

SENIOR CARE CONNECTIONS

WINTER 2016

from

 Home
Instead
SENIOR CARE®

To us, it's personal®



**CONGRATULATIONS PATSY O'SULLIVAN,
CAREGiver OF THE YEAR!**

**WIN! A ONE NIGHT BREAK
AT THE SHERATON ATHLONE HOTEL**



2016 SENIOR CITIZEN AND FAMILY CARER: THE ESSENTIAL GUIDEBOOK

A Survival Guide to Living a Happy, Healthy and Independent Life

Growing older can be a difficult time in life – for both older people and their families. Accessing reliable and trustworthy senior care information is no easy feat. The ageing terrain in Ireland is highly complex, and let’s not forget what a personal and often emotional time, our golden years can present.

This book guides the reader through a comprehensive range of information from senior care options, allowances and entitlements and health insights, in a chapter by chapter basis, so they can make better, informed decisions about what type of life they want to live as an older adult.

It also serves as a dual guide providing information for the older person and family carer. It includes checklists and tips helping families decide what senior care option suits their needs, the costs of care as well as the inclusion of a directory to help families find helpful support networks.

This is the eighth year the guidebook has been published in Ireland and it is supported by other ageing organisations such as Active Retirement Ireland, Age Action, Age & Opportunity, Alzheimer’s Society of Ireland, Arthritis Ireland and Nursing Homes Ireland. Together, Home Instead Senior Care and these organisations, can help families take that first step to find the best information on their senior care issues.

Speaking about the latest edition of this important resource, **Ed Murphy, CEO Home Instead Senior Care Ireland** said: *“This guidebook can help you and your loved ones address some of the questions you may have about growing older in Ireland.*

You will find helpful advice for planning for the future - no matter how old you are - the guidebook is designed to help you make informed, confident plans and decisions. For example, you may consider: What resources do I have to provide for professional care? Who would I like to appoint as power of attorney? Do I want to remain living in my own home?”

While ageing presents many issues, it also presents an opportunity to continue to live a happy, healthy and independent life. The Senior Citizen and Family Carer Guidebook encourages older people and family carers to stop, think and plan for this important stage in life.

For in-depth answers on how you can have a positive ageing experience, order a copy of the **Senior Citizen or Family Carer: The Essential Guidebook**. The book is available from **HomeInstead.ie** or call **1890 989 755**.



Above:
Ed Murphy, CEO

“ The guidebook is designed to help you make informed, confident plans and decisions ”

Supported by:



TESTIMONIALS FROM THE EXPERTS - WHAT PEOPLE SAY ABOUT THE GUIDEBOOK



“Welcome to the 2016 edition of Senior Citizen: The Essential Guidebook. It is a privilege to once again be asked to introduce this invaluable guide to services for older people in Ireland. It is a thorough and in-depth resource on a wide range of issues of interest to tens of thousands of pensioners and their families.”

Minister Kathleen Lynch

Minister for Primary Care, Social Care (Disabilities/Older People) and Mental Health



“HISC Senior Citizen guidebook provides really easy to follow and clear information on a wide range of services and benefits for all of us as we age. Active Retirement Ireland members love to get their hands on this booklet so that they are up to-date with current provision but most importantly it gives them knowledge to make informed decisions and information on how to avail of services.”

Maureen Kavanagh CEO Active Retirement Ireland



“Consistently, when we ask people what they need, the call is often for information. “If I had only known...” or “Nobody ever told me that...” are a feature of many unfortunate conversations where someone, due to lack of access to appropriate information, had a much harder time of things than was necessary. This Guidebook has become a handy reference in many homes and a resource to turn to when you don’t know where to begin.”

Karen Smyth CEO Age & Opportunity



“This Guidebook is proving to be a valuable resource in enabling older people to avail of information that is vitally important to support them in their day-to-day living. It is imperative that older persons can avail of the information they need in an accessible and user-friendly manner. This Guidebook fulfils these requirements.”

Tadhg Daly CEO NHI

LET'S HEAR FROM YOU

Do you have any ageing tips or information to share with readers? Or do you have information to add to this resource that will help both senior citizens and family carers.

We want to hear from you and continue to make this guidebook the very best ageing resource in Ireland. To share your successful ageing tips and insights please e-mail Info@HomeInstead.ie and we will share your advice in the next edition of Senior Care Connections.

A CHAPTER FROM FAMILY CARER: THE ESSENTIAL GUIDEBOOK

Dementia Care

Home Instead Senior Care understands the worries Alzheimer's disease and other dementias can cause in the lives of older people and their families. In fact, many of the older people cared for by Home Instead Professional CAREGivers have dementia. The leading home care provider has witnessed the distress and loss that older adults and family caregivers can face.



These conditions can affect their energy, peace of mind and happiness. If you're living it now, you know all too well. If your loved one just received the diagnosis, you're likely anxious about the future – for your loved one and yourself. You want your loved one to be safe and engaged in life. But given the memory and behavioural changes that sometimes accompany dementia, how can you ensure this happens? And how do you also take good care of yourself while providing excellent care to your family member?

“You want your loved one to be safe and engaged in life”

Wherever you are on the care journey, Home Instead Senior Care can help. Home Instead Professional CAREGivers are trained in expert, person-centred Alzheimer's and Dementia Care. Such expert dementia care can help support your loved one to continue to live with a quality of life. The organisation also offers FREE dementia care workshops in the community for family caregivers.

If you're worried please talk to your local office or visit HomeInstead.ie to sign up for a workshop near you.

HOME INSTEAD CAREGiver OF THE YEAR



CAREGiver of the Year, Patsy O’Sullivan Has Been a ‘Tower of Strength’ to Cork Family. A client made that proclamation in describing the CAREGiver of the Year, Patsy O’Sullivan from Ballinhassig, Cork. Patsy has helped this lady who is in her eighties and who has a complexity of health-related issues.

Noeleen Cronin, Owner and Managing Director of Home Instead in Blackrock, Cork, asked her client, what she likes best about Patsy, who has been a CAREGiver for more than 6 years. The response:

“Patsy is a wonderful person. I have to say I would be totally lost without her. She is always so kind and most reliable. She shows such initiative, in that she will have the jobs done even before I have to ask and I know that Patsy will have everything done thoroughly. I have been crippled with pain and Patsy is the most caring person. I would truly be lost without her”.

Patsy has cared for her client for the last 6 years and provides approximately twenty hours of home care services each week. Patsy also cared for her client’s spouse before he passed away. Her client was truly delighted to hear Patsy has been chosen as CAREGiver of the Year. She exclaimed, *“Patsy has been our eyes ears, hands and legs. When my husband passed, she became a tower of strength at the time of deep sadness and loss”.*

Another daughter of a client clearly stated, *“Patsy is fantastic and I can honestly say, she goes above and beyond the call of duty”.*

Above:
Deirdre O’Shaughnessey
96FM
Noeleen Cronin, Owner HISC
Blackrock, Cork
Patsy O Sullivan,
CAREGiver of the Year 2015
Cllr. Chris O’Leary
Lord Mayor, Cork

**Become
a Professional
CAREGiver**

Do you have a special way of taking care of others? Why not become a CAREGiver? Visit HomeInstead.ie to apply for a life-changing role in your local community.

Noeleen Cronin of Home Instead Blackrock, Cork presented Patsy with the 2015 CAREGiver of the Year Award at a gala event in the Royal Marine Hotel, Dun Laoghaire, Co. Dublin. During the award presentation, Noeleen highlighted some of Patsy's CAREGiving accolades and attributes:

“She goes above and beyond the call of duty”

“Patsy is a wonderful CAREGiver who joined our team in 2009. The attributes central to the care she provides to many clients, who have a wide range of complex care needs, includes kindness, sincerity, reliability, trustworthiness, professionalism and the utmost confidence. Clients needs range from assistance with all aspects of their daily routine and incorporates personal care, continence care and hoist transfers. Patricia takes a lead in terms of care provision and does so in the most proficient manner at all times. She also completed her full FETAC Healthcare Award in 2013 with great pride”.

Speaking about her award win, Patsy said: *“I can truly say, I have got more from my role as a CAREGiver than I have given. It is a privilege to help all those I have been caring for. I love my work and if I can go to bed at night knowing that I have made a difference, I rest well. I’m a firm believer that what we do for ourselves dies with us, what we do for others remains and is immortal.”*

She concludes: *“I am very proud to work with Home Instead. The support which is there from all of the team and at the end of the phone at any time is just amazing. I can honestly say I work with the best team ever”.*



HOME INSTEAD SENIOR CARE CELEBRATES PUBLIC HEALTH NURSES

Four public health nurses were recently recognised for the exceptional care they provide and their commitment to promoting Public Health Nursing in the community.

Nominees for the Institute of Community Health Nursing (ICHN) Annual Awards are highly commended for their professional commitment to nursing in the community and for their work in the promotion and development of best practice and services for identified health needs of varying population groups.

Those awarded have committed to their professional development ensuring that all practice delivered by them is



Above: Winners of the ICHN Annual Awards (L-R): Sinead Lawlor, Winner of HSE Eastern Region, Susan Creedon, Winner of HSE South Region, Patricia Devers, Winner of HSE West and overall Public Health Nurse of the Year and Patricia McLoughlin, Winner of HSE Midlands Region.

evidenced based and will enhance the quality of care of their patients and the community at large.

Ms Patricia Devers Contenance Advisor Mayo PCCC HSE West was the overall winner at the ICHN Annual Awards. This was in addition to being named Regional Winner West for her caring and leadership in clinical practice development and her active sharing and pursuit of knowledge regarding her specialism so that she can deliver the best quality-driven service for her population group.

The regional awards were presented to:

Regional Winner: Midlands - Ms Patricia Mc Loughlin PHN Nurse Specialist Child Health and Development, Arden Health Centre Tullamore Co Offaly, HSE Midlands.

Regional Winner: South – Ms Mary Creedon PHN/ Lactation Consultant Macroom Primary Care Centre and Rylane Health Centre, HSE South

Regional Winner: East – Ms Sinead Lawlor PHN Kilcock Health Centre Co Kildare, HSE Eastern Region

Speaking at the awards, **Ms. Johanna Downey** President, commented, *“On behalf of the ICHN and the Public Health Nursing service the executive council wish to extend a sincere gratitude for their initiative and motivation in the workplace. Those awarded continually go above and beyond in the care they provide within their community”*.

Ed Murphy, CEO of Home Instead Senior Care commented, *“The work Public Health Nurses do in their communities is invaluable. At Home Instead we always maintain that where possible keeping people at home, where they feel most comfortable and secure is always the best scenario. I would like to congratulate all of the winners for their tireless work within their communities”*.

About Patricia



Ms. Patricia Devers Contenance Advisor Mayo PCCC HSE West was nominated by Ann Marie Mc Dermott Assistant Director of Public Health Nursing. Patricia was nominated due to her being a positive role model for nursing in the community. She has demonstrated the importance of bringing a very valuable service to the local community. Patricia researched the need for a Contenance Advisory Service in her area and engaged in a wide consultative process which led to an informed Contenance Care Delivery Service within that community.

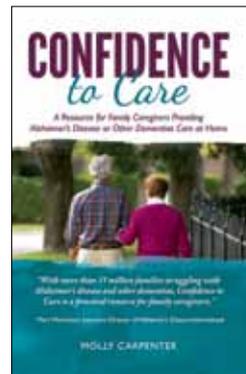
“ a positive role model for nursing in the community ”

The services developed by Patricia such as Nurse Led Adult and Paediatric Clinics plus the Bladder and Bowel Education Programme is evidence of the patient being at the centre of her quality nursing care. Her commitment to a quality service is demonstrated in her active Continuous Professional Development of self and of others and her participation at regional, national and international forums. As an active member of National and International Groups and Forums, Patricia aims to influence developments in this specialised field of continence services.

Patricia is awarded the overall winners award based on the excellent description of her practice, her caring, her leadership in clinical practice development and her active sharing and pursuit of knowledge regarding her specialism so that she can deliver the best quality driven service for her population group.

Congratulations to Patricia and the other regional winners!

BOOK WINNERS



Congratulations to Christine Goldsmith, Juanita Tobin, Agnes Maranan, Jennifer Moloney and Ber Bradley for winning a signed copy of **Confidence to Care: A Resource for Family Caregivers Providing Alzheimer's Disease or Other Dementias Care at Home**. This new resource is an essential handbook to becoming more confident in your ability to understand, manage and even help alleviate dementia-related behavioural symptoms that your loved one may be prone to exhibit.

Buy the book on:
amazon.co.uk

WIN! ONE NIGHT DINNER BED AND BREAKFAST AT THE SHERATON HOTEL ATHLONE



You will be staying in a deluxe room with a complimentary bottle of wine. Offer is valid for a midweek stay.

All you have to do to enter is log on to **HomeInstead.ie** and sign up to receive the Home Instead Senior Care online newsletter. **The winner will be selected at random.**