

# SENIOR CARE CONNECTIONS

WINTER 2017

from

 Home  
Instead<sup>®</sup>  
SENIOR CARE<sup>®</sup>  
*To us, it's personal.®*



**CONGRATULATIONS MARGARET SINNOT! 2016 HOME INSTEAD CAREGIVER OF THE YEAR**

**BECAUSE HAVING FUN IS A SERIOUS MATTER! HOME INSTEAD SUPPORTS ACTIVE RETIREMENT IRELAND**

**WIN! PROFESSIONAL CAREGIVING QQI TRAINING SUITE**



# 2017 SENIOR CITIZEN AND FAMILY CARER: THE ESSENTIAL GUIDEBOOK

## Enhancing the Lives of Older People and Their Families

After 12 years of providing professional home care services, Home Instead Senior Care has become not just the most trusted care provider, but also a leading information provider on an array of ageing issues. When the phone rings in a local home care office, more often than not it is a family carer in crisis and she or he needs help.

It may have to do with an older parent who has suffered a fall, or is starting to wander, or may be living in isolation. Sometimes the solution is not to simply avail of Home Instead Senior Care services, but to support and provide families with information that will enhance their lives and make a real difference.

People who work with Home Instead Senior Care spend most of their time lending an ear to families who are struggling to care for an older loved one at home. Or they help people connect with the all-knowledgeable and helpful public health nurse in their community and provide families with information that will make their life easier.

*“This guidebook is a compilation of our learnings after providing 12 years of home care services in Ireland. It is the information that families often come looking for and we hope that it helps you age wisely and live the life you want no matter your age”,* said Ed Murphy, CEO and Founder of Home Instead Senior Care in Ireland.

According to the OECD, if you live to retirement age, the chances are that you will live another 16 - 20 years and maybe much longer and there’s a good chance you’ll be at the receiving end of ageism. In Ireland, strong stereotypes of older people persist. Negative and ill-informed assumptions as to the relationship between a person’s age and a person’s capacity all too often shape people’s decision making. This type of thinking poses barriers to older people.

In addition to information that will help you age wisely, the guidebook includes case studies that help raise awareness of ageism. The case studies are based on real life people who have shared how stereotypes about ageing have affected them. It also provides the reader a chance to reflect on how ageism might be countered in daily life.



**with Senior Citizen:  
The Essential Guidebook**

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**Call 1890 989 755 or download a copy  
from [HomeInstead.ie](http://HomeInstead.ie)**



Above: Ed Murphy, CEO and Founder of Home Instead Senior Care in Ireland

Supported by:



*“As Ireland’s leading home care provider, we hope to help people of all ages live a happy, health and independent life at home. We ask you to join us in this undertaking and encourage you and your loved ones to do what you can do age wisely. Perhaps take this as a time to reflect on what it means to you to age wisely or challenge how you may think about ageing or the way we as a community view older people. Please share this important resource with at least one person who will benefit from this information and help yourself and others to age wisely”,* continued Ed Murphy.

# TESTIMONIALS FROM THE EXPERTS - WHAT PEOPLE SAY ABOUT THE GUIDEBOOK



*"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



*"Congratulations to the entire team behind the **Senior Citizen: The Essential Guidebook** for succeeding again in producing one of the most useful publications available for older people, their families, carers and advocates. The combination of accessible, clearly laid out, information on benefits and entitlements, as well as case studies providing practical illustrations of some of the services and opportunities available to older people make this a genuinely essential resource."*

## Eamon Timmins

Chief Executive, Age Action



*"**Senior Citizen: The Essential Guidebook** provides older people and their families with relevant and up to date information on a range of issues to help them age successfully. We are delighted to once again contribute to this comprehensive resource."*

## Karen Smyth

CEO, Age & Opportunity

### 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 ageing wisely tips and insights  
please e-mail [Info@HomeInstead.ie](mailto:Info@HomeInstead.ie) and we will share your advice in  
the next edition of Senior Care Connections.

# HOME INSTEAD SENIOR CARE SUPPORTS SHARE YOUR EXPERIENCE

## A New Initiative from Active Retirement Ireland



We're not joking when we say that having fun is deadly serious. **Happiness helps fight depression and ill health.** Unfortunately, as we get older, many people can begin to feel lonely and isolated.

This is why Home Instead Senior Care has teamed up with Active Retirement Ireland to support their **Share the Experience** initiative. This special programme encourages older people to come together, share their experience, feel connected and be active.

As Ireland's leading home care provider, Home Instead Senior Care has a vested interest in enhancing the lives of older people throughout the country. "Supporting Active Retirement Ireland and their community-based activities is a great way to make a difference in the lives of older people. It is great to see a charity with a refreshingly positive approach to encourage older people to live life to the full. We encourage people of all ages to start taking fun a lot more serious", says Ed Murphy, CEO and Founder of Home Instead Senior Care in Ireland".

Active Retirement Ireland (ARI) is a voluntary organisation for older people with a national membership of over 24,500 people and over 550 local associations.

**To support older people in your local community and encourage them to experience retirement to the full, contact ARI on (01) 873 3838 or [activeirl.ie](http://activeirl.ie).**



**ACTIVE  
RETIREMENT  
IRELAND**

## SHARE THE EXPERIENCE - HAPPY, HEALTHY AND INDEPENDENT AGEING IN THE COMMUNITY

### Meet Patrick: An Active Retirement Ireland Member's Story

*Fifty-eight years ago, I met a woman who was the love of my life. We married when we were both 26, and lived a happy life together. We raised two beautiful children, who both went on to do great things in foreign lands. We had the best life imaginable and gave our children the best life we could.*

*Four years ago, my wife passed away shortly before my 80th birthday. After she died, I felt unbearably alone and isolated. I had done everything with my wife, we had gone everywhere and we had so many memories together. But now, memories were the only thing I had left. I tried to keep myself busy, to distract myself from the isolation I was facing. But there is only so much you can do to distract yourself.*

*When I went to the doctor for a check up, I told him about how I was feeling; that I thought I was becoming depressed. He told me that depression was a serious problem in people in my situation. He told me about the local Active Retirement Ireland group and how it would be a good way to make friends and be active. To be honest, I was sceptical at first. It didn't seem like my type of group but after a few weeks, I decided I had nothing to lose by going.*

*To say I was pleasantly surprised would be an understatement. I had never thought it would be so much fun or that I would make so many friends at my age. I found a pastime; dancing. Can you imagine?*

*I would recommend Active Retirement Ireland to anyone, no matter their age. I really would. It's had such a positive impact on my life and made such a difference for me.*

*All the best,*

*Patrick*

*\*Name has been changed to protect privacy.*



## WHY HOME INSTEAD SENIOR CARE SUPPORTS ACTIVE RETIREMENT

What do having fun and staying healthy have in common? A lot more than you might think. Laughing with friends, watching your favourite TV programme or reading a book might be called "leisure activities," but the health benefits associated with some fun are nothing short of impressive.

**So the next time you're feeling guilty for indulging in a dessert or skipping that walk, keep these health benefits in mind:**

### Reduced Stress

Cortisol, known as the "stress hormone" or the "fight or flight hormone" spikes to unhealthy levels when we're stressed. It's intended to save our lives in a do-or-die situation; however, at low levels of stress (when there's nothing to fight or flee) cortisol can cause weight gain and can even inhibit the body's ability to fight off infection and heal itself. Having fun and taking the time to play reduces cortisol levels, which leads us to ...

### Sweet Serotonin

On the flip side, having fun increases serotonin levels. Serotonin is a chemical that regulates many of our most basic processes—including sleep patterns, memory, body temperature, and mood. Doing activities you enjoy that help you relax and connect with others naturally increases the body's serotonin levels.

### Improved Ability to Cope

Stress is inevitable – and not every waking moment can be spent having fun. However, taking time for leisure activities and play that make you feel great can help even when stressful situations do arise. Think of fun, stress-free activities as money in the bank. When stress, pain, or negative situations arise, you'll be able to tap into reserves of calm, rather than finding yourself in the red.

**For more information about happy, healthy and independent ageing visit [HomeInstead.ie](http://HomeInstead.ie) or call 1890 989 755.**

BECAUSE HAVING  
**FUN** IS A  
SERIOUS MATTER

# PUBLIC HEALTH NURSES RECOGNISED BY HOME INSTEAD SENIOR CARE

At the recent Institute of Community Health Nursing (ICHN) AGM, five public health nurses were recognised for the exceptional care they provide and their commitment to promoting Public Health Nursing in the community.

Nominees for the ICHN Annual Award 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.

Clare Lewis, Clinical Care Manager for the elderly in Dublin North, was named the overall winner at the ICHN Annual Awards in addition to being named regional winner east for her dedication to the patients in her local community and also for the support and mentoring of community nurses in dealing with older clients with complex care needs.

The Lifetime Achievement Award was presented to Violet Hayes, Director of Public Health Nursing, West Cork. Violet was awarded for always going that extra mile when dealing with the patients within her community. Violet was also recognised for the huge support she has given to her staff at both a professional and personal level. She epitomises what all nurses should aspire to be.

Speaking at the awards Ms. Johanna Downey President, commented *“On behalf of the ICHN and the Public Health Nursing service we would like to congratulate all of our winners today. Their initiative, motivation and care given in the workplace is inspirational. Those awarded continually go above and beyond in the care they provide within their community”.*

*“Thank you and congratulations to this year’s award recipients. As a home care provider, we at Home Instead have a vested interest in supporting public health nurses who help ensure older people live a happy, healthy and independent life in the community. At the end of the day, we all want to remain in our own home and without the support and expertise of public health nurses this would not be possible. Thank you for all you do and congratulations on this well-deserved recognition”* commented Ed Murphy, CEO and Founder of Home Instead Senior Care in Ireland.

**Congratulations to the winners and all the Public Health Nurses for making Ireland a better place to grow old!**



Violet Hayes, Recipient of the Lifetime Achievement Award



INSTITUTE OF COMMUNITY HEALTH NURSING

## THE REGIONAL AWARDS WERE PRESENTED TO:

- **Regional Winner: Midlands;** Margaret Keogh, Public Health Nurse, Longford Westmeath.
- **Regional Winner: West;** Marie Chambers, Public Health Nurse, Achill Island
- **Regional Winner: South;** Grainne O’Brien, Clinical Care Manager, Cobh
- **Regional Winner East;** Clare Lewis, Clinical Care Manager for Older Persons in Dublin North, CHO area 9

# HOME INSTEAD CAREGIVER OF THE YEAR



## Dublin CAREGiver honoured for commitment and service to older people in the community

*Margaret Sinnott from Tallaght has been selected as this year's CAREGiver of the Year by Home Instead Senior Care. She is being recognised for commitment and service to older people and families in the local community.*

*"Professional CAREGivers like Margaret are the foundation of our business" said Hugh McGauran, Owner and Managing Director of Home Instead Senior Care in Rathfarnham. "These dedicated individuals live the Home Instead Senior Care organisation's mission, **to enhance the lives of older people and their families**, by providing person-centred care that can help older people age independently".*

*"Margaret has been working with my 90 year old mother for the last while and she is literally the angel who walked through our door. Her devotion and ability to tackle all assignments and personal care activities with devotion and a smile is beyond exemplary. My mother has become very attached to her and I can safely allow myself a sigh of relief and some free time when she arrives to our home. Congratulations Margaret for this well-deserved accolade" says family carer Anna Barry.*

*Home Instead CAREGivers provide a variety of services including companionship, meal preparation, light housekeeping, medication reminders, personal and Alzheimer's care, incidental transportation, errands and shopping. Prior to being placed in a client's home, CAREGivers are screened, trained, bonded and insured, and have completed criminal background checks.*

*"Balancing the demands of families and careers while taking care of their older loved ones can take its toll" said Hugh McGauran. "Home Instead CAREGivers could serve as a respite to families and provide companionship and encouragement to local seniors."*

*“ Professional CAREGivers like Margaret are the foundation of our business ”*

*Caring is a labour of love that requires a special person and just the right touch. Home Instead Senior Care is looking for caring, compassionate individuals to join the CAREGiving team.*

*Visit [HomeInstead.ie](http://HomeInstead.ie)*

# HOME INSTEAD REGIONAL CAREGIVERS OF THE YEAR

Meet some very special Home Instead CAREGivers. They come from all walks of life. They span the generations and have a wide variety of hobbies, interests and experience. But they all share one thing, the desire to make a difference to someone's life.



*Above Left: Jonathan Acton and Mary Costelloe of Home Instead Westmeath congratulating Leinster CAREGiver of the Year, Cecelia Dowling.*

*Above: Brian Ruane, Connacht CAREGiver of the Year with Michael Ring, TD.*

*Josephine Kennedy, Munster CAREGiver of the Year 2016 pictured with the Home Instead Senior Care team in Tipperary.*

## WIN! COMPLIMENTARY QQI CAREGiver TRAINING SUITE

**Complete 2 modules for free! Care of the Older Person and Care Skills (QQI Level 5)**

All you have to do to enter is log on to [HomeInstead.ie](http://HomeInstead.ie) and sign up to receive the Home Instead Senior Care online newsletter.

The winner will be selected at random.

