federation

Sinead Hanley of the Diabetes Federation said: "It is so important for someone with diabetes to look after their health. This seminar provided information about maintaining a healthy diet, keeping active and managing diabetes so CAREGivers provide the best possible care to seniors with diabetes in the local community".

She continued: "My recommendation to CAREGivers is to educate yourself on diabetes and to provide those you care for with the support they need to make lifestyle changes such as eating healthy meals and following an exercise programme".

Home Instead Senior Care is committed to helping CAREGivers and seniors better understand the issues that affect the lives of seniors in the local community, such as diabetes. If you would like further information about issues affecting seniors log on to [www.homeinstead.ie](http://www.homeinstead.ie).

## Advice from the Diabetes Federation

CAREGivers should ensure a person with diabetes should have at minimum an annual diabetes review. This review should include:

- *Review of general health*
- *Review of nutritional status and dietary recommendations*
- *An opportunity to discuss any problems*
- *Discussion on current blood glucose results and new targets set*
- *Recording of weight, height and blood pressure*
- *Urine and blood tests*
- *Review of injection technique and the places where insulin is injected if on insulin*
- *Feet should be checked for colour, temperature, feeling, and pulses*
- *Discussion of overall results and what needs to be done before the next appointment*
- *A date for next appointment*



For more information check out the book *Caring for Diabetes*. The booklet is available from the Diabetes Federation of Ireland, to call 1850 909 909 to order a free copy.

## Hearing Loss - The Invisible Condition

Hearing loss is an invisible condition but the incidence of hearing loss is massive. One in every two people over 60 years old has a hearing difficulty and beyond 80 years of age that rockets to 9 in every 10. Quality hearing care is available with Hidden Hearing. The first step is a free, no obligation consultation. An examination of the ear quickly shows if the 'problem' is something as simple as wax (wax is one sign of a healthy ear!). Hidden Hearing then check what can be heard and what can't.

### How does this help Home Instead clients?

Hidden Hearing are happy to offer all Home Instead Senior Care clients a free and confidential hearing check either in their own home or at the nearest Hidden Hearing branch. This is all free of charge and entirely without obligation.

For more information call free on 1800 882 884 or visit [www.hiddenhearing.ie](http://www.hiddenhearing.ie).



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# Heart of a CAREGiver

Every single day, families are struggling to cope. Many are raising children, working demanding jobs, and trying to care for a senior family member. Advances in medicine and healthier lifestyles help seniors live longer and continue to lead more productive lives. But the numbers also tell another story. More and more children need to help care for their parents. Women, especially, are caught between balancing the care of their parents with piano lessons and sports for the kids, a full-time job, and other activities. These family CAREGivers eventually run out of hours in the day; the stress becomes too great and the balance is broken. That's where Home Instead CAREGivers come in.

Home Instead dedicated CAREGivers help these families restore balance, order and peace to their lives and help their loved ones remain at home. Caring for seniors is a labour of love that requires a special person with just the right touch. That's why, when someone provides care with Home Instead Senior Care, they become a CAREGiver with a capital "CARE."

Becoming a paid CAREGiver is a unique job with many joys and rewards, as well as responsibilities and challenges, both physical and emotional. CAREGivers meet wonderful people, build fulfilling relationships, and make a difference in the lives of seniors.

## Interested in learning more about Home Instead CAREGivers?

Read an interview below with Anne Marie Shortt, Home Instead CAREGiver of the Year.

### Q. What are the key skills and traits required to care for someone with Alzheimer's disease?

**A.** It is so important for family CAREGivers to learn as much as they can about Alzheimer's so you can understand what your loved one is going through and how you can help them. I think it is particularly important for people to research effective ways to communicate with a friend or family member with dementia, especially during the early stages of the condition. Alzheimer's changes a person and how you communicate with that person will have to change as well.

If you are a professional CAREGiver it is important to learn as much as possible about the person, their past and their hobbies and interests. People with Alzheimer's may have a very poor short term memory but hold dearly memories from their younger years. For this reason it is important for CAREGivers to embrace nostalgia and reminiscence.

Above all it is important that CAREGivers follow the Golden Rule and treat the person with Alzheimer's as they would like to be treated or how they would like a loved one to be treated. Being a CAREGiver means that you are not only providing support to the person with Alzheimer's, but also comfort and peace of mind to the family of the person with Alzheimer's. It is so important to be trustworthy and caring.



Anne Marie Shortt  
CAREGiver of the Year

### Q. Do you find CAREGiving difficult?

**A.** If you are fully trained and adopt a person-centred approach to CAREGiving I don't think you will find caregiving difficult. I have found that it can be a challenging role at times but never difficult.

### Q. What would you recommend for others who might want to become Home Instead CAREGivers?

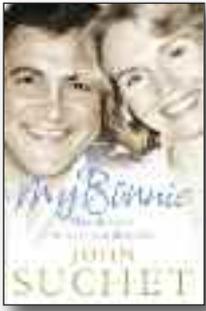
**A.** Ask yourself why you want to be a CAREGiver. If you feel like making a difference in the life of a senior in your local community than CAREGiving may be your calling, if you are looking for a job simply to get paid then this is not the role for you. In my opinion, CAREGiving isn't a job, it's a vocation.



## About Home Instead CAREGivers

- 92 percent of all CAREGivers are female, with most falling in the 40–64 age group.
- Many do not have extensive experience in the labour force, but more than make up for it with experience caring for individuals.
- Many CAREGivers are seniors themselves who are looking for a fulfilling part-time job. And some have left the corporate world for a job they feel has more meaning to them.
- 95 percent of CAREGivers indicated that "helping others in some way" is their greatest source of job satisfaction.

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## Book Review

### MY BONNIE: How Dementia Stole the Love of My Life by John Suchet

My Bonnie is a raw and honest account of a life and love torn apart by dementia. It began in the departure lounge at Stansted airport. John Suchet's wife, Bonnie, went to the lavatory and did not reappear for an unusually long time. Then came the announcement: "Would Mr John Suchet please come to the information desk?" When Bonnie saw him, she was relieved: "I thought I had lost you!" she said.

It was a faintly troubling incident - but airports are disorientating places. Suchet put it to the back of his mind. What neither of them knew then was that Bonnie was right to worry about losing her husband – she was on the way to losing herself. It was the summer of 2004. She was 62 years old and, two years later, was diagnosed with dementia.

In March 2004 John began to notice strange quirks in Bonnie's behaviour. She underwent her first set of neurological tests in 2005, which brought back no definitive results. Then, in February 2006, following a second set of tests, she was diagnosed with dementia.

I recommend this book for anyone who has been touched by dementia. This is a story of pain and despair, and anger and guilt. But above all that it is a story of love, devotion and dedication, and the pleasure that those little moments of recognition, those glimmers of joy, can give - even in the hardest times.

This book review was compiled by Danette Connolly (RN), Director of Care in the Waterford Home Instead Senior Care office. As a nurse tutor and businesswoman Danette has a particular interest in educating seniors and CAREGivers, providing information that empowers and supports seniors and those caring for ageing loved ones.



Danette Connolly  
Director HISC Waterford

## Ballsbridge Welcomes New Home Care Office

Home Instead Senior Care recently opened an office on Merrion Road in Ballsbridge, Dublin 4. The new home care office is owned and operated by Dublin native Karl Schütte.

Commenting on the new office, Karl Schütte said: "Over the years our CAREGivers have delivered the highest quality home care and have helped to make Home Instead Senior Care the most trusted home care organisation in South Dublin. Our highly visible presence in the heart of Dublin 4 means that more seniors and their families can avail of our home care services and support".

"The Ballsbridge home care office is staffed with highly experienced CAREGivers who provide seniors with loving care. The home care office is also staffed by people living in the area so seniors are met with an unrivalled combination of elderly care expertise and real local knowledge", continued Karl Schütte.

You can contact Home Instead Senior Care in Ballsbridge on (01) 667 - 0911.

The Ballsbridge office is one of five Home Instead Senior Care offices serving the Dublin community. There are offices in Rathfarnham, Leopardstown, Fairview and Swords providing home care services in Dublin city and county.



Home Instead Senior Care  
60 Merrion Road, Ballsbridge, Dublin 4

**The Over 50's Show**  
takes place 15th, 16th, 17th  
October in the Main Hall, RDS,  
Dublin.

Log on to [www.homeinstead.ie](http://www.homeinstead.ie) to  
download a FREE ticket to the  
event.

### Senior Moments

"Live your life and forget your age". -Norman Vincent Peale

"We are young only once, after that we need some other  
excuse".

-Author Unknown

"How old would you be if you didn't know how old you were?"  
- Satchel Paige

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