

# Transferring the Farm to the next generation?

Remember to factor in health costs for the older generation

Families are being advised to plan carefully for the future when transferring a farm from one generation to the next.



Farm transfers from an older generation to the next often do not factor in costs associated with a change in the older generation's health," says Martin O'Brien, family solicitor in general practice in Nenagh, Co. Tipperary. "Families are finding themselves financially and indeed legally unprepared to deal with long-term illnesses and conditions such as a dementia."

In such cases, families need to plan for changing medical requirements, the financial and legal implications of these changes and to consider what input different members of the family want in their parent's lives, according to Michael Wright, Home Instead Senior Care, Thurles, Co. Tipperary. "With Ireland's population ageing and the Government's Health Budget under strain, it is particularly important for families to plan ahead so that an elderly loved one is properly cared for. This is even more important if the older person develops dementia."

Martin O'Brien explains, "A crucial thing to include in the Plan is a decision about Enduring Power of Attorney. It is of huge benefit for an older person to appoint someone they trust who can manage their assets in the event the older person becomes incapacitated by a disease such as Alzheimer's." It is recommended

that people discuss with their solicitor the benefits of Enduring Power of Attorney.

Michael Wright adds, "Finance, health and legal issues top the list of sensitive topics that families can find difficult discussing." In co-operation with Jake Harwood, Ph.D., Communication Professor and author from the University of Arizona, Home Instead developed 'The 40-70 Rule' which gives tips to families on how to start and have these conversations.

In some cases, where urgent decisions surrounding care are needed and there are different views within a family, families are turning to the assistance of professional mediators.

He concludes, "Older people want to remain living independently at home for as long as possible and there are various supports within the community to enable that to happen. Here at Home Instead Senior Care, we are supporting farming families where care is required for a relative and the family have decided that home care is the more desirable and appropriate option."

To find out more about 'The 40-70 Rule' log on to [www.caregiverstress.com/family-communication/40-70/](http://www.caregiverstress.com/family-communication/40-70/) Or contact your local Home Instead Senior Care office.

## Maeve Binchy



The late Maeve Binchy will always be a national treasure with her memory living on through her warm, witty and beautifully composed stories.

Her fearless approach to old age in recent years is one that epitomised the lady perfectly.

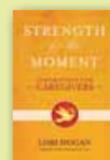
She said, "Don't fight old age with anti-wrinkle potions, hair dye and - God forbid! - Botox. No, the secret is to embrace it".



"A diplomat is a man who always remembers a woman's birthday but never remembers her age."

Robert Frost

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## Book Review: "Strength for the Moment"

The role of caregiver is very rewarding, but it can also be physically and emotionally exhausting. Caregivers often feel overwhelmed by their work and the demands of those receiving their care, and these demands touch every aspect of their lives. Still, despite the challenge there remains so many incredible and dedicated people that care for those who need that extra support be it in their own family or wider community.

LORI HOGAN co-founder of Home Instead Senior Care describes her latest book 'Strength for the Moment' as her "salute to caregivers who many times go unrecognised for their hard work, compassion and devotion".

Home care is a challenge, but it can ultimately be a deeply rewarding experience. 'Strength for the Moment' promises to inspire caregivers and help them face each day refreshed in their thinking and prepared to provide the best care for those they love the most and this it certainly does.

The caregiving stories in Strength for the Moment are real and are drawn from Home Instead Staff, Franchise Owners, International Franchise Partners, family members, friends and other acquaintances. What is clear is that caring people are all around us

and while most caregivers work quietly and privately not seeking recognition, many feel overwhelmed and are yearning for comfort and encouragement.

Strength for the Moment is every caregiver's reminder that they are never alone. It is every caregiver's permission to feel their feelings without shame. This book offers stories that every caregiver will relate to - some are humorous and some require a box of tissues, but that's just like caregiving! If ever there was a tool that every caregiver should keep handy, it's Strength for the Moment. When you need encouragement or prayer, when you need to feel that you aren't alone, this little book will make a big difference.

This book review was provided by Mary Gahan, Co. Monaghan

## Two Weekend Breaks to be won!



Sign up for the Home Instead Senior Care online newsletter and you will be entered into a FREE prize draw offering TWO breaks for two people in the relaxed surroundings of charming 4 Star accommodation 'The Barn'.

The Barn at Fellowsfield is a creative and inspirational venue set on a small working farm in County Kildare, yet only 36kms from the city of Dublin. Converted from a farm building by leading international photographer, Tony Parkes, and his wife Louise who is a writer, it has a uniquely calm, warm and friendly atmosphere that encourages innovation, the lively exchange of ideas, a passion for training and knowledge, or simply a place of relaxation when you want to get away from it all.

All you have to do to enter is log on to [www.homeinstead.ie](http://www.homeinstead.ie) and sign up for our online newsletter. The winners will be selected at random from all the newsletter sign-ups. So what are you waiting for - enter now!

For further information on The Barn, contact their Reservations on 01 628 7747 or log on to [www.thebarnatfellowsfield.com](http://www.thebarnatfellowsfield.com)

**Summer Newsletter Winners.** Congratulations to Rebecca Leggett, Bray, Co. Wicklow and Nicola Flynn, Ballsbridge, Dublin 4 who both won two nights Bed & Breakfast with dinner on one of the evenings and full use of the leisure facilities at the Killashee House Hotel & Villa Spa, Naas, Co. Kildare.



Bernadette McGarvey, Home Instead Senior Care Leopardstown presents Emily Brew, The Alzheimer Society of Ireland with her prize of a two night stay for two at the luxury Hayfield Manor in Cork.



Contact your local Home Instead Senior Care Office

Dublin 2,4,6,8 01 667 0911	Dublin 6W,10,12,14,16 & West Dublin 01 424 1945	Dublin 18 & South County Dublin 01 206 8022	Dublin 1,3,5,7,13,15 01 853 5048	Dublin 9,11,17 & N. Co. Dublin 01 895 0010	Co. Galway 091 384 160	Co. Cork 021 500 2190
Co. Sligo 071 914 1511	Co. Wexford 053 918 4042	Co. Offaly 057 932 3838	Co. Wicklow 01 276 8122	Co. Donegal 074 911 3050	Co. Kerry 066 719 3350	Co. Tipperary 0504 911 00
Co. Limerick / Co. Clare 061 462 070	Co. Waterford 051 333 966	Co. Leitrim 071 914 1511	Co. Westmeath 044 938 5260	Co. Kildare / Co. Laois 045 484 623	Co. Longford 044 938 5260	CALLSAVE 1890 930 013

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# SENIOR CARE connections



Autumn 2012

Newsletter from Home Instead Senior Care, Ireland's Trusted Source of Home Care for Seniors

'Dear George' Winner Peggy Allen with son Keith



### INSIDE:

- National Carer's Strategy
- 'Make Home Work' Campaign
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- Book Review by Mary Gahan
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**WIN**  
WEEKEND BREAKS  
FOR TWO AT  
**THE BARN**  
CO. KILDARE

'To enhance the lives of older people, enabling them to live happy, healthy, and independent lives in their homes for longer than otherwise possible.'

## The National Carer's Strategy: Recognised, Supported, Empowered

The National Carer's Strategy recently published in July is the first of its kind in Ireland and signals a commitment by the government for carers to be "recognised, supported and empowered".



The strategy sets out a series of goals, including the need to recognise the needs of carers through the provision of income supports.

The strategy says the value and contribution of carers should be recognised and their inclusion in decisions relating to the person they are caring for should be promoted. Home-based care by family members was preferred by the vast majority of people and this is certainly an area that Home Instead Senior Care supports through their home care services.

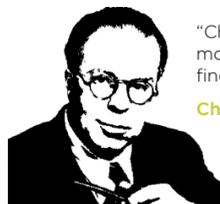
Minister of State at the Department of Health Kathleen Lynch said during its launch, "The publication of this strategy sends a strong message to carers that Government recognises and values their selfless hard work and compassion which enhances the health and quality of life of thousands on a daily basis."

Looking after the well being of Carers is a significant focus of the strategy, pointing out that Carers should be supported in managing their physical, mental and emotional health and well-being. Carers should be supported to "care with confidence" through the provision of adequate information, training and services and should be empowered to participate as fully as possible in economic and social life. Home Instead Senior Care provides

our CAREGivers with the most up-to-date, quality and professional training and support as we understand only too well how important it is that the person who is caring is confident, happy and healthy in their role.

Government departments and agencies that deal with carers must now take their lead from the strategy and this is certainly welcomed by Home Instead Senior Care. Ed Murphy, CEO of Home Instead Senior Care said, "This strategy has been informed by the knowledge and expertise of those who care day in day out. It explains that home-care is the preferred option of care and it is now up to all within the sector to support the vision of the strategy so that the principles of recognition, support and empowerment for Carers are fully considered in any decision-making and service provision that affects them."

Download your copy of The National Carers' Strategy at [www.dohc.ie/publications/pdf/National\\_Carers\\_Strategy\\_en.pdf](http://www.dohc.ie/publications/pdf/National_Carers_Strategy_en.pdf)



"Cherish all your happy moments: they make a fine cushion for old age."

Christopher Morley

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## 'Dear George' ... We have a winner!

Home Instead Senior Care would like to thank all those wonderful people across the country who entered our recent **'Dear George' competition with George Hook on Newstalk**. The competition **prize worth €2000** asked listeners to nominate a family carer who deserves to win a week long holiday for two people and when away Home Instead would provide Live-In care for their loved one.

We were absolutely blown away by the response to the competition and it is truly wonderful to know we have so many dedicated and compassionate families caring for loved ones throughout Ireland. George Hook himself trawled through the mountain of entrants and chose the amazing **Peggy Allen from Athlone, Co. Westmeath** as the overall winner, and what a deserving winner she is. Peggy along with her husband Michael care for their son Keith who is 35 years old. Keith has Cerebral Palsy and has high dependent care needs which means he requires 24/7 care. Keith loves being around people, especially his family. He loves all sport on TV and absolutely anything to do with horses. His happy disposition and beautiful smile does not go unnoticed by those around him and is a real testament to the love and care Peggy and Michael show Keith every day. Two very deserving winners and an inspiration to us all. Massive congratulations!



Teresa O'Reilly, Owner of Home Instead Senior Care Westmeath, presents Peggy and Michael Allen and their son Keith with their prize for winning the 'Dear George' Competition.

## Older and Bolder Campaign



Home is where we all want to stay as long as possible. Home Instead Senior Care know only too well the benefits living at home has to the quality of life of an older person. Recently **Older & Bolder**, an alliance of eight organisations supporting equality for older people in Ireland, launched their **MAKE HOME WORK** campaign to promote the right to age well at home. To find out more log on to [www.olderandbolder.ie/content/make-home-work](http://www.olderandbolder.ie/content/make-home-work)

Home Instead Senior Care is committed to the MAKE HOME WORK campaign and have adopted its Charter.

### 1. Voices of older people

- Older people must have their voices included and heard in relation to their care as they age.

### 2. Community care

- Care which supports people to stay at home must be integrated in all health care planning and reforms.

### 3. Linking services

- Home and community care must have strong links to primary health care and to hospital care.

### 4. Health is more than medicine

- Community care must include social supports like transport, educational and cultural activities to ensure older people can continue to play a vibrant part in their community.

### 5. Access to services

- Older people, their families and carers must have clear, consistent and equitable pathways to community care entitlements and services

regardless of where they live. This includes access to a uniform assessment of their own needs and the needs of their carers; and access to a register of professional home-carers.

### 6. Information about services and supports

- The HSE must provide clear national and local information about the availability and distribution of community care services like home care, respite care, day care centres and hospice care.

### 7. When home no longer works

- We recognise that for some people, staying at home will one day no longer be possible despite high levels of support. When this happens, high quality and affordable "home from home" residential care should be available within the local community.

### 8. Age proofing services

- People should not be excluded from health care, including screening, treatment or rehabilitation services, on the ground of age alone.

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## Just Arrived! Pre & Post Natal Home Support

Pregnancy, having a baby and becoming a new parent is a very thrilling and proud time in a parent's life - but it can also be one of the most tiring! It's at times like these when that extra bit of care and support is needed and welcomed. Home Instead now offers Pre & Post Natal Home Support to help parents at home while they care for and take time out to spend with their new baby.

This new service offers Pre-Natal support during pregnancy, particularly in the later stages of pregnancy when general tasks in the home may be more difficult. Post Natal Home Support is also available for new mums returning home after giving birth, as the initial weeks can be the most arduous.

### What can new mums expect from Pre & Post Natal Home Support Services?

- Looking after you: getting meals, snacks and drinks, tying shoelaces, helping with similar challenging tasks and general care for you.
- Meal Preparation: plan and prepare breakfast, lunches, dinner.
- Laundry: put on a wash, hang clothes out to dry, fold, iron and put away.
- Household Chores: Do the dishes, tidy up kitchen, vacuum, dust, tidy up kids' toys, make beds, change bed linen, tidy up baby clothes, change cot sheets and other day-to-day cleaning duties.
- Grocery Shopping: go grocery shopping and help with packing away the groceries.
- Visitors: Take phone calls, answer the door, look after visitors.
- Other general duties: Make a list of gifts, write thank you cards, assist with post and bills.

All CAREGivers undergo a detailed screening process including interviews, reference checks and full Garda vetting, as well as comprehensive employee training programmes; including Fetac Level 5 Home Care Skills training as well as other comprehensive training programmes. A new mum and family could not be in better hands. To chat to us further about Pre & Post Natal Home Support Services call **1890 930 847**

## A Case for Choice

### What Home Instead Wish for in the Care of Older People in Ireland

1. The Irish Government should consider the full costs associated with the institutionalisation of older people while recognising the value resulting from older people living in their own homes for as long as possible. In-home-care provided by thoroughly screened and trained caregivers can help delay many older adults' transitions to institution and in some cases; help prevent these transitions from occurring entirely.
2. In view of the sharp increases in longevity of the older population, the Government should not be tasked with being the "only solution" as it pertains to providing senior care. While serving a vital and important role, the Government would be wise to both acknowledge private and voluntary sector care and encourage further innovation to address the very pressing senior care challenges in Ireland.
3. The Irish Government should encourage citizens to take



personal responsibility in preparing for their own retirement and senior care. The Government can help individuals and families prepare financially to meet their own care needs. Broader implementation of national care-insurance strategies, tax relief or other incentives related to senior-care expenditures should be encouraged. **As tax relief of up to 41% is available towards the cost of home care**, we believe the Irish Government should promote this tax relief as their contribution to encourage citizens to take responsibility for the care of their older relatives.

4. The Irish Government should empower older people and their

loved ones to make their own care decisions. Allowing seniors to "self-direct" their care leads to higher satisfaction and positively impact their quality of life.

5. The Irish Government can play a major role in protecting older people - one of society's most-vulnerable groups - by sensibly regulating home-care services provided by organisations and/or individuals. Ensuring that any provider of care is thoroughly screened and adheres to professional/ethical standards should be of highest importance.
6. The Irish Government could become a thought leader in how their older citizens are viewed and valued. Specifically they could help shape a positive view of ageing in which older people are valued and seen as assets, not liabilities and where they are encouraged to contribute to their world well beyond what have been considered normal retirement years.

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