

# SENIOR CARE CONNECTIONS

Spring 2010

Home Instead  
SENIOR CARE  
*To us, it's personal.*



## Home Instead Senior Care launches new guide to dementia care to support healthcare professionals

Home Instead Senior Care, Ireland's trusted source of home care for seniors, has published a new guide to help healthcare professionals care for people with dementia. Entitled, '**Dementia in Primary Care: A Guide for Healthcare Professionals Working in Dementia Care**', the guide features contributions from Ireland's most esteemed dementia experts and addresses central issues about dementia care such as general approaches to dementia care, communicating with dementia patients and capacity assessment.

Commenting on the new guide, Dr Suzanne Cahill of the Dementia Services Information and Development Centre (DSIDC) and Trinity College Dublin said: "This new publication truly lives up to its name of being a guide- it is very informative and provides useful information about almost everything healthcare professionals need to know about dementia such as the early signs of dementia, challenging behaviours and the importance of adopting a person-centered approach to dementia care. It can be read either cover-to-cover or used as a reference guide".

The booklet was developed by Joanne Flood, Registered Psychiatric Nurse and Community Education and Development Officer with Home Instead Senior Care. Speaking about the new guide, Joanne said: "This booklet has been developed to assist healthcare professionals caring for an increasing number of people with dementia. It is estimated that there will be between 80,000 and 100,000 people with dementia over the next thirty years making it one of the greatest medical challenges of the twenty first century. It is an invaluable resource for anyone working in primary care".

Please contact your local Home Instead Senior Care Office for your **free** copy of the handbook or call the corporate office on 1890 930 013.



**Dementia in Primary Care**  
*A Guide for Healthcare Professionals Working in Dementia Care*

### See Inside for:

- The quality of life of nursing home residents
- Networking and education evenings for healthcare professionals
- Depression and the elderly
- New accreditation for Home Instead Senior Care
- Opening of our seventeenth franchise office in Kildare
- How to cut your home care fees in half

## The Irish Pensioners Handbook 2010

The Irish Pensioners Handbook 2010 is now available free of charge from your local Home Instead Senior Care office. The handbook provides expert advice and information on all aspects of the lives of senior citizens. It serves as a comprehensive reference guide and national directory of various services and useful information for Ireland's seniors.



Please contact your local Home Instead Senior Care Office for your **free** copy of the handbook or call the corporate office on 1890 930 013.

**Home Instead Senior Care opens new office in Kildare**

**The Over 50's Show**  
takes place from 15th to 16th May in City Hall, Cork.  
Visit [www.homeinstead.ie](http://www.homeinstead.ie) to download a **FREE** ticket to the event.

*To us, it's personal* <sup>SM</sup>

# New study reveals how to improve the quality of life of nursing home residents

*The family and family members' visits to nursing homes are considered a critical aspect of quality of life for older people in long term care, according to a new study.*

The study outlined the main factors which nursing homes should take into account to further improve the quality of life of their residents. These factors include: family; privacy; relationships; keeping active; religion; and interactions with staff.

According to the report, open-door visiting policies should be encouraged whenever possible so family members can see their elderly relatives as often as they wish. Nursing home staff are also encouraged to involve family members as best as possible in the life and culture of the nursing home, as many family members feel a void in their lives after an elderly relative moves out of the home.

*"Involve family members in the life and culture of the nursing home"*

Interestingly, residents with single rooms said they felt more "at home" in long term care as they could personalise their rooms and make them homely. Residents also spoke about the freedom of being able to return to their own room when they felt like it and enjoyed the privacy and intimacy of a single room.

Residents also said they enjoyed seeing new people and new faces coming into the nursing home and building new relationships. Initiatives that facilitate elderly peoples' connections with their past lives and outside world, such as voluntary workers coming into nursing homes, or transitional students on work placements are recommended.

Some residents who lived in long term care settings without regular activity programmes reported they felt bored. On the other hand, nursing homes that delivered regular activity programmes were found to promote self-esteem and greater well-being among residents.

A "person-centred" approach to care was also appreciated by residents who valued simple gestures such as staff knocking on their doors, listening to their preferences

and offering them choice where possible. Residents often became very close and fond of particular staff members who adopted a "person-centred" approach to their care and who knew their biographies and life stories.

Religion was also considered important to residents and nursing homes are therefore advised to promote appropriate and regular times for religious practices.

Speaking about the research findings, Dr Suzanne Cahill of the DSIDC and Trinity College Dublin said: "This research was conducted to hear the voice of residents' in long term care and elicit their views on factors promoting quality of life. Despite the fact that many of these elderly people had a cognitive impairment, by far the majority could easily identify aspects of day to day living which either promoted or hindered a good quality of life. The report outlines the factors which promote quality of life as articulated by the 100 elderly people who were interviewed and recommendations are forwarded as to how nursing home staff could enhance the quality of life of their residents".

"Based on the findings of the report, a person-centred approach to nursing home care is recommended. The quality of life of residents and their families should be a key focus of nursing home staff and both parties should have significant input in their care plan", continued Ed Murphy, Chief Executive of Home Instead Senior Care.

*This study was supported by a grant from The Atlantic Philanthropies.*



## Home Instead Senior Care sponsors Institute of Community Health Nursing networking and education evenings

Home Instead Senior Care is delighted to announce sponsorship of a series of networking and education evenings hosted by the Institute of Community Health Nursing. The seminars began in January and will continue until September.

Presentations for the networking and education evenings include:

- Community Nursing: The Future? - Mary O'Dowd, Professional Development Officer, ICHN
- Primary Care Developments in Your Area - HSE Transformation Development Officer
- Dementia: Early Detection & Diagnosis and Management of Challenging Behaviour - Joanne Flood, Community Education Officer, Home Instead Senior Care

For details of all upcoming seminars please visit [www.homeinstead.ie](http://www.homeinstead.ie)



*Pictured at the Institute of Community Health Nursing Seminar in Waterford are: Danette Connolly, Managing Director of Home Instead Senior Care in Waterford, Joanne Flood, Community Education Officer of Home Instead Senior Care in Belfield, Mary O'Dowd, Professional Development Officer of the ICHN and Michael Connolly of Home Instead Senior Care in Waterford.*

# Depression in the Elderly

As the population ages, many older adults will suffer one or more of the three D's: delirium, dementia, and depression. Because signs and symptoms overlap, distinguishing one from the other is not always easy.

Depression is the single most common disorder in those over 65, affecting up to 20 per cent of those over 65. Depression is common in older people, with an incidence rate of about one per cent (international data) and a prevalence rate of about 13-23 per cent, depending on the severity of the case (Keogh and Roche 1996). According to a more recent study carried out by Lundbeck (2010), between five and eight per cent of the population have depression at any one time, and in Ireland, this means that as many as 300,000 people are living with depression right now.



Joanne Flood

*Causes and risk factors that contribute to depression in the elderly include:*

- **Loneliness and isolation** - Living alone; a dwindling social circle due to deaths or relocation; decreased mobility due to illness or loss of driving privileges.
- **Reduced sense of purpose** - Feelings of purposelessness or loss of identity due to retirement or physical limitations on activities.
- **Health problems** - Illness and disability; chronic or severe pain; cognitive decline; damage to body image due to surgery or disease.
- **Medications** - Many prescription medications can trigger or exacerbate depression.
- **Fears** - Fear of death or dying; anxiety over financial problems or health issues.
- **Recent bereavement** - The death of friends, family members, and pets; the loss of a spouse or partner.

Clarifying the diagnosis is the first step to effective treatment, but this can be particularly difficult because elderly patients often have medical comorbidities that can contribute to cognitive and affective changes (Gagliardi 2008).

It is vital that if depression is suspected that both delirium or a dementia are not (also) present as elderly people can suffer more than 1 D even at the same time. Below is a comparison of the 3 D's.

	DELIRIUM	DEMENTIA	DEPRESSION
ONSET	Abrupt	Slow, Insidious	Recent, may be associated with loss
DURATION	Hours - Days	Months - Years	Stable, may be worse in the morning
ATTENTION	Impaired	Normal, except in severe cases	Usually Normal
CONSCIOUSNESS	Reduced, Fluctuating	Clear	Clear

(Silverstein and Maslow 2006)

*Joanne Flood is the Community Education and Development Officer with Home Instead Senior Care in Belfield. Joanne is a Registered Psychiatric Nurse with 10 years experience in dementia care in Acute Care Settings, Liaison Psychiatry, Gerontological Nursing, Long Term Care Settings and more recently working in the community as a Dementia Nurse Specialist within Psychiatry of Old Age in North County Dublin. Joanne has completed a PG Dip in Gerontological Nursing and an MSc in Mental Health of Older People. Joanne is currently undertaking a PhD in Community Dementia Care in Dublin City University.*

# Home Instead Senior Care leads the market as only home care provider with Healthmark accreditation

Home Instead Senior Care is the first home care provider in Ireland to receive the Healthmark certification, the internationally recognised quality assurance certification. This certification reassures both seniors who use home care services and their families that the highest standards of care are being delivered. Home Instead Senior Care also received the ISO 9001:2008 accreditation for its quality management systems.

As Ireland's only home care provider to receive both the ISO 9001:2008 and Healthmark accreditation, Home Instead

Senior Care has set the highest standards in Ireland's home care industry and is easily distinguished from other home care providers.

"Home Instead Senior Care has always been an advocate for regulation in Ireland's home care market and this accreditation shows our commitment to a regulated home care industry. Based on population growth alone, the number of home care recipients may nearly double to 96,260 by 2021. This really heightens the importance of having quality management systems in place to deal with

the increasing demand that will be placed on Home Instead Senior Care in the coming years", said Kay Daly, HR Manager of Home Instead Senior Care.

Home Instead Senior Care is committed to quality care and also adheres to National Quality Guidelines for Home Care Support Service to protect seniors and provide a consistent home care service.



## Kildare welcomes new Home Instead Senior Care franchise office

Home Instead Senior Care recently opened its seventeenth franchise office in Kildare. The new office is independently owned and operated by Kildare couple Amanda and Enda Bohan and provides home care services to Counties Kildare and Laois.



Having both grown up in Kildare, with experience in both business and caring for the elderly, Amanda and Enda Bohan believe there is a real need to provide quality home care to seniors in the area.

Commenting on the new franchise opening in Kildare, Amanda Bohan said: "Enda and I are thrilled to have opened a Home Instead Senior Care franchise office in Kilcullen, Co. Kildare. Now more seniors in the Kildare and Laois communities can avail of home care from a trusted source. I am really passionate about senior care and know the area well so seniors will benefit from a combination of real local knowledge and the highest-quality home care".

"Home Instead Senior Care's mission is to be Ireland's trusted source of home care for seniors allowing them to continue to be independent and live in their home for longer than otherwise possible. We fully embrace this concept and understand how important home care is in the lives of our loved ones. I am really looking forward to the new venture and being able to offer such a worthwhile home care service to the communities of Kildare and Laois", continued Amanda Bohan of Home Instead Senior Care.

*To contact Amanda and Enda Bohan please call (045) 484 623 or stop into the Home Instead Senior Care franchise office on Main Street, Kilcullen, Co. Kildare.*

## Senior Moments

*"You are never too old to set another goal or dream another dream" - Les Brut*

*"To know how to grow old is the master work of wisdom, and is one of the most difficult chapters in the great art of living" - Henri Frederic Amiel*

*"Nothing that you have not given away will ever really be yours" - C.S. Lewis*

## Cut Your Home Care Fees in Half

Did you know if you are paying for home care for incapacitated people, you can claim tax relief at your higher rate of 41% income tax. This contrasts with paying for nursing home fees, where you will just get tax relief at the standard rate of 20%. Therefore home care is an affordable alternative to long-term residential care.

For further information on claiming tax relief on home care fees please contact Home Instead Senior Care on 1890 930 013.

*Please visit [www.homeinstead.ie](http://www.homeinstead.ie) to sign up for our online newsletter to keep up to date with Home Instead Senior Care activities in your area*

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Co. Wicklow 01 276 8122	Co. Donegal 074 911 3050	Co. Kerry 066 719 3350	Co. Tipperary 0504 911 00	Co. Limerick 061 462 070	Co. Waterford 051 333 966	Co. Louth 041 980 9830	Co. Westmeath 044 938 5260	Co. Kildare 045 484 623	Co. Longford 044 938 5260