You care for their needs, we’ll care for yours.

As care providers, it’s your job to make sure that your clients are as comfortable as possible. A reliable source of heat and warmth is everything. That’s why nursing homes all around the country are partnering with Calor.

We can tailor an energy solution specifically to your business, providing everything from central heating and controllable cooking, to efficient laundry and instant hot water – just the right level of comfort for your clients.

Call now for a consultation 1850 812 450 or visit calorgas.ie
It is our mission at Home Instead Senior Care to “enhance the lives of older people and their families”. We provide home care services that help older people remain living independently at home and help give families trusted advice and peace of mind. This mission is not limited to simply the home care services we provide, it extends to everything we are involved with, including this important resource.

This is the 13th year the Senior Citizen Guidebook has been in circulation and it is without a doubt the most sought after ageing resource in Ireland. Every year readers send letters of thanks for producing the guidebook and it is often referred to as a “bible for older people”. This “bible” has helped Home Instead Senior Care honour our mission and truly enhance the lives of older people.

Knowledge is power and by sharing trusted information, it is easier for older people, family members and healthcare professionals to learn more about ageing in Ireland and have trusted information at their fingertips, to help with making important decisions. Whether you have a question about applying for a free travel pass or the difference between nursing home care or in-home care services, the guidebook can help. It is a comprehensive resource with contributions from organisations and individuals who have been working in this sector for years, such as Age Action, Age & Opportunity, the Alzheimer’s Society and Nursing Homes Ireland.

I hope this guidebook helps you along the ageing journey. If you find it helpful please share a copy with a friend or family member who could benefit from this information. You can get a free copy from our website HomeInstead.ie or request a copy over the phone by calling, 1890 989 755.

We are all ageing, or evolving so to speak, and I hope this new and improved edition of the Senior Citizen Guidebook helps Ireland to evolve to become the best place in the world to grow old. Let us all become educated, informed and empowered to live a happy, healthy and independent life at home for as long as possible.

Ed Murphy  
Founder of Home Instead Senior Care in Ireland
Every hour someone in Ireland suffers from a stroke. Every day, hundreds of Irish people are diagnosed with heart disease. Cardiovascular disease is Ireland’s single biggest killer.

By leaving a gift to the Irish Heart Foundation in your Will, large or small, you can make a real and lasting difference to the lives of people affected by heart disease and stroke. A gift in your Will is a simple and powerful way to provide ongoing support to the causes closest to your heart, and an opportunity to say that you believe in a future free of heart disease and stroke.

Please join our fight for every heartbeat in Ireland. To find out more about leaving a life-saving gift in your Will to the Irish Heart Foundation, please contact Alice Sachova on 01 6685001, or email alice.sachova@irishheart.ie in confidence.

Thank you.
As Minister of State with responsibility for Older People, I am delighted to have the opportunity to introduce this valuable guidebook. The guidebook has been in production for 13 years and has become an essential read for older people and their families, providing practical and useful information.

As we are all aware the world is undergoing significant demographic changes. We are thankfully living longer now than ever before and the signs are that this trend will continue into the future. In Ireland, it is predicted that there will be 1.4 million people aged 65 and over by 2041, with this age group making up 22% of the total population. Improvements in healthcare, better nutrition, and greater awareness of how we are managing our own health have all contributed to this.

Not only are people living longer but a great many people are staying healthier and living better for longer. The quality of our lives as we age has vastly improved. We are enjoying full and busy lives for longer than our parents or grandparents could ever have contemplated.

It remains Government policy to promote care in the community so that older people can continue to live in their own homes for as long as possible. I recognise that the home help supports and home care packages currently provided are crucially important in enabling older people to retain their independence and that we need to improve these services to better meet the changing needs of our citizens. My Department is therefore currently developing a new statutory scheme and system of regulation for home care services which will improve access to affordable, high-quality home care on an equitable basis. This is a complex undertaking but it is one to which I am fully committed and I look forward to engaging with older people during the next year as we advance this important initiative.

Of course, there will always be a cohort of people who require long-term nursing home care. The Nursing Homes Support Scheme, or Fair Deal as it is more commonly known, continues to make long-term residential care both accessible and affordable for those that require it. The scheme is expected to support over 23,000 people by the end of 2017 and with a budget of approximately €950m for 2018, the scheme will continue to ensure that older people are cared for in the appropriate settings. In recent years the average length of stay for people in long-term nursing home care has reduced significantly. This trend is indicative of how older people are facilitated to remain in their own homes for a longer period of time.

Nursing homes provide an important resource in the range of care services available to older people in Ireland, ensuring that older people have access to the high quality of care and support that they deserve, in a location of their choosing, at a vulnerable stage in their lives.

I would like to congratulate everyone involved in producing this guidebook. It has become an incredibly useful and informative resource for older people and their families and I wish you all continued success in the future.

Minister Jim Daly
Minister of State for Mental Health and Older People
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SEASONAL FLU VACCINE

Influenza (flu) is a highly infectious acute respiratory illness caused by the flu virus. Flu affects people of all ages, with outbreaks occurring almost every year. Flu symptoms come on suddenly with a fever, muscle aches, headache and fatigue. A cold is a much less severe illness in comparison.

In some instances, flu can cause serious illness and death. Breathing complications can develop, including pneumonia and bronchitis, to which older people and those with certain chronic medical conditions are particularly susceptible.

Each year the seasonal (annual) flu vaccine contains three common flu virus strains. The flu virus changes each year, hence why a new vaccine is given each year.

Vaccination should ideally be undertaken in late September or October each year. Flu vaccines have been used for more than 60 years worldwide and are very safe. Flu vaccine contains killed or inactivated viruses and therefore cannot cause flu. It does, however, take 10-14 days to start protecting you. Influenza vaccine remains the best protection against influenza and is recommended by all major expert bodies.

www.immunisation.ie provides details about flu vaccination, along with answers to any questions you may have about flu.

Pneumococcal vaccine

If you are over 65 or have a long term medical condition you should also ask your doctor about the pneumococcal vaccine which protects against pneumonia, if you have not previously received it. You can get the flu vaccine at the same time as your pneumococcal vaccine.

How much does it cost?

The vaccine and consultation are free to those within the recommended groups who have a Medical Card or GP Visit Card. GPs charge a consultation fee for seasonal flu vaccine to those who do not have a Medical Card or GP Visit Card.

More information is available GP, public health nurse or pharmacist.
“We’ll be our own lifesavers. We’ll get the flu vaccine.”

The flu vaccine is a lifesaver for older people and those with long term health conditions.

www.immunisation.ie
Have you a complaint about a public service? The Ombudsman may be able to help

The Ombudsman, Peter Tyndall, examines complaints from people who feel they have been unfairly treated by providers of public services such as:

- The HSE
- Public hospitals
- Nursing homes (both private and public)
- Government departments
- Local authorities
- Publicly funded third-level education bodies

Is the Ombudsman independent?
Yes. The Ombudsman deals with all complaints independently and impartially when deciding whether the action or decision of the public service provider was fair or reasonable. The Ombudsman service is free to use.

What can I complain to the Ombudsman about?
The Ombudsman can examine complaints about:

- Decisions you consider to be unfair and that affect you in a negative way
- A failure to give you clear reasons for decisions
- A failure to communicate with you on time
- Providing you with incorrect, inaccurate or misleading information and
- A failure to deal properly with your complaints

You can also complain to the Ombudsman if the service provider does not give you reasonable help when you complain to it.

What service providers can I not complain about?
You cannot complain to the Ombudsman about:

- An Garda Síochána
- An Post
- Gas, electricity or other utility providers
- Banks or financial institutions
- Insurance companies or
- Telecommunications providers like Eir, Three or Vodafone

In addition the Ombudsman cannot examine complaints about private pensions.

When should I complain to the Ombudsman?

- Before you complain to the Ombudsman, you must first complain to the service provider whose action or decision has affected you. In some cases there will be an appeals system which you should use.
- If you have complained to the service provider and are still unhappy, then you can contact the Ombudsman.
- You should submit your complaint within 12 months of the action or decision that has adversely affected you. However, even if more than 12 months has passed, we may still be able to help if there is a good reason for the delay.

How do I complain to the Ombudsman?
Write or call in to: Office of the Ombudsman, 18 Lower Leeson Street, Dublin 2, D02 HE97
Email: ombudsman@ombudsman.ie Phone: LoCall 1890 22 30 30 (Charges may vary)
or 01 639 5600. Online: ombudsman.ie
Allowances & Entitlements

Senior Citizen Guidebook 2018

1

01 Senior Citizen 2018 NEW_allowances.indd 9
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Early Retirement

Early retirement usually means retirement before the age of 65. It may happen because a person is obliged to retire from their job at a certain age, because they choose to take early retirement, or because they have been let go. Sometimes people who are described as taking early retirement have been made redundant. Others who have been obliged to take early retirement may regard themselves as unemployed and there are special provisions for older jobseekers. If you are made redundant, you may get a statutory redundancy lump sum. The statutory (that means laid down by law) lump sum is the minimum sum that you must get. A higher payment may, of course be negotiated with your employer, either by you or by your union. If you retire early, for whatever reason, you may be entitled to Jobseeker’s Benefit, and later to Jobseeker’s Allowance. You may also be eligible for a range of back to work and back to education schemes. If you do retire early, you should organise to continue your PRSI contributions so that your entitlement to a State Pension (Contributory) is maintained.

Safeguarding your entitlements

If you retire early and do nothing, you will have a number of years during which you have no PRSI contributions. This will mean that you may have difficulty in qualifying for the State Pension (Contributory). If you are not employed or self-employed, you do not have to pay PRSI contributions. You can keep your PRSI contribution record up to date, either by getting credits or paying voluntary PRSI contributions.
Jobseeker's Benefit (JB) & Jobseeker's Allowance

Whether you consider yourself to be retired or unemployed, you may be eligible for Jobseeker's Benefit (JB) if you are aged under 66. You may then be eligible for Jobseeker’s Allowance (JA). If you are claiming JA or JB and you are 62 or over, you are not required to engage with the activation process and you will not be subject to penalty rates for non-engagement. Note that to qualify for either Jobseeker’s Benefit or Allowance you must be genuinely seeking work and be available for full-time employment and these conditions will continue to apply to older jobseekers. You can voluntarily avail of a range of supports (for example, training or employment support programmes) from the Department of Social Protection. To qualify for Jobseeker’s Benefit (JB) you must, among other things, be unemployed, aged under 66, capable of work, available for work and genuinely seeking work. If you have left work voluntarily, for example, if you have chosen early retirement, you may not get JB for 9 weeks after leaving work. After that, you may have a problem proving that you are available for and genuinely seeking work.
Allowances & Entitlements

Credits
You get social insurance credits while getting Jobseeker’s Benefit and Jobseeker’s Allowance. So, if you are getting one of these benefits up to age 65 or 66, you do not need to do anything else to maintain your social insurance record. If you do not qualify for Jobseeker’s Allowance because you do not pass the means test, you can sign on for credits. Usually, you are allowed to sign on once a month. If you do not qualify for Jobseeker’s Benefit or Jobseeker’s Allowance because you are considered to be unavailable for work, you may not be able to sign on for credits either. If this is the case or if, for example, you want to spend all or part of your retirement abroad, you can become a voluntary contributor to social insurance. You should apply to the Department of Social Protection to become a voluntary contributor within a year of retirement.

If you are aged under 55 and you have received a redundancy payment of more than €50,000, you may be disqualified from JB for 9 weeks. You can do a certain amount of work and continue to get some Jobseeker’s Benefit. You should check with the Department of Social Protection before taking up work to see exactly what the effect will be. As a general rule, JB is payable for either 9 months or 6 months. However, if you are aged between 65 and 66 when your JB would normally end, you may continue to receive it until the age of 66, provided you meet the PRSI requirements. If you have used up your entitlement to JB or you are not entitled to JB because you do not have enough PRSI contributions, you can apply for Jobseeker’s Allowance if you are under 66. You must, among other things, be unemployed, be capable of, available for, and actively seeking, work and pass a means test. In general, if you have a reasonable level of pension from a former employer, you are unlikely to qualify for JA.

Back to Education
If you have been getting an unemployment payment for some time, you may be eligible for the Back to Education Allowance.
State Pension (Non-Contributory)

The means-tested State Pension (Non-Contributory) is a payment for people aged over 66 who do not qualify for a State Pension Contributory or who only qualify for a reduced contributory pension based on their insurance record. This pension is indeed taxable but you are unlikely to pay tax on this if it is your only income.

Extra Benefits with a State Pension (Non-Contributory)

If you are getting State Pension (Non-Contributory), you may be entitled to:

- **Rent Supplement** is a payment that helps with the cost of your rent.
- **Living Alone Increase** is a supplementary payment for people getting certain social welfare payments who are living alone.
- **Household Benefits Package** is a package of benefits that provides financial assistance with the cost of some household utilities. It includes an electricity or gas allowance and a free television licence.
- **Free Travel Pass** allows people on certain social welfare payments to access public transport services for free. If you live on a specified island off the Irish coast, you can access certain private transport services.
- **Fuel Allowance** is an allowance that provides help with the cost of fuel to people who are dependent on long-term social welfare payments.
- **Island Increase** is a supplementary payment for people getting certain social welfare payments and living on specified islands off the coast.

State Pension (Non-Contributory) Rates from 26 March 2018

<table>
<thead>
<tr>
<th></th>
<th>Personal rate per week, €</th>
<th>Increase for a qualified adult*, €</th>
<th>Increase for a qualified child*, 2017/18, €</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aged 66 and under Age 80</td>
<td>€232.00</td>
<td>€153.30</td>
<td>€31.80</td>
</tr>
<tr>
<td>Age 80 and Over</td>
<td>€242.00</td>
<td></td>
<td>€31.80</td>
</tr>
</tbody>
</table>

Notes

Increase for a qualified child* 2017/18, €
The Irish Specialists in Electric Adjustable Beds.

Respect, Reliability, Service.

Unit 3, St. Kieran’s Enterprise Centre, Furze Road
Sandyford, Dublin 18. D18 VY58
01 295 9000 / care@caretocomfort.ie
caretocomfort.ie
Allowances & Entitlements

- **Centenarian’s Payment** is a payment made to all Irish citizens and people normally considered to be living in the State on reaching 100 years of age. This payment is issued automatically to those who are getting a State Pension (Non-Contributory).

- **Carer’s Support Grant** (formerly called the Respite Care Grant) is an annual payment made to carers, aged 16 or over, providing full-time care for at least six months a year. Please see page 24 for more information.

- **Telephone Support Allowance** at a weekly rate of €2.50 will be introduced for those getting the Living Alone Allowance and who are eligible for the Fuel Allowance (June 2018).

If a person getting a State Pension (Non-Contributory) from the Department of Social Protection dies, inform the Department of the death as soon as possible and return the person’s social services card (The card they use to collect their payment at the post office). Note both the PPS Number and card number for your reference. Also return their Free Travel Pass. Usually, the spouse, civil partner, cohabitant or carer will receive a payment for six weeks following the death.

**How to Apply**
Fill in a State Pension (Non-Contributory) application form. Obtain an application form from your Intreo Centre, Social Welfare Branch Office, post office or Citizens Information Centre. Send your completed application form to Social Welfare Services, College Road, Sligo, Ireland. Apply three months before you reach 66.
Help continue to change lives....

Special Olympics Ireland is a year round sports programme for children and adults with an intellectual disability in Ireland. Through sport, athletes develop both physically and emotionally, they make new friends, realise their dreams, and know they can fit in. Special Olympics Ireland enables our athletes to achieve and win not only in sport but in life too.

Special Olympics Ireland has nearly 9,000 athletes training in over 380 clubs in communities across Ireland. Our mission is to build a programme so that every person with an intellectual has the opportunity, in their local community, to participate in high quality sport and development activities that bring life-changing experiences of increased skills, self-confidence and joy.

In 2017 we were delighted to launch the Special Olympics Young Athletes Programme™ which caters for athletes from 4 to 7 years of age. Young athletes are trained to develop communication, learning and self-help skills whilst also getting prepared for an active life involved in sport. The benefits to working with these athletes at such a young age is huge and parents are also thought how to work with their child. We continue to work on the funding of this programme so that we can increase the number of clubs offering this programme for the future.

2018 is set to be a huge year for Special Olympics Ireland as the Ireland Games will take place in Dublin over the 14th to 17th June. 1,600 athletes from all across Ireland will compete in 13 different sports, supported by a team of 600 coaches and official delegates and 2,500 volunteers. Athletes competing in these Games will have the opportunity to qualify for the Special Olympics World Summer Games which take place in Abu Dhabi in March 2019.

By thinking of us when you are planning for your future you can ensure that you leave a lasting legacy for a cause you care about for years to come.

If you'd like to know more, please contact Caroline on (01) 869 1646 or email: caroline.omahony@specialolympics.ie

To find out more about our work you can also visit www.specialolympics.ie

Thank You
www.specialolympics.ie
State Pension (Contributory)

The State Pension (Contributory) is paid to people from the age of 66 who have enough Irish social insurance contributions. It is not means-tested. You can have other income and still get a State Pension (Contributory). This pension is taxable but you are unlikely to pay tax if it is your only income. If you retire early, you should ensure that you continue to pay PRSI contributions or get credited contributions (if eligible) to maintain your entitlement to a pension. If you are getting Jobseeker’s Benefit (JB) and are aged between 65 and 66 when your JB would normally end, you may continue to receive it until the age of 66, provided you meet the PRSI requirements.

### State Pension (Contributory) Rates from 26 March 2018

<table>
<thead>
<tr>
<th></th>
<th>Personal rate per week, €</th>
<th>Increase for a qualified adult* €</th>
<th>Increase for a qualified child* 2017/18, €</th>
</tr>
</thead>
<tbody>
<tr>
<td>Under Age 80</td>
<td>€243.30</td>
<td>€162.10</td>
<td>€31.80</td>
</tr>
<tr>
<td>Age 80 and Over</td>
<td>€253.30</td>
<td>€218.00</td>
<td>€31.80</td>
</tr>
</tbody>
</table>

Notes
**Extra Benefits**

You are automatically paid an extra allowance of €10 per week when you reach 80 years of age. This increase is not paid to qualified adults. The Living Alone Increase may be payable to people who live completely alone. You may also be eligible for other benefits:

- **Medical Cards:** If you have a medical card issued by the Health Service Executive (HSE), you can receive certain health services free of charge. Normally, your dependent spouse or partner and your children are also covered for the same range of health services. To qualify for a medical card, your weekly income must be below a certain figure for your family size.

Cash income, savings, investments and property (except for your own home) are taken into account in the means test. The assessment of a couple for medical card purposes is based on the age of the older person. If your income is above the limit, you may still be able to obtain a medical card if your circumstances would result in hardship without one. This is sometimes called a discretionary medical card. **Lo-call 1890 252 919 to apply for a medical card or contact your local health office. You can also apply online at www.medicalcard.ie.**

- **Household Benefits Package:** The Household Benefits Package is a package of allowances which help you with the costs of running your household. The package is available to everyone aged over 70 and to people under age 70 in certain circumstances. You must be living permanently in the State (this means full-time and all year round) and you must register for the Public Services (PSC) when requested to do so by the Department of Social Protection. Only one person in a household can qualify for the package at any time. You must show that you are the registered consumer at the address for which you are applying for the Household Benefits Package. If you are applying for the Household Benefits Package on the basis of the means test, a separate means test questionnaire will be posted to you for completion.

If you are aged between 66 and 70 and are not receiving a qualifying payment, you must satisfy a means test. The means test involves calculating your appropriate weekly means limit. Your weekly income limit consists of the maximum rate of State Pension (Contributory) plus €100. Your weekly income limit is then compared to your gross weekly means as assessed in a means test. If your weekly means are less than or equal to your weekly income limit, you satisfy the means test and qualify for the Household Benefits Package. If you are applying for the Household Benefits Package on the basis of the means test, a separate means test questionnaire will be posted to you for completion.
# Allowances & Entitlements

## Household Benefit Package Rates in 2017

<table>
<thead>
<tr>
<th>Allowance</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Electricity Allowance</td>
<td>€35 monthly (€1.15 per day)</td>
</tr>
<tr>
<td>Cash Electricity Allowance</td>
<td>€35 monthly (€1.15 per day)</td>
</tr>
<tr>
<td>Natural Gas Allowance</td>
<td>€35 monthly (€1.15 per day)</td>
</tr>
<tr>
<td>Cash Gas Allowance</td>
<td>€35 monthly (€1.15 per day)</td>
</tr>
<tr>
<td>Television Licence</td>
<td>Once you qualify for the Household Benefits Package, you become eligible for a Free Television Licence from the next renewal date of your television licence (providing you applied for this allowance on your Household Benefits package form).</td>
</tr>
</tbody>
</table>

Telephone queries can be made to 071 915 7100/LoCall 1890 500 500 or by post to: Social Welfare Services, College Road, Sligo. 2018 rates have not yet been published by Social Welfare Services. Please phone them after 26th March 2018 for updated package rates.

## Fuel Allowance

A Fuel Allowance is a payment under the National Fuel Scheme to help with the cost of heating your home during the winter months. It is paid to people who are dependent on long-term social welfare payments and who are unable to provide for their own heating needs. Only one Fuel Allowance is paid to a household. Fuel Allowance is generally paid with your social welfare payment on the day that you are usually paid. The Fuel Allowance is €22.50 per week. For more information, LoCall 1890 500 500 or 071 915 7100. Alternatively, ask for application form NFS1 at your local post office or text FORM FUEL with your name and address to 51909.

## Adult Dependant

You can get an increase in your payment for an adult dependant (called a qualified adult).

## Child Dependents

You can also get an increase in your payment for child dependants (called qualified children).

## How to Apply

You can request a copy of your social insurance record through www.MyWelfare.ie. To do this, you need your PPS (Personal Public Service) Number. You can get a State Pension (Contributory) form from your local post office and your Intreo Centre or Social Welfare Branch Office. You should apply three months before the age of 66. However, if you have paid social insurance contributions in more than one country, you should apply six months before reaching 66. If you are currently getting a State Pension Contributory and wish to apply for an Increase for a Qualified Adult for your spouse, civil partner or cohabitant, you should fill out form SPCQA1. Note that any increase for a qualified adult that you may qualify for will be paid directly to your spouse, civil partner or cohabitant, unless they state that they wish to have it paid to you. You may qualify for Supplementary Welfare Allowance if there is a delay in processing your claim. From April 2012, late claims for contributory pensions can be backdated for a maximum of six months. This applies to State Pension (Contributory and Transition) and Widow’s, Widower’s or Surviving Civil Partner’s (Contributory) Pension. Questions about your eligibility for a State Pension (Contributory) should
Allowances & Entitlements

Carer’s Allowance

Carer’s Allowance is a payment to people on low incomes who are looking after a person who needs support because of age, disability or illness. If you qualify for a Carer’s Allowance you may also qualify for free household benefits (if you are living with the person you are caring for) and a Free Travel Pass. If you are providing care to more than one person you may be entitled to an additional 50% of the maximum rate of Carer’s Allowance each week. Two carers who are providing care on a part-time basis in an established pattern can also share a single Carer’s Allowance payment and the annual Respite Care Grant. Each carer must be providing care from Monday to Sunday but can do so on alternate weeks. A carer providing full-time care on a part-time basis is required under legislation to provide this care for a complete week (Monday to Sunday). A carer who is providing care on a part-time basis to someone who attends a residential institution, for example, every other week, can also be accommodated on the Carer’s Allowance scheme. You must meet all the

Where to Apply
Centenarian Bounty, Department of Foreign Affairs and Trade, 80 St Stephen’s Green, Dublin 2. Tel: (01) 478 0822. Fax: (01) 408 2026. If you are living abroad contact your nearest diplomatic mission or the Irish Abroad Unit (Centenarian Bounty Scheme) in the Department of Foreign Affairs and Trade. Tel: (01) 408 2000. Homepage: www.dfa.ie

Carer’s Allowance Rates
From 26 March 2018 the Carers Allowance will increase to €214.00 and the increase for a qualified child will remain at the 2017 amount of €31.80.

Centenarian Bounty
The Centenarian Bounty is a national award made by the Irish president to people who have reached 100 years of age. You will receive €2,540 and a congratulatory letter signed by the President on your 100th birthday. The Centenarian Bounty is usually awarded on behalf of the President by a local member of the clergy or friend of the centenarian. The centenarian can also request that the letter and the President’s bounty be sent directly to themselves without a presentation ceremony.
usual qualifying conditions for Carer’s Allowance. The Carer’s Support Grant (formerly called the Respite Care Grant) is automatically paid to people getting Carer’s Allowance in June of each year. Carer’s Allowance is a taxable source of income and should be advised to your local tax office. Your payment is made up of a personal rate for yourself and extra amounts for any child dependants.

You may claim a full-rate increase in your payment for a child dependant if you are a carer and are single, widowed, separated or a civil partner who is not living with the other civil partner. You may claim a half-rate increase in your payment for a child dependant if you are a carer and are living with your spouse, civil partner or cohabitant. Carer’s Allowance continues to be paid for 12 weeks after the death of the person being cared for. If the person being cared for moves permanently into a residential care or nursing home the Carer’s Allowance continues to be paid for a period of 12 weeks.

**Half-Rate Carer’s Allowance**

If you are getting certain social welfare payments and you are providing full-time care and attention to another person, you can keep your main social welfare payment and get a half-rate Carer’s Allowance as well. If you are in one of the following situations you may qualify for half-rate Carer’s Allowance:

- **Already getting Carer’s Allowance but also meet the qualifying criteria for another social welfare payment.**

  If you are getting Carer’s Allowance and you also meet the qualifying conditions for another social welfare payment (for example, a State pension) you should apply for the other payment. If you qualify for the other payment you will be paid it in full and keep half your Carer’s Allowance payment as well. If you are currently getting Carer’s Allowance and your spouse, civil partner or cohabitant is claiming another social welfare payment (for example, Jobseeker’s Allowance), your spouse,
A civil partner or cohabitant may claim an increase in their social welfare payment for you as a qualified adult and your Carer’s Allowance will be reduced by 50%. This can only be done with your consent but it may increase your total household income.

- **Changed from another social welfare payment to get Carer’s Allowance.** If you were on another social welfare payment before claiming Carer’s Allowance, you may get your original payment reinstated and also get half-rate Carer’s Allowance, if you continue to meet the qualifying conditions for both schemes.

- **Caring for someone and being claimed for by a spouse, civil partner or cohabitant.** If your spouse, civil partner or cohabitant is claiming for you as a qualified adult on their payment and you are providing full-time care to another person, you can apply for half-rate Carer’s Allowance and keep your current increase for a Qualified Adult in full.

- **Getting a social welfare payment other than Carer’s Allowance and caring for someone.** If you are getting one of the social welfare payments payable with half-rate Carer’s Allowance (see ‘Rules’ below) and caring for someone, you may keep your social welfare payment and qualify for half-rate Carer’s Allowance. If you satisfy the conditions for Carer’s Allowance, it will be awarded at 50% of the rate that would apply if you were not getting any other payment.

Any increase you may be entitled to, for example, an increase for a qualified child, living alone and living on an offshore island, will be paid with your main social welfare payment and not with the half-rate Carer’s Allowance.

**Where to Apply**

Department of Employment Affairs and Social Protection, Carer’s Allowance Section, Social Welfare Services Office, Government Buildings, Ballinalee Road, Longford, Ireland. Tel: (043) 334 0000 (If calling from outside the Republic of Ireland please call +353 43 334 0000). Locall: 1890 92 77 70 (Note: the rates charged for using 1890 (Lo-call) numbers may vary). Email: carers@welfare.ie. Application forms are also available from your local social welfare office.
The Carer’s Support Grant is an annual payment made to carers by the Department of Social Protection. Carers can use the grant in whatever way they wish. You can use the grant to pay for respite care if you wish, but you do not have to do so. A Carer’s Support Grant of €1,700 is paid once each year, usually on the first Thursday in June, for each person you are caring for. It is not taxable. If you are getting Carer’s Allowance, Carer’s Benefit or Domiciliary Care Allowance from the Department of Social Protection, you do not need to apply for the Carer’s Support Grant. It will be automatically paid to you in June. If you are not getting any of these payments you should fill in an application form CSG 1 in respect of each person you are caring for. You can apply for a Carer’s Support Grant for any given year from April of that year until 31 December of the following year. So, for example, you can apply for a grant for 2018 at any time from April 2018 up until 31 December 2019.

How to Apply
You can download a Carer’s Support Grant application form online or get one from your Intreo Centre of Social Welfare Branch Office or Citizens Information Centre. Department of Employment Affairs and Social Protection, Carer’s Support Grant Section, PO Box 10085, Dublin 2. Tel: (01) 673 2222 (If calling from outside the Republic of Ireland please call + 353 1 673 2222). Homepage: www.welfare.ie
Carer’s Benefit
Carer’s Benefit is a payment made to insured people who leave the workforce to care for a person(s) in need of full-time care and attention. You can get Carer’s Benefit for a total period of 104 weeks for each person being cared for. This may be claimed as a single continuous period or in any number of separate periods up to a total of 104 weeks. However, if you claim Carer’s Benefit for less than six consecutive weeks in any given period you must wait for a further six weeks before you can claim Carer’s Benefit to care for the same person again. If you are caring for more than one person, you may receive payment for each care recipient for 104 weeks. This may result in the care periods overlapping or running concurrently.

How to Apply
Fill in an application form for Carer’s Benefit. This form (CARB1) is also available from your local Intreo Centre or Social Welfare Branch Office. The Department of Social Protection recommends that you apply for Carer’s Benefit 10 weeks before you leave employment. If you are applying for Carer’s Benefit for a second person you should use the application form CARB2. Carers have important legal rights. If you think your rights as a carer have been breached, you can make a complaint under the Carer’s Leave Act 2001, using the online complaint form (available by selecting ‘Make a complaint in relation to employment rights’ on www.workplacerelations.ie).

Carer’s Benefit Rates
Carer’s Benefit from 26 March 2018: €215
Qualified Child Increase 2017/18: €31.80

You are not entitled to the Household Benefits package and Free Travel under the Carer’s Benefit Scheme.

Notes
Allowances & Entitlements

Where to Apply
For more information on Carer’s Benefit, contact your Intreo Centre, Social Welfare Branch Office or the Department of Employment Affairs and Social Protection, Carer’s Benefit Section, Social Welfare Services Office, Government Buildings, Ballinalee Road, Longford, Ireland. Tel: (043) 334 0000 (If calling from outside the Republic of Ireland please call + 353 43 334 0000). Locall: 1890 92 77 70 (Note: the rates charged for using 1890 (Lo-call) numbers may vary. Homepage: www.welfare.ie Email: carers@welfare.ie. For more information on carer’s leave contact: Workplace Relations Commission, Information and Customer Service, O’Brien Road, Carlow, R93 W7W2, Ireland. Opening Hours: Mon. to Fri. 9.30am to 5pm. Tel: (059) 917 8990. Locall: 1890 80 80 90. Fax: (059) 917 8909. Homepage: www.workplacerelations.ie

Tax Implications
Carer’s Benefit is a taxable source of income and should be advised to your local tax office.

Home Carer Tax Credit
A Home Carer Tax Credit is a tax credit given to married couples or civil partners (who are jointly assessed for tax) where one spouse or civil partner works in the home caring for a dependent person. The tax you are liable to pay is calculated as a percentage of your income. A tax credit is deducted from this to give the actual amount of tax that you have to pay. A tax credit has the effect of reducing your payable tax by the amount of the credit.

A Home Carer Tax Credit can be claimed when:
- The married couple or civil partners are jointly assessed for tax.
- One spouse or civil partner works in the home caring for one or more dependent people.
- The home carer’s own income is under €7,200.
- A reduced tax credit applies if the carer’s income is between €7,200 and €9,600.
- Carer’s Allowance or Carer’s Benefit are not taken into account when determining the home carer’s income but they are taxable sources of income. This means that if you are claiming Carer’s Allowance or Carer’s Benefit, it will make up part of your jointly assessed income.

Continuing the Payment After a Death
If the person you are caring for dies, payment of Carer’s Benefit will continue for 6 weeks following the death.
Home Carer Tax Credit Rates
The Home Carer Tax Credit for 2018 is €1,200. The following table gives examples of how the tax credit is calculated for different levels of income. If the home carer’s income is €9,600 or more during 2018 then you cannot claim the tax credit.

<table>
<thead>
<tr>
<th>Income of carer</th>
<th>Tax Credit in 2018</th>
<th>Reduction in tax credit in 2018</th>
</tr>
</thead>
<tbody>
<tr>
<td>€7,200</td>
<td>€1,200</td>
<td>Nil - The full tax credit is due</td>
</tr>
<tr>
<td>€7,450</td>
<td>€1,075</td>
<td>€7,450 - €7,200 = €250 ÷ 2 = €125</td>
</tr>
<tr>
<td>€7,950</td>
<td>€825</td>
<td>€7,950 - €7,200 = €750 ÷ 2 = €375</td>
</tr>
<tr>
<td>€8,200</td>
<td>€700</td>
<td>€8,200 - €7,200 = €1,000 ÷ 2 = €500</td>
</tr>
<tr>
<td>€8,450</td>
<td>€575</td>
<td>€8,450 - €7,200 = €1,250 ÷ 2 = €625</td>
</tr>
<tr>
<td>€8,700</td>
<td>€450</td>
<td>€8,700 - €7,200 = €1,500 ÷ 2 = €750</td>
</tr>
<tr>
<td>€8,950</td>
<td>€325</td>
<td>€8,950 - €7,200 = €1,750 ÷ 2 = €875</td>
</tr>
<tr>
<td>€9,050</td>
<td>€275</td>
<td>€9,050 - €7,200 = €1,850 ÷ 2 = €925</td>
</tr>
<tr>
<td>€9,200</td>
<td>€200</td>
<td>€9,200 - €7,200 = €2,000 ÷ 2 = €1,000</td>
</tr>
<tr>
<td>€9,400</td>
<td>€100</td>
<td>€9,400 - €7,200 = €2,200 ÷ 2 = €1,100</td>
</tr>
<tr>
<td>€9,600</td>
<td>Nil</td>
<td>€9,600 - €7,200 = €2,400 ÷ 2 = €1,200</td>
</tr>
</tbody>
</table>

You cannot claim the Standard Rate Cut-Off Point for dual income couples and the Home Carer Tax Credit. Your local tax office will help you to determine which is better for you. Applications for the Home Carer Tax Credit should be made to Revenue.

Carer’s Leave
Your right to carer’s leave from employment complements the Carer’s Benefit Scheme. Carer’s leave allows you to leave your employment temporarily for up to 104 weeks to provide full-time care for people in need of full-time care and attention. The leave is unpaid but people who take carer’s leave have their jobs kept open for the duration of the leave. You do not have to be eligible for Carer’s Benefit to get carer’s leave. If you think you have been wrongly refused Carer’s Benefit, or you are unhappy about a decision of a social welfare deciding officer about your entitlements, you can appeal this decision.
You can claim tax relief on the cost of employing a carer either if you employ one for yourself, or for another family member. You can employ the carer directly or you can use an agency. If you employ the carer yourself, you should register as an employer and you will be responsible for your employee's tax and social insurance, along with other responsibilities. If you pay an agency to provide the carer, they will hold the responsibilities as the employer but you will still be able to claim tax relief.

**Rules**
If you employ a carer for yourself or on behalf of a family member, you can claim the tax relief. The person being cared for must be totally incapacitated for the complete tax year in which you are claiming the tax relief but the carer does not have to be employed for the full tax year. You cannot claim tax relief for employing a carer if the carer only carries out housekeeper duties or if a Dependent Relative Tax Credit or an Incapacitated Child Tax Credit has already been granted.

**Home nursing**
You can claim tax relief on the cost of employing a qualified nurse at home. Tax relief for nursing at home is claimed as a health expense.

**Rates**
The amount by which a tax allowance/relief will reduce your tax depends on your rate of tax. You can claim tax relief (at your highest rate) on the lower of the actual cost incurred or the maximum deduction of €75,000. The maximum amount of relief for employing a carer is €75,000 in 2018. You must claim the relief each year. You can get tax relief on the cost of employing a carer, less any amount recovered from the HSE. If two or more of you pay for the care, the relief is divided.

**How to apply**
You must claim tax relief on the cost of employing a carer each year.

**PAYE taxpayer**
If you are a PAYE taxpayer, you can apply for tax relief for employing a carer on form HK 1 (pdf) or telephone Revenue Lo-call Service.

Your certificate of tax credits will be increased to include the relief due. This means that you will pay less tax each week from your salary.

Alternatively, you can claim relief at the end of the tax year by submitting your form P60 and that of your spouse or civil partner, if applicable, to your local Revenue office.

**Self-assessment taxpayer**
If you pay tax by self-assessment the claim for tax relief for employing a carer should also be sent on form HK 1 and attached to your annual tax return.

**Where to apply**
Send your completed application form to your local tax office.
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Care Options

Home Care

There are a variety of care options available to senior citizens. But when does the senior citizen and their family know that the time is right to avail of a care option or which option to choose?

When Help is Needed

Just because an older person is having more problems at home does not mean that it is time to recommend a move to a nursing home. Home care might be ideal for an older parent who is recovering from an illness or surgery, such as a knee replacement, and needs help around the home, or for an older person who has lost a spouse and has become lonely and depressed to the point where their own health is suffering. Similarly, a widower’s increasing forgetfulness could be putting him at risk of forgetting to pay the bills, or worse, of forgetting to take his medications. However, the first step in determining if care is necessary is to take your ageing loved one’s needs and desires into account. Sometimes these are difficult conversations to have with a parent who is convinced that he or she does not need help. The best argument for a family caregiver may be to acknowledge their desire to stay at home but to point out that a little extra help could keep the older person safe and independent at home for longer.

Look for the signs

Signs that often trigger a call to Home Instead Senior Care include:

- Household bills piling up
- Reluctance to leave the house
- Losing interest in meals
- Declining personal hygiene
- Declining driving skills
- Scorched pots and pans (cookware left forgotten on top of an open flame may be a sign of short-term memory loss or even Alzheimer’s disease)
- A messy house (changes in housekeeping may come about because the individual is physically tired)
- Losing track of medications.

Signs of depression can include:

- Feelings of hopelessness and despair
- Fewer visits with friends and family
- A change of sleeping patterns
- A lack of interest in the usual hobbies and activities
- Missed doctors’ appointments and social engagements can be signs of depression or forgetfulness, but they can also be the result of no longer having a driver’s license and not knowing how to get alternative transportation.
What is Home Care?

Home care is supportive care provided in an individual’s home by professional CAREGivers. Common services that CAREGivers provide include assistance with tasks such as meal preparation, light housekeeping, medication reminders, assistance with trips to the doctor, errands and shopping, as well as specialised Alzheimer’s and Dementia Care. A CAREGiver can also transport ageing loved ones to special events, or even just to the local shop, which can help decrease isolation. Many Home Instead CAREGivers are 65+ themselves and they share the same hobbies and histories as their clients. A reputable home care organisation such as Home Instead Senior Care will provide professional CAREGivers that can meet all of these needs.
The Service
Home Instead CAREGivers (costing approximately €11.74 per hour after 40% tax relief) are properly recruited (includes two interviews, Garda-cleared and reference-checked), and QQI trained, as required by the HSE, to include personal care, patient moving, specialised Alzheimer’s and other dementia care. They are employed by Home Instead Senior Care, so they are PAYE and PRSI compliant, and insured, which covers both the CAREGiver and clients. Home Instead CAREGivers are supervised by a nursing team to ensure that quality standards are adhered to. All of this is backed up by a 24/7 emergency phone support, and an additional support team who can advise on issues affecting clients and families. Home care is one of the most affordable options, partly because of the home care grants and tax relief that is available. Tax relief of up to 40% per cent is available on home care fees. Call Home Instead Senior Care on 1890 989 755 for more information, or visit HomelnInstead.ie.

Home Instead Senior Care
Home Instead Senior Care is a network of 24 locally-owned franchise offices employing over 4,500 professional CAREGivers across the country. Each office is managed by people living in your community. Home Instead’s professional CAREGivers are fully trained and understand that relationships with clients are based on compassion, dignity and trust. It is this devotion to providing professional high-quality care that enables Home Instead Senior Care to enhance the lives of older people and their families, allowing them to feel safe and independent while they age in their own home. Home care services should be provided by a recognised home care provider such as Home Instead Senior Care, rather than a black market carer. You will not receive the same standard and availability of care in the black market. Some people prefer to hire a family member or friend in their locality. However, there are some risks to bear in mind. For example, professional CAREGivers are trained to the highest standards and are available 24 hours a day, seven days a week, 365 days a year.

Talk to your local Home Instead Senior Care office to discuss your senior care needs and avail of information and resources regarding ageing in Ireland. You may also wish to discuss your needs with your family, a health care professional such as a GP, public health nurse or hospital discharge planner. The internet is also a valuable resource, with a host of information on care options.
Research Report Supports Older People Remaining at Home

- Older people want to remain at home
- Ireland is biased towards nursing home care against the desires of older population
- Housing options are lacking in Ireland affecting older population

The OPRAH Report on ‘Older People Remaining in their own Homes’, was presented recently to Minister for Older People Jim Daly. Sponsored by Home Instead Senior Care, the report identified:

- too many older adults were entering long term care unnecessarily or prematurely rather than being enabled to stay living at home
- older adults have a strong preference to remain in their own homes as long as possible and enjoy better outcomes when they do so
- the number of people requiring home-care will rise significantly as the those aged 80+ are projected to quadruple over the next three decades
- the existing system incentivises institutional care over home-care – as the Fair Deal Nursing Home scheme is on a statutory footing whereas access to home-care is discretionary and subject to remaining local budgets
Care Options

- **at lower levels of dependency**, home-care costs can be significantly lower than institutional care

The OPRAH Study was conducted by Professor Charles Normand from Trinity College Dublin from 2015 to 2017 and it set out to pilot an integrated approach to enable older people, currently at risk of nursing home admission, to remain living at home. The study illuminated barriers experienced by older people in identifying, accessing and managing the complex range of services needed to support successful independent living.

According to the Department of Health, between 2004 and 2013 there was a 44.6% increase in the number of residents in nursing homes categorised as low dependency and a 17.6% increase in the number of residents with medium dependency, suggesting that higher levels of low-medium dependency older people in Ireland are now entering long-term residential care.

The OPRAH study sought to delay, or prevent, the need for older people to enter long-stay care. It aimed to do this through identifying older people’s needs, and implementing home-based care plans in response. However, the study uncovered a lack of clarity around entitlement to community care services. There were several cases of older people who were assessed as needing a certain number of hours of care, only to be approved of receiving significantly less. OPRAH participants and their carers also reported a frequent and significant level of difficulty in accessing home support services.

Following completion of the study, the OPRAH report concluded with a set of recommendations that make community-based supports accessible and utilised by Ireland’s older population. Specifically, OPRAH recommends:

- **The Home Care Scheme should be made statutory** and the budget linked to the ‘Fair Deal’ Nursing Homes Support Scheme, so that it would no longer be easier to access the Fair Deal than a lower cost home care package

- **There is a need for a support coordinator** whose role would be to augment home-care packages by providing access to the wide range of community-based supports and services, often delivered by community organisations

- **The individual assessment of needs** should place greater emphasis on social and psychosocial needs in addition to health and care needs

- **There is a need for more housing options** including ‘independent housing with care’, enabling older adults to live independently in supported clusters, where care and other supports can be provided more cost-effectively and the person can access a greater range of resources.

The design, development and implementation of the OPRAH initiative was led across 2013 to 2015 by Age Friendly Ireland, through funding provided by the Atlantic Philanthropies. The independent evaluation of the OPRAH initiative was conducted by the Centre for Health Policy and Management at Trinity College Dublin. This independent evaluation was made possible through funding by Home Instead Senior Care.
Alzheimer’s and Dementia Care

Home care is often the first choice for families caring for a parent with dementia as they prefer to keep their loved ones at home. Home Instead Senior Care enables people living with dementia to remain at home for as long as possible, providing them with that sense of familiarity that is crucial to providing expert dementia care. Home care offers less disruption than if they were being cared for in a care facility or nursing home. It also helps families eliminate worry, reduce stress and re-establish a degree of personal freedom, which makes home care an attractive option. A report published in the UK reveals that people with dementia stay longer in hospital than other patients and leave in a worse condition. As a result, the UK Alzheimer’s Society is urging hospitals to discharge people with dementia in hospital a week earlier. The society also conducted a survey revealing that half of all carers believed a period in hospital had “a significant negative effect” on the health of a loved one suffering from dementia, and additionally worsened their dementia. If you are caring for a loved one living with Alzheimer’s disease or other dementia, register for a FREE Dementia Care Workshop with Home Instead Senior Care. Call 1890 989 755 or sign up online via HomeInstead.ie.

Communication Aids

Daily Companion App

How do you deal with a mother who is always accusing you of stealing from her? The accusation scenario could just as easily be replaced with: who won’t eat her food, who refuses to shower, who curses at me, who urinates in the bedroom floor vent, or who doesn’t recognise me. While the situation may differ from day to day and from person to person, the question remains - how do I deal? Home Instead Senior Care has created the Alzheimer’s and Other Dementias Daily Companion App as a pocket guide to help get you through all the dementia care situations you never dreamed you’d have to face. This mobile app is available for download at no cost from the Apple App Store and Google Play Store.

Places To Go for Support

- Talk to your GP about the type of dementia involved.
- Contact your local public health nurse about day and respite services.
- Your local branch of the Alzheimer’s Society of Ireland or call the Alzheimer National Helpline at 1800 341 341.
- Sonas apc, a dementia training and resource organisation, on (01) 260 8138/visit www.sonasapc.ie.
Confidence to Care
The Daily Companion App serves as an on-the-go companion piece to the book *Confidence to Care: A Resource for Family Caregivers Providing Alzheimer’s Disease or Other Dementias Care at Home*. The book combines personal stories with the same practical tips that are available through the app to help you deal confidently with the most common issues associated with Alzheimer’s disease and other dementias. You can find out more about the app at HomeInstead.ie. Examples of topics include: aggression and anger, agitation and anxiety, bedtime struggles and sleep, and problems with confusion and memory loss, delusions, false accusations and paranoia, as well as wandering. *Confidence to Care* also highlights the importance of caring for yourself while caring for others. All book profits are donated to dementia-related organisations.

Alzheimer Cafés are a welcoming space for people with dementia, their families, friends and healthcare professionals. Contact 1800 341 341 or visit www.alzheimers.ie to find your nearest café.

Dementia Communications Strategies: Top Tips

**Do**
- Talk to the person in a tone of voice that conveys respect
- Keep your explanations short
- Position yourself at the person’s eye level
- Identify yourself and explain what you propose to do
- Use visual cues whenever possible
- Attempt to interpret the person’s non-verbal communication
- Paraphrase and use a calm tone of voice
- Speak slowly and say words clearly
- Encourage talk about things that they are familiar with
- Use touch if appropriate.

**Don’t**
- Talk to the person as if you are talking to a child
- Use complicated words, phrases or long sentences
- Glare at the person you are talking to
- Begin a task without explaining who you are or what you are about to do
- Try and compete with a distracting environment
- Provoke a catastrophic reaction by asking the person to do more than one task at a time
- Disregard your own non-verbal communication
- Disregard talk that may seem to be “rambling”
- Shout or talk too fast
- Interrupt unless it cannot be helped
- Touch or invade their personal space if they are showing signs of fear or aggression.
Nursing Home Care

Nursing home care is designed to let you live independently and fulfil your potential. Before you move into the nursing home, staff will meet you to talk about your health and general needs. This meeting will focus on your abilities and your preferences. The staff will tell you if you need any aids or adaptations and assist you in obtaining these supports. When you first meet the nursing home staff, they’ll prepare your ‘care plan’. This will include things such as what foods you like or don’t like, and what time you want to get up or go to bed. Your preferences will be written down so that all staff will know your likes and dislikes. Staff will review your care plan with you every three to six months, or more often if you want or if your needs change. You make the decisions, together with your family and the staff, about your day-to-day life in the nursing home. All nursing homes have comfortable visitor rooms. In addition, they can arrange other ways of keeping in touch, such as telephone, email, Skype and Facebook. The nursing home will arrange for you to go on holiday or stay overnight with your family and friends, wherever possible, and will help you to prepare. Many nursing homes have rooms or gardens where you can relax, and some have education centres, gyms, spas and shops.

Activities

Activities for residents in nursing homes can include gardening, cooking, music, shopping, exercise or other activities that you and your friends enjoy. Many nursing homes employ people to organise activities to match residents’ interests. Nursing homes also give you the chance to try new leisure activities and learn new skills. Many take part in exchange programmes with local schools, where students visit the nursing home to help residents learn new skills, such as how to use the internet and email, or try new arts and crafts. Nursing homes employ chefs and catering teams to prepare meals to the highest standards, the menus are changed regularly, and are guided by residents’ requests. Some homes have their own restaurant and can arrange for you to talk to a dietician about your dietary needs.
The Nursing Home Support Scheme (Fair Deal)

The Nursing Home Support Scheme is a scheme of financial support for people who need long-term nursing home care. Under the Nursing Homes Support Scheme, you will make a contribution towards the cost of your care and the State will pay the balance. This applies whether the nursing home is public, private or voluntary.

**Step 1** is an application for a care needs assessment. The care needs assessment identifies whether or not you need long-term nursing home care. It is undertaken by healthcare professionals, appointed by the HSE. It is a comprehensive process that considers the person’s ability to carry out activities of daily living; the medical, health and personal social services available to the person; family and community support available to them; the person’s wishes and preferences.

**Step 2** is an application for State support. This will be used to complete the financial assessment which determines your contribution to your care and the corresponding level of financial assistance. The State financial assessment looks at your income and assets in order to work out what your contribution to the cost of your care will be. The HSE will then pay the balance of your cost of care. This payment by the HSE is called State support. Steps 1 and 2 must be completed by all applicants.

**Step 3** is an optional step which should be completed if you wish to apply for the nursing home loan (this is termed ‘ancillary State support’ in the legislation). You apply for this loan if you wish to defer paying the part of your contribution which is based on your home or other property.

Inspections Nursing homes are regularly inspected by the Health Information and Quality Authority. Most nursing homes have residents’ and relatives’ councils that meet to talk about issues that affect residents’ daily lives in the nursing home and many have volunteer advocates who speak on behalf of residents who cannot speak for themselves. Their suggestions are given to management to improve services. By law, a nursing home must have a formal policy on complaints management. You have the right to make a complaint and to have it addressed. By law, the nursing home must ensure that it has a procedure in place for making formal complaints and a nominated person assigned to investigate complaints. If you are not happy with how your complaint is addressed, you can then refer it to the Office of the Ombudsman.
Choosing a Nursing Home

The right of a person approved for the Fair Deal scheme to choose the nursing home in which they wish to reside is enshrined in the scheme. Start by making a list of the ideal attributes you want from your new home. It is helpful to arrange a visit with your preferred nursing home/nursing homes to see the services, activities, and quality of care and life that is provided to residents. Prepare and ask questions of the Director of Nursing or their deputy. Nursing Homes Ireland provides a free booklet, *Quality Living - Quality Care*, that gives valuable information and advice to people considering nursing home care. *Quality Living - Quality Care* informs in respect of healthcare; the rights of those living in nursing homes; nursing home facilities, activities, meals; the Nursing Home Support Scheme (Fair Deal); choosing a nursing home and tax relief on nursing home fees. Contact NHI at (01) 469 9800 for a copy of the booklet and also our *Guide to Choosing a Nursing Home* leaflet.

Medical Expenses Relief

You can claim tax relief for nursing home fees under the general scheme for tax relief on medical expenses. Tax relief on nursing home fees applies at the highest rate of income tax that you pay. If you are paying privately for nursing home care you can claim the tax relief, whether you are in the nursing home yourself or you are paying for another person to be there. Apply for tax relief as soon as you start paying nursing home fees, as the tax relief can be applied to the current tax year. For information, see Revenue’s Information Leaflet IT 6 Medical Expenses Relief.
Your Contribution to Care

The scheme is administered by the HSE. Having looked at your income and assets, the financial assessment will work out your contribution to care.

- You will contribute 80% of your assessable income on a weekly basis and a further 7.5% of the value of any assets per annum.

- Where your assets include land and property, the 7.5% contribution based on such assets may be deferred and paid to Revenue after your death. This is known as the Nursing Home Loan.

- The first €36,000 of your assets or €72,000 for a couple will not be counted at all in a financial assessment.

- The principal residence will only be included in the financial assessment for the first three years of a person’s time in care.

- The three year cap can also extend to farms and businesses in certain circumstances (criteria available from the Department of Health).

- The cap applies a 22.5% contribution if the person avails of nursing home care for the three year period.

- In the case of a couple, the contribution is based on the principal residence being capped at 11.25% where one partner remains in the home. The ‘three-year cap’ applies if you opt for the Nursing Home Loan in respect of your principal residence. Your spouse or partner can also apply to have the repayment of the Loan deferred for their lifetime.

Find Out More

To learn more about the Nursing Home Support Scheme (Fair Deal) and your eligibility, contact the HSE Infoline on 1850 242 850. It is important to realise that Fair Deal covers the costs of bed and board and basic nursing care. It also covers laundry and basic aids. The Fair Deal specifically excludes social programmes such as activities and outings, therapies such as physio and occupational therapy, dental treatments, chiropody, transport costs, and day-to-day living expenses such as newspaper and toiletries.
Palliative Care

Many families find conversations about palliative care difficult to broach with a parent or ageing loved one. However, it can bring immeasurable peace of mind to communicate openly with your family about any fears and wishes you have so you can plan ahead to ensure that those wishes are honoured. Think Ahead is an Irish Hospice Foundation programme that helps you discuss and record your wishes in the event of an emergency, serious illness, or death. On the Think Ahead form you can record details about your emergency contacts, health information, legal information, financial affairs, and wishes for care after death can be documented on the form and shared with family and loved ones. This can then be left in a safe and secure place where it can be easily accessed in an emergency. Even if it isn’t fully completed, the form can be used as a guide to those things you might want to think about when considering the end of your life, and could help initiate and structure the discussion with loved ones. Fill out all or part of the Think Ahead form, which you can download free from www.thinkahead.ie, or request a copy from the Irish Hospice Foundation, (01) 6793188. Think Ahead came to life through feedback from people like you - people from all walks of life, all ages and all levels of health across the country. Nursing homes respect your rights and dignity. They will write down your wishes about how they can help you cope with your final days. For example, this might include where, ideally, you want to die, who you want with you when you pass away, and your spiritual or religious wishes. Nursing homes provide accommodation for the family of a resident who is dying and give comfort, support and food. They will always try to take people’s religious and spiritual beliefs into account. Nursing home staff will support your family and friends in their grief and will give you the option to be ‘waked’ in the home. Nursing homes also have close working relationships with local hospices and palliative care teams. When needed, they will bring in these services to give specialist care and comfort.

Think Ahead Form
Download free from www.thinkahead.ie, or request a copy from the Irish Hospice Foundation, (01) 6793188.
At Age & Opportunity, we believe that you have the right to reach your full potential as you age.

That’s why we organise the annual Bealtaine arts festival, Go for Life - the national sport and physical activity programme for older people, professional development courses like Ageing with Confidence and Changing Gears and plenty more besides.

It is also why we run training and workshops for those working with older people, such as AgeWise and Creative Exchanges.

If life is for living, it might be time that you got involved.

Age & Opportunity
T: 01 805 7709
E: info@ageandopportunity.ie

www.ageandopportunity.ie

We provide:
+ Opportunities to engage in arts and cultural activities
+ Opportunities for sport and physical activity
+ Opportunities to learn and be involved as active citizens

Age & Opportunity
Life is for Living.
If you’re looking for a way to make a real difference in countless lives, we would be so grateful if you would consider leaving a gift to Our Lady’s Hospice & Care Services in your will. Once you have taken care of your loved ones, this would be a truly special gesture.

At Our Lady’s Hospice & Care Services, we provide excellent care for patients with a range of different needs - from respite and rehabilitation to end of life care. The provision of these vital services is made possible thanks to the kindness of our community and especially the generous gifts that are left in people’s wills.

To discuss the simple steps involved in leaving a lasting gift, big or small, please contact us in complete confidence, and with no obligation.

Thank you.

Suzanne Johnston
Legacy Manager
Our Lady’s Hospice & Care Services,
Harold’s Cross & Blackrock
Tel: (01) 4911 072 Email: sjohnston@ohl.ie
Find us on Visit Olh.ie/legacy
Hospice Care

At what point in an illness is someone referred to hospice care, and why? When someone is referred to hospice/palliative care, it generally means it is no longer expected that their illness can be cured. This does not necessarily mean that death is imminent. Since hospice/palliative care professionals are experts in the management of pain and other symptoms, a person may spend a short time in a hospice to determine the best treatment for their symptoms. Admission to a hospice may also be for a period of respite, after which the patient may return home again. Early referral to hospice/palliative care allows for anticipation and better management of symptoms and potential problems. It also generally results in improved quality of life for a longer time for both patient and family.

Is Hospice Care Available to Everyone?
Unfortunately not. Access is dependent on location. Hospice care has traditionally developed around the needs of people with cancer. For this reason, access to services for people with other illnesses has been limited. However, this is now improving, particularly in relation to conditions such as Motor Neurone Disease and Multiple Sclerosis. The Irish Hospice Foundation’s Palliative Care for All programme explores how hospice/palliative care can be extended to everyone who needs it, regardless of the nature of their illness.

Who Pays for Hospice Care?
Hospice care is provided free of charge, regardless of the patient’s or their family’s circumstances. Where patients have private medical insurance, their insurer may be asked to contribute towards the cost of their care.

Is There a Hospice in My Area?
There are nine inpatient hospices in Ireland, located in counties Dublin, Kildare, Cork, Galway, Limerick, Sligo and Donegal. If there isn’t a hospice in your area, you may be able to access home care, provided by home care nurses working together with family doctors and public health nurses.

Where is Hospice Care Provided and By Whom?
Hospice/palliative care is provided: in hospices; in people’s own homes by Clinical Nurse Specialists (often referred to as ‘home care nurses’) working in cooperation with GPs and public health nurses; in general hospitals, by the hospital’s specialist palliative care team; and in community hospitals and nursing homes, by home care nurses working in cooperation with GPs and public health nurses. If you are in a situation where it is becoming very difficult to care for your relative but you would like to keep them at home for as long as possible, you should speak to the GP or public health nurse involved in their care to enquire about having him/her referred to the local home care service.
The Gift Of A Lifetime

Dying is one of the few certainties in life but that doesn't mean we can't be there for others.

When you write a will you can look after your family and loved ones even after you're gone. And if you also include The Irish Hospice Foundation you can reach out to another family you've never met too.

Help us enable people to live well to the end with dignity and respect in a care setting of their choice surrounded by their loved ones.

To find out how you can make a lasting difference
contact Anna Sadlier at 01 679 3188 or anna.sadlier@hospicefoundation.ie
www.hospicefoundation.ie
How can I get my relative or friend into a hospice or arrange for hospice home care?
To be admitted to a hospice or to access hospice home care, a patient must be referred by their family doctor or hospital consultant, who will generally be familiar with the procedure and the referral form which he/she will be required to complete. If the matter has not yet been raised, do not be afraid to bring it up yourself with the doctor, nurse or other healthcare professional concerned. If you wish, you could also contact your local hospice, home care service or health centre for advice - but a doctor’s referral will always be needed before a patient can be admitted to a service. The Irish Hospice Foundation (IHF) cannot assist with individual patient admissions. We work for the development of hospice/palliative care generally in Ireland, but we do not run or manage hospices.

The IHF can be contacted on (01) 679 3188.

What Is ‘Specialist Palliative Care in the Community’?
‘Specialist palliative care in the community’ is another term for home care - the care provided to people with terminal illnesses in their homes, or sometimes in a community hospital or nursing home. Overall responsibility for monitoring and supervising the medical care of home care patients rests with the GP. The patient is cared for by home care nurses working in cooperation with the GP, the public health nurse, and sometimes other professionals. Specialist palliative care teams are found in hospices, in many general hospitals and in the community. The team is led by a Consultant in Palliative Medicine and may include doctors, nurses (including Clinical Nurse Specialists), social workers, physiotherapists, psychologists, chaplains and others who are able to provide support to those nearing the end of life and those who are important to them. A CNS is a nurse who has received specialist training in a particular area. A CNS in Palliative Care will have trained in all aspects of this specialty, including symptom assessment and relief. He/she may work as part of a palliative care team in a hospice or general hospital, or may care for patients in the home, in a nursing home or other healthcare setting.

What About Night-Time Care?
Cancer patients who are being cared for at home and who are approaching the end of life can access up to 14 nights’ nursing care, provided free of charge by the Irish Cancer Society (ICS). Thanks to ongoing Irish Hospice Foundation funding, this service is now extended to non-cancer patients also, provided they are already under the care of a hospice/palliative home care service. Referral for night nursing for non-cancer patients can only be made by the home care service; referrals cannot be accepted from GPs, public health nurses or family members.
### Tackling Difficult Subjects

#### Addressing End of Life Fears

The best way to address the end-of-life fears your parent may be struggling with is to communicate clearly with them about their wishes in advance. If the topic doesn’t come up naturally, set up a specific time to talk. Try to remain open and put yourself in your loved ones’ shoes to better understand their wishes and the reasoning behind them. Be sure to record your discussion by taking notes, so you have something to refer back to when making plans and decisions in the future. The ‘40-70 Rule’ is a good rule of thumb: have an intentional conversation surrounding these concerns by the time you are 40 and your parent is 70. For additional guidance when it comes to discussing end-of-life wishes with your loved ones and developing a plan, call Home Instead Senior Care and request a free copy of the ‘40-70 Rule: An Action Plan for Successful Ageing.’

#### Bereavement Counselling

Everyone experiences loss during life. However, for carers, many of the changes and losses experienced come quickly and can lead to feelings of grief. Other people may understand that you feel grief for the person who has died, but they may not realise that you can also feel the loss of not being a carer anymore. Bereavement counselling offers the opportunity to explore, understand and work through feelings of grief. Although everyone’s personal reaction to a bereavement is different, most people experience some of the following emotional responses when someone close to them dies, such as disbelief, shock, anger, sadness, relief, guilt, depression, anxiety, despair, longing and loneliness. Carer support groups can also offer different types of support. Your GP or local health office can provide advice on supports available in your area.

For more information, contact Home Instead Senior Care on 1890 989 755.

For more information, contact the HSE National Information Line Monday to Saturday, 8am-8pm. Call Save: 1850 24 1850 Email: info@hse.ie
Assistive technology and dementia – finding practical solutions to promote independence

When living with a diagnosis of dementia, people often look for practical solutions and strategies which promote activity, independence and which provide support and reassurance. Assistive technology can play a positive role in delivering these solutions. These technologies can be simple solutions which help with remembering, with keeping in touch, and continuing to do things. There are also more complex technologies that can be part of a plan to raise an alarm. Assistive technology has many benefits, it also has limitations. It will not suit everyone but many people find that it can be part of their plan to live well with dementia. The Alzheimer Society of Ireland have a new resource which explains what assistive technology is, gives examples of how it can help and outlines where you can find information and get good advice. We were delighted to work with ASI’s Southern Dementia Working Group and with the HSE’s Memory Technology Library in Tipperary to develop this resource.

Practical steps to support your independence: A guide on how assistive technology can help people with dementia and their families. For a free copy visit www.alzheimer.ie or call ASI’s free, confidential National Helpline at 1800 341 341.
Thanks to advances in health and improved lifestyles, most of us have plenty of extra life in us compared to previous generations. However, are we getting the full potential out of our lives as we live them? As we age, how can we be sure that we are able to still have new adventures and how can we be inspired to live life to the full?

Age & Opportunity wants to inspire you and the people around you to reach your full potential as you grow older, no matter what your age. Novelist George Eliot said “It is never too late to become what you might have been” and we encourage you to use your later years to have dreams, to plan adventures, to join in with what is happening or even better, to make something happen.

The benefits of being physically active at any age are enormous and with a network of over 1,000 physical activity leaders (PALS) our Go for Life programme is getting more older people, more active, more often. The Go for Life Grant Scheme has allocated over €5.5 million in funding since 2001 to help local groups promote the participation of older citizens in sport or physical activity within their community.

Bealtaine is Ireland’s national festival celebrating the arts and creativity throughout our lives. Each year the festival helps local organisers to bring thousands of arts events, classes and opportunities to their area and over 70,000 people took part last year. Through Cultural Companions we provide opportunities for older people to get out and enjoy Ireland’s vibrant culture and arts scene while making new friends.

Training programmes such as Changing Gears, and Creative Exchanges can help you to develop in new ways. Our AgeWise course encourages us to re-think the negative stories we tell ourselves and each other about ageing.

At Age & Opportunity our vision is of a world where, as we age, we have the right and opportunity to realise our potential. Our ability to live longer, healthier lives is one of our greatest achievements – we feel that it is time we celebrate ageing and we hope you will join us.

Whether you want to get more active, engage more in cultural activities or learn new skills to help you develop personally and professionally, we have a programme for you.

Our Goal
Our goal is to turn the period from the age 50 onwards into one of the most satisfying times in people’s lives and we do this by facilitating opportunities for:

- Sport and physical activity
- Arts and cultural activity
- Learning and being involved as active citizens

To find out more call us on 01 805 7709, email info@ageandopportunity.ie, or visit www.ageandopportunity.ie www.bealtaine.ie
Community Services
Community Services

Health Services

The Health Service Executive (HSE) has responsibility for the delivery of public health, community and home care supports at local levels in Ireland. Public health nurses provide an essential link for carers, particularly around referrals to other therapies and home care supports.

Public Health

Public health services provided in the community in Ireland are sometimes referred to as ‘community care services’. They are generally provided by the HSE. Community care services may also be provided in conjunction with, or on behalf of, the HSE. Entitlement to community care services is not clear-cut and the level of services available in the different parts of the country varies. In general, medical card holders are entitled to community care services free of charge. Non-medical holders may also be entitled, but it is not always possible to access the services.

Community Care

Community care services can include the public health nursing service, home help service, physiotherapy, occupational therapy, chiropody service, day care and respite care service. Rules to access different community care services can vary. In some cases, the HSE is obliged to provide services, while the HSE has the discretion about whether to make other services available or not. One of the reasons for this is that the health services provided by the HSE reflect the population in the area in which you live.

Technical Aids

The HSE is obliged to provide medical and surgical aids and appliances such as wheelchairs and walking aids free of charge to medical card holders. If you do not have a medical card, you may get such aids and appliances free if they are part of your hospital treatment. In other cases, the HSE may provide some help with the costs. If you have private health insurance, you may be covered for some or all of the costs.
Physiotherapy
Physiotherapy services are generally provided in the community and are generally free to medical card holders. Waiting lists operate in many areas. Home services are only available in a small number of cases.

Occupational Therapists
Occupational therapists are employed by most local health offices. Their services are generally available free to medical card holders. Waiting lists operate in most community care areas for these services.

Chiropody Services
Chiropody services are available free to medical card holders in most community care areas. Chiropodists treat a wide variety of foot and lower limb abnormalities, from verrucas to arthritis.

Respite Care
Respite care or temporary care may be based in the community or in an institution. In practice, respite care is provided to a varying degree at a number of locations around the country - in some cases by the HSE and in others by voluntary organisations or private providers such as Home Instead Senior Care.

Other Services
Other community care services include social workers (there are a small number of specialist social workers for older people), speech therapists and dieticians.

Meals Services
Meals services are generally provided by a mixture of voluntary and statutory bodies. Eligibility conditions vary from area to area and the ways in which these are provided vary from area to area. You may be asked to contribute towards the costs of meals services and this cost may also vary. Access to meals services is generally by referral.

Day Centres
Day centres include centres that provide day activities such as recreational, sport and leisure facilities and specialised clinic facilities that provide a combination of medical and vocational rehabilitation services. They are provided on a variable basis throughout the country, some funded by the HSE and others funded by voluntary organisations. Day centres providing medical care are less widely available and funded by the HSE. Access to day centres is by referral and the eligibility conditions vary from area to area, with means tests applying in some cases.
Public Health Nurses

The HSE is obliged to provide a free nursing service to medical card holders. It is not confined to medical card holders but they get priority. Public health nurses supply many basic nursing and medical needs and a number of special services are provided in some community care areas. These include night nursing, day nursing, weekend nursing and twilight nursing. The services provided by the public health nurses vary from area to area and they frequently act as a point of access for other community care services. Public health nurses provide free nursing care to medical card holders, although the service is not exclusive to medical card holders. Their services are also free to all people aged over 65 and to those with a long term illness. Some local health offices employ care assistants as a backup to the public health nursing service. The role of the care assistant is to provide personal care rather than domestic services, but there is some overlap between what they do and what home helps do.

Public Health Nurses Can Provide the Following:
- Home help for practical assistance with home making
- Home care, including help with personal care
- Liaison service - for further care which may be needed at home after hospital
- Home visits, including practical advice on care techniques
- Referral for carer training – lifting, handling and strategies for coping
- Advice and assistance on continence management
- Referral to day care, respite, meals on wheels and other local services
- Advice on women's health issues - breast care and cervical smear testing
- Information on local carer support groups
- Respite care, usually for a week or two, at local residential care facilities

Public Health Nurses Awarded for Outstanding Service, sponsored by Home Instead Senior Care

The Institute of Community Health Nursing (ICHN) hosted its third annual community nurse awards which are gratefully sponsored by Home Instead Senior Care, who help to enhance the lives of the elderly by supporting them to live in their own homes for longer. Eithne Garrick from Ballina, Co. Mayo took the top award for her dedication to improving health outcomes, enhancing patients' experiences and transforming nursing practices in the areas of breastfeeding and antenatal education. Retired PHN Sr. Elizabeth Mc Nicholas, received a lifetime achievement award for her professional and compassionate contribution to Public Health Nursing.

Regional titles were awarded to: Gwen Regan, North Dublin (Regional Winner East), Eithne Carrick, Ballina (Regional Winner West), Mary Costello, Laois and Offaly (Regional Winner Midlands) and Jackie Austen of Dublin South West (Regional Winner South).
Home Help Services
The HSE may make arrangements (but is not obliged to do so) to help maintain sick people at home. They may also make arrangements for people who would otherwise be in institutional care. The usual way they do this is by providing a home help service. Home helps may be employed either by the HSE or by voluntary organisations. They usually help with normal household tasks, although they may also help with personal care. If you get a home help, you may have to make a contribution towards the cost, but this practice varies greatly from area to area. Some local health offices also provide a limited home help respite service for carers. Currently, over 55,000 people living in the community benefit from a home help service on a weekly basis. Carers can find out more about this service from their local public health nurse or local health office. If you cannot access a public home help service, a number of private companies, including Home Instead Senior Care, offer this service.

Other HSE Supports Include
- Occupational therapy
- Chiropody
- Speech and language therapy
- Social workers
- Psychological services

For further information on Home Care Packages, contact your local health office or public health nurse.
Community Services

Medical Card & Drugs Payment

A Medical Card is a plastic card, about the size of a credit card, issued by the HSE. People who hold a Medical Card are entitled to a range of health services free of charge. Everyone aged 70 or over who applies for a medical card is subject to a means test. Normally, your total income is taken into account in the means test for the medical card. People aged 70 years or older with a gross income not exceeding €500 a week for a single person, or not exceeding €900 a week for a couple, are entitled to a Medical Card.

For more information or to apply for a Medical Card, LoCall 1890 252 919 or email clientregistration@hse.ie. Everyone aged 70 or over, who is resident in Ireland, will be eligible for free GP care, regardless of income. Register online at gpvisitcard.ie or LoCall 1890 452 919.

If You Have A Medical Card You Are Entitled to:

- **Doctor Visits** A range of family doctor or GP services from a chosen doctor contracted to the HSE in your local area;
- **Prescription Medicines** The supply of prescribed approved medicines, aids and appliances like wheelchairs, crutches etc. In some circumstances, a deposit may be required for aids and appliances which will be refunded on return of the aid or appliance. A €2.50 charge applies to all prescription medicines dispensed to medical card patients. From 1 January 2018, the prescription charge is €2.00 for each item that is dispensed to you under the medical card scheme, up to a maximum of €20 per month per person or family.
- **Certain Dental, Ophthalmic (Eye), and Aural (Ear) health services**;
- **Hospital Care** All in-patient services in public wards in public hospitals, including public consultant services;
- **Hospital Visits** All out-patient services in public hospitals, including public consultant services;
- **Medical and Midwifery Care for Mothers** Including health care related to pregnancy and the care of the child for six weeks after birth;
- **Some Personal and Social Care Services** For example, public health nursing, social work services and other community care services based on client need. The HSE is committed to ensuring that everyone who is eligible for a medical card receives one as quickly as possible and that those who are no longer eligible do not continue to hold cards. If you are not eligible for a medical card, you may be eligible for a GP Visit Card or the Long Term Illness Scheme.
Medication Management

Being informed about, and understanding how you can best manage, the medication you take is essential to maintaining your health. It is important that you remember and understand what your doctor tells you about any condition you may have and any medicine prescribed. During your visit, ask your doctor to write down any information about your diagnosis or your medication. It is also important that you tell your doctor and pharmacists about all the medicines you are taking, as some medicines affect the others. Your doctor will also need to know about any allergies or reactions to medicines you have experienced in the past. Under the Drugs Payment Scheme, an individual or family in Ireland only has to pay €134 each month for approved prescribed drugs, medicines and certain appliances for use by that person or his or her family in that month. The amount is determined from time to time by the Minister for Health and Children. If you have a GP Visit Card or do not have a Medical Card, you should apply for a Drugs Payment Scheme Card. For more information, visit your pharmacy or local health office.

Branded V Generic

- **Panadol**  Paracetamol, Paralief, Paratabs
- **Valium**  Diazepam
- **Lipitor**  Atorvastatin
- **Fosamax**  Alendronate
- **Crestor**  Rosuvastatin
- **Imodium**  Loperamide
- **Zestril**  Lisinopril, Lestace, Lisopress
Managing Medication

1 **Storage of Medication** Keep out of reach of small children and generally store in a cool dry place. Some medications have special storage requirements which your pharmacist will explain to you.

2 **Generics** Your pharmacist may issue a new ‘generic’ drug to you. For example, you may have been taking Lipitor (brand medication for blood pressure) but now your pharmacist gives you the generic version, Atorvastatin. These are the exact same drugs but with a different brand name.

3 **Side-Effects** If you are troubled by any side-effects of your medication, contact your pharmacist or doctor and they will help you manage the side-effects.

4 **Same Time** Take your medication at the same time each day. For example, take at 9am in the morning and 9pm at night for drugs that are taken twice daily.

5 **Antibiotics** Complete your course of antibiotics, even if you are feeling better before the course is complete.

6 **Organise Medicine** If you need help, ask your pharmacist to organise your medication using a suitable system such as a blister pack (remember, some pharmacies need at least two days’ notice to prepare this).

7 **Hospital Medicine** If you are admitted to hospital, remember to take your medication along with you so the hospital knows exactly what medication you are on. An easy way to do this is to ask your pharmacist to order a patient information pack (PIP) €2). Your pharmacist will fill out your medication details on your PIP and you can then safely store this in your fridge in case of emergency. ‘Message in a Bottle’ is an emergency information scheme that includes a Personal Information Form (PIF) containing accurate relevant medical and other information relating to the Bottle recipient. The PIF simply directs the emergency services to information stored in a plastic bottle which is kept in the fridge. Vulnerable people or those with a medical condition can enter their details on the form which is inside the bottle. It will also include a photograph, health details, emergency contact, and doctor, where there are pets that need looking after, and much more that will assist the emergency services. The emergency services, HSE ambulance teams, fire brigade, and the Gardai support the initiative. Bottles can be collected from your local Citizen Information Service, public library, and/or local pharmacy.

8 **Over-the-Counter and Herbal Medicine** Always check with your pharmacist before taking non-prescription or herbal medicines alongside your prescribed medicines.

*If in doubt: Contact your pharmacist or doctor if you have any questions about the medication you are taking.*
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Housing Support

**Housing Aid for Older Persons Scheme**

The Housing Aid for Older Persons Scheme is for improving the living conditions of older people by carrying out minor repairs to the main areas of an older person’s home. In general, it is aimed at people who are 66 years of age and older. However, in cases of genuine hardship, the local authority may assist people under age 66. The type of work that will be grant-aided includes structural repairs or improvements, re-wiring, repair or replacement of windows and doors, and the provision of water, sanitary services, heating, cleaning and painting. The maximum grant available under the Housing Aid for Older People Scheme is €8,000, which may cover 95% of the approved cost of works. This maximum grant of 95% is available to people with annual household incomes of less than €30,000, tapering to 30% for those with annual household incomes of €50,001 to €60,000. Contact the Housing Section of your local authority for more information about the eligibility rules in your area, which may differ from those in other local authority areas.

**Mobility Aids Grant Scheme**

The Mobility Aids Grant Scheme provides grants for works designed to address mobility problems in the home, such as the purchase and installation of grab-rails, a level access shower, access ramps or a stair-lift. It is primarily for older people, but people with a disability can also access the scheme. The grant is available to people with a maximum household income less than €30,000. The maximum grant available is €6,000 and may cover 100% of the cost of the work. Contact your local authority for more information.

**Housing Adaptation Grant**

A housing adaptation grant is available where changes need to be made to a home to make it suitable for a person with a physical, sensory or intellectual disability, or mental health difficulty, to live in. The grant can help you to make changes and adaptations to your home, for example, making it wheelchair-accessible, extending it to create more space, adding a ground-floor bathroom or toilet, or a stair-lift. In some cases, the provision of heating can be included, but only under certain conditions. Priority will be given to people on medical grounds. If your household income is less than €30,000 you may qualify for 95% of the cost of the works (up to the maximum grant amount of €30,000). The proportion of the costs to be grant-aided will be tapered from 95% down to 30%, depending on your income. Contact the Housing Department of your local authority for further information and an application form.
Social Housing Options

Local Authority Housing
Some local authorities provide special accommodation for older people, usually community accommodation with special security features such as wardens and security cameras. Each local authority allocates housing in accordance with its own housing allocation scheme (formerly known as schemes of letting priorities). Age limits for older people’s accommodation can vary from one local authority’s housing allocation scheme to another.

Voluntary Housing
Voluntary housing organisations provide housing in a similar way to local authorities. They provide two types of housing for older people: group schemes and sheltered housing. They have some discretion about whom they house, but most of their housing is assigned in consultation with the local authority. Tenants in sheltered housing pay rent and may qualify for rent supplement. Rent Supplement is paid to people living in private rented accommodation who cannot provide for the cost of their accommodation from their own resources. The amount of Rent Supplement you get will be calculated to ensure that your income after paying rent does not fall below a minimum level.

Seniors Alert Scheme
The Seniors Alert Scheme provides grant support for the supply of equipment to enable older people without sufficient means to continue to live securely in their homes. The grant scheme is run by Pobal and the grant assistance is made available through community and voluntary groups registered with Pobal. To be eligible you must be: aged 65 or over and of limited means or resources; living alone or with someone who also meets the eligibility criteria; living in the area covered by the community group; administering the grant support; able to benefit from the equipment being supplied; willing to maintain contact with the community group.

Contact the Seniors Alert Scheme in Pobal on (01) 511 7000 or email onlinesupport@pobal.ie for further information.
Community Services

Household Management & Security

Recent winters in Ireland have been severe, with flooding, snow, ice and freezing temperatures lasting for several weeks. Here are some tips to help you get through the winter safely.

- **Listen** to the weather forecasts.
- **Stay Indoors** if possible when the weather is bad.
- **Be Extra Careful** if you must walk on icy paths or roads
- **Buy Salt** to put on the footpaths near your home. Salt helps to melt ice.
- **Keep in Contact** with your friends, family and neighbours.
- Before winter sets in, **get your boiler and pipes checked** by a qualified plumber and keep their phone number handy in case of heating or plumbing problems. If you use natural gas, always use a Registered Gas Installer.
- **Try to Keep Some Money for Extra Fuel**. Or, if you feel you won’t have enough money for heating, contact the Money Advice and Budgeting Service (MABS), which can help you plan a budget.
- **Buy Extra Groceries** when you do your weekly shopping in case you can’t get back to the shop for a while because of bad weather.
- **Keep a Torch Beside your Bed** and in your living room in case of power cuts. Check the batteries regularly.
- Phone **ESB Networks 1850 372 999** to see when your electricity will be restored.
- Phone **Bord Gais Networks on 1850 200 694** to see when your natural gas may be restored.

More useful information is available at [www.winterready.ie](http://www.winterready.ie)

Bogus Callers

300,000 bogus caller cards are available from An Garda Síochána and Home Instead Senior Care. An Garda Síochána are advising that cards be used in the following manner if nervous about an unknown caller: look out the window, have a viewer fitted which can help you plan a budget.

- Please leave your business card or contact details
- I will contact you if I require your service

An anxious, contact your local Garda station.
### Difficulty Paying Fuel Bills

If you are finding it hard to pay your fuel bills, contact your gas or electricity supplier straight away. All suppliers offer different ways to pay. You should be able to agree a payment plan that you can afford with your supplier. It is also worth remembering that your gas or electricity will not be turned off between November and March for non-payment of bills if you are: registered on the industry Special Services Register; aged 66 years or over; living alone or with another elderly person; living with a child under the age of 18. To find out if you are eligible for the register, please contact your electricity or gas supplier directly. Your electricity supply will also not be cut off if you are on the register or you rely on kidney dialysis or oxygen machines at home. If there is an unexpected power failure in the network, your electricity supplier will make restoring your electricity a priority.

### Better Energy Warmer Homes Scheme

If you can’t afford to keep your home warm and comfortable or to pay your fuel and electricity bills, you may be eligible for the Better Energy Warmer Homes scheme. Through this scheme, a range of energy-saving measures may be installed in your home, at no cost to you. These measures include: draught-proofing; attic insulation; lagging jackets for hot water tanks; low energy light bulbs; and cavity wall insulation. Energy advice is also provided as part of this service. You may be eligible for the scheme if: you own your own home; your home was built before 2002; and you get fuel allowance (part of the National Fuel Scheme). The Better Energy Warmer Homes scheme is run by the Sustainable Energy Authority of Ireland (SEAI) and delivered through community organisations and private contractors appointed by SEAI. Please note that the energy measures listed above and the eligibility criteria for the scheme may change.

### Prepayment and Pay-as-you-go Meters

If you are having difficulty managing your energy bills, your electricity or natural gas supplier may be able to install a prepayment or pay-as-you-go meter in your home. These meters let you pay for small amounts of energy before using it. You simply buy credit from a selection of newsagents nationwide and put it into the meter, a bit like the way you might buy credit for a pay-as-you-go mobile phone. This system can help you to manage your energy budget, avoid a larger energy bill every two months, and avoid building up debt. However, while a prepayment meter can help you to budget for your electricity or gas needs, you should check whether it is suitable for you. If you are eligible for the Special Services Register (which protects from disconnection), it is better to stay on that register and pay your bill in the normal way.
First Ireland can provide you with impartial advice on:

- Your Pension Planning Needs
- Keyperson/Shareholder Protection for Death or Serious Illness
- Protecting Your Income Against Accident and/or Illness
- Life Assurance Protection

First Ireland House, 15 Parkgate Street, Dublin 8
Tel: 01-882 0848
www.firstireland.ie

First Ireland Risk Management Ltd, trading as First Ireland, is regulated by the Central Bank of Ireland.
First Ireland House, 15 Parkgate Street, Dublin 8, D08W866
Tel: 01 882 0800
Company registration number: 292725.
Training

Further Education for Senior Citizens
There are a range of full-time and part-time courses available to Ireland’s senior citizens.

- **The Further Education & Training Course Hub** (www.fetchcourses.ie) is a valuable source of information for those who wish to pursue a course of training or education on a variety of subjects. All of the courses are open to elderly people, and the community education courses are particularly popular with retired citizens, especially those that focus on the use of mobile and new and emerging communications technologies.

- **The Back to Education Initiative** provides part-time further education programmes for young people and adults. It aims to give participants an opportunity to combine a return to learning with family, work and other responsibilities. Programmes are offered in partnership with a number of agencies throughout the country on a flexible part-time basis. Classes are offered throughout the year in the morning, afternoons, evenings or weekends. Courses lead to a range of accreditation at levels 1-6 on the NFQ.

- **NFQ Adult Literacy** programmes are provided to people inside and outside of the labour force who want to improve their communication skills in the areas of reading, writing, and numeracy, as well as information technology. Programmes are typically delivered for 2-4 hours per week during the academic year.

- **Part-time Evening Courses** of typically 30 hours duration over 10 weeks provide short up-skilling modules for both unemployed and employed persons. Examples of courses include
Welding TIG, Interior Design, ECDL, CAD, Door Security, Supervisory Management, and Start Your Own Business. Courses generally lead to accreditation at levels 4-6 on the NFQ or certification from a recognised industry accrediting body.

- **Aontas** advocates and lobbies for the development of a quality service for adult learners, promotes the value and benefits of adult learning, and builds organisational capacity. Membership is open to all organisations, groups and individuals interested in the promotion or advancement of adult education.

- **Community Education** is adult learning which takes place in local community settings across Ireland. It is learner-centred and responds to the needs of the local community. The Community Education Network (CEN) was established by Aontas in 2007. It is a network of over 100 independently-managed community education providers who work collaboratively, sharing information and resources, engaging in professional development, and working to ensure that community education is valued and resourced.

### Community Education Courses

A wide range of courses are available via community education, including courses leading to accreditation from Level 3-8 on the NFQ, informal and non-formal courses which are not accredited, short introductory courses and full-time year-long programmes. Community education is delivered all over Ireland by a range of providers, including independently managed not for profit groups and statutory organisations. It takes place in a wide variety of community projects, resource centres, and voluntary organisations.

### Community Education Facilitators

Work within the Education and Training Boards (ETBs) to give support to local community groups. This includes giving technical/administrative help, supporting the development, maintenance and co-ordination of community education groups, and strengthening links between the formal and non-formal education sectors. They assist and support the development of new community-based educational initiatives. The Community education services operate within the ETBs and give support services to community groups who are interested in community education. Since 1 July 2013, ETBs replaced Vocational Educational Committees (VECs). All services provided by VECs continue to be provided by ETBs.
• Befriending Service
• Friendly call
• Weekly social events

www.friendsoftheelderly.ie

25 Bolton Street Dublin 1 Ireland
Phone: +353 (0) 1 873 1855
Email: info@friendsoftheelderly.ie

Friends of the Elderly Ireland

CARING FOR THE OLDER PERSON

Care Centre & Nursing Home
Mount Tabor, Sandymount

Sheltered Housing
Margaretholme, Sandymount & Ailt an Óir, Glenageary

Mount Tabor,
Sandymount Green,
Dublin 4
D04 YT68

T 353 (1) 2605772
F 353 (1) 2605786
E info@DublinCentralMission.ie
W www.DublinCentralMission.ie
Training for Carers

Education and skills training is vital to ensure that those caring for the nation’s senior citizens have the necessary knowledge and skills to execute the many and varied tasks that may be required. There are a number of organisations in the market that can provide carers with the physical skills and expert knowledge that they need to perform their carer duties in a competent and compassionate manner.

Senior citizens can sometimes have complex care needs that require the application of proper manual handling techniques. Healthcare workers and carers face many physical demands, particularly in relation to lifting, when caring for elderly people, so lifting and handling techniques have to be implemented in ways that ensure the safety of the client and the worker. Manual handling programmes are designed to train participants in how to handle and move patients with the use of certain equipment. There are a number of providers in the market who provide people and patient handling training courses that are suitable for healthcare professionals, and for carers who work in the home and community. WD Training, Medicore Medical Services, Guardian Safety, NAS Training Centre, Healthcare Training Solutions, Safety Ireland First Response, SafeHands, Safetech Consulting and Training, Western Management Centre, Fit for Life, Healthcare Ireland, SilverFern First Aid and Safety Training, Safe Aid, Safecon, Safety Services Direct and Premium Health are just some of the providers of people/patient moving and manual handling training for carers. The courses provided will generally cover current legislation, the muscular skeletal system, the biomechanics and mechanism of injury, ergonomics and risk assessment, flexibility, the basic principles of lifting, patient moving and handling, and the use of hoists.

While many training organisations tend to specialise in the provision of people/patient moving and handling, some offer a broader portfolio of training programmes, covering areas of elderly care and support that range from medication management and diet and nutritional support, to mental health crisis training and personal care. Organisations such as Healthcare Ireland, Safe Aid and Premium Health offer training in other areas, including dementia care workshops, infection prevention and control courses, bowel management, diabetes management, programmes on managing challenging behaviours, and oral health and hygiene, as well as very practical training supports such as wound care management, PEG feed training, dysphagia handling, epilepsy control, cardiac first response, heart saver CPR, emergency first aid training, catheter care, training in how to handle CPAP and sleep apnoea, and food safety awareness.
Transport

HSE Services
Transport services are provided by the Health Service Executive (HSE) on a varying basis throughout the country. These services include access to day hospitals and day centres and access to outpatient departments and other hospital services. For more detailed information on routes and schedules for your area, please contact your public health nurse.

Independent Transport Operators
- Accessible Community Transport
  or ACTS provides door-to-door accessible transport for people with disabilities and mobility difficulties across south and west Dublin. All ACTS vehicles are specially adapted with an Innotrax flooring system, Ricon lifts at the rear, and have the capacity for up to three wheelchairs. ACTS offers a seven-day service, starting from 7am and running until 10pm, with minibuses operating locally in areas from Dun Laoghaire to Tallaght/Clondalkin, from Monday to Friday, and up to three accessible buses available for booking in the evenings and weekends. An after hours service is also available upon request.

- Vantastic is a not-for-profit Irish charity that offers accessible and affordable transport services to people with disabilities, citizens (65+) with mobility impairments, and not-for-profit groups. Vantastic is based in the Dublin area and supported by the Department of Social Protection and Pobal.

- Clare Accessible Transport (CAT)
  Operating 24 routes per week with four low floor buses, Clare Accessible Transport (CAT) partially covers the geographic area of north and west Clare, along with routes in south Galway and Gort. Routes are flexible in an attempt to enable more people to access the service. CAT is funded through the Department of Transport Rural Transport Initiative administered by Pobal.
Age-Friendly Education

In 2012, DCU established the concept, Ten Principles for an Age-Friendly University and became the world's first age-friendly university which has grown to a global network of age friendly universities, comprising universities from around the world.

For DCU's Age Friendly Coordinator, Christine O’Kelly, the core message is that DCU is committed to promoting an inclusive approach to healthy, active, creative ageing while challenging ageism in all its forms. Through research, there is a focus on innovation to address issues which affect older adults but DCU also offer learning, social and cultural opportunities.

“Our vision is to be recognised internationally as leaders of age-friendly initiatives in education, research and innovation that, in turn, will promote a greater, more connected and productive quality of life for older adults.”

This is demonstrated by the range of opportunities and activities in DCU.

There are opportunities to attend courses from a large range of subjects without the need for prior qualifications. In addition, their Love of Learning courses designed for people interested in sampling quality third-level customised courses for the sheer pleasure of learning and keeping their minds active, without having to produce essays or take exams. Under this programme DCU also offer free computer classes delivered by DCU students on the All Hallows campus.

One DCU participant said: “When I retired, I found that I needed to do something to be active again in some way. I came to the University when I was 70 years of age and I found it was a great outlet for me. I made new friends and learned new things. I didn’t think I would be able for it as I left school at 14 and went straight to work – it’s been a new lease of life”

Courses are modestly priced and they also have a social dimension. Many participants have commented on the benefits of opening their minds and the unexpected bonus of entering into new friendships. It is not unusual to see older participants integrating with traditional DCU students, meeting for coffee and taking part in other opportunities that DCU has to offer.

DCU is developing a new programme, Pathways Through Retirement, which will be launched in mid Spring 2018 for those who wish to embark on a new phase of life in retirement. This programme is a structured platform for self-development.

The MedEX Programme continues to grow with over 600 older people per-week attending a customised, medically supervised exercise programme, addressing a range of issues from diabetes, cancer, cardiac care, mobility and COPD. They have recently launched a new programme, Movement to Music, a 12 week dance class for individuals with parkinson’s.

DCU also have a Love of Lifelong Learning Association, which is run and organised in partnership with the AFU coordinator and older participants in the DCU programme. In addition to workshops, social and cultural opportunities, participants also receive a newsletter each semester.

Interested in hearing more?
Call today!
Christine O’Kelly
AFU Coordinator DCU
01 700 8933
Christine.okelly@dcu.ie
www.dcu.ie/agefriendly
A full Price List for our products/services is available on our website:

www.ableplus.ie

Tel: 01-8390262 | 0878079993 (Kevin)
Email: Kevin@ableplus.ie | Email: info@ableplus.ie

Write Gorta-Self Help Africa into your will and

LEAVE A LASTING LEGACY

See selfhelpafrica.org/ie/legacy
or call Louise on 01 6778880
Lifestyle
Activities & Education

Looking After Yourself

While quitting the hustle and bustle of work for a retired life of lounging around with a TV remote may seem enticing, research shows that a passive lifestyle is increasingly seen by researchers as a high risk factor for Alzheimer’s - a still incurable disease of the brain that causes the progressive degeneration of brain cells. Mental decline as you age appears to be largely due to altered connections among brain cells. But research has found that keeping the brain active in retirement seems to increase its vitality and may build its reserves of brain cells and connections. Major risk factors for Alzheimer’s are obesity, smoking, alcohol, and physical inactivity. You don’t have to turn your life upside down or make extreme changes to achieve many of these benefits. Start with something small, like a daily walk. After a while, add another small change.

Combatting Ageism

If you live to retirement age, the chances are that you will live another 16 to 20 years (OECD, 2015), and maybe longer, so there is a good chance that you will be at the receiving end of ageism! According to the findings of the Atlantic Philanthropies Ark Survey 2011, ageism is the most common form of workplace discrimination occurring in Northern Ireland and the Republic of Ireland. Research has found that one in five people experience some form of age-based discrimination in the workplace. But ageism is not confined to employment. Ageism affects older adults throughout Irish society in a number of ways, including: health and social care, where they can encounter age-based limitations on health care and other benefits; employment, where they can encounter a prejudicial retirement age; financial services, where they can encounter limitations on their access to insurance; volunteering and lifelong learning, where they can encounter limitations on their access to opportunities; and education and training, where they can encounter limitations on loans for higher education.

AgeWise

AgeWise is a half-day workshop aimed at anyone providing services to older people or those formulating policy for older people. It is run by Age & Opportunity and challenges negative stereotypes about ageing and older people. The workshop aims to raise ageism awareness among participants, demonstrate the personal, cultural and structural effects of ageism, and encourage participants to reflect on how ageism can be countered in their community/workplace.

Tips

- Keep your brain active every day
- Stay curious and involved - commit to lifelong learning
- Read, write, work crosswords or other puzzles
- Attend lectures and plays
- Enrol in courses
- Play games such as Bridge
- Stay physically active
- Try memory exercises.
AgeWise is delivered as a group workshop, is dynamic and interactive, and aims to challenge our thinking about ageing and the way we view older people. Age & Opportunity has delivered AgeWise to groups in a variety of settings, including companies, local authorities, healthcare settings, nursing homes, and to public servants.

Duration: Half day (2 ½ hours) Cost: €750.
Location: The Age & Opportunity team will deliver the workshop in your workplace setting.

To find out more or to book a workshop for your team, please contact Fiona Holohan on (01) 8057798, at fiona.holohan@ageandopportunity.ie, or visit www.ageandopportunity.ie
Technology

How to Use a Computer

Embracing technology will not only help you access valuable information but it will help you to keep in touch with family members and loved ones who live far away. A lot of older people have an initial fear of using a computer and are surprised at how easy it can be to develop basic computer skills once they get started. Organisations such as Age Action are aware of the risk that older people face of being excluded from technology, which is why the charity runs the Getting Started programme, which provides one-to-one training on computers, the internet and mobile phones to people over the age of 55. Courses are run in local venues such as libraries, community centres, family resource centres, corporate offices, school and housing complexes for older people, and all tutors are trained volunteers. Age Action has designed training material suitable for older people and learners receive lots of support and encouragement along the way. Its training guide, ‘Simple Steps to Success: A Guide to Using Computers,’ provides very basic, practical guidance for people who are new to computers and the internet. They also have guides to using tablets, computers and smartphones, and all the training materials are available free on their website. The volunteer tutors are people of all ages, from all walks of life, who want to share their skills with older people. Volunteers teach people the basics, such as how to search the internet, how to set up an email account, and how to send and receive emails. Computer courses run once a week for up to two hours for four to five weeks. The maximum charge for the course is €20.

Benefits of Computer Use

- Internet access and free applications such as Skype, Gmail and Facebook help you to keep in touch with family and friends.
- Search engines such as Google and Yahoo provide you with information on almost any topic.
- Online shopping allows you to purchase items from the comfort of your own home.
- Payment of household bills in a timely and convenient manner.
- Heightened confidence as a result of learning new skills.

If you would like more information on the Getting Started programme, or would like to get involved as a volunteer, please contact one of the following: Age Action (01) 475 6989; Age Action South (021) 453 6554; Age Action West (091) 527 831, visit www.ageaction.ie or email gettingstarted@ageaction.ie
Get Your Folks Online

If your parents or older folks you know still haven’t got to grips with the internet, they are really missing out. That’s why Google and Age Action have teamed up to create free bite-size courses that you can take them through, step-by-step. There is everything from how to use a mouse, right up to trickier things like making Skype calls or searching for shows on the RTÉ Player. And before you know it, they’ll be up and running and chuffed that you took the time to share your know-how. Go on, give it a go! Sample lessons include using email, shopping online, video, TV and radio. If you’re ready to start teaching your older loved ones how to browse the web, visit www.getyourfolksonline.ie, browse the different courses available, and select the one that’s right for them.

Online Resources for Family Carers

- **CareAlliance.ie** - The website for the National Network of Voluntary Organisations supporting family carers. The alliance supports member organisations in their direct work with family carers through the provision of information, developing research and policy, sharing resources, and instigating opportunities for collaboration.

- **CaregiverStress.com** - A website dedicated to helping family carers support ageing loved ones through helpful resources, while also helping carers deal with stress as a result of the caregiving journey. You’ll find training and resources on managing conditions such as dementia and Alzheimer’s disease, and arthritis, as well as helpful tips and advice on senior housing, safety, nutrition, financial issues, and end-of-life planning.

- **HomELnInstead.ie** – The home care provider has published valuable guidebooks and resources for family carers to help them with a range of senior care issues, including communicating with loved ones, and senior care options.

- **SeniorCare.ie** – This is Ireland’s one-stop shop for senior care information and support. Their blog provides information on a range of topics, including care giving, communication, elder abuse, and entitlements for older people. They also provide the latest information from the senior care industry in Ireland.
Independence & peace of mind

You are eligible to apply for a monitored alarm through the Seniors Alert Scheme if you are:
• Aged 65 years or over
• Living alone or living with another person who meets the eligibility criteria

How much does it cost? It’s free. The equipment is funded by the Department of Housing, Planning, Community & Local Government and administered by Pobal. However, there is a fee for monitoring the alarm which you may be asked to pay – your local group can advise you.

Each person in the household who is eligible will receive their own pendant and only one monitoring fee will apply.

Apply now - simply complete this form and send it to the address below.

Name ________________________________
Address ______________________________
_____________________________________
Landline Number ______________________
Mobile Phone Number __________________
Email address _________________________
Useful Apps for Family Carers

Daily Companion App
A free app created by Home Instead Senior Care to help family carers cope with difficult dementia care situations. It is a pocket guide to dementia care, providing access to quick, helpful tips from experts and other caregivers.

Hello Brain
This innovative app brings together the latest information on brain health, together with the latest brain research, in an easy-to-understand format that encourages people to be more proactive about their brain health. You will learn practical tips on how to keep your brain healthy using a range of entertaining videos and online resources. It is available for smartphone (iPhone and Android), as well as iPad.

Jointly App
Developed by Carers UK, this app helps carers communicate and coordinate tasks and share updates among family members and others involved in an individual’s care. Jointly is free to download. You can then buy a ‘circle of care’ and invite others to join and share information, such as to-do lists, a calendar, and details of current and previous medications.

Skype
An online application that lets you stay in touch with friends and family. Skype lets you make free calls to other Skype users. If you are in a long-distance caregiving situation, Skype will help you save on expensive long distance charges to landlines and mobiles. All you need is a computer, smartphone or tablet and, of course, an internet connection, and you are ready to go.

WebMD
This app is a mobile extension of WebMD.com. Family carers can search for information on medications that their loved one is using with the Pill ID function. There is also a symptom checker and a section that allows you to research different medical conditions.
You can help create a brighter future for Ireland’s sickest children.

By leaving a gift in your will to CMRF Crumlin.

By leaving a legacy in your will to CMRF Crumlin, you can help ensure sick children receive the best care, and access to the latest treatments and potential cures.

You will be supporting Our Lady’s Children’s Hospital, Crumlin and the National Children’s Research Centre. But more importantly, you will be helping to save and improve the lives of children for generations to come.

When writing your will, your family and loved ones come first. But perhaps you would also consider leaving a lasting legacy to CMRF Crumlin that will provide life-saving treatment to children in the future.

For further information call Siobhan on 01 709 1700 or email hello@cmrf.org

Every sick child deserves every chance.
www.cmrf.org

Charity Number: CHY4483A
Socialising

Cultural Companions

Many of us would probably go to a lot more plays, films, shows, concerts, exhibitions or other events if we had someone to go with. That is where the Cultural Companions Programme, run by Age & Opportunity, comes in. The programme creates local networks of people interested in arts and culture that will accompany each other to events. It is about like-minded people meeting up regularly to go out together, either with one other person or as part of a small group. In this way, it provides increased opportunities for older people to engage with Ireland’s vibrant cultural and arts scene. Some of us are more independent, but many of us need someone to go to these events with.

Many long established members of the Cultural Companions Programme take part in the Meet and Greet for Cultural Companions initiative, which involves coordinating activities on a specific day out and looking out for new people who are attending for the first time. As well as the cultural element, many members of the group also go for coffee and a chat afterwards, which is when people really get to know each other and friendships are formed. Many members of the programme arrange to meet up with each other again. Age & Opportunity’s objective in running the Cultural Companions Programme is to help senior citizens to become independent and to remain positive. In addition to meeting new people and forming friendships, many who join the Cultural Companions Programme discover activities and events that they wouldn’t otherwise have heard about.

Cultural Companions is part of the Arts & Culture programme run by Age & Opportunity. If this sounds like something you might like to join in with, contact 01 805 7713 for more information, or email info@ageandopportunity.ie
**Travel**

The free travel scheme is available to all people over the age of 66 living permanently in Ireland. But where can you get your free travel pass? And what other opportunities for travel and getaways are there for senior citizens?

**Free Travel Pass**
Everyone aged 66 and over and living permanently in Ireland is entitled to the free travel scheme. If you qualify for free travel, you are issued with a card that you must carry with you when using public transport. Your card should have the letters ‘FT - P’ or ‘FT - C’ on the top left-hand side. These letters indicate if you can avail of free travel with a companion (C) or not (P). In cases where the user has a Free Travel Companion Card, they are allowed a companion of over 16 years to travel free with them on their journey. Free travel passes are non-transferable and can only be used by the named person. If you are in possession of a new Public Services Card, remember to touch on and touch off when embarking and disembarking on LUAS services. Please note that passes are issued by the Department of Social Protection, not the transport provider.

**Getting Around**

- **Iarnrod Eireann** To avail of your free travel pass on train journeys, you must present your travel pass at ticket kiosks for all services except for the DART. You must also have your pass with you for the duration of your journey.

- **Bus Eireann** The free travel pass is available on all Bus Eireann buses, and in some cases a companion pass may be issued. The holder of the free travel pass must have it in their possession for the duration of their journey. The free travel pass does not apply for Sightseeing Day Tours, Nightrider or special bus services, or for organised group travel on any service.

- **Dublin Bus** Dublin Bus services accept the free travel pass on all regular daytime routes. It is not accepted on Airlink, Nitelink, Tours, special events or other non regular services. You must present your travel pass to the bus driver at the beginning of your journey as he is obligated to check it before the bus takes off.

- **Luas** On Luas services, remember to touch on and touch off your Public Services Card before and after your journey.

1. **Touch On** at the validator at the stop and get on the Luas tram. You will hear a positive beep and a message will display on the validator when you touch on successfully.
Getaways

Irish Hotels Federation
The Irish Hotels Federation have numerous getaway deals for senior citizens in venues across the country. Their ‘Golden Breaks’ are specifically aimed at senior citizens, with six new offers every few weeks. Offers start from as low as €79 and can include anything from bed & breakfast to spa packages and tours.

Phone 1890 876769
Website www.irelandhotels.com/goldenbreaks

Golden Ireland
If you are looking for tailor made trips and tours for your over 55s group, then look no further than Golden Ireland. They offer coach hire, train booking, entertainment and accommodation packages for groups of a minimum of 12 people. You just decide the region that you want to go and a general set of dates for your trip and they do the rest!

Phone (064) 663 6765.
Website www.goldenireland.ie

2 Produce your Public Services Card with free travel for inspection if requested.

3 Get off the Luas tram and touch off at the validator at the stop. You will hear a positive beep and a message will display on the validator when you touch off successfully. A validated card is much quicker and easier to inspect so you’ll save yourself a lot of time and hassle.
Volunteering

Retirement is a great time to pursue activities and initiatives that you may have previously put off. There are numerous groups and organisations dedicated to supporting retired people in their pursuit of new hobbies, activities and education. Here are just a few.

Active Retirement Ireland is a voluntary organisation for senior citizens, dedicated to fulfilling the interests and needs of older people in Ireland.
Phone (01) 873 3836
Email info@activeirl.ie
Address 124 The Capel Building, Mary’s Abbey, Dublin 7

Age Action Ireland motivates and empowers older people to act on behalf of themselves.
Phone (01) 475 6989
Email info@ageaction.ie
Address 30/31 Lower Camden Street, Dublin 2

Age & Opportunity works to promote the participation of senior people in a range of different areas, including culture, the arts, physical activity and sport, education and engagement, and campaigning for age equality.

Phone (01) 805 7709
Email info@ageandopportunity.ie
Address Marino Institute of Education, Griffith Avenue, Dublin 9

Age Friendly Ireland actively promotes partnerships and collaborations. The Age Friendly Cities and Counties Programme is run by effective city and county-based Alliances, involving senior decision-makers from public, commercial and not-for-profit organisations. Age Friendly Ireland assists Alliances aim to streamline the work of all key players at local level, putting the views, interests and needs of older people at their core. Through an Older People’s Council in each participating local authority area older people exercise a strong, guiding influence on age-friendly local development.
Phone (01) 222 6266
Email info@agefriendlyireland.ie
Address Meath County Council, Kells Civic Offices, Headfort Place, Kells, Co. Meath

ALONE is a registered charity in Ireland that supports vulnerable older people, providing temporary or permanent housing and combating isolation and loneliness in society.
Phone (01) 679 1032
Email hello@alone.ie
Address Olympic House, Pleasants Street, Dublin 8

Care Alliance Ireland is an umbrella group that represents family carers’ and organisations.
Phone (01) 874 7776
Email info@carealliance.ie
Address Coleraine House, Coleraine Street, Dublin 7
Support

Friends of the Elderly is an Irish charity that brings friendship and social opportunities to the elderly. Volunteers visit elderly people in their homes in the Greater Dublin area.

**Phone** (01) 873 1855
**Email** info@friendsoftheelderly.ie
**Address** 25 Bolton Street, Dublin 1

Get Active set up activity-based groups and include active retirement associations, sports, arts and culture groups. These groups have a large social aspect, and often take part in further education and training.

**Phone** 1850 241850
**Email** info@getirelandactive.ie

Irish Senior Citizens’ Parliament or the ISCP is a representative organisation of older people in Ireland. It is a non-partisan political organisation working to promote the views of older people in policy development and decision-making. It is run by older volunteers who are elected annually at the Annual Parliament Meeting by delegates from affiliated organisations.

**Phone** (01) 856 1243
**Email** seniors@iol.ie
**Address** 90 Fairview Strand, Dublin 3

National Federation of Pensioners’ Associations represents pensioners from the public service and semi-state bodies and from private industry. You can contact the National Federation of Pensioners’ Associations by getting in touch with Michael Casey, Secretary, NFPA, who is based in Gaybrook, Mullingar, Co Westmeath.

**Phone** (044) 934 1549
**Email** casey_mi@eircom.net
**Address** UNITE House, 55 / 56 Middle Abbey St, Dublin 1

Retirement Planning Council of Ireland or RPCI develops and organises preparation for retirement and life changing courses, helping people to become aware of the pros and cons of retirement.

**Phone** (01) 478 9471
**Email** information@rpc.ie
**Address** First Floor, 14-15 Lower Camden Street, Dublin 2

Senior Line is a confidential listening service run by older people for isolated or lonely older people for the price of a local call anywhere in Ireland. The lines are open everyday from 10am to 10pm.

**Phone** (046) 955 8237
Welfare lies at the heart of our work

The Irish Blue Cross animal welfare charity was founded in 1945 to prevent the live exportation of Irish horses to the continent for slaughter. The group realised that the plight of Dublin’s sick dogs and cats desperately needed to be addressed and the first Irish Blue Cross mobile clinic hit Dublin’s streets in 1953.

In 2009, the charity’s small animal clinic was established with state of the art facilities at its base in Inchicore, Dublin 8. The opening of that clinic, complemented by the mobile clinics, has made an immeasurable difference to so many communities across Dublin and without the support of the charity, many families would struggle with providing necessary care and assistance for their pets. In 72 years, well over half a million family pets have been treated and the demand for affordable veterinary care continues to grow.

Today, the mobile clinic services have expanded to ten locations each week-day evening, in locations such as Cabra, Tallaght, Blanchardstown, Crumlin, Ballyfermot, Ballybrack, Smithfield, Walkinstown, Finglas and Donnybrook. Where pets require more comprehensive examinations and treatments, they are referred to the Inchicore clinic.

A practical and caring approach is at the heart of the charity’s clinical work and its veterinary team provide information and support. There is a particular focus on preventative health measures such as regular health-checks, vaccinations and micro-chipping. Through the charity, pet owners can ensure that their treasured pets are microchipped for as little as €10. Should the animal stray from home, once found, they can be easily scanned by any veterinary practice or rescue centre and be returned to their family.

The Irish Blue Cross also enforces a neutering policy which is not only important for reducing the number of healthy dogs and cats destroyed in Ireland each year - it also provides many health benefits for pets. They offer low cost neutering, with generously reduced costs ranging from €30 to €130, depending on the size of the animal.

Pets need our help. So we need yours too.
All donations towards The Irish Blue Cross’ on-going work are always welcome.
To find out how you can support, call 01-4163032 or email alison.kelly@bluecross.ie
Handy Hacks for Seniors

For seniors and the elderly, everyday tasks in and around the home can become more difficult with age. Yet, simple household items used in creative new ways could be the answer to staying in the home for as long as possible.

**Paint a dot on the end of the key** to distinguish between them. Then paint a corresponding coloured dot on the lock that matches that key.

You can improve your grip on utensils by **taking the foam from hair rollers and wrapping it around the utensil**, making the handle thicker and less prone to slipping.

If your ability to grip objects like cups or glasses has deteriorated, the problem can be fixed by placing a number of **rubber bands** around the object making it less likely to slide from your grasp. A rubber band can also be useful if you don’t have the strength to grip and turn door handles. Tie the band around the door handle, cross the band over the lock of the door and wrap it around the opposite door handle. The band will keep the lock inside the door, meaning the door can close but will not be secured in the door frame, making it easy to open.

If you have a smartphone, **set up calendar reminders so that you never forget to take your medicine**. If you have trouble hearing your alarm, even though it’s as loud as the device will allow, set the alarm on your phone and put the phone into a pint glass. It will immediately enhance any sound that comes from the phone.

If you’re worried about tripping over some loose rugs, you can secure these down with some easy-to-use **double-sided tape**. You can also use **brightly coloured tape** on the edges of sharp corners or stairs to make them easier to notice.

If you want to keep track of your water intake, mark the side of an ordinary water bottle by hours so that you can keep track of how much you should be drinking.
Put your belt in your trousers before you put them on. In older age your fingers may not be as nimble as in the past, meaning zippers can be a tricky task. However, you can make zippers more prominent and easier to grasp by attaching a generic key ring to them.

Try taking the danger out of cutting vegetables by using a pair of scissors or even a pizza cutter on your fresh produce or buy prepared foods such as pre-chopped onions, minced garlic and frozen vegetables and fruit that you can just pop into the saucepan.

Sometimes it can be difficult for those with mobility issues to find products in low cupboards that require you to bend. Pop a hanging shoe rack over the back of the kitchen/utility room door and keep your cleaning supplies in the pockets.

If you find it difficult to remember the contact information of your loved ones, create note cards with their information and set them by the phone. The cards can contain, name, picture, phone number and your relationship to them. This can be useful in the case of an emergency.

If you’re still driving and good with a smartphone, a handy way to remember where you’ve parked the car is to take a photo with your phone of where you park. If tech isn’t your thing you can use a simple pen and paper to write down noticeable landmarks beside where you’ve left your car.

Carry a small handheld torch when you’re staying somewhere unfamiliar such as a hotel or a friend’s house. That way you can safely make your way to the toilet at night.

Use a chair whenever you can! Add a chair with sturdy armrests to your bathroom so that you can brush your teeth and wash your face comfortably with no risk of losing balance. You could also add a tall stool with arms to your kitchen so that you can stay seated while washing up or prepping dinner.
1 Kitchen Gadgets

Jars can be a hazardous challenge to open for even the most youthful of individuals. But with an easy to use JAR OPENER, that can accommodate lids of all sizes, you can put an end to hazardous gripping and twisting. This gadget even opens child-proof pill bottles too.

If you have issues with lack of strength in your hands, an ELECTRIC TIN OPENER may be an option. The majority of these have a magnetic clip securing the device to the lid during use. Then it’s as simple as hitting a button. Once the tin has been opened the device shuts off automatically, making it convenient and safe.

Stirring a pan or pot can be difficult to do one-handed. A PAN HANDLE holder secures any pot or pan safely to the cooker and prevents any falls or spills. €26.00, hhproducts.ie

THE UCCELLO TILT AND POUR KETTLE features a ‘tilt and pour’ action that directs the boiled water to the fixed position of the cup. The weighted base of the kettle arcs on a rotating axis to deliver hot water safely. €59.99 at beechfieldhealthcare.ie

Trays are handy but they’re often slippery and if you don’t have a steady hand you can easily be left with a lot of broken plates and bowls. A NON-SLIP TRAY means no matter how much you shake or tip the tray, plates won’t budge.

FLEXIBLE UTENSILS
These gadgets can help people who have trouble gripping cutlery. The long, flexible foam handle can be adjusted to the user’s needs. The utensil wraps easily around the user’s hand or wrist to secure the it in the required position.

If you have broken plates and tools, means no 1ather, you s,ake or tip the pla;es >onZ; #udgeW a lot of broken plates and #o>ls W $!+ 1eans no 1aħ  er ,o> 1uc, @ou s,ake or ti p ;e ;ra@T pla;es >onZ; #udgeW
2 Outdoor Tools

Walking Stick Seat,
€21.50,
completecareshop.co.uk

TRI-FOLDING STOOL
If you are a fan of a gentle Sunday stroll but worry that you may become too tired during the walk, you can turn your walking cane into a seat with a tri-folding stool. Additional models available amazon.co.uk

KEY TURNER TOOL
Stiff hands and a lack of strength from arthritis can make it difficult to turn the key in a lock. A weighted key turner offers an easier solution to the problem, even with stiff hands! €8.99, truemobility.co.uk.

3 Bathroom Essentials

1 PILL CUTTER If you have difficulty swallowing some of the larger pills in your medicine cabinet, a pill cutter could be just what you need. This product is perfect for those with poor digestion or who don’t feel comfortable using sharp knives to cut the pills themselves.

2 A LONG HANDLED BACK SCRUBBER can help you clean all those hard to reach places without the added hassle of bending and stretching.

3 ANTI-SLIP SHOWER MATS are a necessity at any stage of life but when a fall is more likely to cause serious harm, you certainly can’t go without one.

Garden work can be hard work on your knees and joints once you get older. You can spare your knees and back the aches and pains with a folding GARDEN KNEELER. With most kneelers, not only is there a padded cushion to support your knees but they also come with the ability to adjust the height, converting the device into a portable chair if necessary. €44.99, beechfieldhealthcare.ie
Straining to read from either lack of light or deteriorating vision can cause serious migraines and headaches. **A MAGNIFYING DESK LAMP** resolves both of these issues and allows you to return to your favourite books at the comfort of your own desk.

**Also Consider**

1. **AM FAB OVER RISER TABLE**
   - This sturdy **AM FAB OVER RISER TABLE** is great to have beside your favourite armchair or even your bed. You can swing it around for use whenever you want to read, eat or use a computer. €279, beechfieldhealthcare.ie

2. **SHOE REMOVER**
   - Bending over can be a challenge when you have poor mobility. A shoe remover grips onto the shoe and helps an elderly individual remove footwear easily.

3. **ELectronic Calendar Clocks**
   - **ELECTRONIC CALENDAR CLOCKS** can be a significant help in the morning. They display the time, day, date, month and year. The large font makes reading the clock easy on the eyes and it can be useful when keeping track of medical appointments and social engagements.

4. **TIGHTS AID**
   - Back problems in older age can make daily tasks a challenge. To help prevent too much over-extension, tights or sock aids can be the ideal helper for your dressing routine.

5. **Bedroom Aids**
   - **JUMBO PLAYING CARDS** can be much easier for older people with joint difficulty to hold. Alternatively, playing card holders also allow arthritis sufferers to keep their hands free.

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If you're constantly straining to distinguish between the different sounds on your television, despite your family telling you it’s too loud, you may need **ASSISTIVE LISTENING HEADPHONES**. This audio device can allow you to enjoy your tv time once again with crisp and clear audio levels.

Also, consider **ASSISTIVE LISTENING HEADPHONES**. This audio device can allow you to enjoy your tv time once again with crisp and clear audio levels.

Tights Aid, €10, homecaremedicalsupplies.ie

Electronic Calendar Clocks
- €262.90, graysonclocks.com
The Most Precious Voices You Want To Hear Are Often The Ones You Miss

For many people, hearing loss can be a hard thing to admit to. It can start with the odd missed word during a conversation, maybe turning the TV up that little bit louder or asking people to repeat themselves.

At Hearing Healthcare Ireland, we have a history of providing quality care for the people of Dublin and the surrounding area. Since 1972, our goal has been to improve our patients’ hearing to the highest standard, while providing continuous support to ensure our patients receive maximum benefit and after-sales care from their hearing solution.

As an independent family business, we are able to recommend the very best and most appropriate hearing technology based on your listening lifestyle.

Throughout January, receive a €200 discount plus a FREE remote control when purchasing a pair of hearing aids!

Hidden from sight. Hassle free. Highest fidelity.

We are also delighted to introduce the new and exclusive Insera IIC hearing aid. This may be the tiniest device you’ve ever seen!

IIC stands for invisible in the canal, which means the hearing aid fits virtually out of sight in the ear canal. So it lets you hear everything without others seeing anything.

The best thing about the Insera IIC is that you won’t sacrifice performance for size, using state-of-the-art technology to deliver the highest fidelity sound for the most natural listening experience in all of your hearing needs. And, it works automatically to help you hear speech clearly and comfortably in noisy situations such as parties, concerts or sports events.

So discreet – The tiny, ultra comfortable in-the-ear solution is so small, it’s hidden from sight so no one else will know you’re wearing it.

So easy – Completely hassle free, thanks to our automatic technology that lets you start hearing better right away.

So natural – Advanced technology delivers the highest fidelity, most natural listening to meet all your unique hearing needs, whether speaking with friends, eating at a busy restaurant or watching TV.

To book your FREE hearing healthcare appointment and redeem your €200 discount, plus a FREE remote control, call our clinic on:

01 872 6893
General Helpers

DOORBELL FLASHING-LIGHT SIGNALLER
There are a number of devices to combat hearing loss in regard to your doorbell. One of these is flashing light signallers. When placed around the home these devices will alert you when someone is at the door by flashing, without any added sound. It is perfect for those with hearing problems.

PERSONAL ALARM
One of the most common fears with the elderly is that if they fall or have an accident, they won't be able to alert anyone. A personal alarm, which can be worn around the neck, ensures that no matter where you are, help isn't far away.

SENIOR MOBILE PHONES offer you the peace of mind of knowing you can contact a loved one at anytime. Mobiles for the elderly can be worn around the neck and are designed with large buttons and back-lit numbers. The operating systems are typically easy to use, with enhanced sound, bluetooth, hearing aid compatibility and in some cases, an SOS button. Doro PhoneEasy® 6030, €59.99

HOUSE-CLEANING ROBOT
If hoovers have become too cumbersome to operate, you may need to invest in a house cleaning robot. These handy gadgets are a godsend when you find it difficult to bend down to clean up every spot of dust and dirt €649.99, shop.irobot.ie
Get Mobile

Top Five Things to Consider When Buying a Mobility Scooter

- **Where are you going?** - A Class 2 or boot scooter, (small, light and often inexpensive), is perfect for around the house or on short trip to the shops. Three-wheeled scooters have extremely tight turning circles and are ideal for manoeuvring around the house.

- **What road will you take?** - If you’re thinking of going out on the road, you’ll need the larger Class 3 scooter. You can drive them on any roads, except motorways or dual carriageways, that have a speed limit of 50mph or above. They have front and rear lights, indicators, hazard lights, a rear-view mirror, brakes and a horn.

- **Your body weight and size** - If you differ from the advised weight and height the vehicle could become unsteady and cause an accident.

- **Your perfect fit** - If you don’t have a dry space outdoors where you can safely charge the scooter, you may need to consider bringing it indoors and finding a place in your home to accommodate it.

- **Try before you buy** - Mobility scooters come in such varying styles and uses that it’s a good idea to test your chosen model before purchase. Make sure the seat is comfortable, you have sufficient legroom and you can easily reach the controls.

**BUYING SECOND HAND**

Some commercial suppliers also buy unwanted vehicles, recondition them and offer them for sale with a short guarantee. While you are still buying a second hand vehicle, it’s likely to have been serviced and should be in reasonable working order.

**BEFORE YOU BUY**

Before buying, it is strongly recommended that you seek the advice of an occupational therapist on the suitability of the scooter or buggy to your needs.
movial plus

The food supplement for joint health*

Available from your local Pharmacy or Health Food Store

Hyaluronic Acid
Hydrolyzed Type II Collagen
FLUIDART®
Vitamin C
Pomegranate Extract

SCOPE
DELIVERING INNOVATION

*Vitamin C contributes to the normal formation of collagen and normal function of bones and cartilage
Nutrition

Eating healthily, combined with regular physical activity, can help a person live a full, active life, preserving independence into older age. Home Instead Senior Care suggests that you follow these simple dietary guidelines from the Irish Nutrition and Dietetic Institute (INDI) to stay healthy in your older age.

Dietary Guidelines
- **Balance Energy (calorie) Needs** with physical activity - the more active you are, the more energy you need.
- **Include a Starchy Food** (bread, rice, pasta, potato, or cereal) at each meal. Always choose high fibre options wherever you can.
- **Aim For Five Servings** of fruits and vegetables each day. These are packed with important nutrients to help you stay well. Remember, these can be fresh, frozen, tinned or dried. Have a mixture of different coloured fruits and vegetables such as apples, oranges, bananas, spinach, cabbage, carrots, sweet potato, peppers, sweetcorn etc.
- **Stay Fit and Strong** by eating a variety of protein rich foods each day like lean meat, poultry and fish. Salmon, sardines and kippers are packed with heart-healthy omega 3 fats. Eating beans and nuts is a simple way of boosting protein.
- **Enjoy Alcohol in Moderation.**
- **Keep Your Bones Healthy** by having three servings of low-fat dairy foods (milk, yoghurt, or cheese) each day. Fortified dairy foods have even more calcium and vitamin D.
- **Choose Heart-Healthy Fats** such as vegetable oil, olive oil and rapeseed oil for cooking and salad dressings. Spreads made from these fats are great options on bread or in baking.

- **Stay Hydrated** by drinking plenty of water, squash, juice and milk each day. Among other things, dehydration causes tiredness, dizziness and constipation. As a general guide, about eight glasses should be enough.
- **Fibre** in your diet can help to move your bowels regularly and also lower your risk of many chronic diseases including heart disease, obesity and some cancers. Good sources of fibre include whole-grain breads and cereals, fruits and vegetables, and pulses such as beans, peas and lentils.
- **Calcium and Vitamin D** help to maintain bone health, and this is especially important in the later years. Take three servings of vitamin D-fortified milk, cheese, or yoghurt each day. Other calcium-rich foods include fortified cereals, dark green leafy vegetables and canned fish with soft bones (like sardines). Being a healthy weight can also help to keep bones strong.
- **Iron and Vitamin B12** work together to keep anaemia at bay, while also maintaining brain health and your nervous system. Red meat (beef, pork, lamb) is the best source of iron, while fortified cereals, lean meat and some fish and seafood are sources of both iron and vitamin B12. Taking a vitamin C-rich food like orange juice at meal times can help your body to absorb iron.

Call 1890 989 755 for additional information on living a healthy and happy life at home during your older years.
Improving Bowel Health

**Tips to Reduce/Prevent Constipation**

**Fibre**
To encourage a high fibre diet, choose varieties of wholegrains, such as brown breads and high fibre cereals, e.g. porridge, Bran Flakes, Weetabix, etc.

**Brown is Best**
Swap out your white, starchy carbohydrates for brown rice and whole-wheat pasta.

**Add Fruit**
Add fresh or dried fruits to cereals, yoghurt, salads and homemade breads and scones. Mix fruits with milk or juices to make smoothies.

**Prunes**
Try taking a small glass of prune juice or three to four prunes daily in the morning.

**Hydrate**
Ensure adequate hydration by consuming at least 1500ml-2000ml (1.5-2 litres) daily.

**Decaffeinated**
Limit intake of alcohol and caffeine - try decaffeinated teas, coffees and fizzy/mineral drinks. (Avoid regular and diet mineral drinks.)

**Veg**
Consume the recommended five servings of fruits and vegetables daily. Add puréed vegetables to soups, sauces, stews, casseroles, etc.

**Beans**
Consume more beans, peas, lentils and pulses. Add these to soups, salads, sauces, stews, casseroles, etc. and add linseed (whole or ground) to cereals, yoghurt, salads, smoothies, desserts, and in baked goods like breads, scones, etc.

**ALSO:** Increase all forms of exercise and activities as able. You may need to consider the use of different medications like laxatives, stool softeners, enemas, etc.
The future for people with Cystic Fibrosis is looking up!

Cystic Fibrosis care is not just about hospital stays and treatments – it’s about enabling and empowering people with Cystic Fibrosis to live full rewarding lives outside of hospital, for as long as possible.

When making your will, it’s important to take care of your family and friends first. If you then decide to leave a gift to a charity - please consider Cystic Fibrosis Ireland.

Some of the things we do that change the lives of people with Cystic Fibrosis include:

- Providing funding for Cystic Fibrosis units around the country, including dedicated in-patient, day care and out-patient facilities
- Funding specialist Cystic Fibrosis multidisciplinary posts in hospitals throughout Ireland
- Helping people with Cystic Fibrosis directly with Exercise, Transplant, Fertility Counselling and Bereavement Grants
- Supporting research so that one day CF can stand for ‘Cure Found’
- Providing advice, information and advocacy services to help people with Cystic Fibrosis

A gift in your will does not cost anything in your lifetime, but your generosity can help people with cystic fibrosis for years to come

Contact Rachel at rbyme@cfireland.ie, call 01 496 2433, or visit cfireland.ie for more information.

NCBI is the national sight loss organisation. We help people to maximise their remaining vision. Some of the services available include:

- Advice and information
- Low vision solutions
- Assistive technology
- Counselling and support
- Independent living skills
- Library

For more information contact us:
01 830 7033 or www.ncbi.ie
National Council for the Blind of Ireland
Improving Bowel Health

Tips to Help Reduce/Prevent Diarrhoea

Live Culture
Try taking yoghurt and yoghurt drinks that contain live cultures. Use these a few days before starting and during antibiotic treatments.

Avoid
- Fatty, greasy, spicy, heavy and pickled foods and nuts.
- Alcohol and caffeine. Swap coffee for herbal teas.
- High sugar drinks, milky drinks and fizzy drinks. Try stirring fizzy drinks to decrease bubbles or leave the cap off the bottle. Diet versions of fizzy drinks may be more easily tolerated than full sugar versions.

Low Fibre
Encourage a low fibre diet temporarily until diarrhoea resolves and then slowly increase fibre over a few days. Appropriate foods include:
- White varieties of breads, crackers, pasta and rice.
- Low fibre cereals e.g. Cornflakes, Rice Krispies, etc.
- Boiled potatoes without skins instead of mashed, roasted, chips, etc.
- Foods that may reduce severity of diarrhoea like bananas, stewed apples, jelly and broth.

REMEMBER
Ensure adequate hydration. You may need at least 2,500ml (2.5 litres) daily. Take small sips throughout the day and avoid using straws if possible.
You can change the world

Concern’s work makes the greatest difference when it can support people long-term – and when we have the funds in place to plan properly for the future.

Your generosity can empower people to find their own solutions to hunger, and lift themselves out of poverty. That way, parents can do the most valuable thing – build a more secure future for their children.

Remembering Concern in your Will is your chance to leave a lasting and life-changing legacy for the next generation.

For more information, call Kevin Byrne on 01 417 7709 or visit concern.net/legacy

Concern Worldwide: Working with the world’s poorest people to transform their lives. Place of registration Dublin, Ireland. Registered number 39647. Registered Charity No. CHY5745.

Your legacy could provide the future they deserve...

Irish Red Cross

In the midst of all the suffering in the world, wherever people see a Red Cross, they will find hope, help and practical assistance. By leaving a gift in your Will you are leaving a small corner of a better world to someone in desperate need.

Why leave a legacy gift to the Irish Red Cross?

When the Irish Red Cross know that a legacy gift will become available to them in future years it allows them to make long-term commitments to the communities they work in and respond immediately in crisis situations, bringing emergency relief to people suffering hunger, violence and other international crisis. And it will help people who need rescue and care here in Ireland.

When you change the world for one person you change the world for everyone

If you’d like to know more, please contact Emma on 01 642 4645 or email edoyle@redcross.ie

www.redcross.ie
Practical Tips to Help With a Poor Appetite or Weight Loss
Fortify foods to add extra calories and at times, extra protein.

Add extra butter: to bread, toast, sandwiches, rolls, scones, crackers and biscuits.

Add extra gravy to: meat, potatoes and vegetables.

Add coleslaw to: sandwiches, salads and jacket potatoes.

Add 30ml to 40ml of fresh crème to: porridge and cereals, soups, a glass of milk, hot chocolate, smoothies and milkshakes.

Add honey to: bread, toast and scones, porridge, cereals, yoghurt and smoothies (limit the amount of honey or avoid if you have diabetes).

Encourage greater snacking in between meals: yoghurt, supplements, chocolates, biscuits with butter and jam, crackers or toast (try spreading butter on top before adding the cheese), pastries (again add butter/jam/marmalade/honey).

Make mashed potatoes using full/whole fat milk, cream and butter.

Add Nutella or peanut butter to: bread, toast, biscuits and crackers.

Encourage greater intake of more nourishing drinks like: full/whole fat milk, juices, regular fizzy/mineral drinks (avoid if you have diabetes), hot chocolate or coffee made with hot milk instead of water. Supplement drinks, if recommended by your GP, dietician or nurse. Smoothies and yoghurt drinks are higher in calories, and some are higher in protein than common drinks like water, tea and coffee. They will also help maintain good hydration.

Make porridge and cereals with full/whole fat milk; also try adding sugar or honey before serving for extra calories.

Add extra jam/marmalade to: bread, toast, and scones.

Add grated cheese to: sandwiches, toast and rolls, jacket potatoes, cooked vegetables, salads and soup.
The Carer’s Perspective

Cooking Under Pressure
As a family caregiver, you are under plenty of pressure. A demanding job, a growing family, a busy household and financial obligations can leave you feeling frazzled. Then, add the task of caring for an ageing relative, and you may often feel like you are reaching boiling point. With all of these responsibilities, mealtime can become a real challenge. Without good nutrition, health can deteriorate very quickly, making older adults more susceptible to disease and infection. To help keep older people happy, healthy and independent at home, it is important for family carers to prioritise nutrition when it comes to juggling caregiving duties.

Savvy Shopping Tips

Before you think about the types of healthy meals you need to prepare for your ageing loved one, here are some tips to help make your next trip to the grocery store a successful one:

1. **Shop With Others.** Shopping can sometimes be seen as a chore - make it more sociable by shopping with a good friend or family member.

2. **Look for Special Price Offers.** Many local butchers, grocers and supermarkets run offers on nourishing, in-season produce.

3. **Loyalty Cards.** Ensure you have a loyalty card for the store(s) you shop in so you can avail of their special offers and promotions.

4. **Freezing.** When cooking for one it is easy to over-estimate portions. Instead of throwing away the excess food, why not freeze it to use another day?

5. **Make a Shopping List.** Have a standard shopping list with core items such as fresh, frozen and tinned foods that can be stored. This tip can save you both time and money.

6. **Don’t Shop Hungry.** Shoppers are always tempted to buy more when hungry, so have a snack before hitting the aisles.

7. **Think Variety.** It’s easy to get into a rut. Don’t be afraid to try new foods and recipes.

8. **Try Store Brands.** The most costly brands are often placed at eye level. Store own brands, which may be cheaper and just as good, are often placed higher or lower on the grocery shelves.
How to Increase Appetite at Meal Times

Many factors can lead to poor intake of meals and snacks. Here are some tips that you can use to encourage greater intake during mealtimes:

● Allow extra time for meals as needed.
● Ensure glasses are on, dentures are in, and that hearing aids are in and turned on.
● Place foods within the elderly person’s field of vision or direct attention.
● Offer a varied diet with many choices that consist of strong flavours, sweet flavours and foods with different taste, colours, textures and smells.
● Serve one course at a time to keep cold foods cold and warm foods warm.
● Prompts such as giving gentle verbal advice or placing the cutlery or cup in the person’s hand can help. Prompting also helps to maintain dignity and independence - over time it may be necessary to assist with eating.
● Cutting up foods or offering finger foods encourages greater independence and may improve one’s intake.
● Serve small amounts of foods - once eaten, a further portion can always be served.
● Consider offering three smaller meals on a tea-plate with two to three snacks in between, rather than three main meals.
● Fortify food and drink to ensure they are getting as much energy and protein as possible e.g. add extra butter, crème, cheese, gravy, etc.
● Encourage nourishing drinks e.g. milk, milk-based coffee and hot chocolate, yoghurt drinks, smoothies, fruit juices.
● The physical environment should be calm and relaxed - adequate lighting, eliminate noise disturbances, and ensure that there are minimal decorations, so as not to over stimulate the diner.

Tips for Eating with Dementia

Many older people, and especially people with dementia, tend to prefer sweeter tasting foods for different reasons. Therefore, they may consume mostly high calorie but low nutrient foods like cakes and sweets. Here are some tips that you can use to add a sweeter flavour to non-sweet nutritious foods to help improve your loved one’s diet.

● Add sweet sauces to bland or savoury meals - cranberry sauce with turkey, mint sauce with lamb, pineapple with ham, barbeque sauce with beef, chicken and pork, ketchup with beef, chicken, pork and sausages, use sweet-chilli sauce for chicken, pork and fish, add chutney to curry sauces, offer sweet and sour sauce with all meats, try adding a small amount of honey to potatoes and vegetables, try adding a little sugar to mince, stew or potatoes.
● Add sweet tastes to sandwiches - apple and cheese on toast, banana on bread/toast, relish with meat or Nutella on bread/toast.
● Add honey to porridge, yoghurt, bread/toast, scones, pancakes, and potato and vegetables.
● Add Nutella to porridge.
● Use naturally sweet foods in dishes e.g. carrots, parsnips, sweet potato, red/yellow/orange peppers, sweetcorn and peas. Sweet potatoes can be used instead of regular potatoes for chips and mashed or roasted potatoes.
Did you know that 40% of the population have difficulty swallowing tablets?

Can Help!

**What is Gloup®?**

Gloup® is a clear, cherry flavoured gel that facilitates the intake of medication in solid form, including Tablets and capsules. It works by moistening the mucous membranes in the mouth and throat cavity and allowing the tablets to pass smoothly via the oesophagus to the stomach.

**Who can use Gloup®?**

Gloup® can be used by / given to anyone who can swallow autonomously, over the age of 2.

Ask your pharmacist for advice.

For further information go to www.gloup.eu

Always read the label. Clonmel Healthcare Ltd., Waterford Road, Clonmel, Co. Tipperary.

Data prepared: November 2017. 2017/MAR/000/092

Ref 1: Schwartz 40% of American adults reporting swallowing difficulties

The gel that aids the swallowing of solid medication.
General Health
Here are some top tips from Home Instead Senior Care to help keep you healthy and independent:

- Get blood pressure and cholesterol checked regularly.
- Try to include some form of physical activity (30 minutes) most days of the week.
- Eat a wide variety of foods - meat, fish, eggs, beans, nuts, fruit, vegetables, pasta, rice, potatoes, cheese, milk, yogurt - and allow yourself a treat occasionally.

- Be aware of how much fluid you are drinking - as we age, our sense of thirst can reduce so it is important that you are aware of this and remind yourself to drink.
- Take time when shopping for healthy foods.
- Aim to have three regular meals a day.
- Aim for at least five portions of fruit and vegetables each day. Fruit and vegetables are full of vitamins, minerals, antioxidants and fibre which can reduce your risk of disease, stroke and help prevent constipation.

- Be aware of your weight - if you find your appetite has decreased or you are losing weight and are unsure why, seek medical advice.
- Remember all foods contain different nutrients so it is important that we have variety in our diet to ensure we get all the nutrients our bodies need.

- Avoid adding salt to food.
- Quit smoking.
Preventing Senior Hospitalisation
Research conducted by Home Instead Senior Care indicates that the problem of preventable hospitalisation of seniors is viewed as very to extremely serious by 81.5% of the Irish nurses surveyed. Those same nurses estimate that nearly half of senior hospitalisations (48.5%) can be prevented with early detection and intervention. In addition, the study indicates that families play a critical role in keeping their ageing loved ones out of the hospital, with 96.6% of nurses saying that the role family plays is as important as the role played by health care professionals. Delaying or avoiding medical care is the most common action by seniors that puts them at risk of needing hospitalisation. In addition, not following medical orders can be a clear predictor of potential risk. Survey results, overall, indicated that unnecessary hospitalisation of older people puts them at great risk. Involvement of families is key to minimising these events.

To provide families with resources to minimise the major risk factors and to play an active role in hospitalisation prevention, Home Instead Senior Care has created the 5 Ways to Prevent Senior Hospitalisations guide. The guide focuses on the key actions to keep seniors safe at home and out of the hospital through proactive and preventative measures. It advises seniors to follow doctor’s orders, not ignore symptoms, reduce risks of falls and accidents, stay active physically and mentally and to maintain a healthy diet.

For more information, contact Home Instead Senior Care on 1890 989 755 for a copy of the free guidebook, 5 Ways to Prevent Senior Hospitalisations.

Recovery Time
Returning home after a doctor discharges you is a happy time but it is also a critical turning point in your recovery process. Often, patients are re-admitted less than a few weeks after discharge. Mistakes made in medications, missed follow-up medical appointments, poor nutrition and dehydration, and lack of safety preparation in the home are the issues that can lead to re-admission. Even if you have family and friends, there may be some aspects of your recovery plan that you might need extra help with. Seeking help from Home Instead CAREGivers with at-home care can mean less stress for you and an easier and quicker transition to full recovery.

CAREGivers can help with:
● Discharge Co-ordination - Home Instead Home Care Managers, with input from CAREGivers, will work with your hospital discharge planning staff to develop a detailed plan of care and instructions that will be used by family and other home caregivers to make sure you have a plan to help ensure a successful recovery.
● Medication Management - Home Instead CAREGivers will work with you to help organise and track pills and other medications to make sure that they are taken as directed and to help prevent adverse effects.
● Follow-Up Doctor Visits - Home Instead CAREGivers can make sure you keep track of and attend follow-up medical appointments, including providing or arranging transportation to the visits.
● **Nutrition Management** - Home Instead CAREGivers can assist with meal planning, shopping and preparation to ensure that you are getting wholesome, healthy foods and plenty of hydration that will assist you with recovery.

● **Warning Signs Monitoring** - Home Instead CAREGivers are familiar with and trained to watch for warning signs and take appropriate action to help prevent complications and re-admissions.

● **Record Keeping** - Home Instead CAREGivers are also trained to track specific data on your progress to share with your medical providers. This is important for both tracking progress and to help update, if necessary, the original discharge plan of care.

**GP Out-Of-Hours Service**

This is an urgent medical service that doctors and nurses provide outside normal surgery hours. If you have a medical card or a GP visit card, the service is free. If you don’t have a card, the doctor will charge a fee for the visit. However, you don’t have to pay for medical advice that nurses or doctors give over the phone.

Call the HSE Information Line 1850 241 850 to find out the opening hours and phone number for the GP out-of-hours service in your area.
Caldesene®
10% w/w Medicated Powder

Adult
10% w/w MEDICATED POWDER
Calcium undecylenate 10% w/w

Protects against skin irritation and chaffing
(Kind, gentle and caring to delicate skin)
Fold TeleCare offers a personal alarm service for clients to call for assistance or help from anywhere in their own home, providing support and peace of mind to their friends and families. We have a regional response centre in Dublin to handle calls from clients throughout the Republic of Ireland. Kevin McSorley, TeleCare’s Executive Director explained: “Once the alarm is triggered, one of our TeleCare advisors will contact the individual. Our TeleCare advisors will offer immediate reassurance, calmly assess the situation and organise whatever help is needed. This could be contacting a relative or friend or in some situations, the emergency services. It gives clients confidence to know that help is at hand if they should need it.”

“Fantastic service, gives us great peace of mind that dad can get help if anything was to happen”

Mrs Shaw, Dublin

To order your personal alarm or find out more call us on 01 6704114 or visit our website at www.foldtelecare.ie

Stella Maris is a family owned and operated Nursing Home. It is situated in peaceful rural surroundings overlooking beautiful farming land. We are conveniently situated approximately 6km from Tuam town and 15km from Galway city. Stella Maris is HIQA registered, FAIR DEAL approved and VHI registered. Our goal is to provide 24 hours excellent nursing care in a friendly dynamic environment. We value the importance of individuality and autonomy and nurture our resident’s abilities to maintain their self-sufficiency when illness and disability restricts their independence. Our qualified staff is here to maintain dignity and self-respect for the residents in a warm and caring environment.

Our comprehensive range of services include:
Long term care for the ageing, post surgery care, psychiatric care (with the involvement of psychiatric services) convalescence, respite care, care for Alzheimer’s disease, CVA/stroke, eternal feeding regime peg feeding” palliative care. Stella Maris has a combination of private and semi-private en-suite rooms with the following facilities: modern profile beds, emergency nurse call system, all en-suites have wheelchair accessible showers and TVs.

Other facilities include:
- Dining room, chapel, hairdressing room, visiting rooms, day room, activities room designated smoking room, bathroom, enclosed garden. A variety of activity related therapy and Occupational therapy is provided daily to encourage physical activity in a fun environment. Physiotherapy is available weekly in-house. Mass is celebrated weekly with the addition of a Holy hour in our chapel. In addition to the above the following can be arranged: hairdressing, chiropody.

Tel: 093 41944 / 086 8330723 / 087 2871506, Cummer, Tuam, Co. Galway
Mobility

It is a sobering statistic - according to St James’s Hospital, falls are the leading cause of injury-related visits to Irish A&E departments and almost half of all hospital visits of the over-65s are the result of a fall. One in six falls lead to injury, with hip fracture being the most serious. Half of all people suffering a hip fracture never regain their previous level of independence, a quarter die within six months, and almost a quarter are discharged to a nursing home. Also, falls and blackouts can be non-specific presentations of chest problems, kidney infection, heart attack or stroke. A fall is a warning sign and is considered a symptom of other potential health issues. As people age they may feel the effects of natural ageing. They could experience stiff joints, poor eyesight, and decreased muscle strength, along with poor balance. These effects, along with chronic conditions, can increase their potential risk of falling.

Inactivity

One potential problem for older adults is inactivity. Lack of exercise can lead to weak legs and this factor can increase the older adult’s potential chances of falling. Exercise programmes such as Tai Chi can help to increase strength and improve balance, making falls less likely. To help assess the potential for falls, check out the videos titled ‘Prevent Senior Falls: Assessment and Balance Exercises’ on HomeInstead.ie, which will help caregivers gauge an older adult’s risk for potential falls and provide examples of exercises that could help to build balance.

Avoid Falls

Think about your environment and consider these tips:

- Remove clutter from pathways.
- Arrange furniture to make rooms easy to navigate.
- Allow enough space to walk around furniture.
- Remove or secure throw rugs.
- Wear shoes with non-slip soles.
- Avoid walking in socks/tights on wood floors.
- Organise the house so items used most frequently are at waist level, minimising the need to bend or climb.
- Apply high-contrast coloured tape to the top and bottom of stairs and thresholds.
- Use a night light and/or leave a light on in the bathroom and stairways to help reduce the risk of falls in the dark.
- Use handrails.
- Allow plenty of time for activities and tasks.
Exercise

Senior Fitness Exercise Tips
Keeping your body active as you grow older can prevent, or even reverse, frailty. According to Daniel Ryan, neuromuscular and physical therapist with Titan Fit in Kilcullen, Co Kildare, a key to strength and mobility is to find simple exercises that are pleasurable and enjoyable. Remember to contact a healthcare professional before beginning a new exercise regime. It is also advised to practice exercises with a friend, family member or caregiver.

Fist Clench:
Having the strength to grip can improve your quality of life and help you live comfortably in your own home. Begin by holding a tennis ball or other small rubber or foam ball in one hand.
1. Then slowly squeeze the ball as hard as you can and hold it for 3-5 seconds.
2. Relax the squeeze slowly.
3. Repeat 10 times.
4. Repeat another 10 times with the other hand.
5. And lastly, repeat 10 times more with each hand. You can incorporate this skill in your everyday life by opening a jar of pickles or olives. You can also keep hands and fingers limber by folding towels or washing.

Toe Raises:
This exercise helps to strengthen legs and thighs. Here's what to do:
1. Sit in a sturdy chair with back supported by the chair. Only the balls of feet and toes should rest on the floor. Put a rolled bath towel at the edge of the chair under the thighs for support. Breathe in slowly.
2. Breathe out and slowly extend one leg in front as straight as possible, but don't lock the knee.
3. Flex the foot to point toes toward the ceiling. Hold that position for 1 second.
4. Breathe in, slowly lowering the leg back down.
5. Repeat 10 times.
6. Repeat 10 times with other leg.
7. Repeat more times with each leg.

If you are feeling strong and live independently at home, you may want to add ankle weights. You may want to walk from one end of the house to the other by yourself or with the assistance of a caregiver or trusted loved one.
Leg Raises:
Leg raises help make walking and climbing stairs easier for a senior.
Here’s what to do:
1. Stand behind a sturdy chair, holding on for balance. Lift one leg straight back without bending the knee or pointing the toes. Breathe in slowly.
2. Breathe out, slowly bringing the heel up toward the buttocks as far as possible.
3. Bend only from the knee, keeping hips still. The leg you are standing on should be slightly bent.
4. Hold position for 1 second.
5. Breathe in, slowly lowering the foot to the floor.
6. Repeat 10 times.
7. Repeat 10 times with the other leg.
8. Repeat 10 more times with each leg.

Arm Rotations:
If you spend a lot of time sitting or are confined to a chair, it’s important to find ways to incorporate more movement into your everyday life. All you need are two scarves or tea towels.
1. Begin with a scarf or tea towel in each hand, extend arms straight out in front.
2. Make circles in the air with scarves or tea towels, going from small to large circles.
3. Continue on with the circles by going down from large to small.

Go for Life
Go for Life is the national programme for sport and physical activity for older people. It is an Age & Opportunity programme that is funded by the Irish Sports Council and supported by local sports partnerships and the HSE. Over the last 15 years, they have created a network of over 1,000 volunteer Physical Activity Leaders (PALs), mostly older people themselves, who regularly lead members of their groups in Go For Life physical activities. They support the work of these PALs with a small grants scheme annually and also run Fitline and the Go for Life Games. Last year alone, over 40,000 older people took part in regular physical activity thanks to Go for Life.
The ISPCC supports children across Ireland, through Childline, its 24 hour listening service. Leaving a gift in your will to the ISPCC will help us to provide children with someone who is always there to listen to them and who will always defend their rights. Your legacy gift will be part of every call we answer. We'll never give up on a child. Ever.

Contact: T 01 676 7960 • E donorcare@ispcc.ie • W ispcc.ie
ISPCC, 29 Lower Baggot Street, Dublin 2
Registration number 15968, Charity No. CHY 5182
Charity Registration number: 20007225
Vaccinations

Seasonal Flu Vaccine
Influenza (flu) is a highly infectious acute respiratory illness caused by the flu virus. Flu affects people of all ages, with outbreaks occurring almost every year. Flu symptoms come on suddenly with a fever, muscle aches, headache and fatigue. In some instances, flu can be severe and can cause serious illness and death. Breathing complications can develop, including pneumonia and bronchitis, to which older people and those with certain chronic medical conditions are particularly susceptible. Some people may need hospital treatment and a number of people die from flu each winter. Each year the seasonal (annual) flu vaccine contains three common flu virus strains. The flu virus changes each year. This is why a new flu vaccine has to be given each year. The best way to prevent flu is to get the flu vaccine. The vaccine is recommended for: all those 65 years of age and over; those with long-term medical conditions, e.g. heart or lung disease; all frontline healthcare workers, including carers. Vaccination should ideally be undertaken in late September or October each year. Flu vaccines have been used for more than 60 years worldwide and are very safe. Flu vaccine contains killed or inactivated viruses and therefore cannot cause flu. It does, however, take 10 to 14 days for the vaccine to start protecting you against flu. The vaccine and consultation are free to those within the recommended groups who have a ‘Medical Card’ or ‘GP Visit Card’. GPs charge a consultation fee for seasonal flu vaccine to those who do not have a ‘Medical Card’ or ‘GP Visit Card’.

For details about flu vaccination, along with answers to any questions you may have about flu, visit www.immunisation.ie.
Eyes on the Road Mobile Optician is an optical service with a difference.

We provide optical services to day-care centres, nursing homes, hospitals and the homes of people with mobility problems.

A full examination is carried out including tests for glaucoma, cataracts and other related problems.

The cost of the service may be covered in full by the medical card scheme or can be arranged privately.

Call: 058 64016, 087 2803194  email: info@eyesontheroad.ie

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96% value the professional advice they receive from their pharmacist

98% of the public trust the advice and patient care they receive from the pharmacist

75% are happy to get the flu vaccination in the pharmacy

For the best healthcare advice for you and your family, ask your pharmacist first

*Behaviour & Attitudes market research, April 2017
Eye Care

For those who avoid eye glasses and contact lenses throughout their life, eyesight is not something valued until it begins to deteriorate. Eyesight usually begins to deteriorate after the age of 50. Here are some of common eyesight concerns and how to treat them.

Common Concerns

● **Cataract** A cataract is a cloudiness on the lens of the eye which can block light and cause a loss of vision. Sometimes a change of eyeglasses will be enough to rectify the discrepancies in your vision. However, if the condition interferes with activities in everyday life, such as reading, driving or watching television, then surgery might be required. The operation isn't serious and patients are usually discharged from the hospital the same day.

● **Glaucoma** is a condition that damages your peripheral vision through pressure building up in the eyeball. This pressure damages the optic nerve and can cause a loss of sight. It’s best to consult with your GP or eye-specialist if you notice your peripheral vision deteriorating. Your GP or eye-specialist will give you medicated eye drops to control chronic glaucoma.

● **Age-Related Macular Degeneration (AMD)** is the leading cause of vision loss in people over the age of 50. The disease can sometimes progress slowly, having no immediate impact on everyday life, or it can develop quicker, causing damage to the macula, the area of the eye that allows for sharp, central vision. There is no treatment for early AMD, but to keep tabs on your condition check-in with your eye doctor once or twice a year. A daily vitamin and mineral supplement will also help to slow the progress of AMD. Laser surgery, injections and photodynamic therapy can be used to treat later stages of AMD. Consult with your GP or eye specialist to figure out which treatment is best for you.

● **Diabetic Retinopathy** This occurs when diabetes damages the blood vessels in your eye, causing them to leak fluid which causes vision impairment and swelling in the eye. If left untreated it can cause blindness. If you are diabetic, see your ophthalmologist regularly to manage and treat any changes in the retina. Laser treatment can be used to correct retinopathy, but it’s best if it is diagnosed as early as possible.
Hearing

Being deaf or hard of hearing can have a huge impact on your daily life, making itself known both in social situations and at home. And although hearing loss can be caused by exposure to constant or loud noise, ageing also has a huge part to play in your hearing. Ranging from mild hearing loss to total deafness, it’s important to contact your GP if you experience any difficulties when hearing or notice any symptoms that may be a result of hearing loss. They may conduct a hearing test in order to figure out what is causing the loss in hearing, and how best to treat it. Symptoms of hearing loss include turning up the volume on the TV or radio to the discomfort of other listeners, not hearing the phone or doorbell ring, having to ask people to speak louder during conversation, and being unable to hear conversations properly when in a group.

Hearing Aids

If you have a Medical Card, then you are entitled to a free hearing aid. If not, you still may get funding for your hearing aid under the Treatment Benefit Scheme through the Department of Social and Family Affairs. If you have been recommended a hearing aid it’s important to find one that best suits you. Your hearing aid will be either in the ear or behind the ear, depending on your needs, lifestyle and budget.

Self Treatment

Not all hearing loss requires a hearing aid, and there are numerous ways to help you cope if your hearing is deteriorating. Amplifiers can be attached to telephones to increase the volume and there are special telephones and doorbells available to buy which flash to indicate they are ringing.

For more information on these, contact your Local Health Office.

Dental

Failure to maintain oral and dental health during the later years in life can have a serious knock-on impact on an individual’s general health. If you still have natural teeth, always brush your teeth twice a day for two to three minutes. Flossing once daily can help remove a buildup of plaque and any remaining food left in between the teeth. Use a soft/medium toothbrush with a fluoride toothpaste. It is helpful to brush using small, circular motions and short back-and-forth strokes, ensuring that you take the time to brush gently along the gum line. People with arthritis or other conditions that limit hand function may find it difficult to engage in daily oral hygiene practices due to limited grip strength and dexterity. A toothbrush with a larger handle can be helpful in overcoming this problem, along with securing the toothbrush handle to the hand with a wide elastic band. Diet can also play a significant role in a dental
Foot Care
The most important element of good foot care at any age is routine inspection. If, upon inspection, you notice any signs of discoloured nails, blisters, cracked skin, bleeding sores or wounds it can be an indication that an infection is present or soon to occur if proper care is not sought. A number of conditions such as heel spurs, calluses and infections can be attributed to poorly-fitted shoes. Circulation within the body can also slow down during the ageing process. This can lead to complications, as it results in many individuals not feeling their feet as well as they used to and not being aware when foot problems occur. It is recommended that elderly individuals regularly keep their feet elevated in an attempt to maintain appropriate foot circulation. Sitting with legs crossed for a lengthy period of time should also be avoided in an attempt to improve circulation. In addition to this, people who have diabetes or circulation concerns could suffer severe consequences if their feet and toenails are not properly maintained. Toenails should be kept reasonably short to reduce the risk of them breaking, snagging on clothing, or scratching skin open accidentally. It’s also important to look for ingrown nails or hangnails and, if found, they should be treated by a professional. Diabetics or elderly individuals who don’t implement a strict foot care routine risk developing serious problems that can lead to gangrene and amputation. Untreated ulcers and infections can also lead to gangrene, while untended cuts, dry or cracked feet and fungus under the nails can lead to ulcers and infections.

Care routine. Whole fruits and sugar-free snacks are an excellent addition to any diet that is concerned with limiting the damage food can cause to the teeth. Attempt to limit sweets, chocolate, biscuits and sugary drinks as much as possible. If you have dentures, these should be cleaned daily with soap/denture cleaning paste and a toothbrush or soft nailbrush. When dentures are out of your mouth, place them in cold water to prevent warping and ensure you soak them in specialist denture cleaning solution. Partial dentures should be removed after eating and rinsed under cold water. Even if you have no natural teeth, it’s still a good idea to visit the dentist once a year. Not only do dentures routinely have to be refit to ensure that they are suitable, your dentist can also check for signs of oral cancer and other medical issues associated with the mouth and throat.

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Caring for the Caregiver

Physical Signs of Caregiver Stress
When you are a caregiver it is easy to forget about your own needs. However, as difficult as it might seem, you need to pay attention to yourself too. So how do you know if caregiver stress is affecting you?

Look for these common physical signs of caregiver stress:

- Disturbed sleep.
- Back, shoulder or neck pain, muscle tension.
- Headaches.
- Stomach/digestive problems (upset or acid stomach, cramps, heartburn, gas, irritable bowel syndrome, constipation, diarrhea).
- Weight fluctuation (gain or loss).
- Loss of hair.
- Fatigue.
- High blood pressure, irregular heart beat, palpitations.
- Chest pain.
- Perspiration.
- Skin disorders (hives, eczema, psoriasis, tics, itching).
- Periodontal disease, jaw pain.
- Reproductive problems/infertility.
- Weakened immune system suppression: more colds, flu, infections.
- Sexual dysfunction/lack of libido.

If you are experiencing some of the signs listed above, consider talking with a healthcare professional that can help you to evaluate your situation. You are not alone. Getting support will help reduce caregiver stress, as well as reduce the associated risks of ongoing stress.

Emotional Signs of Caregiver Stress
The emotional experiences involved with providing care can strain even the most capable person. The resulting feelings of anger, anxiety, sadness, isolation, exhaustion, and then guilt for having these feelings, can exact a heavy toll. It’s important to recognise the emotional signs of caregiver stress.

Take a look at the following list and see if any apply to you:

- Anxiety.
- Depression.
- Moodiness/mood swings.
- Butterflies.
- Irritability, easily frustrated, road rage.
- Memory problems and lack of focus.
- Feeling out of control.
- Increased substance abuse.
- Phobias.
- Argumentative.
- Feeling of isolation.
- Job dissatisfaction.

Noticing the way stress affects you physically is sometimes easier than seeing how it is affects you emotionally. You may want to think about how your immediate family, spouse or children are reacting to you. If you are more grumpy than normal they may let you know or may just avoid you altogether. Consider talking with a healthcare professional that can help you to evaluate your situation. Remember, it is not selfish to focus on your own needs and desires when you are a family caregiver. In fact, it is important that you take initiative with your own physical and emotional care, or else it could make you less useful to the person for whom you are caring.
Feel Like Yourself Again
Caregivers who insist on time for themselves within a busy life have more energy and are better able to weather stress. And that allows them to be more reliable to those who depend on them. Most caregivers like the idea of ‘me’ time but are convinced they can’t find it. You can! Start small, and dream big.

- **Schedule it:** Don’t postpone personal time, making it an afterthought or reward after you finish the day’s business. Instead, include yourself in your must-dos when you plan the day, ideally, early in the day so the time doesn’t get overlooked. Plus you’ll be better able to face the day if you’re fully energised. Pencil in even 15 minutes daily, for starters - literally write it on your planner or daily to-do list. Commit to carving this same time out every day. Life coaches say it can take up to three weeks for a new habit to take hold. But make the break feel like an indulgence. That means no washing up or paying the bills. Think of something you enjoyed when you had more time. Maybe it’s savouring a cup of tea (in a fine china cup) and a new paperback.

- **Say "no":** Not all requests are draining, of course. If you’re tempted, get in the habit of replying, “I’m not sure; let me get back to you.” Don’t answer immediately - give yourself a cushion of time to reflect privately on whether the request will enhance your life or detract from it. But also practice building up your “no” muscle. The more you express regrets or bow out, the easier it becomes the next time.

- **Create a personal space in your home, just for you.** It could be a whole spare bedroom or a desk and comfy chair in a corner. Decorate your “me zone” with meaningful mementos - a comfy quilt, your favourite photos. Having your own personal retreat ensures that you will be more likely to head there to do something just for yourself - watch a DVD, talk by Skype with an old college friend, run through some yoga moves, take a power nap. Ask others in the house to respect your privacy when you are in your personal space. (It doesn’t always work, but it never hurts to ask!)

- **Buy time:** Don’t underestimate the value of outsourcing. Yes, it means spending money. But your time carries a price tag, too - and your health and peace of mind are priceless. Definitely look into professional CAREGivers from Home Instead Senior Care to manage your loved one’s care needs. Resist the excuse that nobody can care as well as you can; this may well be true, but many paid professionals do a wonderful job. The trick is to apply the time you buy toward yourself, not anything or anyone else. If a professional CAREGiver or a sibling spends time with your loved one on Saturday mornings, go out to do something personally meaningful during that block of time - this means don’t just run errands.
Training for Carers

There are a number of voluntary organisations providing information, advice and support for carers in Ireland. The HSE, as well as voluntary agencies supported by the HSE, can provide training for carers. For example, Family Carers Ireland is a registered charity emerging from the coming together in 2016 of two long standing charities of over 25 years - The Carers Association and Caring for Carers. The organisation offers a range of services and supports to family carers, giving one national voice to represent fairness for carers. They provide national certified training courses such as ‘Care in the Home’ for carers and people working in the caring profession. This course covers practical caring skills such as feeding, washing, and dressing, and personal skills such as communication stress management and coping skills. Other courses can include: Caring for Children with Special Needs; Occupational First Aid; Carers Support Programme; Entitlement for Carers; and Patient Handling Course.

C A R E: Changing Ageing through Research and Education is a unique research-based training approach for Home Instead’s Professional CAREGivers. Designed by renowned experts in the field of Alzheimer’s and Dementia Care, the approach focuses on personalising the care experience and looks at practical ways of dealing with some of the most common issues associated with dementia. Home Instead CAREGivers use techniques to help keep your loved one engaged in life, and are trained to understand and reduce behaviour that is a sign of unhappiness. Professional CAREGivers are trained to create social interaction, maintain a safe environment, minimise cognitive and behavioural symptoms, provide meaningful activities provide nutritious meals and supervise daily activities. Professional CAREGivers can also provide assistance with enhancing and restoring the simple pleasures of life, such as a walk in the park, a ride in the car to get ice cream or even just spending quality time in the garden. These elder care activities are proven to maximise both abilities and independence.

Respite Care

Respite care may involve providing alternative family or institutional care for a person with a disability in order to enable the carer to take a short break, a holiday or a rest. It can cover very short-term respite, for example, a carer for an evening, or a much longer arrangement for a holiday. Schemes of respite care are sometimes called ‘Breakaway’ or ‘Friendship’ schemes. Respite care or temporary care may be based in the community or in an institution. In practice, respite care is provided to a varying degree at a number of locations around the country - in some cases by your Health Service Executive (HSE) area and in others by local or national voluntary organisations. Care is provided at a number of locations around the country for people with different disabilities. The person being cared for may be admitted to a HSE nursing home for a period of two weeks. Longer stays may be possible in some circumstances. Respite care is organised through your public health nurse or family doctor (GP).
A First-class Professional and Cost-effective Service

Gannon Kirwan Somerville was established in 1981 and provides a first-class professional and cost-effective service to small and medium-sized enterprises and individuals. Personal taxation forms a large part of our business and the objective is to conserve clients’ financial resources through effective tax planning.

**Income Tax:**
If you are a self-assessed taxpayer or wish to claim allowances or credits you will need to file an annual income tax return. We prepare these for individuals, file returns using the Revenue online service and ensure that all reliefs to which an individual is entitled are claimed, including medical-related expenses, home care and nursing home costs.

**Capital Acquisitions Tax:**
In recent years, capital acquisitions tax rates have increased from 20 per cent to 33 per cent and the tax-free thresholds have been greatly reduced. It is a hidden tax and it is essential that each family be aware of any potential exposure to this tax, and that good planning can significantly reduce the costs. We provide a full estate planning and capital acquisitions tax advisory service.

**Capital Gains Tax:**
In any transfer of assets, capital gains tax implications must be considered. We can advise of any potential liabilities before transactions take place, compute any liabilities and arrange for filing of returns with Revenue.

**Retirement Tax Planning:**
Pre-retirement planning is essential and we provide a complete retirement planning service to employed and self-employed persons.

**General Services:**
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Estate Planning

Making a Will
One of the most important issues you should sort out is your will. A will is a witnessed document that sets out, in writing, a person’s wishes for his or her possessions (called his or her ‘estate’) after death. If you die without a will, the law of intestacy decides what happens to your property. A will can ensure that proper arrangements are made for your dependants and that your property is distributed in the way you wish after you die, subject to certain rights of spouses and children. If you die having made a valid will, you are said to have died ‘testate’. This means all of your possessions will be distributed in the way you set out in your will. It is the job of the executor or executors you named in your will to make sure this happens. After you die, someone has to deal with your estate by gathering together all of your money and possessions, then paying any debts you owe, and finally distributing what is left to the people who are entitled to it. If you do not name an executor of your will, documents called letters of administration are issued. When your estate is distributed, the legal rights of your spouse and children, if any, will be fulfilled first after any debts are paid and before any other gifts are considered.

Power of Attorney
A Power of Attorney is a legal device in Ireland where a person gives another person(s) power to make decisions relating to personal welfare or property affairs, or both. It can be set up by a person (the donor) during his/her life when he/she is in good mental health. It allows another specially appointed person (the attorney) to take actions on the donor’s behalf if he/she is absent, abroad or mentally incapacitated through illness. If someone in Ireland is mentally incapacitated, all of their assets and property are normally frozen and cannot be used by anyone else unless they are jointly owned or someone has power of attorney to deal with their money or property. A general power of attorney can be created when signed by either you or at your direction in the presence of a witness. An Enduring Power of Attorney is an agreement whereby one person appoints another person to make certain decisions for them at a future date when they may themselves lack the ability to make those decisions. The person appointed is called an attorney.

Requirements of a Valid Will
It is possible to prepare your will yourself. However, it is advisable that you get a solicitor to do this for you as it is an important document and should be drafted correctly. You decide what you wish to do with your property and your solicitor can advise you on how to achieve your objective. Your solicitor will also advise you about the rights of spouses, children or other family members and how this impacts on your decisions. It is always possible for you to revoke your will. This can only be challenged if your mental capacity when you revoked your will is called into question.
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Trusts
Property, including money assets, may be held in trust on behalf of another person or to achieve a particular purpose. A trust exists when a person (the trustee) holds the property of another (the settlor) for the benefit of named people. The beneficiaries may be the settlor themself or may be other people. By creating a trust, you can ensure that, should you subsequently become mentally incompetent, your affairs will be managed in a particular manner. The trust property continues to be administered by the trustee for your benefit without the necessity to have you made a ward of court.

Agency Arrangements
If you appoint another person to represent you in certain dealings with third parties, you are making an agency arrangement. You are called the principal and the person you appoint is called the agent or appointed representative. The most usual example is where a pensioner nominates someone to collect social welfare pension payments or other allowances from the post office.

Wards of Court
If you become incapable of managing your affairs or are of unsound mind, you can be made a ward of court. There are a number of procedures available, depending on the precise circumstances. The Lunacy Act allowed for wards of court, an outdated system where people with intellectual disability, dementia, brain injury or mental illness found their civil rights restricted if they were found to be not capable of managing their own affairs. The Lunacy Act is a barrier to Ireland ratifying the UN Convention on the Rights of Persons with Disabilities, an international agreement on the rights of persons with disabilities, which Ireland signed in 2007 but has not ratified. Although the Lunacy Act is repealed, all orders made under it remain in place for the time being. This means that people who are a ward of court will remain so but must be reviewed within three years of the Act commencing. After this review, former wards must either resume their own affairs or move to one of the support structures. A ward can apply for a review, as can a relative or a person with an interest in their welfare. There will still be a wards of Court system for minors (those under 18) but there will be no new adult wards of court once the Act commences.
Leave a legacy

When writing your will, many charities would urge you to consider the impact a legacy gift to a worthwhile organisation could make. Once provisions have been made for family and loved ones, a legacy gift, no matter how small, can ensure you continue to be a positive influence in the world, even after your passing.

If you’re unsure about what a legacy gift should look like, it can come in several different forms. Firstly, you can choose to leave your chosen charitable organisation a residual share in your estate, which will see the remainder of your estate go to the charity, once loved ones have been provided for. Alternatively, you can leave a cash gift, which is a specific sum of money or you can choose to donate a specific item of value, such as antiques, art or jewellery. If you would like your donation to finance a particular goal or be used for a specific purpose, you can state this with the charity. A final option is a gift in trust, which states that the specific item can be utilised by a beneficiary for an agreed period of time, before it is passed on to the chosen charity.

Charities

If you are unsure about how to leave a legacy gift, please contact your solicitor.

- **Cystic Fibrosis Ireland** - Tel: 01 496 2433, Email rbyrne@cfireland.ie, Web: cfireland.ie
- **Focus Ireland** - Tel: 01 8815900, Web: www.focusireland.ie
- **ISPCA** - Tel: 043 3325035, Email: fundraising@ispca.ie, Web: www.ispca.ie
- **Irish Cancer Society** - Tel: 01-2316629, Email amcdarby@irishcancer.ie Web: www.cancer.ie
- **CMRF** - Tel: 01 709 1700, Email hello@cmrf.org, Web: www.cmrf.org
- **Irish Heart Foundation** - Tel: 01 6685001, Email alice.sachova@irishheart.ie, Web: www.irishheart.ie
- **ISPCC** - Tel: 01 676 7960, Email donorcare@ispcc.ie, Web: ispcc.ie
- **Self Help Africa** - Tel: 01 6778880, Email: info@selfhelpafrica.org, Web: selfhelpafrica.org/ie/legacy
- **Friends of the Elderly** - Tel: +353 (0) 1 873 1855, Email: info@friendsoftheelderly.ie, Web: www.friendsoftheelderly.ie
- **Our Ladies Hospice** - Tel: (01) 4911 072, Email: sjohnston@olh.ie, Web: www.olh.ie
- **NCBI** - Tel: 01 830 7033, Web: www.ncbi.ie,
- **Concern** - Tel: 01 417 7709, Web: concern.net/legacy
- **Blue Cross Animal Welfare Society** - Tel: +353 1 4163032, Email: info@bluecross.ie, Web: www.bluecross.ie
- **Alzheimer Society of Ireland** - Tel: (01) 207 3800, Email: info@alzheimer.ie, Web: www.alzheimer.ie
- **Irish Red Cross** - Tel:1850 50 70 70, Email: info@redcross.ie, Web: www.redcross.ie
- **Age & Opportunity** - Tel: +353 (0)1 805 7709, Email: info@ageandopportunity.ie, Web: www.ageandopportunity.ie
- **Special Olympics Ireland** - Tel: +353-1-882-3972, Email: info@specialolympics.ie, Web: www.specialolympics.ie
Advance Care Directives
An Advance Healthcare Directive (AHD) allows a person with capacity to write down their preference around healthcare treatment in case they lack capacity in the future. In general, it can be defined as a statement about the kind and extent of medical or surgical treatment you want in the future, on the assumption that you will not be able to make that decision at the relevant time. Sometimes the terms ‘living will,’ ‘advance statement,’ ‘advance decision,’ or ‘advance refusal’ are used when referring to an advance care directive. People usually make directives in order to limit the treatment given in order not to prolong life. A valid AHD will not be invalidated, even if it appears unwise or will result in death. Refusal of treatment will be complied with, provided that the person had capacity at the time it was written and the AHD is clear. There is no legislation on advance care directives in Ireland, so requests for treatment are not legally binding, but must be considered. However, some people make AHDs in order to state that they want all possible treatments to be provided. It is unlikely that such a directive would be enforceable as it does not take account of the likely success of the treatment or of the costs. AHDs are not applicable to mental health treatments.

Family Members and Advance Care Directives
If a healthcare issue arises and the patient is incapable of making a decision, the practice is to consult with next of kin. It is not clear what legal basis there is for this, as next of kin have no general right to make decisions on behalf of adults. Medical ethics currently in force in Ireland state that consultation with next of kin is desirable if the patient is unable to make a decision or to communicate, and provides for a second opinion if there is a difference of opinion between your family and the doctor. Next of kin are (in order) spouses, children, parents, siblings. Partners have no legal status and may experience difficulties in seeing patients if family members object.
**The Assisted Decision-Making (Capacity) Act 2015**

The Act creates a new system to support people to make decisions and repeals the Lunacy Act of 1871 (The Ward of Court System). The Act only applies to people over 18. It allows for several new support structures, as well as Advance Healthcare Directives and changes to the Power of Attorney system. A new office called the Decision Support Service (DSS) is established and will be run by the Director of the DSS. This office is a new department within the Mental Health Commission and is the supervisory and regulatory body for all those supporting decision-making.

The director will have a role in public awareness, information and guidance, developing codes of practice, advising state bodies, making investigations, and keeping records and reports. The provisions of the new Act are not limited to people with a disability or impairment, but apply to any person whose decision-making capacity is in ‘question.’ Anybody may need to use the provisions of the Act at one time or another. The Act defines ‘capacity’ as ‘decision-making capacity’ and it is the ability to understand, at the time that a decision is to be made, the nature and consequences of the decision to be made by him or her in the context of the available choices at that time. This ability is to be distinguished from cognitive ability, which is a medical assessment. A person cannot lack capacity as a decision maker. A person may lack capacity to make a particular decision at a particular time or their capacity may be in doubt. This capacity may be regained at a different time and for a different decision. Everyone is to be presumed to be able to make all decisions unless the contrary is shown.

A functional test can be used to assess a person’s capacity to make a decision and this means that the person has the ability to understand the nature and consequences of the decision in the context of the available choices at that time. A person can be said to lack capacity to make a decision if they are not able to understand the information relevant to the decision, retain that information long enough to make a voluntary choice, use or weigh that information as part of the process of making the decision, communicate his or her decision in whatever way they communicate (not only verbally). Communication includes talking, writing, using sign language, assistive technology, or any other means and information relevant to the decision that must be imparted in a way that the person can understand e.g. using clear language, visual aids etc. Most decisions are covered and fall under the Act, including financial or medical decisions. Decisions relating to marriage or divorce, adoption, jury membership, and sexual relationships are covered by different laws.

**Tips**

If your loved one is struggling to maintain their capacity for decision-making, but would still appreciate autonomy in their life, use these tips to keep them involved in the decision making process.

- Use images to help them understand.
- Use reasoning to help them appreciate the decision.
- Let them express their opinion.
New Decision-Making Supports Under The Act

The Act creates decision-making assistance, co-decision-making, and decision-making representation. These are explained below.

Decision-Making Assistance

A person whose capacity is in question, or will shortly be in question, chooses another person to assist them to make decisions. A decision-making agreement is drawn up to say what decisions are involved. The decisions can be property or personal welfare or both. A person can have more than one decision-making assistant to act jointly or separately, or jointly on some matters. The assistant will assist the person making the decision to get the information needed to make the decision, explain the information to the person, and ascertain the person’s will and preference in relation to the decision. The assistant will also communicate the decision, if necessary, and follow up on the decision to ensure that it is implemented.

Co-Decision-Making

A person chooses a person to jointly make one or more decisions on personal welfare or property and affairs. The person should be a relative or friend of the appointer who has had such personal contact over such period of time that a relationship of trust exists between them. The co-decision-maker will get the information needed to make a decision, advise on decisions, and make decisions together with the appointer based on their will and preferences. The co-decision-maker will help the person express a decision and ensure that the decisions are implemented.

Decision-Making Representation

A decision-making representative is a person appointed by the Circuit Court to make one or more specific decisions for another person who lacks the ability to make that specific decision(s). Someone wishing to be a representative must apply to court for decision-making powers. A representative will only be appointed if an assistant or co-decision maker is not suitable or available. The court will consider the will and preferences of the individual, family structures and the suitability of the applicant. The role of the decision-making representative is to take decisions on personal welfare or property and affairs. The representative must make decisions based on the will and preferences of the person. The representative must send reports into the director of the DSS and keep accounts and records.

People can choose and register their assistants and co-decision-makers, and a person must apply to court to be a decision-making representative. Owners or registered providers, or an employee or agent of the designated centre or mental health facility in which the person resides, cannot be named as assistants, co-decision makers or decision-making representatives.
**Capital Acquisitions Tax (CAT)**
Capital Acquisitions Tax covers both gifts and inheritances and is payable at the rate of 33% on the taxable value of a gift or inheritance by those receiving either. The taxable amount is the amount in excess of the relevant group threshold. Any gift or inheritance over these thresholds is taxable at 33%; anything under these thresholds is not taxable. Gifts and inheritances between spouses are totally exempt. These limits are cumulative of all gifts and inheritances previously received within each group after 5th December 1991. CAT can be a complex issue, so if you feel that you may come close to 80% of the aforementioned limits, advice should be sought from your local tax office or solicitor.

**Family Caregiver Information**
The Assisted Decision-Making (Capacity) Act respects the right of everyone to make choices for themselves and at all times to be treated with dignity and respect. The question must be asked, in relation to this specific issue, at this time, does this person have capacity? Also, what level and type of support might be needed in order to assist this person to make a decision? The focus is on enhancing whatever level of capacity exists, even where it is considerably diminished, and there is a statutory presumption of capacity unless there is clear evidence to the contrary.

**What Does Support Mean?**
Support may mean a person needs things explained in a clear and concise manner, a manner which is appropriate for the person. It may also mean gathering information that will enable a person to make an informed decision, or walking them through the decision-making process. When a person is not fit to make a decision, the law states that the decision made must be one which the person would have made themselves, if able. A person’s desires, preferences, beliefs and values must be known and used when making decisions on their behalf.
● Offer the person options in the context of the choices available. For example, ask them if they know about and understand all of the options and if they would like you to go through them again. Or, what would make it easier for the person to understand the options, e.g., writing them down, drawing them out etc. Ask them if they need any further information in relation to any option and if they would like to appoint someone else to assist them in getting that information.

● Establish if the person has a reasonable understanding of possible foreseeable consequences. For example, do they have particular fears or concerns about option A/B/C (go through each individually)? Ensure that the person has voluntary choice and the ability to weigh up the information/options. For example, what is of most importance to them right now and what do they wish to do to achieve their objective.

● Always remember, if a person can remember information for a short time only that is not an indication of their inability to make a decision. Also, an apparently unwise decision made by a person is not to be regarded as a sign of their inability to make a decision.

If the decision in question cannot be made at this point move to Step 2

● Consider, with the person, if this is the right time for them to make this decision. Are they happy to make this particular decision now or perhaps later when they feel more up to it/feel better/ have thought more about it/ have discussed it with the family. Is there any part of the decision that they fully understand and feel able to make now?

● Consider and offer other assistance that may support the person to make decisions. Would they like someone to assist them? For example, a decision-making assistant or a co-decision maker. Clarify, with the person, if there is anyone influencing their decision. You could ask them the following questions: who thought of that solution? What were the other possible solutions that you considered? How did you decide which was the right solution for you at this particular time? What do you feel deep down about that particular solution now that I have repeated it back to you?
If you are considering providing for your own future decision-making, you could put an Advanced Healthcare Directive and/or an Enduring Power of Attorney in place. If you are supporting a person's decision-making process about their healthcare matters, you must first establish if the person has signed an Advanced Healthcare Directive. If they have, the content of that document may assist with the decision, or the document may appoint a designated Healthcare representative who has responsibility to make the decision. If there is no Advanced Healthcare Directive in place and the person has signed an Enduring Power of Attorney, the attorney appointed may have the authority to make the decision in question, depending on whether or not the Enduring Power of Attorney has been registered (with a solicitor) and what kind of decisions the attorney is authorised to make.

A person may not have considered or planned in advance who may make decisions on their behalf should they have difficulty or be unable to do so for themselves. Firstly, establish if there is a decision-making representative appointed. If a person has a decision-making representative who has been appointed by the Circuit Court for the purpose of making this decision, it is the responsibility and duty of the decision-making representative to make the decision in question. If there is no decision-making representative appointed, establish if the person has signed a co-decision-making agreement. If there is such an agreement in place, check it covers the decision in question and consult with the co-decision maker. If there is no relevant co-decision-making agreement, establish if the person has signed a decision-making assistance agreement. The decision-making assistant will obtain/explain relevant information, ascertain the desires and preferences of the person about the decision to be made, and assist the person to make, express and implement their decision. If there is such an agreement in place, check that it covers the decision in question and consult with the decision-making assistant. Finally, at this point, consider if the person could now sign either a decision-making assistance agreement or a co-decision-making agreement.

If the decision in question cannot be made at this point move to Step 4.
Step 4
No Capacity and No Plans in Place

If the decision to be made is significant in terms of the change it would make to the person’s life, for example, where the person is to live, but not extremely urgent, then consider either an application to the Circuit Court for the appointment of a decision-making representative OR to the Decision Support Service for guidance. If the decision is extremely urgent OR is not significant in terms of the change it would make to the person’s life, for example, with whom the person should go on holiday, then make the decision in accordance with the following principles:

- Take into account the person’s own known past and present wishes and preferences so that the decision is as close as possible to the decision the person might have made for themselves, their beliefs and values, and any other factors which they would have been likely to consider if able to do so.
- Consider the views of others as to who the person might wish to be consulted.
- Act at all times in good faith and for their benefit only.
- Consider all other circumstances which it would be reasonable to regard as relevant.
- Consider the views of any carer/person with a genuine interest in their welfare/healthcare professionals.
- Consider the likelihood of the person recovering the ability to make the decision for themselves against the urgency of the matter to be decided.
- All decisions (interventions) taken should be decisions which least restrict the person’s rights and freedom, is most respectful of the person’s dignity, bodily integrity and privacy, and continued right to have control over their financial affairs and property. The decisions taken should be proportionate to the significance and urgency of the matter and should be in place for as short a time as possible.
Finance, tax and the move to a nursing home

This tax guide should come in handy if you or your loved one are moving to a nursing home!

There are a number of cost and tax implications to be considered when you or a loved one are moving to a nursing home. For starters, the costs associated with long term care in a nursing home can often be very substantial. It’s not uncommon for nursing home fees to reach €1,000 per week (or €52,000 per annum). And, as the Fair Deal Scheme and other government schemes often don’t cover all of these costs, many fee payers will be keen to recoup as much of this money as possible. Fortunately, there are a number of tax measures in place which can help you to do this. This useful guide is full of practical information about your tax refund entitlements and will help you to avail of any benefits or reliefs that you or your loved one are entitled to. It will also clear up some common tax obligation queries that arise when a loved one moves to a nursing home.

Fair Deal Scheme

Many people avail of tax relief under the Fair Deal Scheme (or the Nursing Homes Support Scheme). Operated by the Health Service Executive (HSE), the scheme aims to provide financial support to people who need long-term nursing home care. Under Fair Deal, you make a contribution towards the cost of the care and if your accessed contribution is less than the amount of the fees, the HSE will pay the rest. While you can claim tax relief on the contribution you make, you can’t claim any relief on the contribution made by the HSE. For more information about the Fair Deal scheme, contact your local nursing home or the Fair Deal office directly.
Nursing Home Expenses
If you are paying nursing home fees for yourself or a loved one, you can claim relief on nursing home expenses at your highest rate of tax under the below conditions:
● The nursing home provides 24 hour on-site nursing care
● The maintenance or treatment expenses incurred are in association with the services of a registered practitioner
● The expenses are for diagnostic procedures carried out on the advice of a registered practitioner

Relief During the Tax Year
In certain circumstances it is possible to claim relief on your nursing home expenses during the tax year. To find out if you are eligible, it is best to liaise directly with Revenue.

Kidney Patients
Kidney patients are entitled to a number of additional reliefs to the normal health expenses. For example, you can claim relief on the cost of travelling to and from the hospital if you or your loved one travels regularly for dialysis treatment. If you’re travelling in your own car you can claim relief at €0.27 per mile or €0.17 per km (2017).

Medical Appliances
You can claim relief on the cost of purchasing, maintaining, and repairing medical appliances for yourself or on behalf of a loved one (that you’ve been advised to use by a registered practitioner) including:
● Glucometer machines

Dependent Relative Tax Credit
If you’re caring for a dependent relative you may qualify for the Dependent Relative Tax Credit. You can claim this credit if you pay for the cost of maintaining:
● A relative (relatives of a spouse are eligible) who can’t maintain themselves due to ill-health or old age.
● Widowed or surviving civil partner parent of yourself or your spouse or civil partner, irrespective of health.
● Your child or spouse’s child who lives with you and on whom you depend as a result of old age or ill health.

Value of the Credit Depends On:
● The cost of maintaining your dependent relative - the tax credit is the cost of maintenance up to €70 in 2017.
● If the income of your dependent relative exceeds €14,504 in 2017, no tax credit is due (the income limit was €14,060 in 2016, €13,904 in 2015 and €13,837 in 2014 and 2013). All of your dependent relative’s income (for example, social welfare payments, pensions and deposit interest) is taken into account for this assessment.

If you want to claim this credit you can contact Revenue or complete a DR1 form for a relative or parent or DR2 for son or daughter. You should send the completed form to Revenue who will update your tax credits if you qualify. If you pay tax under the self-assessment system, you can claim the tax credit by completing the ‘Dependent Relative’ section on your annual tax return.
Medical Expenses
If you pay for medical costs, either for yourself or a loved one, you can claim medical expenses at a rate of 20%. Examples of eligible medical expenses include:

- Costs of doctors and consultants fees
- Items or treatments prescribed by a doctor or consultant
- Maintenance or treatment in a hospital or a nursing home
- Kidney patients’ expenses (up to a maximum amount depending on whether the patient uses hospital dialysis, home dialysis or CAPD)
- Drugs, medicines and diagnostic procedures (prescribed by a doctor)
- Hearing aids
- Orthopaedic bed or chair
- Wheelchair or wheelchair lift (no relief is due for alteration to the building to facilitate a lift)
- And more

However, the following doesn’t qualify: Cars for a disabled person, construction work to facilitate a person with an illness or disability, telephone installation, line rental or call costs.

Capital Gains Tax
Capital Gains Tax (CGT) is a tax charged on profit made from the disposal (selling, gifting or exchanging) of an asset. CGT is due from the person making the disposal. However, it is important to note that everyone is entitled to a personal exemption on the first €1,270 (after deducting losses) of a capital gain or profit. This means you will not have to pay CGT on this amount. There are also some additional circumstances by which you can be exempt from CGT.

Disposable of Assets
If you or your loved one are hoping to organise financial affairs before moving to a nursing home, there are a number of tax exemptions and reliefs that can be availed of before the move.
**Principal Private Residence (PPR)**

Under Principal Private Residence Exemption (full or partial), you or your loved one can transfer or sell a property (for its development value), including land up to one acre around a house, and be exempt from Capital Gains Tax - as long as that property was their main residence while they owned it.

**Transferring a Site From a Parent to a Child**

No Capital Gains Tax (CGT) is due on any transfer of land from a parent to a child as long as:

- The child will use the land to build a house which will be their main residence
- The land is one acre or less or the land has a value of €500,000 or less

The child may have to pay CGT on the disposal of the land transferred from a parent to them in two specific situations:

- Where the child disposes of the land without having built a house
- If they have built a house on the land, having not occupied that house as their only or main residence. (This must be for a period of at least three years.)

**Disposal of a Business or Farm**

If your parent is in the 55-65 age bracket and wants to dispose of their farm to their child before they move to a nursing home, they can claim full relief from Capital Gains Tax (restricted to €3 million). To qualify, the individual transferring the assets must have owned them for a minimum period of 10 years (ending with the date of disposal).

Note: If the child disposes of the asset within 6 years, Revenue can withdraw the relief. For disposals made up to and including 31 December 2013, it's possible to claim full relief when the market value at the time of disposal does not exceed €750,000. The threshold is reduced to €500,000 if both of the following apply:

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**Moving to a Nursing Home and Confused About Your Tax Obligations**

Taxback.com can help you! Our ISO 9001 certified team of tax experts can answer any tax questions you have, help you file fully compliant returns and ensure you claim back any overpaid tax, guaranteeing peace of mind and more money in your pocket! Our average refund for people who claim nursing home expenses is over €3,000! Visit Taxback.com today!
The disposal takes place on or after 1st January 2014
You are 66 or older

If the market value is more than the above defined threshold, marginal relief may apply (half the difference between the market value and the threshold). If the threshold is exceeded, Revenue can withdraw relief given on earlier disposals. It is also possible to claim retirement relief on a disposal of shares in a family company. In this case you must hold at least 25% of the voting rights (or at least 10% of the voting rights, where together with your family, you have at least 75% of the voting rights). You must also have been a working director of the family company for not less than five years of the 10 year ownership period. Relief can also be claimed on a disposal of land, plant and machinery which you have owned for at least 10 years as long as:

- The asset was used throughout the 10 year period by the family company.
- It’s disposed of at the same time and to the same person that bought the shares in the family company.

**Gift and Inheritance Tax**

If your loved one intends to leave an inheritance to someone, they may have to pay Gift and Inheritance Tax on it. However, they can use the Small Gift Exemption to give tax free gifts or inheritances of up to €3,000 to other family members or friends without any tax being due.

**Dwelling-House Exemption**

If your loved one disposes (as a gift or inheritance) of a house to you, the transfer can be exempt from Capital Acquisitions Tax under certain conditions. Firstly, your loved one must have owned the house for at least three years prior to gifting it and you must not own or have an interest in any other house at the time you are gifted the asset. The house must also have been your main residence for at least the three years immediately preceding the date of the gift or inheritance. It’s important to note that, in the case of gifts, time you have lived in the house will be discounted if it was your loved one’s only or main residence. This is the case unless your loved one was dependent on your care because of old age or illness. You must continue to occupy the house as your main residence for the following six years (this condition does not apply if you are over 55 years at the time of receiving the benefit).
No One Should Overpay Tax!
Is your loved one moving to a nursing home? Here’s how Taxback.com can help

Transferring assets, medical expenses and your tax obligations – do you find these subjects very confusing? You’re not alone. But don’t worry, Taxback.com is here to help! Our motto is ‘no one should overpay tax’. Many people pay too much tax because they don’t understand their entitlements. We strive each day to help our customers understand their tax rights and obligations and of course, to save them money on their tax bill!

**Tax Refund**
If you or your loved one lives in a nursing home, there’s a very good chance that you’re entitled to a tax refund. It’s true! You could be due a tax refund for a large number of reasons. For example, did you know that taxpayers who pay for nursing home costs (for themselves or a loved one) are entitled to a tax refund at their highest rate of tax at the end of the year? And, as the average weekly cost of a nursing home is €1,000 approx. per week (or €52,000 per annum), it is easy to see how this can add up to a significant refund! Taking this example, if you’re highest rate of tax is 40% and you pay the full amount of the fees, you will be entitled to a refund of €20,800. If you’re highest rate of tax is 20% and you pay all of the fees yourself, you’ll be due €10,400. Plus, if you pay for medical expenses for yourself, or on behalf of a loved one, you will be entitled to a tax refund at 20% of the cost following the end of the tax year that you, even if you get reimbursed by an insurance company, can claim relief on any excess you have paid.

**Qualified Tax Experts**
If your loved one is moving to a nursing home, our team of tax experts are on hand to answer any tax related questions that arise during the move. So, whether they’re looking to transfer property or leave an inheritance, with sound advice we can help you to understand your tax obligations, regardless of the query that you have. Our ISO 9001 certified team of tax experts are dedicated to helping you file fully compliant returns and ensuring you claim back any overpaid tax, guaranteeing peace of mind and more money in your pocket!

**Get In Touch**
With more than 20 years of experience and over 1 million taxes filed, our team can answer any tax related queries you may have as your loved one moves to a nursing home.

Contact us today and get 10% off your tax return fees!
To get started, call our team of tax experts today on:
T. 1800 66 88 66 (FREE)
T. +353 1 887 1999
Website: www.taxback.com

We’ll do all of the paperwork, ensure you are availing of every expense and relief you are entitled to, file your tax return for you and retrieve your maximum tax refund annually. We can also transfer your refund to your bank account anywhere in the world.

Our average refund for people who claim nursing home expenses is over €3,000

To get started - email info@taxback.com with your name and number today and reference Senior Citizen Guidebook 2018!
### Cavan

#### Hospitals
- Cavan General Hospital: 049 4376000
- Lisdarn, Cavan: 049 4331900

#### Health Centres
- Health Centres in Cavan/Monaghan
  - Cavan Community Services, Lisdaran, Cavan: 049 4361822
  - Bailieborough: 042 9665991
  - Ballybay: 042 9741157
  - Ballinag: 049 4337217
  - Ballyconnell: 049 9525510
  - Ballyhaise: 049 4338132
  - Ballyjamesduff: 049 8544386
  - Belturbet: 049 952288
  - Carrickmacross: 042 9661597
  - Castleblayney: 042 9740462
  - Clones: 049 51207
  - Clontibret: 049 80884
  - Cootehill: 049 5552331
  - Gowna: 043 6683254
  - Killashandra: 049 4334767
  - Kilnaleck: 049 4336494
  - Kingscourt: 042 9667786
  - Lisdaran: 049 4361822
  - Scotstown: 049 89657
  - Shercock: 042 9669208
  - Smithboro: 047 57438
  - Stradone: 049 4330722
  - Swanlinbar: 049 9521574
  - Tullyvara: 042 9743116

### Carlow

#### Hospitals
- District Hospital Carlow: 059 9136300

#### Health Centres
- Carlow Community Services, Athy Road, Carlow
  - General number: 059 9136526
- Bagenalstown: 059 9721721
- Borris: 059 9773119
- Carlow: 059 9136300
- Clonegal: 053 9377369
- Hacketstown: 059 6471319
- Leighlinbridge: 059 9721452
- Myshall: 059 9157633
- Rathvilly: 059 9161299
- Tullow: 059 9151426

#### Citizen Information Centres
- Carlow CIC: 076 1075130

#### Social Protection Offices
- Bagenalstown: 059 9729940
- Carlow: 059 9170170
- Tullow: 059 9152500

#### Nursing Homes
- Beechwood Nursing Home: 059 9722366
- Rathvilly, Leighlinbridge:
- Borris Lodge Nursing Home: 059 9773112
- Borris:
- Hillview Convalescence & Nursing Home: 059 9139407
- Tullow Road:
- Riverdale Nursing Home: 059 9159299
- Ballin

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**Home Instead Senior Care**

**Carlow/Kilkenny**
- Butler Court, Patrick Street, Kilkenny City
- Tel: 056 7800 508/056 7800 509
- Enda Bohan: 086 259 7214
- Email: enda.bohan@homeinstead.ie

**Cavan/Meath**
- 1 Emmet Court, Emmet Street, Trim, Co. Meath
- Tel: 046 9483338
- Charlotte Reilly: 087 243 3619
- Email: charlotte.reilly@homeinstead.ie
### Health Centres in Sligo/Leitrim & West Cavan
- Aclare: 071 9853218
- Ballinafad, Public Health Nurse: 087 2488180
- Ballinaglera: 071 9643411
- Ballinamore: 071 9644353
- Ballymote: 071 9183104
- Blacklion: 071 9853218
- Carrick-on-Shannon: 071 9650300
- Carrigallen: 049 4339797
- Castlebaldwin: 087 2488180
- Cliffoney: 071 9166160
- Cloghan: 074 9133031
- Collooney: 071 9130662
- Coolaney: 071 9167547
- Curry: 094 9254748
- Dromahair: 071 9164215
- Dromod: 071 9658702
- Dromore West: 096 47095
- Dowra: 071 9643125
- Drumkeeran: 071 9648043
- Drumshanbo: 071 9641105
- Drumcliffe/Grange: 071 9173011
- Easkey: 096 49022
- Enniscreone: 096 36292
- Geevagh: 071 9647103
- Glencarne: 071 9853229
- Gleshevin: 071 9643078
- Gurteen: 071 9182817
- Kiltyclogher: 071 9854071
- Kinlough: 071 9843013
- Manorhamilton: 071 9855788
- Mohill: 071 9631900
- Newtowngore: 049 4339009
- Riverstown: 071 9165182
- Skreen: 071 9166634
- Tubbercurry: 071 9185967

### Citizen Information Centres
- Cavan CIC: 0761 075200

### Social Welfare Services Office
- Bailieborough: 042 9666089
- Cavan: 049 4331909

### Nursing Homes
- Castlemanor Nursing Home: 049 4327100
  - Billis, Drumlee
- Esker Lodge Nursing Home: 049 4375090
  - Esker Place, Cathedral Road
- Sheelin Nursing Home: 049 8540414
  - Tonagh, Mount Nugent
- St. Joseph’s Nursing Home: 049 8547012
  - Lurgen Glebe, Virginia

### Clare

#### Health Centres
- Clare Community Services, St. Joseph’s Hospital, Ennis
  - General number: 065 686 3555/6

#### Hospitals
- Cahercalla Private Community
  - Hospital & Hospice: 065 6822322
- Cahercalla, Ennis
- Ennis General Hospital: 065 6863100
- Ennis
- Ennistymon District Hospital: 065 7071622
- Lahinch Road, Ennistymon
- Raheen Community Hospital: 061 923007
- Raheen
- St Joseph’s Hospital: 065 6863800
- Ennis

#### Citizen Information Centres
- Kilrush CIC: 076 1075310
- Polish Clinic: 076 1075260
- Shannon CIC: 076 1075370

#### Social Welfare Services Offices
- Ennis: 065 6829899
- Ennistymon: 065 7072528
- Kilrush: 065 9080020
- Tulla: 065 6835109
- Carrigaholt: 065 9058205
- Clarecastle: 065 6829488
- Ennis: 065 6828525
- Kildysart: 065 6832012
- Kilkee: 065 9056381
- Kilrush: 065 9050155
- Kilrush: 065 6831908
- Lisdoonvarna: 065 7074194
- Scariff: 061 921286
- Shannon: 061 718400

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**Home Instead**

**CLARE**

2nd Floor, 5 Carmody St Business Park, Ennis, Co. Clare

Tel: 065 679 7307
Liam Toland: 087 2380258
Email: liam.toland@homeinstead.ie
<table>
<thead>
<tr>
<th>Location</th>
<th>Telephone Number</th>
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<tbody>
<tr>
<td>Macroom Community Hospital</td>
<td>026 41002</td>
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<tr>
<td>Mallow General Hospital</td>
<td>022 21251</td>
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<td>Mercy Hospital</td>
<td>021 4271971</td>
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<td>grenville Place</td>
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<td>Midleton Community Hospital</td>
<td>021 4631516</td>
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<td>029 70003</td>
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<td>Mount Alvernia Hospital</td>
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<td>Our Lady’s Hospital</td>
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<td>Lee Road, Shanakiel</td>
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<td>028 28120</td>
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<td>Shanakiel Hospital</td>
<td>021 4305037</td>
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<td>Sundays Well, Cork</td>
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<tr>
<td>Skibbereen Community Hospital</td>
<td>028 21677</td>
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<td>South Infirmary – Victoria Hospital</td>
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<td>Old Blackrock Road, Cork</td>
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<tr>
<td>St Finbarr’s Hospital</td>
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<td>Douglas Road, Cork</td>
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<td>St Joseph's Hospital</td>
<td>021 4541566</td>
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<td>Mount Desert</td>
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<td>Lee Road, Cork City</td>
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<tr>
<td>St Mary’s Orthopaedic Hospital</td>
<td>021 4303264</td>
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<td>Gurranebraher</td>
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<tr>
<td>St Patrick’s Hospital</td>
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<td>Wellington Road</td>
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<td>024 92106</td>
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<td>Citizens Information Centres</td>
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<tr>
<td>Bantry CIC</td>
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<td>Blackpool CIC</td>
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<td>Blackrock CIC</td>
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<tr>
<td>Carrigaline CIC</td>
<td>076 1076940</td>
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**Cork Hospitals**

- Bandon Community Hospital .......... 023 41403
- Bandon
- Bantry General Hospital ............. 027 50133
- Bantry
- Bon Secours Hospital ................. 021 4542807
- College Road, Cork
- Castletownbere Community Hospital 027 70004
- Castletownbere, Beara
- Clonakilty Community Hospital – Mount Carmel 023 8833205
- Clonakilty
- Cork University Hospital ........... 021 4546400
- Wilton
- Fermoy Community Hospital .......... 025 31300
- Tallow Road, Fermoy
- Heatherside Hospital ................ 022 24377
- Buttevant
- Kanturk Community Hospital .......... 029 50024
- Kanturk
- Kinsale Community Hospital .......... 021 4772202
- Kinsale

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**Cork**

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**Citizens Information Centres**

- Bantry CIC,..........................076 1078390
- Blackpool CIC,.......................076 1076890
- Blackrock CIC,......................076 1076930
- Carrigaline CIC........................076 1076940

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**Home Instead Senior Care**

**CORK North City & North Cork**

37/38 Thomas Davis Street, Blackpool, Cork

Tel: 021 4307907 | 021 4217403
Mik ODriscoll: 087 0518783
Email: mick.odriscoll@homeinstead.ie

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**CORK South City, East, South**

4 Nessan House, Riverview Business Park, Bessboro Road, Blackrock, Cork

Tel: 021 500 2190 | Fax: 021 500 2209
Email: cork@homeinstead.ie
Citizens Information
Phone Service............................ 0761 07 4000/
Lo-Call..................................... 1890 777121
Cobh CIC.................................... 076 1077960
Cork City Centre CIC..................... 076 1076950
Douglas Library.......................... 076 1076950
Fermoy CIC................................ 076 1079770
Hollyhill/Knocknaheeny CIC........... 076 1076850
Immigrant Support Service............. 076 1076890
Macroom CIC............................. 076 1078430
Mallow CIC................................ 076 1078000
Mayfield CIC............................. 076 1076880
Mitchelstown CIC......................... 076 1078030
St Finbarr’s Day Hospital................ 076 1076950
Youghal CIC............................... 076 1078040

Social Protection Offices
Clonakilty................................. 023 8821210
Cobh........................................ 021 4908010
Cork City.................................. 021 4806800
Dunmanway............................... 023 45250
Fermoy..................................... 025 49010
Kinsale..................................... 021 4702910
Macroom................................... 026 20110
Mallow..................................... 022 30934
Midleton................................... 021 4621200
Newmarket............................... 029 22110
Skibbereen............................... 028 40300
Youghal.................................... 024 25020

Health Centres
Health centres in North Cork
North Cork Community Services,
Gouldshall House, Mallow
General number........................... 022 30200
Ballydesmond Community
Welfare Officer............................ 064 51144
Buttevant, Public Health Nurse........ 022 23388
Charleville Community
Welfare Officer............................ 063 81618
Charleville Public Health
Nurse PHN.................................. 063 21024

Famly Resource Centre
Doneraile, Public Health Nurse........ 022 24442
Fermoy, Public Health Nurse PHN..... 025 49779

Rathdaly Road
Glanworth, Public Health Nurse........ 025 38111
Kanturk.................................... 029 20700
Kanturk Community Welfare
Officer..................................... 029 50709
Kanturk, Public Health Nurse.......... 029 20704
Kanturk Physiotherapy Clinic......... 029 50944
Kilworth.................................... 025 27111
Kiskeam.................................... 029 76486
Mallow, Community Welfare
Officer..................................... 022 44914/5
Mallow Public Health Nurse.......... 022 30200
Mallow Podiatry Dept................... 022 31836
Millstreet Public Health Nurse........ 029 70409
Mitchelstown Courthouse
Community Welfare Officer............. 025 84238
Mitchelstown Public
Health Nurse............................. 025 24563
Newmarket Community
Welfare Officer......................... 029 60131
Newmarket, Public Health Nurse...... 029 60532
Rockchapel Community
Welfare Office........................... 029 69044

Health Centres in Cork North Lee
North Lee Community Services,
Floor 2 Abbeycourt House,
George’s Quay
General number........................... 021 496 5511
Ballymacoda.............................. 024 98301
Ballyourney............................... 026 45341
Ballingarey Community Welfare
Officer..................................... 026 20651
Blackpool Community Welfare
Officer..................................... 021 4506577
Blarney..................................... 021 4385220
Blarney Community Welfare
Officer..................................... 021 4385220
Carraigtohill............................. 021 4883367
Castlemartyr............................. 021 4667354
Churchfield Community
Welfare Officer......................... 021 4301105/4301121
Cloyne.......................... 021 4652436
Coachford................................. 021 7334467
Cobh Bishop St.......................... 021 4811270
Cobh Bishop Street, Community
Welfare Officer......................... 021 4812478
Cobh Bishop Street, Public
Health Nurse......................... 021 4814314
Cobh Medcentre Public
Health Nurse............................ 021 4814103
Dillons Cross Community
Welfare Officer......................... 021 4552264
Farranree Community
Welfare Officer......................... 021 4302184
Farranree Rents Office............... 021 4309053
The Glen,
204 Comeragh Park..................... 021 4506913
Grattan Street.......................... 021 4273088
Grattan Street Community
Welfare Officer......................... 021 4278948/4274508
Inchigeela Community
Welfare Officer.......................... 026 20651
Kilmurray.................................... 021 7336122
Macroom.................................... 026 20650
Mayfield Old Youghal Road,
Community Welfare Officer .......... 021 4501578
Mayfield..................................... 021 4504886
Mayfield Old Boys School,
Community Welfare Officer ......... 021 4505913
Rents Office................................ 021 4505157
Midleton..................................... 021 4631436
Midleton Community Welfare
Officer....................................... 021 4631163
Riverstown Community Welfare
Officer....................................... 021 4821055
Riverstown Public Health Nurse .. 021 4822307
Rylane Community Welfare
Officer....................................... 026 20651
St. Mary’s Orthopaedic............... 021 4301076
St. Mary’s Orthopaedic
Community Welfare Officer .......... 021 4395630
Youghal Catherine St.................. 024 92727

Health Centres in Cork South Lee
Cork – South Lee Community Services, Floor 3
Abbeycourt House,
George’s Quay, Cork............... 021 496 5511
Ballincollig.............................. 021 4872626
Ballinspittle......................... 021 4778219
Ballintemple.......................... 021 495511
Ballygeehan.......................... 021 4921880
Bandon................................. 023 8842140
Carrigaline............................ 021 4372535
Crosshaven............................. 021 4831062
Douglas................................. 021 4893581
Kinsale................................. 021 4772407
Mahon.................................... 021 4357014
Passage West.......................... 021 4841628
Shanbally.............................. 021 4378288
Viaduct................................. 021 4341208

Health Centres In West Cork
Bantry Marino St........................ 027 55150
Bantry Community Welfare Officer .. 027 50538
Bere Island............................ 027 75003
Cape Clear Nurse Res.............. 028 39109
Castletownbere Public Health Nurse .... 027 70353
Castletownbere Community
Welfare Officer......................... 027 70628
Clonakilty.............................. 023 8832764
Clonakilty Community
Welfare Officer......................... 023 8833409

Health Centres in West Cork
West Cork Community Services, Coolnagarrane,
Skibbereen, Co. Cork
General number........................ 028 40746
Dunmanway............................ 023 8855410
Dunmanway Community
Welfare Officer......................... 023 8845682
Eyeries.................................... 027 74374
Goleen..................................... 028 35148
Leap....................................... 028 33255
Schull..................................... 028 28688
Skibbereen, Coolnagarrane........ 028 40400
Skibbereen Community
Welfare Officer......................... 028 21047

Memory Clinics
Old Age Psychiatry Memory Hospital, St Finbarr’s
Hospital, Cork

Nursing Homes
Ardscley Nursing Home, Farran........ 021 7331163
Beaumont Residential Care Ltd........ 021 4292195
Bowdavale Road, Beaumont
Bishopscourt Residential............. 021 4885833
Care Ltd., Liskilla, Waterfall
Blair’s Hill Nursing Home........... 021 4304229
Blair’s Hill, Sunday’s Well
Blarney Nursing &
Retirement Home...................... 021 4381631
Killowen, Blarney
Bpliedhaven Nursing Home........... 022 22205
Spa Glen, Mallow
Brookfield Care Centre............... 021 4642112
Leamna, Carrigowhill
Cahereen Care Centre................ 026 41280
Condrum, Macroom
Care Choice Ballynoe................. 021 4300534
Care Choice Dungourney
(formerly Aras Aoibhin), Gurteenroe, Macroom
Care Choice Montenotte............ 021 4861777
Middle Glanmire Road, Montenotte
Cramers Court Nursing Home........ 021 4770721
Belgooly
Deerpark House......................... 027 52711
Seafield, Bantry
Douglas Nursing Home.............. 021 4364264
Moneygourney, Douglas
Fairfield Nursing Home.............. 028 31881
Quarry Road, Drimolegue
Glenondonagh Nursing Home......... 021 4668327
Dungourney
Grange Con Nursing Home........... 021 4385479
Carraigrohane
Haven Bay Care Centre ........................021 4777328
Ballymacbuddy, Kinlisle
Maryborough Nursing Home ..............021 4891586
Maryborough, Hill, Douglas
Norwood Grange Nursing Home ..........021 4873291
Ballina, Waterfall
Oaklodge Nursing Home ....................021 4646080
Churchtown South, Cloyne
Padre Pio House Nursing Home ..........022 23789
Churchtown, Mallow
Padre Pio Nursing &
Convalescent Home ........................021 4841595
Sunny Side, Upper Rochestown
Rosenalee Care Centre Ltd. ..............021 4850930
Poulavone, Carrigrohane
Bushmount Nursing Home ...............023 8833991
Clonakilty
Skibbereen Residential
Care Centre ....................................028 23617
Baltimore Road, Skibbereen
St. Joseph’s Nursing Home
- Bon Secours ............................021 4541566
Care Village, Lee Road, Mount Desert
St. Luke’s Home ............................021 4359444
Castle Road, Mahon
Strawhall Nursing Home .................025 31678
Strawhall, Fermoy
Teach Altra Nursing Home ...............029 61166
Searcine, Newmarket
Glounmore Residential Care ..........021 4821500
Glyntown, Glounmore
Youghal District Nursing Home ..........024 90280
Gortroe, Youghal

Cancer Research
Cork Cancer Research Centre .............021 4544400
BioSciences Institute, University College Cork,
Cork, Ireland, www.cccr.ie
Breakthrough Cancer Research ........1890 998 998
Fernhill Lodge, College Road,
Cork, Ireland www.breakthroughcancerresearch.ie

Donegal
Hospitals
Carndonagh Community Hospital 074 9374164
Convent Road, Carndonagh
Donegal Community Hospital 074 9721019
Ballybofey Road
Dungloe Community Hospital 074 9521044
Dungloe
Killybegs Community Hospital 074 9732044
Dongegal Road, Killybegs
Letterkenny General Hospital 074 9125888
Letterkenny

Lifford Community Hospital ..........074 9141033
Lifford
Shell Hospital ...............................071 9851300
College Street, Ballyshannon
St. Joseph’s Hospital ......................074 9131038
Stranorlar
The Medical Centre,
Community Hospital 074 9521933
Dungloe

Citizens Information Centres
Ballyshannon CIC 076 1075480
Buncrana CIC 076 1075490
Carndonagh CIC 076 1075500
Donegal Town CIC 076 1075510
Dungloe CIC 076 1075430
Letterkenny CIC 076 1075530
Mildford CIC 076 1075450

Social Welfare Services Offices
Ballybofey 074 9130490
Ballyshannon 071 9822030
Buncrana 074 9320070
Donegal Town 074 9740050
Dunfanaghy 074 9136153
Dungloe 074 9561030
Killybegs 074 9741011
Letterkenny 074 9160460

Health Centres in County Donegal
Donegal Community Services,
Isaac Butt House, Ballybofey, Donegal
General number 074 9131391
Ardara Health Centre 074 9541548
Ark Medical Centre 074 9128180
Letterkenny
Arranmore 074 9520535
Ballyraine Park 074 9129393
Ballyshannon 071 9851600

Home Instead
S E N I O R  C A R E
to us, it’s personal

DONEGAL
Aisling House, Ballyraine Road,
Letterkenny, Co Donegal
Tel: 074 911 3050 | Fax: 074 916 8086
Noreen McGlynn: 087 1304652
Email: donegal@homeinstead.ie

Home Instead
to us, it’s personal

DONEGAL
Aisling House, Ballyraine Road,
Letterkenny, Co Donegal
Tel: 074 911 3050 | Fax: 074 916 8086
Noreen McGlynn: 087 1304652
Email: donegal@homeinstead.ie
Bunbeg ................................................. 074 9532445
Buncrana Clinic ..................................... 074 9364600
Bundoran .............................................. 071 9841445
Carndonagh .......................................... 074 9374251
Carrick .................................................. 074 9739380
Castlefinn ............................................. 074 9146163
Clonmany ............................................. 074 9376173
Convoy .................................................. 074 9147277
Cresslough ............................................. 074 9138058
Derrybeg ............................................... 074 9532334
Dooagh ................................................... 074 9147277
Dungloe .................................................. 074 9561031
Dunfanaghy ........................................... 074 9136750
Dooagh ................................................... 074 9147277
Clonmany ............................................. 074 9376173
Derrybeg ............................................... 074 9532334
Dooagh ................................................... 074 9147277
Dungloe .................................................. 074 9561031
Dunfanaghy .......................................... 074 9136750

Nursing Homes
Aras Gaith Dobhhair ................................. 074 9189084
Meenakill, Letterkenny
Aras Mhic Suibhne .................................... 074 9734810
Laghey, Co. Donegal
Archview Lodge ........................................ 074 9160936
Woodlands, Letterkenny
Brindley Group – Beach Hill Nursing Home ....... 074 9320300
Lisfannon, Buncrana
Brindley Group – Brentwood Manor Private Nursing Home ........ 074 9147700
Letterkenny Road, Convoy
Brindley Group – Brindley Manor Private Nursing Home ........... 074 9147000
Letterkenny Road, Convoy
Harbour Lights Nursing Home ...................... 074 9732020
Townland, Stranorlar

Hillcrest House Nursing Home ...................... 074 9122342
Long Lane, Letterkenny
St Eunan’s Private Nursing Home ................. 074 9103860
Ramelton Road, Letterkenny

Dublin
Hospitals
Adelaide, Meath and National
Children’s Hospital .................................... 01 4142000
Tallaght, Dublin 24
Baggot Street Community Hospital ............... 01 6681577
18 Upper Baggot Street, Dublin 2
Beaumont Hospital .................................... 01 8093000
Dublin 9
Cappagh National Orthopaedic
Hospital ..................................................... 01 8140400
Finglas, Dublin 11
Cherry Orchard Hospital ............................. 01 6206377
Ballyfermot, Dublin 10
City of Dublin Skin and
Cancer Hospital ......................................... 01 6766935
Hume Street, Dublin 2
Clonskeagh Hospital .................................... 01 2697877
Clonskeagh, Dublin 6
Highfield Hospital ...................................... 01 8374444
Swords Road, Dublin 9
Incorporated Orthopaedic
Hospital of Ireland ...................................... 01 8332521
Castle Avenue, Clontarf, Dublin 3
James Connolly Memorial Hospital ............... 01 8213844
Blanchardstown, Dublin 15
Leopardstown Park Hospital ....................... 01 2955055
Foxrock, Dublin 18
Mater Misericordiae University
Hospital ...................................................... 01 8301445
70 Eccles Street, Dublin 7
Mater Private Hospital ............................... 01 8858888
Dublin 7
Mount Carmel Private Hospital ..................... 01 492211
Braemor Park, Churchtown, Dublin 4
National Rehabilitation Hospital .................. 01 2854777
Rochestown Avenue, Dun Laoghaire, Co Dublin
Peamount Hospital ...................................... 01 6010300
Newcastle, Co Dublin
Royal Hospital Donnybrook ....................... 01 4066600
Morehampton Road, Dublin 4
Royal Victoria Eye and Ear Hospital ............. 01 6644600
Adelaide Road, Dublin 2
Simpsons Hospital ...................................... 01 2984322
Ballinteer Road, Dundrum, Dublin 14
St Columcille’s Hospital ............................. 01 2825800
Loughlinstown, Co Dublin
St Edmundsbury Hospital ......................... 01 6280221
Lucan, Co Dublin
Citizens Information Centres

Balbriggan CIC ................................. 076 1077450
Ballyfermot CIC ................................. 076 1075000
Ballymun CIC ................................. 076 1077320
Ballymun Civic Centre ................................. 076 1077330
Beaumont CIC ................................. 076 1078150
Blanchardstown CIC ................................. 076 1075040
Cabra Resource Centre ................................. 076 1077350
Carmelite CIC ................................. 076 1077070
Clondalkin CIC ................................. 076 1075100
Connolly Hospital Ash Ward ................................. 01 8220449
Connolly Hospital Main Foyer ................................. 01 8220449
Donaghmede ........................................ 076 1077480
Dublin City Centre CIC ................................. 076 1077230
Dublin City North East CIC ................................. 076 1077260
Dublin North West CIC ................................. 076 1077270
Dublin 12 & 6w CIC ................................. 076 1077020
Dundrum CIC ................................. 076 1077430
Dun Laoghaire CIC ................................. 076 1077400
Finglas CIC ........................................ 076 1077360
Fr Bedoni Court Senior Citizens ................................. 076 1075000
Greenhills Community Ctr ................................. 076 1077020
Greenhills Credit Union ................................. 01 4508002
Harold's Cross Hospice CIC ................................. 01 4912544
Inchicore CIC ................................. 076 1077170
KARE CIC ........................................ 076 1077280
Liberties CIC ........................................ 076 1077180
Lucan/Ballyowen Castle CIC ................................. 076 1075090
Malahide CIC ................................. 076 1077480
Northside CIC ................................. 076 1078190
Omni Park Shopping Centre ................................. 01 8477118
Our Lady’s Hospital for Sick Children ................................. 076 1077020
Palmerstown Info Point ................................. 086 0231653
Peaumont ........................................ 076 1075100
Rathmines CIC ................................. 076 1077110
Rialto CIC ................................. 076 1077180
Ringsend Community Centre ................................. 01 498 2999
Skerrys CIC ................................. 076 1077500
Stillorgan CIC ................................. 076 1077440
St James Hospital ................................. 076 1077180
St Vincent’s Hospital ................................. 01 4053760
Swords CIC ........................................ 076 1077510
Tallaght CIC ........................................ 076 1078340
Tallaght Hospital Reception Area ................................. 01 4143342
Tallaght Square CIC ................................. 01 4598415

Social Protection Offices

Balbriggan ........................................ 01 8020050
Ballymun ........................................ 01 8165100
North Cumberland Street ................................. 01 8899202
Kings Inn ........................................ 01 8899500

Social Protection Offices

Dublin 2, Apollo House ........................................ 01 6369300
Bishop Square ........................................ 01 4763500
Oisin House, Dublin 2 & 4 ................................. 01 6369300
Kilbarrack ........................................ 01 8063830
Navan Road ........................................ 01 8823100
Thomas Street, Dublin 8 ........................................ 01 6369330
Ballyfermot ........................................ 01 6160300
Nutgrove ........................................ 01 8640480
Nuthgrove ........................................ 01 4935266
Blanchardstown ........................................ 01 8246300
Clondalkin ........................................ 01 4003000
Tallaght ........................................ 01 4527019
Dun Laoghaire ........................................ 01 2800288
Malahide ........................................ 01 8061040

Health Centres

Health Centres in North Dublin
Dublin North Central Community Services,
Civic Centre, Ballymun, Dublin 11
General number ........................................ 01 846 7000

Home Instead Senior Care

Dublin 1, 3, 5, 7 & 13
7 Marino Mart, Fairview, Dublin 3
Tel: 01 853 5048 | Fax: 01 853 3358
Peter Taylor: 087 2983555
Email: peter.taylor@homeinstead.ie
Dublin North Community Services,
Cromcastle Road, Coolock, Dublin 5
General number..............................01 816 4200
Balbriggan..................................01 8834906/8834905
Baidoyle .....................................01 8322483
Dardanel .....................................01 8771550
Donabate .....................................01 8436079
Edenmore .....................................01 8480666
Howth .........................................01 8329284
Kilbarrack ....................................01 8391221
Lusk ............................................01 8709190
Malahide ......................................01 8452076
Oldtown ........................................01 8078822
Portmarnock ..................................01 8460311
Raheny .........................................01 8310386
Rush .............................................01 8437463
Skerries .......................................01 8494862
Swords .........................................01 8902200

Community Welfare Service
The Community Welfare Service covers LHO
Dublin North; this is a demand led service for
people who have no income or insufficient income
and is open to the public via open clinics. Referral
is via the Department of Social Welfare, public
health nurses, social workers, and self-referral.

Contact: Superintendent Community Welfare
Officer, Coolock Health Centre..........01 8476033
Superintendent Community Welfare Officer:
Kilbarrack Health Centre............01 8399534

Health Centres in Dublin North Central
Ballymun .......................................01 8467000
Clontarf .......................................01 8337109
East Wall ......................................01 8363422
Killester ......................................01 8313143

Millmount......................................01 8840920
Larkhill .......................................01 8373796
Marino .........................................01 8333421
North Strand ..............................01 7072300
Summerhill.................................01 8765200

Health Centres in Dublin North West
North West Dublin Community Services,
Rathdown Road, Dublin 7
General number..............................01 8825000
Ballygall Road, Finglas...............01 8342003
Wellmount, Finglas........01 8346119/6364/6575

Health Centres in Dublin North West
Benburb Street ..............................01 6774458/8131
Botanic Avenue ............................01 8378802/4698
Quarry Road ...............................01 8660762/0170
Corduff ......................................01 8211131
Lisburn Street ..............................01 8730969
Blakestown Road ..........................01 8210703
Roselawn, Castleknock.................01 8212666/2064

Health Centres in Dublin South City
Dublin South City Community Services, Carnegie
Centre, 21-25 Lord Edward Street, Dublin 2
General number ..........................065 686 3555/6
Bride Street .................................01 4543344
Irishtown ......................................01 6608629
Rathfarnham ..............................01 4933431
Rathmines .................................01 4973547
South Earl Street ......................01 4158250
Terenure ..................................01 4904648/4148/9882/4597
Community Welfare Service .......01 4904648
/4148/9882/4597

Dolphin Barn House ........................01 4732422

Health Centres in Dublin South East
Dublin South East Community Services,
Vergemount Hall, Clonskeagh, Dublin 5
General number ..........................01 2680300
Baggot Street Community Hospital ..01 6699300
Ballinteer Avenue .........................01 2164500
Donnybrook ..............................01 2698997
Dundrum ..................................01 2983116/3200/3698
Ballyogan Health Centre ..............01 2958997

Health Centres in Dublin South West
Dublin South West Community Services,
Old Country Road, Crumlin
General number .........................01 620 6300
Brookfield ..................................01 4624299
Cashel Road ..............................01 4555227
Curslew Road .........................01 4556422/6421
Killinarden, Tallaght .................01 4626260
Directory

Mary Mercer Centre .............................. 01 4585700
Millbrook Lawns.................................. 01 4275000
Old County Road.................................. 01 4154700
Parnell Road ...................................... 01 4542300
Limekiln Lane ..................................... 01 4506179

Health Centres in Dublin West
Ballyfermot........................................... 01 6264000
Ballyowen............................................ 01 6214388
Boot Road............................................ 01 4592549/1558
Cherry Orchard.................................... 01 6209500
Deansrath............................................ 01 4573957
Inchicore............................................. 01 4531978/4700/4701
Lucan.................................................. 01 6281395
Palmerstown........................................ 01 6265588
Rathcoole............................................ 01 4589979
Rownagh.............................................. 01 6754900

Health Centres in Dun Laoghaire
Dun Laoghaire Community Services,
Tivoli Road, Dun Laoghaire, Co. Dublin
General number..................................... 01 2843579
Blackrock............................................ 01 2882980/843/5406
Cabinteely............................................ 01 2896195/6197
Dalkey................................................ 01 2859291/9233
Dún Laoghaire...................................... 01 2803335
Our Lady’s Clinic Patrick Street,
(Dental/Social Work)............................. 01 2808403
Loughlinstown................................. 01 2822122/2463
Sallynoggin......................................... 01 2800786/6754
Shankill............................................. 01 2820344
Stillorgan.......................................... 01 2172918

Memory Clinics
Mercers Institute for Research on Ageing (MIRA),
Memory Clinic, St James’s
Hospital.............................................. 01 416 2640
Memory Clinic, St Patrick’s
University Hospital ............................. 01 249 3437

Mater Hospital Memory Clinic. .......... 01 8034242
Dementia Advisory Resource
Centre, Daughters of Charity
Service, St Joseph’s Centre,
Clonsilla............................................. 01 824 8658
Memory Works, Dublin City
University........................................... 01 700 7171
Bloomfield Memory Clinic,
Rathfarnham................................. 01 495 6853
Highfield Healthcare, Memory Clinic,
Swords Road ................................. 01 837 4444

Nursing Homes
Aclare House Nursing Home............... 01 2801345
4/5 Tivoli Terrace South,
Dun Laoghaire, Co. Dublin
Altadore Nursing Home..................... 01 2842233
Upper Glenageary Road, Glenageary, Co. Dublin
Annabeg House................................. 01 2720201
Meadowcourt, Ballybrack Co. Dublin
Ashbury Nursing Home....................... 01 2841266
(The Grange/Goscioigne) Kill of
the Grange, Blackrock, Co. Dublin
Ashford House Nursing Home............... 01 2809877
6 Tivoli Terrace East, Dun Laoghaire, Co. Dublin
Beechtree Nursing Home.................... 01 8433634
Oldtown, Co. Dublin
Belmont House Nursing Home............... 01 2784393
Galloping Green, Stillorgan, Co. Dublin
Brymore House ................................ 01 8326244
Howth, Co. Dublin
Carysfort Nursing Home..................... 01 2850780
7 Arkendale Road, Glenageary, Co. Dublin
Dalkey Lodge Nursing Home................ 01 2851486
Ardburgh Road, Dalkey, Co. Dublin
Fingal House Nursing Home................ 01 8401545
Spiddal Hill, Seatown West, Swords, Co. Dublin
Griffen Valley Nursing Home............... 01 6249736
Esker, Lucan, Co. Dublin
Hamilton Park Care Facility.............. 01 6903190
Balrothery, Balbriggan, Co. Dublin
Harvey Group – Harvey Nursing
& Convalescent Home..................... 01 4907764
Glenageary, Co. Dublin Harvey Group – Riverside
Nursing Home................................. 01 840829
Toberburr Road, St. Margarets, Co. Dublin
Howth Hill Lodge Nursing Home......... 01 8391440
Thornanby Road, Howth, Co. Dublin
Lisheen Nursing Home....................... 01 4589426
Stoney Lane, Rathcoole, Co. Dublin
Lucan Lodge Nursing Home............... 01 6100895
Ardreevin Drive, Lucan, Co. Dublin
Manor Care (International) Ltd........... 01 2806168
Glenageary Road, Dun Laoghaire, Co. Dublin
Directory

Manor Care (International) Ltd .............. 01 2824874
Beechfield Manor, Shankill, Co. Dublin
Marymount Care Centre ...................... 01 8204500
Westmanstown, Lucan, Co. Dublin
Mowlam – Rush Nursing Home ............. 01 8709684
Kenure, Skerries Road, Rush, Co. Dublin
Mowlam – Swords Nursing Home .......... 01 8900089
Mt. Ambrose, Swords, Co. Dublin
Newpark Care Centre ......................... 01 8643465
Newpark, The Ward, Co. Dublin
Newtownpark House .......................... 01 2887403
Newtownpark Avenue, Blackrock, Co. Dublin
Our Lady’s Manor ................................ 01 2806993
Bulloch Castle, Dalkey, Co. Dublin
Rickard House .................................. 01 2833900
Temple Hill, Blackrock, Co. Dublin
Silverstream Healthcare –
Killiney Grove Nursing Home .............. 01 2851855
Killiney, Co. Dublin
St. Mary’s Centre (St. Oliver’s) ............... 01 2693411
Telford Limited, Merrion Road, Co. Dublin
Talbot Group – Talbot Lodge
Nursing Home ................................... 01 8462115
Kildare Lane, Malahide, Co. Dublin
Tara Winthrop Private Clinic ................. 01 8079631
Nevinstown Lane, Pinner Hill, Swords, Co. Dublin
St. Monica’s Nursing Home ................. 01 8557523
29-38 Belvedere Place, Dublin 1
Clontarf Private Nursing Home .............. 01 8335455
5 Clontarf Road, Clontarf, Dublin 3
Shrewsbury House Nursing Home ........... 01 8370680
164 Clonliffe Road, Dublin 3
Ailesbury Nursing Home ...................... 01 2692289
58 Park Avenue, Sandymount, Dublin 4
Mount Tabor Care Centre .................... 01 2605772
Sandymount Green, Sandymount, Dublin 4
St. John’s House .................................. 01 2692213
Merrion Road, Dublin 4
Garda Retirement Home ...................... 01 8311199
476 Howth Road, Raheny, Dublin 5
St. Gabriel’s Nursing Home .................. 01 8474339
Glenvale Road, EdendERRY, Dublin 5
Firstcare Ireland – Northbrook
Nursing Home .................................... 01 6601216
Ranelagh, Dublin 6
Harvey Group – Harvey Nursing
& Convalescent Home ....................... 01 4907764
Terenure, Dublin 6
Missionary Sisters of The Holy Rosary...
48 Temple Road, Dartry, Dublin 6
Orwell House .................................... 01 4922142
Rathgar, Dublin 6
Queen of Peace Centre ....................... 01 4975381
Garrivale Avenue, Rathgar, Dublin 6
Rostrevor House Nursing
Home ............................................ 01 4910178/4963479
66 Orwell Road, Rathgar, Dublin 6
Silverstream Healthcare –
Leeson Park Nursing Home ............... 01 4976500
10 Leeson Park, Dublin 6
Harvey Group –
Churchview Nursing Home ............... 01 8386987
59-61 New Cabra Road, Dublin 7
Santa Sabina House ........................... 01 8682666
Dominican Sisters, Cabra, Dublin 7
Silverstream Healthcare –
Croft Nursing Home ....................... 01 4542374
Inchicore, Dublin 8
Alzheimer Care Centre –
Highfield Hospital Group ............... 01 8374414
Swords Road, Whitehall, Dublin 9
Elmhurst Nursing Home –
Highfield Hospital Group ............... 01 8377130
Ballymun Road, Dublin 9

Home Instead
Senior Care
to us, it’s personal.

DUBLIN 18 & other areas of South East Dublin
3 Brewery Court, Brewery Road,
Leopardstown, Blackrock, Co. Dublin

Tel: 01 206 8022 | Fax: 01 206 8023
Email: leopardstown@homeinstead.ie

DUBLIN 6w, 10, 12, 14, 16, 24, Dublin West
Unit B09, Nutgrove Enterprise Park, Nutgrove Way,
Rathfarnham, Dublin 14

Tel: 01 424 1945 | Fax: 01 424 1944
Hugh McGauran: 087 2211400
Email: hugh.mcgauran@homeinstead.ie
ann.toland@homeinstead.ie
Silverstream Healthcare
- St. Pappins Nursing Home .................. 01 8423474
  Ballymun, Dublin 9
TLC Centre ..................................... 01 8628080
  Northwood Park, Santry, Dublin 9
Beech Lawn House Nursing Home ...... 01 8369622
  Drumcondra, Dublin 9
Sisters of Our Lady of Charity .......... 01 8369628
  Firstcare Ireland – Beneavin
Lodge Nursing Home ......................... 01 8648577
  Glasnevin, Dublin 11
Marian House Nursing Home ............. 01 4064355
  Kimmage Manor, Dublin 12
Cedar House Nursing Home
(Society of Sacred Heart) ............... 01 2831024
  Mount Anville Road, Dublin 14
Holy Family Residence –
Little Sisters of the Poor ................... 01 2832455
  Roebuck Road, Dublin 14
Bloomfield Care Centre (New Lodge)... 01 4950021
  Stocking Lane, Rathfarnham, Dublin 16
The Marlay ..................................... 01 4994444
  Kellystown Road, Rathfarnham, Dublin 16
Guardian Healthcare
- St. Doolagh’s Unit ......................... 01 8477950
  Malahide Road, Dublin 17
Cairn Hill Nursing Home ................. 01 2896885
  Westminster Road, Foxrock, Dublin 18
Glenaulin Nursing Home Ltd ........... 01 6264677
  Lucan Road, Chapelizod, Dublin 20
Maryfield Nursing Home ................. 01 6264684
  Lucan Road, Chapelizod, Dublin 20
St. Joseph’s Nursing Home ............... 01 8213888
  Mount Sackville, Chapelizod, Dublin 20
Padre Pio Nursing Home ................. 01 4573339
  50-51a Cappaghmore, Clondalkin,
  Dublin 22
Glenravagh Nursing Home ............... 01 4512620
  Firhouse Road, Tallaght, Dublin 24

Kiltipper Woods Care Centre .......... 01 4625277
  Kiltipper Road, Dublin 24
Sally Park Nursing Home ................. 01 4526482
  Sally Park Close, Firhouse, Dublin 24

Associations
Parkinsons Association of Ireland ..... 01 8722234/
  Freephone: 1800359359
  Carmichael House, North Brunswick Street, Dublin 7

Galway Hospitals
Bon Secours Hospital ....................... 091 757711
Renmore
Clifden District Hospital ................. 095 21301
Clifden
Merlin Park Regional Hospital ......... 091 751131
Galway
Portiuncula Hospital ....................... 0909 648200
Ballinasloe
University College Hospital .......... 091 544544
Newcastle Rd
Galway Clinic Hospital ................. 091 785100
Doughiska

Citizens Information Centres
Clifden CIC .................................... 076 1077580
Galway CIC .................................... 076 1077600
Oranmore ....................................... 087 2035351
Rosmuc CIC ................................... 076 1077730
Tuam CIC ....................................... 076 1077740

Social Protection Offices
Ballinasloe ................................. 090 9631810
Social Welfare Local Office .......... 090 9642470
Clifden ........................................ 095 22210
Galway City .................................. 091 500800
Gort .............................................. 091 630210
Loughrea ...................................... 091 870000
Tuam ............................................. 093 70940

Health Centres
Galway Community Services,
25 Newcastle Road, Galway
General number ......................... 091 52312
Ahascragh ..................................... 090 968634
An Ceathrú Ruá ......................... 091 595202
Ardrahan ....................................... 091 635207
Athenry ......................................... 091 844679
Aughrim ........................................ 090 9673833
Ballinafad ..................................... 091 593131
Ballinasloe ................................... 090 9642447
Brackernagh ................................... 090 9642447
Ballygar .............................. 090 6624601
Ballymacward ............................. 090 9687722

GALWAY
128 Oranmore Business Park, Oranmore,
Galway
H91 DT6C
Tel: 091 384 160 | Fax: 074 916 8086
Suanne Ryan: 091 384 160
Email: suanne.ryan@homeinstead.ie
Directory

Ballynakill........................................................091 581247
Camus Health Centre........................................091 574136
Carna..............................................................095 32304
Clifden.............................................................095 21102
Clonbur............................................................094 9546174
Craughwell..........................................................091 846125
Dunmore............................................................093 38123
Eyrecourt............................................................090 9675255
Galway City........................................................091 753887
Glenamaddy......................................................094 9659072
Gort.................................................................091 631325
Gorteen..............................................................090 9749055
Headford............................................................093 35548
Hollymount........................................................094 9540144
Inishbofin..........................................................095 4813
Inishmore..........................................................099 61171
Killimor.............................................................090 9676131
Kilmilkin............................................................091 571111
Kiltormer...........................................................090 9627318
Kinvarr..............................................................091 637123
Leenane..............................................................095 42257
Lettermore........................................................091 551143
Loughrea............................................................091 847820
Milltown.............................................................093 51301
Monivea..............................................................091 849047
Mountbellew......................................................090 9769260
Portumna...........................................................090 9741193
Recess...............................................................095 34618
Renyle...............................................................095 43465
Ros Muc.............................................................091 574107
Roundstone.......................................................095 35851
Spiddal.............................................................091 553208
Tuam.................................................................093 43512/093 24396
Tynagh..............................................................090 9675255
Williamstown....................................................094 9643027
Woodford...........................................................090 9749051

Nursing Homes
Caiseal Geal Nursing Home.................................091 757609
Carnag
Carna Nursing Home............................................091 52281
(Caara)
Castleurvin House
Carna.................................................................091 850800
Castleurvin, Athenry
Nursing Home....................................................091 850800
Central Park Nursing Home................................093 45231
Clonbrin, Ballinasloe
Coral Haven Residential
Nursing Home....................................................091 762800
Headford Road
Corrandulla Residential
Nursing Home....................................................091 791540
Corrandulla

Garbally Rest Home............................................090 9642622
76 Breckennagh, Ballinasloe
Greenpark Nursing Home....................................093 24410
Tullindalay Road, Tuam
Holy Family Nursing Home...............................090 9676044
Magheraore, Killimor, Ballinasloe
Little Flower Nursing Home...............................091 835449
Labane, Ardara
Lough Corrib Nursing Home...............................093 35778
Headford
Mountbellew Nursing Home...............................090 9679735
Mountbellew
Mowlam – Kilcolgan
Nursing Home....................................................091 776446
Kilcolgan
Mowlam – Moycullen Nursing
Home..............................................................091 868686
Ballintalla, Moycullen
Mystical Rose Nursing Home.............................091 798908
Knockadoon, Claregalway
Pointe Boise Nursing Home..............................091 587444
Kings Hill, Upper Salthill
Portumna Retirement Village.............................090 9759170
St. Brendan’s Road, Portumna
Rosemount Nursing Home.................................091 631847
Gort
Rushmore Nursing Home....................................091 523257
Knocknacarra
Sacred Heart Nursing Home...............................091 55344
Pairc, Spiddal
St. Columba’s Nursing Home.............................091 796188
Ballinderreen
St. David’s Retirement Home..............................091 525358
Gention Hill, Knocknacarra
St. Francis Nursing Home.................................094 9659230
Kilkerrin, Ballinasloe
Stella Maris Nursing Home...............................093 41944
Cummer, Tuam
The Village Nursing Care Centre.......................091 507884
Ballygariff, Craughwell

Kerry

Hospitals
Bon Secours Hospital..........................066 7149800
Strand Street, Tralee
Caherciveen Community
Hospital...........................................................066 9472100
Gurrambawn, Caherciveen
Dingle Community Hospital..........................066 9151445
St Elizabeth’s, Dingle
Kenmare Community Hospital.......................064 6641088
Kenmare
Kerry General Hospital.................................066 7184000
Tralee

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### Nursing Homes

<table>
<thead>
<tr>
<th>Location</th>
<th>Address</th>
<th>Phone</th>
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<tbody>
<tr>
<td>Aras Mhuire Nursing Home</td>
<td>Listowel</td>
<td>068 21470</td>
</tr>
<tr>
<td>Ashborough Lodge Nursing Home</td>
<td>Milltown</td>
<td>066 7965100</td>
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<td>Callanagh, Tralee</td>
<td>Heatherlea Nursing Home</td>
<td>064 6633944</td>
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<td>Lawlors Cross, Tralee Road, Killarney</td>
<td>Kenmare Nursing Home</td>
<td>064 6641315</td>
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<td>Kilcara House Nursing Home</td>
<td>Killarney</td>
<td>068 45377</td>
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<tr>
<td>Killarney Nursing Home</td>
<td>Rock Rd., Killarney</td>
<td>064 6632678</td>
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<tr>
<td>Lystoll Lodge Nursing Home</td>
<td>Listowel</td>
<td>068 24248</td>
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<td>St. Joseph's Nursing Home</td>
<td>Killorglin</td>
<td>066 9761284</td>
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<td>St. Louis Nursing Home</td>
<td>Clonmone, Tralee</td>
<td>066 7121891</td>
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### Social Protection Offices

<table>
<thead>
<tr>
<th>Location</th>
<th>Address</th>
<th>Phone</th>
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<tbody>
<tr>
<td>Cahersiveen</td>
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<td>066 9473440</td>
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<td>Kenmare</td>
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<td>064 6640050</td>
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### Health Centres

<table>
<thead>
<tr>
<th>Location</th>
<th>Address</th>
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<tr>
<td>Kerry Community Services Main Office, Rathass, Tralee</td>
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</tbody>
</table>

### Home Instead Senior Care

**KERRY**

First Floor, Grosvenor Court, High Street, Killarney, Co Kerry
Tel: 066 719 3350
Tim Healy: 086 6994297
Email: tim.healy@homeinstead.ie
Valentia Nursing Home........................................066 9476415
Valentia Island

Kildare

Hospitals
Clane General Hospital..............................045 868004
Prosperous Road
Naas General Hospital..............................045 897221
Naas
St Vincent's Hospital...............................059 8631614
Athy

Citizens Information Centres
Athy CIC.........................................................076 1078260
Celbridge Library........................................076 1078100
Johnstownbridge.................................076 1078100
Kilcock Community Network..............076 1078100
Kildare Town.............................................0761078300
Leixlip Parish Centre..............................076 1078100

Social Protection Offices
Athy..........................................................059 8640250
Maynooth................................................01 6106000
Newbridge...........................................045 446300

Health Centres
Kildare West Wicklow Community Services,
Poplar House, Poplar Square, Naas
General number.................................045 876001
Athy..............................................................059 8633500

Ballymore Eustace ......................................045 864254
Ballytore..............................................059 8623184
Carbury......................................................046 9553084
Castledermot........................................059 9144429
Celbridge..................................................01 6303100
Clane.........................................................045 868625
Johnstown...............................046 9541181
Kilcock.....................................................01 6287270
Kildare....................................................045 522214
Kill..............................................................045 877011
Kilmichael..............................................045 860077
Leixlip.........................................................01 6244931
Maynooth..................................................01 6106130
Monasterevin........................................045 525425
Naas.........................................................045 883277
Newbridge..............................................045 446141
Rathangan...............................................045 524438

Nursing Homes
Beech Park..............................................045 534000
Dunnrumney, Kildare Town
Brindley Group – Mill Lane Manor
Private Nursing Home..........................045 874700
Sallins Road, Naas
Craddock House Nursing Home............045 898600
Craddockstown Road, Naas
Curragh Lawns Nursing Home..........045 481880
Kineaghl, The Curragh
Elm Hall...................................................01 6012399
Loughlinstown Road, Celbridge
Glenashling Nursing Home...............01 6272694
Oldtown, Celbridge
Guardian Healthcare – Suncroft
Lodge Nursing Home..........................045 442951
The Curragh
Larchfield Park Nursing Home..........045 875505
Monread Road, Naas
Lourdesville Nursing Home.................045 521496
Athy Road, Kildare Town
Moyglare Nursing Home......................01 6289022
Moyglare Road, Maynooth
Oghill Nursing Home.........................045 523513
Monasterevin
Parke House Nursing Home...............01 6103585
Kilcock
Ryevale Nursing Home..........................01 6244201
Leixlip

Kilkenny

Hospitals
Aut Even Hospital.................................056 7775275
Freshford Road
Castlecomer District Hospital..............056 441246
Castlecomer

Home Instead

KILDARE/LAOIS
Main Street, Kilcullen, Co. Kildare
Tel: 045 484 623 | Fax: 045 482 768
Amanda Bohan: 086 6054999
Email: amanda.bohan@homeinstead.ie
Lourdes Orthopaedic Hospital..............056 7752465
Kilkenny
St Canice’s Hospital.............................056 7752341
Dublin Road
St Columba’s Geriatric Hospital..............056 7724178
Thomastown
St Luke’s General Hospital..................056 7785000
Freshford Road

Health Centres
Kilkenny Community Services,
James’ Green, Kilkenny
General number..................................056 7784600
Ballyhale..........................056 7768608
Ballyragget..........................056 8833105
Bennettsbridge.........................056 7727256
Callan..........................056 7725523
Castletownroche......................056 4441542
Clogh..........................056 4442189
Castletownroche......................056 4441300
Freshford..........................056 8832261
Gowran..........................056 7726265
Graignamanagh..........................059 9724495
Marley..........................059 9724245
Tinnahinch..........................059 9724267
Inistioge..........................056 7758465
Johnstown..........................056 8831618
Kilkenny..........................056 7761321
Stoneyford..........................056 7728377
Kilmacow..........................051 885283
Mullinavat..........................051 898217
Paulstown..........................059 9726314
Rosbercon..........................051 421653
Thomastown..........................056 7724302
Uricular..........................056 8831352
Windgap..........................051 648155

Health Centres in Waterford & Kilkenny
Ardmore..........................024 94280
Ballyduff Upper..........................058 60289

Bonmahon..........................051 292124
Cappoquin..........................058 54406
Clashmore..........................024 96103
Dungarvan..........................058 20900
Dunmore East..........................056 383347
Glencar..........................051 880288
Kilree..........................024 96446
Kilmacow..........................051 885283
Kilmacthomas..........................051 294300
Kilmeade..........................051 384220
Knockanore..........................024 97291
Lismore..........................058 54716
Lemybrien..........................051 291172
Mooncoin..........................051 895163
Mullinavat..........................051 898217
Old Parishes..........................058 46213
Piltown..........................051 643116
Portlaw..........................051 387247
Seskinore..........................058 47370
Sleeverue..........................051 832640
Tallow..........................058 56173
Tramore..........................051 381724

Some services also operate from
Community Buildings:
Ballybeg..........................051 352217
Butler Centre..........................051 876907
Ferrybank..........................No landline
Kilmacthomas..........................No landline
Passage East..........................No landline
An Rinn..........................058 46116
Stradbally..........................No landline

Citizens Information Centres
Callan..........................056 7755660
Graignamanagh..........................059 9724955
Kilkenny CIC..........................076 1077910
Mooncoin..........................051 896900

Social Protection Offices
Kilkenny..........................056 7720350
Thomastown..........................056 7754080

Nursing Homes
Brookhaven Nursing Home..............056 8830777
Ballyragget
Drakelands House Nursing Home........056 7770925
Drakelands
Gowran Abbey Nursing Home............056 7726500
Gowran
Mooncoin Residential Centre............051 896884
Pollereore, Mooncoin
Mowlam – Archersrath Nursing
Home..........................056 7790137
Archersrath

Home Instead
Senior Care
KILKENNY/CARLOW
Butler Court, Patrick Street, Kilkenny City
Tel: 056 7800 508/056 7800 509
Enda Bohan: 086 259 7214
Email: enda.bohan@homeinstead.ie
### Sacred Heart Nursing Home
- Location: Crosspatrick, Johnstown
- Phone: 056 8831318

### St. Catherine’s Nursing Home
- Location: Freshford
- Phone: 056 8831318

### Strathmore Lodge Nursing Home
- Location: Rathdowney
- Phone: 057 7755515

### Nursing Homes in Leitrim
- **Sacred Heart Nursing Home**: Crosspatrick, Johnstown, Phone: 056 8831318
- **St. Catherine’s Nursing Home**: Freshford, Phone: 056 8831318
- **Strathmore Lodge Nursing Home**: Rathdowney, Phone: 057 7755515

### Hospitals in Laois
- **St Brigid’s Hospital**, Portlaoise
- **St. Vincent’s Geriatric Hospital**, Shaen, Portlaoise
- **Our Lady’s Hospital**, Manorhamilton
- ** life Aens (o81ati on et8es**
  - **Carrick-on-Shannon CIC**: Phone 076 1075670
  - **Drumshanbo CIC**: Phone 076 1075680
  - **Manorhamilton CIC**: Phone 076 1075710

### Hospitals in Leitrim
- **Our Lady’s Hospital**, Manorhamilton
- **St Patrick’s Hospital**, Carrick-on-Shannon
- **Citizens Information Centres**
  - **Carrick-on-Shannon**: Phone 076 1075670
  - **Portlaoise**: Phone 057 8621364

### Social Protection Offices
- **Portarlington**: Phone 057 8642110
- **Portlaoise**: Phone 057 8642110

### Health Centres in Sligo/Leitrim & West Cavan
- **Laois Community Services, Dublin Road, Portlaoise**: General number 057 862 1135
- **Abbeyleix**: 057 8731649/1359/1649
- **Ballylynan**: 057 8625108
- **Clonaslee**: 057 8648033/8170
- **Dundalk**: 057 8736585/6133
- **Emo**: 057 8646575
- **Mountmellick**: 057 8624343
- **Mountrath**: 057 8732422/2203
- **Portarlington**: 057 8643377/8623479

### Health Centres in Sligo/Leitrim & West Cavan
- **Aclare**: 087 2488180
- **Ballylynan**: 071 9644353
- **Carrigallen**: 071 9853218
- **Carrick-on-Shannon**: 071 9650070
- **Dromod**: 071 9658702
- **Dromore West**: 096 47095

### Social Protection Offices
- **Aclare**: 087 2488180
- **Portlaoise**: 057 8678010
- **Rathdowney**: 0505 46920

### Hospitals in Laois
- **Abbeyleix District Hospital**, Abbeyleix
- **Portlaoise General Hospital**, Portlaoise
- **St Brigid’s Hospital**, Portlaoise
- **St. Vincent’s Geriatric Hospital**, Shaen, Portlaoise

### Social Protection Offices
- **Portarlington**: 057 8642110
- **Portlaoise**: 057 8642110
- **Rathdowney**: 0505 46920

### Health Centres in Sligo/Leitrim & West Cavan
- **Laois Community Services, Dublin Road, Portlaoise**: General number 057 862 1135
- **Abbeyleix**: 057 8731649/1359/1649
- **Ballylynan**: 057 8625108
- **Clonaslee**: 057 8648033/8170
- **Dundalk**: 057 8736585/6133
- **Emo**: 057 8646575
- **Mountmellick**: 057 8624343
- **Mountrath**: 057 8732422/2203
- **Portarlington**: 057 8643377/8623479

### Home Instead Senior Care
- **Laois/Kildare**: Main Street, Kilcullen, Co. Kildare
  - Tel: 045 486 623 | Fax: 045 482 768
  - Amanda Bohan: 086 6054999
  - Email: amanda.bohan@homeinstead.ie

- **Leitrim/Roscommon/Sligo**: 44 High Street, Sligo
  - Oliver McBride: Tel: 071 931 7051
  - Email: oliver.mcbride@homeinstead.ie
Dowra .................................................................071 9643125
Drumkeeran ...................................................071 9648043
Drumshanbo ...................................................071 9641105
Drumcliffe/Grange .................................071 9173011
Easkey .................................................................096 49022
Ennisclere .................................................................096 36292
Geevagh .................................................................071 9647103
Glenfarne .................................................................071 9853229
Glengervlin .................................................................071 9643078
Gurteen .................................................................071 9182817
Kiltyclogher .........................................................071 9854071
Kinlough .................................................................071 9843013
Manorhamilton ...................................................071 9855788
Mohill .................................................................071 9631900
Newtowngore ....................................................049 4333317
Riverstown .................................................................071 9165182
Skreen .................................................................071 9166634
Tubbercurry .................................................................071 9185967

Memory Clinics
Cognitive Assessment Service, 
Laois/Offaly Mental Health Services, 
St Fintan's Hospital, Portlaoise ............057 8570245

Nursing Homes
Lough Erril Nursing Home..................071 9631520
Mohill
Mulross Nursing Home ..................071 9641165
K. Clare, Carrick-on-Shannon
St. Phelim's Nursing Home ..................071 9164966

Drum Hair

Limerick Hospitals
Limerick Regional Hospital ...............061 482219
Dooradoyle
St Camillus Hospital ....................061 326677
Shelbourne Road
St Ita's Hospital ...............................069 62311

Newcastlewest

St John's Hospital ...............................061 415822
St John's Square
St Nessan's Regional Orthopaedic Hospital ..................061 397276
Croom

Citizens Information Centres
Kilmallock CIC ...........................................076 1075770
Limerick CIC ...........................................076 1075780
Newcastle West CIC ............................076 1075820

Social Protection Offices
Kilmallock ...........................................063 20900
Limerick City ...........................................061 414799
Newcastle West ...........................................069 20100

Health Centres
Health Centres in Limerick
Limerick Community Services, Ballycummin Avenue, Raheen Business Park, Limerick
General number ...........................................061 483 754
Abbeyfeale ...................................................068 31309
Annacotty ...................................................061 331710
Askeaton ...................................................061 398233
Ballylanders ..................................................062 46849
Bruff .................................................................061 382218
Caherconlish ...........................................061 351899
Cappamore ...................................................061 381371
Castletown ...................................................061 377656
Croom .................................................................061 397206
Doon .................................................................061 380031
Foynes .................................................................069 65500
Glin .................................................................068 34305
Kilmallock ...................................................063 98192
Limerick City ...........................................061 410988
Health Centre, Bishop Street ..................061 417054
Ballynanty Health Centre,
Kileely Road ...................................................061 453707
Health Centre, Moyross ..........................061 326010
Roxtown ...................................................061 417622
Social welfare office,
Dominic St ...................................................061 212200
Murroe .................................................................061 386999
Newcastle West ...........................................069 62155
Oola .................................................................062 47845
Rathkeal .................................................................069 64308

Health Centres in North Tipperary and East Limerick
North Tipperary / East Limerick Community Services, Holland Road, Plassey, Castletroy, Limerick
General number ...........................................061 464 060/1
Ballina .................................................................061 376321

Limerick

Home Instead

LIMERICK
Unit 8 Steamboat Quay, Dock Road, Limerick
Tel: 061 462 070 | Fax: 061 462 074
Liam Toland: 087 2380258
Email: liam.toland@homeinstead.ie
Borrisokane ............................................. 067 27106
Borrisoleigh ......................................... 0504 51423
Cappamore ........................................... 061 381034
Cloughjordan ....................................... 0505 42307
Galbally ............................................... 062 37072
Littleton .............................................. 0504 44727
Newport .............................................. 061 378299
Portroe .............................................. 067 23466
Rathcabbin ......................................... 057 9139043
Rearcross ........................................... 062 79152
Roscrea ............................................. 0505 21498
Templemore ....................................... 0504 31244
Thurles .............................................. 0504 23211
Toomevara .......................................... 067 26212

Nursing Homes
Beechlodge Nursing Home...................... 063 90522
Kilmock Road, Bruree
Cahermoyle House ................................. 069 76105
Edogah
Catherine McAuley ................................ 061 315313
Old Doin nic Street
Corbally House Nursing Home ............... 061 343267
Mill Road, Corbally
Mowlam – Adare Nursing Home ............. 069 64443
Croom
Mowlam – Caherass Nursing Home ........... 061 600930
Croom
Mowlam – The Park Nursing Home .......... 061 332680
Castletroy
St. Anthony’s Nursing Home ................. 061 384104
Kilduff, Patrickstreet
St. Catherine’s Nursing Home ............... 069 61411
Newcastle West
Thorpes Nursing Home ......................... 061 353007
Clarina

Longford
Hospital
Mount Carmel/St. Josephs
Geriatric Hospital ................................ 043 3346211
Dublin Road

Citizens Information Centres
Aughnacliffe ......................................... 076 1075890
Ballymahon .......................................... 076 1075890
Drumshill ........................................... 076 1075890
Edgeworthstown ................................ 076 1075890
Granard ............................................. 076 1075890
Lanesboro .......................................... 076 1075890
Longford CIC ..................................... 076 1075890

Social Protection Office
Longford ............................................. 043 3340000

Health Centres in Longford and Westmeath
Longford/Westmeath Community Services,
Primary Care Unit, St. Loman’s Hospital,
Mullingar, Co. Westmeath
General number ................................. 044 939 5506
Athlone ............................................. 090 6475301
Ballinalee .......................................... 043 3323212
Ballymahon ....................................... 090 6432384
Ballymore ......................................... 044 9356274
Ballynacargy .................................... 044 9373104
Castletown Geoghegan ....................... 044 9661170
Castletown Geoghegan ....................... 044 9226432
Coleshill .......................................... 044 9357522
Delvin .............................................. 044 9664256
Drumish .......................................... 043 3324440
Edgeworthstown ................................. 043 6671157
Granard .......................................... 043 6686068
Killashee .......................................... 043 3341341
Killucan .......................................... 044 9374120
Kinnegad ......................................... 044 9375289
Lanesboro ......................................... 043 3321832
Longford ......................................... 043 3350169
Moate ............................................. 090 6481165
Mullingar, Longford Rd ....................... 044 9340221
Newtowncashel ................................ 043 3254455
Smear Health Centre, Aughnacryle ........ 043 6684158

Nursing Homes
Thomond Lodge Nursing
Home .................................................... 090 6438410
Ballymahon
**Louth**

**Hospitals**
- Drogheda Cottage Hospital .......................... 041 9801100
  Scarlet Street, Drogheda
- Louth County Hospital .............................. 042 9334701
  Dublin Road, Dundalk
- Our Lady of Lourdes Hospital .................. 041 9837601
  Drogheda
- St Joseph's Hospital ............................... 041 6853304
  Ardee
- St Mary's Hospital .................................. 041 9838680
  Dublin Road, Drogheda
- St Oliver Plunkett Hospital ..................... 042 9344888
  Dublin Road, Dundalk

**Citizens Information Centres**
- Ardee CIC ............................................. 076 1075950
- Drogheda CIC ........................................ 076 1075940
- Dundalk CIC ......................................... 076 1075950

**Social Welfare Services Offices**
- Ardee .................................................... 041 6853478
- Drogheda ............................................... 041 9838626
- Dundalk ............................................... 042 9392600

**Health Centres in Louth**
- Louth Community Services, Dublin Road, Dundalk, Co. Louth
  General number .................................... 042 933 2287
- Ardee .................................................... 041 6856542
- Drogheda – Ballsgrove ............................ 041 9838574
- Drogheda – Peter Street ........................... 041 9875700
- Carlingford .......................................... 042 9383040
- Castlebellingham .................................. 042 29382992
- Dunleer ................................................. 041 6851369
- Dundalk – St. Alphonsus Health Centre ....... 042 6820009
- Dundalk – Redeemer Health Centre ............. 042 9389649
- Iniskeen .............................................. 042 9378607
- Knockbridge Health Centre ....................... 042 9384498
- Dundalk Muirhevnamore ......................... 042 9389730

**Ravensdale** .......................................... 042 9371325
- Termoneckin ........................................... 041 9822439

**Nursing Homes**
- Aras Mhuire – Medical Missionaries of Mary .......................... 041 9842222
- Beechgrove, Drogheda
- Arbour Care Carlingford
- Nursing Home ........................................ 042 9383993
  Dundalk Road, Carlingford
- Boyne Valley Nursing Home ..................... 041 9836130
  Dowth, Drogheda
- Dealgan House Nursing Home .................... 042 9355016
  Toberona, Dundalk
- Guardian Healthcare – St. Peter's Nursing Home ................ 042 9382106
  Sea Road, Castlebellingham
- Moorehall Lodge ...................................... 041 6856990
  Hale Street, Ardee
- Talbot Group – Blackrock Abbey Nursing Home ................ 042 9321258
  Blackrock, Dundalk
- St Francis ............................................. 042 9358900
  Mount Oliver Park, Dundalk

**Mayo**

**Hospitals**
- Ballina District Hospital ........................... 096 21166
  Ballina
- Belmullet District Hospital ....................... 097 81301
  Belmullet
- Mayo General Hospital ............................ 094 9042000
  Westport Road, Castlebar
- Sacred Heart Hospital ............................. 094 9021122
  Panton Road, Castlebar
- Swinford District Hospital ....................... 094 9251102
  Swinford

**Citizens Information Centres**
- Ballina CIC ............................................ 076 1075990
- Belmullet CIC ........................................ 076 1076030

**Home Instead**

**LOUTH/MONAGHAN**
- Unit 1, Tenure Industrial Complex, Tenure, Dunleer, Co. Louth
  Tel: 041 2132222
  Dermot Bolger: 087 246 0148
  Email: dermot.bolger@homeinstead.ie

**MAYO**
- Unit 4 McHale Retail Park, Castlebar, Co. Mayo.
  Tel: 094 904 4785
  Oonagh Cox: 086 244 0042
  Email: oonagh.cox@homeinstead.ie
Castlebar CIC ............................................076 1076040
Claremorris CIC ............................................076 1076080
Westport CIC ............................................076 1077100

Social Protection Offices
Achill .............................................098 45050
Ballina .................................................096 21377
Ballinrobe ............................................094 9520070
Belmullet .............................................097 815071
Castlebar .............................................094 9034280
Claremorris ...........................................094 9372500
Swinford .............................................094 9251208
Westport .............................................098 25333

Health Centres in Mayo
Mayo Community Services, Westport Road,
Castlebar
General number ........................................094 9022333
Achill ................................................098 45215/45395
Aughleam .............................................097 85701
Ballina .................................................094 9365564/9365146
Ballindine .............................................094 9364158/9364142
Ballinrobe .............................................094 9541380
Ballintubber ...........................................094 930758
Ballycastle .............................................096 43058/43339
Ballycroy ................................................098 49176
Ballyhaunis ............................................094 9630491
Ballyvary ...............................................094 9031424
Bangor Erris .........................................097 83486/83146
Belmullet ...............................................097 82048/81673
Castlebar ...............................................094 9022333
Cong ..................................................094 9546842/9546347
Charlestown ..........................................094 9254635
Clare Island ..........................................098 25407
Claremorris ...........................................094 9371638/9371196
Crossmolina ..........................................096 31400/31450
Finney ...............................................094 9541380
Foxford ...............................................094 9256189
Geesala ...............................................097 86813
Glenamoy ............................................097 87958/87926
Hollymount ..........................................094 9540060/9540144
Inishcrick .............................................098 45514
Inishbiggle ............................................098 49176
Kilkelly ...............................................094 9367529/9367182
Killala ................................................096 32088/32177
Kiltimagh .............................................094 9381230
Louisburgh ...........................................098 66166
Newport ..............................................098 416 51/41256
Shrule ................................................093 31248
Swinford .............................................094 9251900
Tourmakeady ........................................094 9544060
Westport .............................................098 25885

Memory Clinics
Mobile Memory Clinic, Community Action on Dementia in Mayo, Primary Care Centre, Kevin Barry Street,
Ballina, Co Mayo ......................................094 27761

Nursing Homes
Abbeybreaffy Nursing Home ..................094 9025029
Dublin Road (NS), Castlebar
Ave Maria Nursing Home ......................094 9639999
Tooreen, Ballyhaunis
Blackrock’s Private Retirement Home ........094 9257555
The Green, Foxford
Brindley Group – Brookvale
Manor Private Nursing Home .................094 9631555
Hazelhill, Ballyhaunis
Hollymount Private Nursing Home ..........094 9540232
Kilrush, Hollymount
Moy Ridge Nursing Home .......................096 21886
Ridgepool Road, Ballina
Queen of Peace Nursing Home ..............094 9388279
Churchfield, Knock
St. Anne’s Private Nursing Home .............094 9254269
Sonagh, Charlestown
St. Attracta’s Nursing Home ....................094 9254307
Hagfield, Charlestown
Ti Aire Private Nursing Home .................097 81940
Tallaght Road, Belmullet
Ballinamore House Nursing Home ...........094 9381919
Kiltimagh

Meath

Hospitals
Our Lady’s Hospital ................................046 9021210
Navan
St Joseph’s Hospital ................................046 9431229
Trim
Citizens Information Centres
Ashbourne CIC ...........................................076 1076110
Navan CIC...................................................076 1076150
Trim CIC .....................................................076 1076180

Social Protection Offices
Navan .......................................................046 9077010
Trim .........................................................046 9431466

Health Centres
Meath Community Services, Dublin Road, Kells
General number ...........................................046 9240341
Ashbourne ..................................................01 8350535
Athboy .......................................................046 9432802
Community Welfare .................................042 9666480
Ballivor .......................................................046 9546077
Clonard .......................................................044 9375430
Drumconrath .............................................041 6854370
Dunboyne ...................................................01 825 3472
Duleek .......................................................041 9823338
Dunshaughlin ..............................................01 8024100
Enfield .......................................................046 9541185
Kells ..........................................................046 9240480
Laytown .......................................................041 9827012
Nobber .......................................................046 9052238
Oldcastle ....................................................049 8541334
Slane ..........................................................041 9824380
Wilkniston ..................................................046 9054768

Memory Clinics
Cognitive Clinic, Kennedy Road, Navan.................046 905 9002

Nursing Homes
Arbour Care Windfield Nursing Home ......................01 8255232
Guardian Healthcare – Gormanston ......................01 8414566
Heatherfield Nursing Home ................................01 8259354
Knightsbridge Care Home – Barchester .................046 9481910
Longwood Road, Trim
Mowlam – Kilmainhamwood Nursing Home ..............046 9052070
K ilmainham Road, K ilmainham
Riverview Nursing Home ................................046 9431857
Dublin Road, Trim
Sancta Maria Nursing Home ..............................044 9375243
Parke, K innegad

Silver Grove Nursing Home ..............................01 8253115
Clonee
Silverstream Healthcare – Rathoath Manor Nursing Home ....01 8256101
Rathoath
St. Colmcille’s Nursing Home ............................046 9249733
Oldcastle Road, K ells
St. Elizabeth’s Nursing Home ............................046 9432457
K ells Road, Athboy

Monaghan
Hospitals
Monaghan General Hospital ..................................047 81811
Monaghan
St. Davnet’s Hospital .........047 81822
Monaghan
Citizens Information Centres
Carrickmacross ...........................................042 9663454
Castleblayney .............................................042 9751979
Monaghan CIC ............................................076 1076230

Social Protection Offices
Carrickmacross ...........................................042 9661896
Castleblayney .............................................042 9795050
Monaghan ...................................................047 51232
K ells .........................................................046 9240480
Laytown .......................................................041 9827012
Nobber .......................................................046 9052238
Oldcastle ....................................................049 8541334
Slane ..........................................................041 9824380
Wilkniston ..................................................046 9054768

Health Centres
Monaghan Community Services, Rooskey .................047 30400
General number ...........................................047 30400
Athboy ......................................................046 9432802
Community Welfare ..............................042 9666480
Ballivor .......................................................046 9546077
Clonard .......................................................044 9375430
Drumconrath .............................................041 6854370
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Dunshaughlin ..............................................01 8024100
Enfield .......................................................046 9541185
Kells ..........................................................046 9240480
Laytown .......................................................041 9827012
Nobber .......................................................046 9052238
Oldcastle ....................................................049 8541334
Slane ..........................................................041 9824380
Wilkniston ..................................................046 9054768

Nursing Homes
Talbot Group – Redwood
Extended Care Facility ..................................01 8412660
Stamullen
Talbot Group – St. Clare’s
Retirement Home ...........................................01 8412583
Stamullen
Woodlands Nursing Home ..............................046 9028617
Navan

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Unit 1, Tenure Industrial Complex, Tenure, Dunleer, Co. Louth
Tel: 041 2132322
Dermot Bolger: 087 246 0148
Email: dermot.bolger@homeinstead.ie
Carrickmacross .................................................. 042 9661597
Tullymara ........................................................ 042 9743116
Castleblayney .................................................. 042 9740462
Clones .................................................................. 047 51207
Clontibret .......................................................... 047 80884
Scotstown .......................................................... 047 89657
Smithboro .......................................................... 047 57438

Nursing Homes
Arbour Care ....................................................... 047 51069
Sacred Hearts Nursing Home, Roslea Road, Clones
Casteros Nursing & Convalescent Centre .................. 042 9692630
Carrickmacross
Drumbar Lodge
Nursing Home .................................................... 047 84800
Cootehill Road
Mullinaheenich House ........................................ 047 72138
Mullinaheenich
St. Joseph’s Nursing Home .................................... 042 9741141
Clones Road, Ballybay
St. Louis Nursing Home ........................................ 047 84152
Maryville

Offaly
Hospital
Tullamore General Hospital .............................. 057 9321501
Arden Road, Tullamore

Citizens Information Centres
Birr CIC .......................................................... 076 1076260
Clara Community & Family Resource Centre ............ 057 9331928
Edenderry CIC ................................................ 076 1076280
Tullamore CIC ................................................ 076 1076290

Social Protection Offices
Birr ............................................................... 057 9169040
Edenderry ....................................................... 046 9733580
Tullamore ....................................................... 057 9325518

Health Centres
Banagher .......................................................... 057 9151247
Birr .............................................................. 057 9120486
Blueball .......................................................... 057 9354044
Borris-in-Ossory .............................................. 0505 41172
Clara ................................................................ 057 9331242
Cloghan .......................................................... 090 6457119
Clonbullogue .................................................... 046 97309109
Cloneygowan .................................................. 057 9343552
Cloughjordan .................................................... 0505 42307
Daingean ........................................................ 057 9353142
Edenderry ....................................................... 046 9733517

Ferbane .......................................................... 090 6454916
Kilcormac ....................................................... 057 9135030
Kinnity ............................................................ 057 9137061
Moneygall ........................................................ 0505 45272
Rhode ............................................................. 046 9737162
Shinrone ........................................................ 0505 47312

Nursing Homes
Carthage Nursing Home .................................. 057 9352863
Mucklagh, Tullamore

Roscommon
Hospitals
Roscommon County Hospital ....................... 090 6626200
Roscommon
Sacred Heart Hospital .................................... 0906 626130
Roscommon
Citizens Information Centres
Boyle CIC ....................................................... 076 1076330
Roscommon CIC ........................................... 076 1076380

Social Protection Offices
Boyle ............................................................. 071 9662185
Castlerea ........................................................ 094 9625075
Roscommon .................................................... 090 6630930

Offaly
Health Centres
Roscommon Community Services, Lanesboro Road, Roscommon
General number .............................................. 090 663 7500
Aughrim ........................................................ 071 9637043
Athleague ....................................................... 090 6663329
Ballaghaderreen .............................................. 094 9861386
Ballinlough ..................................................... 094 9640053
Ballydangan .................................................... 090 9673480
Ballyforan ...................................................... 090 6622250
Boyle ............................................................ 071 9662164
Brideswell ...................................................... 090 6488094
Castlerea ........................................................ 094 9621112
Elphin ............................................................ 071 9635225
Monksland ...................................................... 090 6498050
Stokestown ...................................................... 071 9633721
Roscommon ................................................... 090 6627140

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44 High street, Sligo
Oliver McBride: Tel: 071 931 7051
Email: oliver.mcbride@homeinstead.ie
Nursing Homes
Costelloe Care Nursing Home .................................................043 3321361
Ballymote. Lanesborough
Drumherin Nursing Home .........................................................071 9662561
Boyle
Oakwood Nursing Home .........................................................094 9861033
Ballaghaderreen
Shannon Lodge Nursing Home ...................................................071 9658667
Rooskey
Sonas Care Centre – Cloverhill ..................................................090 6629964
Care Centre
Cloverhill
Tearmainn Bhride Nursing Home ................................................090 6488400
Brideswell, Athlone

Sligo
Hospitals
Sligo General Hospital .........................................................071 9171111
St John’s Hospital .................................................................071 9142606
Ballyvinnan
St Joseph’s Private Hospital ......................................................071 9162649
Garden Hill
Citizens Information Centres
Sligo CIC ..................................................................................076 1076390

Social Protection Offices
Sligo .................................................................................071 9148200
Tuam ...............................................................................071 9120040

Health Centres
Health Centres in Sligo/Leitrim &
West Cavan
Sligo, Leitrim, West Cavan Community Services,
Manorhamilton, Co. Leitrim
General number .................................................................071 9820524
Aclare ..............................................................................071 9181282
Ballinafad, Public Health Nurse ..............................................087 2488180
Ballinaglera .................................................................071 9643411
Ballinamore ..................................................071 9644353

Ballymote .........................................................071 9183104
Blacklion .........................................................071 9853218
Carrick-on-Shannon .........................................................071 9650300
Carrigaullen .................................................................049 4339797
Castlebaldwin .................................................................087 2488180
Clifoney .................................................................071 9166160
Cloghan .................................................................074 9133031
Collooney .................................................................071 9167104

Tipperary
Hospitals
Cluain Arran Community
Nursing Unit ...........................................................................062 52186
Tipperary Town
<table>
<thead>
<tr>
<th>Health Centres In North Tipperary</th>
<th>Thurles</th>
<th>Tipperary Town</th>
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<td>Ballina</td>
<td>061 376321</td>
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<td>Borriskoke</td>
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<td>0504 51423</td>
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<td>Cloughjordan</td>
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<td>Roscrea</td>
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<th>South Tipperary Community Services, Western Road, Clonmel</th>
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<td>General number</td>
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<td>Clonmel Community Resource Centre</td>
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<td>Mullinahone</td>
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<td>New Inn, Cahir</td>
<td>052 7462416</td>
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<td>Newcastle, Clonmel</td>
<td>052 6136182</td>
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<tr>
<td>Cashel</td>
<td>062 70600</td>
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<td>Tipperary Town</td>
<td>062 51825</td>
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<th>Memory Clinics</th>
<th>St Patrick’s Hospital Memory</th>
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<th>Nursing Homes</th>
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<td>Cottage Nursing Home</td>
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<td>Rivervale Nursing Home</td>
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<td>Padre Pio Nursing Home</td>
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<td>Graiguenoe, Holycross, Thurles</td>
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<td>Silverstream Healthcare – Nenagh</td>
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<td>Manor Nursing Home</td>
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<td>Yewstown, Nenagh</td>
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**Waterford**

**Hospitals**
- St Brigid’s District Hospital, Carrick on Suir: 051 640025
- St Joseph’s Hospital, Dungarvan: 058 209000
- St Patrick’s Geriatric Hospital, John’s Hill, Dungarvan: 051 848000
- St Vincent’s District Hospital, Waterford: 058 41125
- Waterford Regional Hospital, Dunmore Rd: 051 873321

**Citizens Information Centres**
- Dungarvan CIC: 076 1076550
- Gladstone Street CIC, Waterford: 076 1076560
- Tramore CIC: 076 1076580

**Social Protection Offices**
- Dungarvan: 058 20540
- Lismore: 058 33520
- Waterford City: 051 356000

**Health Centres in Waterford & Kilkenny**
- Waterford Community Services, Cork Road, Waterford
- General number: 051 842800
- Dungarvan Community Services, St. Joseph’s Hospital, Dungarvan: 058 209000
- General number: 051 842 800
- Ardmore: 024 942 80
- Ballyduff Upper: 058 60289
- Bonmahon: 051 292124
- Cappoquin: 058 54406
- Clashmore: 024 91603
- Dungarvan: 058 209000

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Tel: 051 333 966 | Dungarvan: 058 75298
Fax: 051 333 956
Danette Connolly: 087 6797489
Email: danette.connolly@homeinstead.ie

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**Westmeath**

**Hospitals**
- Longford – Westmeath General Hospital, Mullingar: 044 9340221

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**Waterford**

**Nursing Homes**
- Care Choice Dungarvan (formerly Golden Meadows): 058 40200
- The Burgery, Dungarvan
- Drum Hills Nursing Home, Dungarvan: 058 43594
- Havenwood Retirement Village, Dungarvan: 051 303800
- Ballygunner
- Killure Bridge Nursing Home, Waterford: 051 870055
- Airport Road
- Maypark House Nursing Home, Waterford: 051 301848
- Maypark Lane
- Mowlam – Waterford Nursing Home, Waterford: 051 820233
- Ballinakill Downes, Dunmore Road
- Padre Pio Rest Home, Waterford: 058 54117
- Carrigeen, Cappoquin
- Rockshire Care Centre, Waterford: 051 832436
- Rockshire Rd., Ferrybank
- St. Joseph’s Nursing Home, Waterford: 051 374481
- Manor Hill
- Woodlock Nursing Home, Waterford: 058 387216
- Portlaw
St Vincent’s Hospital, Athlone.................096 6475301

Citizens Information Centres
Athlone CIC........................................076 1076610
Castlepollard.......................................076 1076660
Kilbeggan........................................044 79909
IWA, Clonbrusk Disability Centre.........090 6478851
Mullingar CIC...............................076 1076660
S.W.E.E.T.S..........................................057 9332030
Westmeath Older People’s Telephone and
Befriending Service .........................090 6445080

Social Protection Offices
Athlone...........................................090 6492066
Mullingar.........................................044 9334220

Health Centres in Longford 
& Westmeath
Athlone...........................................090 6475301
Ballinalee..........................................043 3323212
Ballymahon.....................................090 6432384
Ballymore.........................................044 9356274
Ballynacargy....................................044 9373104
Castlepollard....................................044 9661170
Castletown Geoghegan......................044 9226432
Colehill..........................................044 9357522
Delvin..............................................044 9664256
Drumlish..........................................043 3324440
Edgeworthstown..............................043 6671157
Granard..........................................043 6684668
Killashee..........................................043 3341341
Killucan..........................................044 9374120
Kinnegad.........................................044 9375289
Lanesboro........................................043 3321832
Longford..........................................043 3350169
Moate..............................................090 6481165
Mullingar, Longford Rd.....................044 9340221
Legga Health Centre, Aughnacriffe ....049 4335195

Newtowncashel.................................043 3325445
Smear Health Centre, Aughnacriffe....043 6684158

Memory Clinics
Intellectual Disability Mental
Health Service, Co Westmeath.........044 9390024

Nursing Homes
Maplecourt Nursing Home.................044 9662918
Castlepollard
Mowlam – Moate Nursing Home........090 6482855
Moate
Retreat Nursing Home......................090 6472072
Bonavolley, Athlone
Sonas Care Centre –
Cloghanboy.......................................090 6479568
Athlone
St. Clair’s Nursing Home – St. Francis
Private Hospital...............................044 9341500
Mullingar

Wexford

Hospitals
Gorey District Hospital...............055 9421102
Gorey
New Houghton Geriatric Hospital......051 421266
New Ross
St John of God Hospital.................053 9233228
Enniscorthy
St Johns Geriatric Hospital..............054 9233228
Enniscorthy
Wexford General Hospital..............053 9142233
Enniscorthy

Citizens Information Centres
Enniscorthy CIC...............................076 1076690
Gorey CIC........................................076 1076700
New Ross CIC.................................051 445478
Wexford CIC.................................076 1076720

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WESTMEATH/OFFALY/LONGFORD
Marlinsstown Office Park, Mullingar, Co. Westmeath
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Tel: 057 932 3838
Fax: 044 933 4945
Emerg. numb r: 087 7403509
Email: j.acton@homeinstead.ie

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Office R9, Clonard Village Centre, Clonard Village,
Wexford, County Wexford
Tel: 053 918 4042 | Fax: 053 918 4703
Stephen Conway: 087 7410102
Email: stephen.conway@homeinstead.ie
Social Protection Offices
Enniscorthy...........................................053 9242900
Gorey.................................................053 9430040
New Ross...........................................051 421693
Wexford.............................................053 9165400

Health Centres
Wexford Community Services, Grogan’s Road/
George’s Street, Wexford
General number..............................053 912 3522
Adamstown.................................053 924 0623
Ballagh........................................053 9136411
Bannow.................................051 561405
Ballindaggin.................................053 9388808
Blackwater..............................053 9127255
Bree........................................053 9247881
Bridgetown............................053 9135142
Buncrana..................................053 9377285
Buncrana..................................053 9376360
Camolin..................................053 9383113
Campile..................................051 388301
Castlebridge.........................053 9159519
Clonmel..................................053 9377369
Clonroche.................................053 9244213
Enniscorthy.................................053 9233465
Ferns........................................053 9366400
Gorey..........................................053 9421374
Killenaugh..................................053 9427154
Killane..................................053 9388808
New Ross..................................051 421445
Oyledgate.................................053 9138602
Rosslare.................................053 9133314
Taghmon................................053 9134492
Wexford.................................053 9123522

Nursing Homes
Carlford Nursing Home Ltd................053 9244366
Enniscorthy
Cherryfield Nursing Home..........053 9427286
Ballygarret
Cherrygrove Nursing Home..............051 388060
Priestshaggard, Campile,
New Ross
Kerlogue Nursing Home..............053 9170400
Kerlogue
Knockeenn Nursing Home..............053 9134600
Barntown
Lawson House..........................053 9233945
Enniscorthy
Middletown House
Nursing Home..............................053 9425451
Gorey
Moyne Nursing Home...............053 9235354
Enniscorthy

Millhouse Care Centre & 6840
Retirement Village..................053 447200
New Ross
Oakfield Retirement
& Nursing Home.................053 9425679
Courtown
Valentia Nursing Home...........053 9383125
Enniscorthy

Wicklow
Hospitals
District Hospital..................0404 67108
Gleniside Road, Wicklow
Baltinglass..059 6481255
District Hospital
Newcastle Hospital........01 2819001
Greystones

Citizens Information Centres
Arklow CIC.................................076 1076750
Bray CIC....................................076 1076780
Sunbeam House Services........076 1076780
Wicklow Town CIC.....................076 107

Social Protection Offices
Arklow........................................0402 32214
Baltinglass.............................059 6482240
Bray............................................01 2117900
Wicklow..................................0404 20440

Health Centres
Wicklow Community Services,
Gleniside Road, Wicklow Town
General number..................0404 68400
Arklow..................................0402 39624
Aughrim................................0402 36316
Avoca.....................................0402 35170

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38 Southern Cross Business Park,
Bray, Co. Wicklow

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Seamus Murphy: 086 6013265
Email: seamus.murphy@homeinstead.ie
Barndarrig ..................................................0404 48107
Bray .............................................................01 2744100
Carnew .....................................................053 9426196
Delgany .......................................................01 2875832
Enniskerry ..................................................01 2862017
Greystones ..................................................01 2877311
Kilcoole .......................................................01 2875090
Knockananna ..........................................059 6471111
Newtown ...................................................01 2819271
Rathdrum ...................................................0404 46231
Roundwood ..................................................01 2818481
Shillelagh ..................................................053 9429142
Tinahely ......................................................0402 38238
Wicklow ....................................................0404 68400

Nursing Homes
Aisling House Nursing Home ................0402 33843
Arbour Care Greystones
Nursing Home .................................01 2873226
Church Road, Greystones

Asgard Lodge Nursing Home ..........0402 32901
Monument Lane, Kilbride, Arklow
Atlanta Nursing Home ......................01 2860398
Bray
Costelloe Care – Bray Manor
Nursing Home.................................01 2863127
47 Meath Road, Bray
Dargle Valley Nursing Home..............01 2861896
Enniskerry
Firstcare Ireland Blainroe Lodge
Nursing Home.................................0404 60030
Blainroe
Firstcare Ireland – Earlsbrook
House Nursing Home.........................01 2761601
Bray
Kinvara House Nursing Home ............01 2866153
Bray
Kylemore Nursing Home ....................01 2863255
Bray
Roseville Nursing Home .....................01 2862582
Bray
Shannagh Bay Nursing Home ............01 2862329
Bray

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Thelma Mansfield
It is never too late to learn something new. Why not come and join us, Dublin City University, the world’s first designated Age-Friendly University - leading a global network of Age Friendly Universities.

We have a variety of opportunities ranging from our Love of Lifelong Learning Programme - keeping the mind active and engaged - to our wide range of modules which you can sit in on without the need to take an exam or assessment. We also offer online courses through our DCU Connected Programme and our new Pathways through Retirement programme (starting mid Spring 2018) combines an academic approach with the latest thinking in personal development training.

Our MedEX programme offers a supervised fitness programme for those with a range of conditions for example COPD, Diabetes, Cardiac Care, Mobility problems, Cancer and Parkinson’s in a supervised environment.

We also offer an Active for Life Programme for those wishing to keep fit and active as they age.

Our unique Lifelong Learning Association will keep you connected, informed and offers specialist workshops and social opportunities organised and run by older people.

Interested in hearing more?
Call: Christine O’Kelly, Age-Friendly Coordinator 01 700 8933
Email: christine.okelly@dcu.ie
Visit our website: www.dcu.ie/agefriendly
Fold TeleCare, supports over 23,000 people through our award winning personal alarms service throughout Ireland. We’re delighted to introduce our new CareClip Service which will give users easy access to help through Fold’s TeleCare Response Centre, not only when you are at home but also when you are out and about.

Fold’s CareClip Service
The CareClip uses smartphone technology. There is a dedicated CareClip App which allows you or your contacts to view your CareClip information on a Smartphone. Fold’s CareClip is designed to support everyone, inside and outside the home. The CareClip supports independence for you, increasing your confidence with the knowledge that help is available should you need it. It also provides peace of mind for your family and carers, knowing that you can retain some freedom with the reassurance that support is available around the clock wherever their location.

Fold’s Personal Alarm Service
Fold’s Personal Alarm service provides the reassurance that help is available at any time of day or night. We will provide an alarm unit and personal pendant which can be worn on your wrist or around your neck. The alarm unit is linked via the ordinary telephone line to Fold’s 24/7 Monitoring Centre in Dublin. By pressing the pendant, an emergency call is made to a Fold Call Advisor who will offer immediate reassurance and support.

Fold Telecare, Suite E, Ashtown Business Centre, Navan Road, Dublin D15 K6WR.