

SENIOR CARE CONNECTIONS

SPRING 2016

from

 **Home
Instead**
SENIOR CARE®

To us, it's personal®

**2016 SENIOR CITIZEN PHOTO
COMPETITION WINNERS**

**WIN! A ONE NIGHT BREAK AT THE
LYRATH ESTATE HOTEL AND ICHN
MEMBERSHIP**



HOME INSTEAD SENIOR CARE PHOTOGRAPHY COMPETITION

Living a happy, healthy, independent life at home

Home Instead Senior Care is fully committed to enhancing the lives of older people and their families. We want to highlight that old age can well and truly be our golden years – a time where we can remain independent and live a happy, healthy and independent life at home.

Our latest community initiative was a photography competition that illustrated what it means to age well – encouraging people of all ages to think about and challenge preconceptions about what life is like as we get older.

Entrants captured an image that illustrates that life after 65 can be filled with happiness, healthiness and independence. The competition gave people of all ages the chance to showcase their work while also highlighting a positive ageing experience.

Photo Competition Winners:

“As the old adage says, a picture paints a thousand words, and these images help change society’s perception of what it means to grow old in Ireland. We want to highlight that old age can well and truly be our golden years – a time where we can continue to live a happy, healthy and independent life”, says Ed Murphy, Founder and CEO of Home Instead Senior Care in Ireland.

The photography competition was open to people of all ages and whittled entrants down to a short-list of four finalists from Ulster, Munster, Leinster and Connacht who received €500. The overall winner received an additional €1000.



Ulster (Donegal) €500 - ‘Charlie Gallagher’
by photographer **Eugene Coll**



Leinster (Meath) €500 – ‘Matthew on a Boat’
by photographer **Liam Kenny**



Munster & Overall Winner (Kerry) €1500 - ‘Denis and Daniel McCarthy’
by photographer **Mary O’Leary**



Connaught (Galway) €500 – ‘Tom McGuire’
by photographer **Jonathan Connolly**

SENIOR CITIZEN AND FAMILY CARER: THE ESSENTIAL GUIDEBOOK

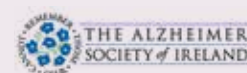
Enhancing the Lives of Older People and their Families

The seventh annual *Senior Citizen and Family Carer: The Essential Guidebook* is now available – this free resource has served as a trusted one-stop shop for senior care and ageing issues for both senior citizens and family carers alike since its initial publication almost ten years ago. Produced by Home Instead Senior Care with the support of Age Action, Age and Opportunity and Nursing Homes Ireland, the guidebook provides a comprehensive overview of ageing issues and support available in Ireland including:



- Allowances and Entitlements
- Legal Information
- Alzheimer's and Dementia Care
- Nutrition
- Fitness and Wellbeing
- Financial Information
- Community Support
- Care Options

Supported by:



Call **1890 930 847** to order a free hard copy of the 2016 edition or visit **HomeInstead.ie** to download a copy of the guidebook.

AN EXCERPT FROM FAMILY CARER: THE ESSENTIAL GUIDEBOOK

Allowances and Entitlements – A Case Study

Anna, 42: Tax Relief and Private Home Care

Anna's father, Jim, is a very independent gentleman and insists on living in his own home. His wife recently passed away and he is experiencing some mobility issues. Anna has a relatively young family and her only sister lives out of town.



The home care provider initially put a morning service in place whereby the Home Instead CAREGiver would call to the shop, collect the daily newspaper and give it to Jim to read in bed.

While Jim was enjoying his breakfast his CAREGiver would light the fire, prepare a light lunch and quickly tidy the house. Towards the end of her shift, Professional CAREGiver, Louise, would assist Jim with showering and dressing. She would then help him sit safely in his chair and leave Jim for the day safe in the knowledge that he had eaten, was showered and freshly dressed. All of this was completed in one hour per day and Jim availed of the service Monday to Friday. After applying the income tax relief for home care fees, this service cost €13.50 per day. So for just €67.50 per week Anna was able to ensure her Dad was cared for.

As time went by and Jim's needs became greater Louise would also help Jim with lunch and ensure he enjoyed nutritious meals and was happy at home. Anna freely admits that she does not know what she would have done without Home Instead Senior Care and that the service has not only enhanced the quality of life for her Dad, but it has also given her more time at home with her growing family.

Please note clients must be totally incapacitated for the tax year in which you are claiming tax relief. The term totally incapacitated means a person is disabled and requires a carer.

DID YOU KNOW...

If you are paying for home care services you can claim tax relief up to €75,000 per annum at the higher rate of

40%
income tax



So if you're paying €1000 a month you can claim back €400 per month.
That's almost €5000 a year.

TAX RELIEF ON THE COSTS OF EMPLOYING A HOME CARER



Provided by Citizens Information

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 that employs carers. 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 (**PAYE, Universal Social Charge and PRSI**). You will also have other duties and obligations as an employer, for example regarding hours of work, contracts of employment, payslips, holidays and the minimum wage.

If you pay an agency to provide the carer, the agency will employ the carer and be responsible for their tax and social insurance etc. You can still claim tax relief on the cost of paying the agency to provide a carer.

Rules

If you employ a carer for **yourself** or on behalf of a **family member**, you can claim the tax relief on the cost of that care. A family member is a spouse, civil partner, child or a relative, including a relation by marriage or civil partnership.

You must be totally incapacitated for the complete tax year (January to December) in which you are claiming the tax relief but the carer **does not have to be employed** for the full tax year. The term totally incapacitated means you are disabled and require a carer.

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.

You may be asked by the Revenue Commissioners to get a medical certificate to confirm the nature of your disability but it isn't necessary to send one in with your application form unless you are getting home nursing for a serious illness.

Home nursing

If you, or a family member has a serious illness and you employ a qualified nurse, you must provide the Revenue Commissioners with the following:

- Name, address and qualifications of each nurse providing care
- Receipts for all payments made to the nurses
- A medical certificate from doctor (either your GP or consultant)

The medical certificate must state the following:

- Name and address of the person with the serious illness
- The nature of that illness
- Confirm that constant nursing care by a qualified nurse in the patient's home is required
- Cover the full period of time for which the tax relief is being claimed for home nursing.

Rates

Tax allowances and reliefs reduce the amount of tax that you have to pay. The amount by which a tax allowance/relief will reduce your tax depends on your rate of tax. You can find out more about how your income tax is calculated.

You can claim tax relief (at your highest rate) on the lower of the following two amounts:

- The actual cost incurred or
- The maximum deduction of €75,000

The maximum amount of relief for employing a carer is €75,000 in 2016 (It was €75,000 in 2015 and €50,000 in 2014 and previous years). 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 Health Service Executive (HSE). If two or more of you pay for the care, the relief is divided between you in proportion to the amount each paid.

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 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.

HOME INSTEAD SENIOR CARE LAUNCHES NEW TV ADVERT ON RTÉ TELEVISION: RTÉ ONE

Ireland's leading home care provider, Home Instead Senior Care, has teamed up with RTÉ Television to inform older people and their families about the availability of private home care services, helping more people to live a happy, healthy and independent life at home.

The brand new TV advert was aired 1st February during popular programmes such as the Oireachtas Report, Six One News, Winning Streak, Fair City and the Late Late Show. By promoting the home care service on the nation's leading TV channel, there has been increased awareness of private home care as well as the quality of home care services provided by Home Instead Senior Care.

The advert tells the story of Breda McHale - adult daughter, family carer, mother and professional – Breda and her family availed of professional home care services to help her mum and dad continue to live at home despite changing health needs. Breda shares her experience of her father living with Alzheimer's disease and then her mother suffering a stroke and how they maintained a life in the family home. She says:

“Home Instead kept them together in their own home, providing them with expert care, preserving them with dignity and giving the family total peace of mind”



Speaking about the new Home Instead Senior Care TV ad, Ed Murphy, Founder and CEO of Home Instead Senior Care in Ireland said:

“Breda’s real-life testimonial engages with adult children experiencing a similar life situation – their parents are getting older and they may have a serious health condition. They want to help them stay at home, where they want to live, but they need professional help to make this possible. With Breda’s testimonial, we can help families throughout the country become aware of home care as a care option that can make a real difference in the lives of older people and their families”.

For more information on home care services call your local Home Instead Senior Care office on **1890 930 013** or visit **HomeInstead.ie**.

3RD ANNUAL MARIGOLD FESTIVAL SERIES

Celebrating active and healthy ageing in partnership with Active Retirement Ireland

Please join us and celebrate the Marigold Festival series hosted throughout the country this summer. The country-wide event will share the latest insights on how to live a healthy and active life no matter what age you are. This is the third annual Marigold Festival series hosted by Home Instead Senior Care in partnership with Active Retirement Ireland.

Last year, retired RTÉ broadcaster Anne Doyle was the guest of honour and was on hand to speak about what active retirement means to her. The renowned journalist, presenter and newsreader retired in 2011 and her support of the Marigold Festival served as a reminder that even though our lifestyle may change in our older years, there is still plenty of opportunity to live a fun, full and active life.

A programme of events has been put in place that promotes healthy living with talks, workshops and stands on topics such as nutrition, exercise and memory maintenance.



From left to right: **Colman Gately**, Home Instead Senior Care, **Anne Doyle** & **Mai Quaid**, President of Active Retirement Ireland.

CALENDAR OF EVENTS

Region	Date	Venue
Galway	19th May	The Salthill Hotel, Galway
Cork	27th, 28th & 29th May	Mallow Flower Show, Cork Racecourse
Limerick	31st May	The Radisson Blu Hotel, Limerick
Westmeath	9th June	Mullingar Park Hotel, Co. Westmeath
Tipperary	15th June	The Minella Hotel, Clonmel, Co. Tipperary
Kildare	16th June	Castletown House, Celbridge, Co. Kildare
Donegal	23rd June	The Mount Errigal Hotel, Letterkenny, Co. Donegal
Cavan	26th June	The Cavan Crystal Hotel, Co. Cavan
Dublin	1st July	St Anthony's Parish Hall, Clontarf, Dublin 3

JOIN ACTIVE RETIREMENT IRELAND

People join Active Retirement for many reasons. Some simply want something to do, some want to meet new people and try new things, and for some it's a vital social connection. Joining Active Retirement is not just a chance to meet people in your local area and try new things. Being a member gives you access to a host of exclusive discounts not available anywhere else. When you join your local group, you don't just get to play a part in your own community. You're part of a national network of over 24,500 people. Working at national level helps us ensure that we can make Ireland a better place for people of all ages. So don't delay, find your local group or set up a new Active Retirement group and join the Active Retirement experience today!

Contact:

Active Retirement Ireland
124 The Capel Building,
Mary's Abbey,
Dublin 7

Phone: **01 873 3836**

Email: **info@activeirl.ie**



DOUBLE WIN!

ANNUAL MEMBERSHIP TO INSTITUTE OF COMMUNITY HEALTH NURSING (ICHN)

The winners will also receive a voucher for one night's bed and breakfast at the 5 Star Lyrath Estate Hotel, Kilkenny with dinner for two people. The offer is valid midweek and valid for one year.
www.lyrath.com



INSTITUTE OF COMMUNITY
HEALTH NURSING

Home Instead Senior Care – Committed to Promoting Nursing in the Community

The Institute of Community Health Nursing (ICHN) is a professional and educational body representing Community Nursing throughout the State. Founded in 1985, it now represents community nurses associated with the Public Health Nursing service from the areas of clinical practice, education, practice development and management.

The ICHN is developing as a modern and dynamic organisation, which continues to empower community health nursing by providing a voice through leadership and advocacy.

Members are dedicated individuals who support each other through the ICHN in developing the community nursing profession. To be a part of the only professional organisation focused on community health nursing in Ireland visit ICHN.ie.

To enter visit HomeInstead.ie and sign up to receive the Home Instead Senior Care online newsletter. The winner will be a public health nurse selected at random.



Our latest winner is Una Confrey, Public Health Nurse in the Ballinteer Health Centre. Una won a 1 night bed and breakfast in a deluxe room at the Athlone Sheraton Hotel. She also received an evening meal for two and a bottle of wine in La Provence Restaurant. Congratulations Una!

Home Instead Senior Care is the Proud Sponsor of the 2015 and 2016 Public Health Nurse of the Year Awards



Patricia Deevers, Winner of HSE West and overall Public Health Nurse of the Year 2015



changing the lives of people you work with,
you may even change your own.

We offer:

- Flexible schedules
- Professional development
- Rewarding and meaningful career
- Supportive and responsive office staff

HomeInstead.ie
1890 930 013

Home
Instead
SENIOR CARE®
to us, it's personal.

To find out more about your local Home Instead Senior Care office call 1890 930 013 or visit HomeInstead.ie.