

# Senior Care CONNECTIONS

AUTUMN  
2015

September is World  
Alzheimer's Month

Confidence to Care  
Official Book Launch

Information from the  
Alzheimer Society of Ireland



**Win!**

A signed copy  
of new book  
*Confidence  
to Care!*

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

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



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

## Home Instead Senior Care Hosts Free Dementia Care Workshops to Mark World Alzheimer's Month

Groundbreaking programme will be offered across the country to help family caregivers look after loved ones with Alzheimer's and other dementias.



Starting September 2015 during World Alzheimer's Month, Home Instead Senior Care will host a series of FREE dementia care workshops for families involved with the care of a person with a dementia.

Across Ireland almost 40 education workshops are planned in the run up to World Alzheimer's Awareness Day on September 21st. The purpose of the workshops is to support family caregivers when it comes to understanding dementia and providing care at home for a loved one.

The Home Instead Senior Care network assembled the top experts in Alzheimer's disease across the globe to develop this new training and support programme for family caregivers. Entitled '**CARE: Changing Ageing Through Research and Education**', it is a first-of-its-kind education programme that addresses

current and future needs by offering family members unrivalled dementia care, training and support.

Rather than focusing on the diagnosing and symptoms of the disease, the CARE programme focuses on the care and dignity of the person with dementia. This relationship-centred approach enables the provision of individualised care that:

- Helps the person living with dementia remain safe and calm at home
- Encourages engagement
- Helps minimise symptoms
- Honours who the person was earlier in life
- Supports the entire family.

"The workshops we are offering families are the same kind of training our professional caregivers receive. We want to support family caregivers, help them better understand this condition and encourage them

to care for themselves while also caring for loved ones," says Ed Murphy, CEO and Founder of Home Instead Senior Care in Ireland.

"Through this education programme, we are demonstrating our commitment to providing the highest level of care to the whole community. Families want to ensure that their loved ones with dementia are safe and stay involved in life.

"Perhaps most important, the dignity and worth of the person with dementia will be assured through the provision of care personalised to the individual."

**For further dementia care, support and advice visit: [HomeInstead.ie/Alzheimers-Disease](http://HomeInstead.ie/Alzheimers-Disease) and download our complimentary resource guides.**

## NEW CONFIDENCE TO CARE DEMENTIA WORKSHOPS

Call 1890 930 013 to book your FREE place or register online at [HomeInstead.ie](http://HomeInstead.ie)

### CLARE

Ennis Library, Ennis, Co. Clare  
Thursday, 24 September  
**5pm-7pm**

### CORK

Bandon, Venue TBC  
Monday, 21 September  
**10am-1pm**

Home Instead Senior Care,  
4 Nessan House, Riverview  
Business Park, Bessboro  
Road, Blackrock, Cork  
Tuesday, 22 September  
**2pm-4pm**

Wilton Park House, Wilton,  
Bishopstown, Cork  
Wednesday, 16 September  
**10.30am-12.30pm**

### Cork North -

Ard na Rí Day Care Centre,  
Closes Green, Farranree  
Wednesday, 23 September  
**2pm-4pm**

### DUBLIN-BALLSBRIDGE

Home Instead Senior Care,  
60 Merrion Road, Ballsbridge,  
Dublin 4  
Wednesday, 2 September  
**12pm-2pm**

Home Instead Senior Care,  
60 Merrion Road, Ballsbridge,  
Dublin 4  
Tuesday, 8 September  
**6pm-8pm**

Home Instead Senior Care,  
60 Merrion Road, Ballsbridge,  
Dublin 4  
Monday, 14 September  
**4pm-6pm**

Home Instead Senior Care,  
60 Merrion Road, Ballsbridge,  
Dublin 4  
Thursday, 24 September  
**11am-1pm**

### DUBLIN-FAIRVIEW

Marine Hotel, Sutton Cross,  
Dublin 13  
Thursday, 24 September  
**7pm-9pm**

### DUBLIN-LEOPARDSTOWN

St Laurence's Parish Centre  
Monday, 28 September  
**2pm-3.30pm**

### DUBLIN-SWORDS

Home Instead Senior Care,  
2nd Floor, Broadmeadow Hall,  
Applewood Village, Swords,  
Co. Dublin  
Tuesday, 22 September  
**6.30pm-8.30pm**

### DUBLIN-RATHFARNHAM

Home Instead Senior Care,  
Nutmeg Business Park,  
Rathfarnham, Dublin 14  
Wednesday, 16 September  
**7pm-9pm**

### GALWAY

Ard Ri Hotel, Tuam  
Tuesday, 22 September  
**7pm-9.30pm**

Loughrea Hotel and Spa,  
Loughrea  
Wednesday, 23 September  
**7pm-9.30pm**

Menlo Park Hotel, Galway City  
Thursday, 24 September  
**7pm-9.30pm**

### KILDARE

Fallons Bar & Restaurant,  
Kilcullen  
Wednesday, 23 September  
**7pm-9pm**

### KILKENNY

Butler House, Butler Court,  
Kilkenny  
Wednesday, 9 September  
**7pm-9pm**

### LAOIS

Heritage Hotel, Portlaoise  
Wednesday, 16 September  
**7pm-9pm**

### LIMERICK

Newcastle West Library,  
Co. Limerick  
Tuesday, 10 September  
**5pm-7pm**

Granary Library,  
Limerick City  
Wednesday, 30 September  
**5pm-7pm**

### LONGFORD

Longford Arms Hotel  
Monday, 7 September  
**7.30pm-9.30pm**

### MEATH

Ardboyne Hotel, Navan  
Thursday, 24 September  
**7.30pm-9.30pm**

### WESTMEATH

Shamrock Lodge Hotel,  
Athlone  
Monday, 14 September  
**7.30pm-9.30pm**

Home Instead Senior Care,  
Marlinstown Office Park,  
Mullingar  
Wednesday, 23 September  
**7.30pm-9.30pm**

### WEXFORD

Wexford Enterprise Centre,  
Kerlogue, Rosslare Road,  
Wexford  
Monday, 21 September  
**7pm-9pm**

### WICKLOW

3B Southern Cross  
Business Park, Bray,  
Co. Wicklow  
Wednesday, 23 September  
**11am-1pm**

### KERRY

1st Floor Grosvenor Court,  
High Street, Killarney, Co.  
Kerry  
Tuesday, 22 September  
**7pm-9pm**

### OFFALY

Tullamore Court Hotel,  
Tullamore  
Monday, 28 September  
**7.30pm-9.30pm**

### TIPPERARY

Home Instead Senior Care, 71  
Liberty Square, Thurles  
Monday, 21 September  
**7pm-9pm**

Home Instead Senior Care, 71  
Liberty Square, Thurles  
Wednesday, 23 September  
**7pm-9pm**

Home Instead Senior Care, 71  
Liberty Square, Thurles  
Friday, 25 September  
**7pm-9pm**

### WATERFORD

Waterford, Venue TBC  
Monday, 21 September  
**7pm-9pm**

Dungarvan, Venue TBC  
Tuesday, 22 September  
**7pm-9pm**



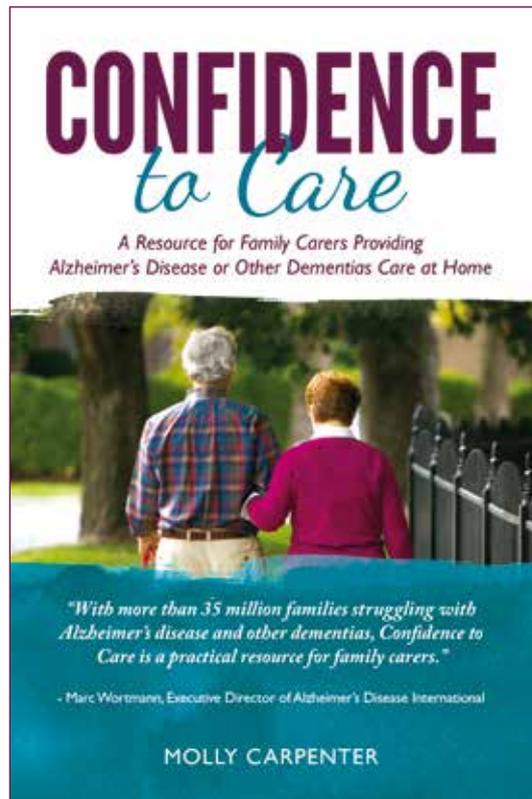
**WORLD  
ALZHEIMER'S  
AWARENESS DAY  
MONDAY  
SEPTEMBER 21<sup>ST</sup>**

## Renowned Dementia Care Expert and Author Launches New Book for *Dementia CAREGivers in Ireland*

New book, *Confidence to Care*, helps Alzheimer's and dementia carers to become more confident in their ability to understand, manage and help loved ones living with Alzheimer's and dementia.

Molly's book was created to help Alzheimer's and dementia caregivers look after loved ones at home. It combines personal stories with practical techniques drawn from caregiving experiences from family caregivers, professional caregivers and internationally recognised experts. The book also focuses on the most common issues associated with Alzheimer's disease and other dementias and helps family carers deal with caregiving situations they never thought they would have to face. Each chapter offers plenty of care approaches and prevention tips, and begins with a relevant and moving real-life family caregiver story.

The book launch and signing was hosted by Home Instead Senior Care, Ireland's largest home care provider. "Approximately 52 per cent of the people we care for are living with Alzheimer's disease or a dementia. We spend a lot of our time not only helping the client remain at home but also supporting the family caregiver in helping them feel confident in their role as caregiver



and supporting them with expert advice and professional care services," says Ed Murphy, Founder and CEO of Home Instead Senior Care Ireland.

"Without understanding what triggers the behaviours associated with dementia, or knowing practical techniques to help counter them, it's easy for family caregivers to feel overwhelmed. But discovering simple tips can mean the difference between endless frustration and a positive care experience," continues Murphy.

*Confidence to Care* also highlights the importance of caring for the caregiver as well as caring for the person living with Alzheimer's or dementia. It also provides support in dealing with a range of dementia-related symptoms and behaviours such as:

- Aggression and anger
- Agitation and anxiety
- Bedtime struggles and sleep problems
- Confusion and memory loss
- Delusions
- False accusations and paranoia
- Medication mismanagement
- Mood changes
- Repetition
- Sexually inappropriate behaviour
- Social withdrawal
- Wandering.



Molly Carpenter pictured with Home Instead client, Ann Kirwan

### ABOUT THE AUTHOR

Author, speaker, trainer and family caregiver: Molly works with a team responsible for ensuring that the Home Instead Senior Care network's 60,000 caregivers have the resources necessary to provide quality care in the home and understand the importance of their work. Her work has been adopted and adapted globally, and endorsed by leading experts in the Alzheimer's industry and adapted for family caregivers worldwide.

All profits from this book will be donated to dementia-related organisations and causes.

The Irish edition of the book is available in paperback and Kindle edition from **Amazon.co.uk**

# Carers: Looking after yourself

*From the Alzheimer Society of Ireland*

It is all too easy to ignore your own needs when caring for someone with dementia and forget that you matter too. It is important to take steps to safeguard your own health and well-being as well as other aspects of your life, so that you can continue to cope and retain your confidence.

Becoming a carer has an emotional, physical, and – sometimes – financial impact. As your loved one with dementia needs more support, you will too. If you don't look after yourself, you may experience high levels of stress, anxiety, exhaustion and depression. You may also be more likely to develop other illnesses.

Looking after yourself is not selfish. When you take care of yourself, everyone benefits. Make a conscious decision that you are the only person who can decide to look after yourself. Other people can help you and support you, but you are the only one who can make this decision.

**Acknowledge your emotions:** your feelings about caring have a big part to play in your care-giving experience. You may be feeling sad, angry, resentful, frightened and alone. On the other hand, you may find caring a very rewarding and fulfilling role. For most carers, it is both rewarding and stressful.

There are a number of things that can affect how you are feeling including your relationship with the person with dementia, your reasons for caring, changes in your lifestyle and how much support you have. It is normal to feel a range of different and conflicting emotions. It is important to recognise how you are feeling and to talk to someone – a family member, friend or your doctor.

**Be nice to yourself.** No one is perfect. There will be days when you lose patience or it feels like everything you do is wrong. Try to give yourself positive messages, remind yourself of all the things you are doing well.

**Build a support network.** Try to find out what help may be available in caring for the person with dementia before you need to so you know where to

turn when the time comes. Ask the GP, the public health nurse and your local Alzheimer Society of Ireland branch.

**Be persistent:** you have a right to help.

## FAMILY AND FRIENDS

Even though you may be coping well at the moment you need to realise that caring for a person with dementia will become increasingly physically and emotionally exhausting.

- Try to involve other family members in care from the start so that the responsibility does not all rest on you.
- Always try to accept help from friends or neighbours when it is offered.
- Suggest ways in which people can help so that they are quite clear about what they can do.
- Make it clear that you value support and that popping in for a chat or a regular phone call can make all the difference.

## YOUR HEALTH

See your own GP on a regular basis to check up on your health and make sure he or she is aware of any stresses and problems you are experiencing.

- If you start to feel very depressed or anxious, see your GP as soon as possible.
- Try to make sure you have a well-balanced diet.
- Make sure you get enough sleep.
- Take care to avoid damaging your back if you are helping the person with dementia to move.
- Regular exercise is vital for health and will give you more energy.
- If you find you are becoming very stressed ask your GP to recommend some relaxation or breathing exercises.

## LEGAL AND FINANCIAL

Your financial or legal situation may be affected if you are caring for someone with dementia.

- If you are working and have to give up either temporarily or permanently, check your pension position.
- Check whether you are entitled to



*Clients and staff at Rose Cottage Day Care Centre, Tallaght*

benefits and, if so, which ones.

- Find out the best way of managing a person's affairs. This may be through trustees or the use of an enduring power of attorney.
- Check your own position in regard to the home and finances if the person goes into care or dies.

## TIME TO YOURSELF

Make sure you have some time to relax or to do something that is just for you. If the person with dementia cannot be left, see whether family or friends can give you a break or whether services such as home care or respite care are available locally.

- Try to put aside a little time each day for yourself to have a cup of tea or read the paper to listen to some music or go for a short walk. Don't feel guilty about this.
- Try to get out every week: do something that you find enjoyable and that keeps you in contact with the outside world.
- See if you can have a break for a weekend or a week or so on a regular basis.

## SUPPORT

- Everyone caring for someone with dementia needs support and people with whom they can discuss their problems and feelings. You may get support from friends and family, from understanding professionals or from a local support group.

## Testimonial: *Judy Williams, Alzheimer Café*

*From the Alzheimer Society of Ireland*



*Judy and Norman Williams*

**W**hen my mother was diagnosed with cancer in 2010 I returned from London, where I had been living for 24 years, to look after her and my father, who had been diagnosed with dementia and Parkinson's disease. Sadly my Mum died shortly afterwards so I began caring full-time for Dad. I needed to find services that could help us both, as Dad needed stimulation and interaction and I was feeling displaced having lost my mother, given up my job and moved country.

I linked in with a number of services to help us, including the Alzheimer Society of Ireland and the Alzheimer Café.

The Alzheimer Café is on once a month in various locations in Dublin and around the country. Dad and I started attending the Café in Donnybrook in early 2012 and then we also went to the South County Alzheimer Café in Rathfarnham when it opened later in 2012.

The Alzheimer Café is a fantastic

place. The people there made Dad feel really special and I learned a lot from the talks and from chatting to other people. It provides great peer support for the person living with dementia, but also for their carers, families and friends.

Dad had been a very active and outgoing person – he ran his own business in the motor trade and he loved racing cars, playing golf and socialising, so I was very conscious of Dad's need for company. I encouraged his friends to call and many were exceptionally good to us, but some of them found it hard to understand dementia and difficult to communicate with their old friend, so as some of them gradually made less contact, the Café was an important social outlet for Dad.

Sadly, my lovely Dad died last year, but I am so grateful for the quality time I had with him, and for the help we received from the ASI and the Alzheimer Café. I still attend both of the Cafés

and find them a great support. I am also on the Steering Committee of the Alzheimer Café in Donnybrook as the carer representative. I would encourage anyone affected by dementia to see if there is an Alzheimer Café near them and to go along to experience the warm atmosphere and the lovely tea and cakes.

### ALZHEIMER CAFÉS

Alzheimer Cafés provide a warm and welcoming space for people with dementia, their families, friends and health and social care professionals to meet and exchange ideas.

Contact our helpline at **1800 341 341** to find out more or visit **[www.alzheimer.ie](http://www.alzheimer.ie)** to find your nearest cafe.



# Forget the Stigma

*New campaign from the Alzheimer Society of Ireland*

The Alzheimer Society of Ireland has launched a campaign to address the stigma that adversely affects thousands of people living with dementia and their carers – often preventing individuals from seeking or sharing a diagnosis. The nationwide campaign, entitled Forget the Stigma, urges the public to sign up to take a simple, three-step challenge to fight stigma. The challenge involves learning the facts of the condition, listening and empathising, and linking in with those with dementia to prevent isolation.

“Dementia really challenges the values we hold as a society and what it means to be human,” said ASI CEO Gerry Martin. “We need to stop avoiding this disease and start to think how we interact with people with dementia. Only by understanding the facts and talking more openly about it can we face our own fears and support the thousands of individuals and families living with dementia.” Stigma is an everyday reality not just for the 50,000 people in Ireland living with dementia but it is an added hardship for their family carers as well.

Kathy Ryan (55) from Clonmel, Co Tipperary who has early onset dementia said: “One of the toughest things is people not believing or accepting that you have the condition because you don’t look any different. People with dementia have a neurological condition which affects our memory, behaviour, relationships etc but we are still ourselves. People have turned their back to avoid me in my local supermarket. I understand this is to do with people being uncomfortable, but I want people to know it is extremely hurtful. A person living with dementia can date, go out to dinner, to the cinema. We need to be socially engaged like everyone else.”

Ronan Smith, 56 from Wicklow, who also has early onset Alzheimer’s said: “When I first began to tell people I had been diagnosed with dementia I got this wholly inappropriate feeling like I was



*Irish Dementia Working Group members*



*At the Forget the Stigma Alzheimer campaign*

‘coming out’. There is nothing to fear when it comes to meeting a person with dementia. I have faced up to it, can you?” Kerryman Sean Donal O’Shea, 33 who has cared for his mum Debbie (58) since her diagnosis with early onset Alzheimer’s said: “People talk about mom as if she is not in the room. Yes, she has dementia but she is still my mom. We need to open up and talk about dementia now.”

The ASI, which advocates on behalf of the 50,000 people with dementia in this country, is calling on the public to sign up and take the simple challenge.

## LEARN, LISTEN, LINK: FORGET THE STIGMA OF DEMENTIA

- **Learn:** Find out the facts.
- **Listen:** Take the time to empathise and understand.
- **Link:** Don’t ignore or avoid the person.

### NATIONAL HELPLINE

The Alzheimer Society of Ireland’s free, confidential service provides information, support and a listening ear. Our service is for people with dementia and their families as well as people who are concerned about their own or a loved one’s memory. We also work with health and social care professionals.

Our helpline advisers and trained helpline volunteers are available to talk to you about:

- Different causes of dementia
- How a diagnosis is made
- Accessing our services and supports
- Practical tips for living well day-to-day
- Legal and financial affairs
- and much more...

**We are open Monday to Friday 10am-5pm and Saturday 10am to 4pm**

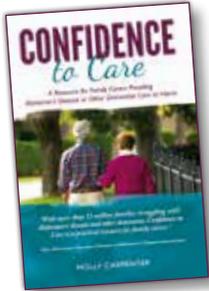
If you are contacting us outside these hours you can leave a brief message with your name and contact number and your call or email will be returned when the helpline re-opens.

**We post our publications free of charge to people with dementia and their families.**

**Call 1800 341 341 or email [helpline@alzheimer.ie](mailto:helpline@alzheimer.ie)**



## Win a signed copy of *Confidence to Care* by Molly Carpenter!



**Win!**  
A signed copy of new book *Confidence to Care!*

Published recently in Ireland to high acclaim, *Confidence to Care*, by dementia care specialist Molly Carpenter, is the latest resource available for family caregivers looking after loved ones with dementia at home. We have five signed copies to give away and the competition closes on 1 November.

All you have to do to enter is log on to [www.HomeInstead.ie](http://www.HomeInstead.ie) and sign up to receive the Home Instead Senior Care online newsletter. The winners will be selected at random.

## Big Win for Home Instead!



Home Instead Senior Care was named Irish Franchise of the Year (Service) by the Irish Franchise Association.



**Breffeni is a winner!**  
Wineport Lodge winner: Breffeni O'Rourke, PHN, Ballinteer Heath Centre

**TO FIND OUT MORE ABOUT HOME INSTEAD SENIOR CARE CONTACT YOUR LOCAL OFFICE**



Co. Carlow 056 7800 508	Dublin 1,3,5,7,13,15 01 853 5048	Co. Galway 091 384 160	Co. Louth 041 2132322	Co. Tipperary 0504 911 00
Co. Clare 065 679 7507	Dublin 2,4,6,8 01 667 0911	Co. Kerry 066 719 3350	Co. Longford 044 938 5260	Co. Waterford 051 333 966
Cork North (Nth City & County) 021 4307 907	Dublin 6W,10,12,14,16 & West Dublin 01 424 1945	Co. Kildare 045 484 623	Co. Mayo 091 384 160	Co. Westmeath 044 938 5260
Cork (Sth City, East & Sth Cork) 021 500 2190	Dublin 9,11,17 & N. Co. Dublin 01 895 0010	Co. Kilkenny 056 7800 508	Co. Meath 046 948 3338	Co. Wexford 053 918 4042
West Cork 027 300 97	Dublin 14,18 & South 01 206 8022	Co. Laois 045 484 623	Co. Offaly 057 932 3838	Co. Wicklow 01 276 8122
Co. Donegal 074 911 3050		Co. Leitrim 071 914 1511	Co. Roscommon 091 384 160	
		Co. Limerick 061 462 070	Co. Sligo 071 914 1511	