

SENIOR CARE CONNECTIONS

Spring 2011

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



National Award Win for Home Instead Senior Care

Home Instead Senior Care has won the Irish Franchise of the Year Award in this year's prestigious Irish Franchise Association Awards. This award reassures both seniors who use home care services and their families that the highest standard of care is being delivered.

Speaking about the award win, Ed Murphy, Chief Executive of Home Instead Senior Care said: "It is so rewarding to see that Home Instead Senior Care and the home care service we provide to Ireland's seniors has been so strongly recognised by the Irish Franchise Association. As Chief Executive of Home Instead Senior Care I am very passionate about not only providing the highest quality home care service, but also a truly caring service that makes a real difference in the lives of seniors. It is a terrific accolade for such efforts to be acknowledged".



Ed Murphy receiving the award from Sile Seioige

Home Instead Senior Care is no stranger to award wins and was a finalist in the 2009 Ernst & Young Entrepreneur of the Year Awards. It was also named 2008 'Irish Franchise Business of the Year' and 2007 'Irish Small Business of the Year'.

Home Instead Senior Care received the Irish Franchise of the Year Award in recognition of the following:

- **Experienced CAREGivers:** Three out of four CAREGivers have experience in caring for an older family member; half have cared for older friends, and one-third have cared for both older relatives and friends.
- **Thorough pre-employment screening:** Home Instead CAREGivers are fully bonded and insured, and undergo a detailed screening process including reference checks and a thorough Garda background check.
- **Quality control program:** To ensure the client / CAREGiver relationship meets expectations, Home Instead Senior Care conducts on-going quality assurance visits and review of clients' needs.
- **Responsive staff available 24 hours:** Home Instead CAREGivers and office staff are accessible 24 hours-a-day, every day of the year to respond to schedule changes, arrange service, communicate with CAREGivers and deal with holiday relief, emergencies, evening, overnight and weekend cover.
- **Ongoing communication and documentation:** Each Home Instead Senior Care client receives a journal, where they, their family members and their CAREGivers maintain a daily diary of activities.
- **Comprehensive employee training program:** Home Instead CAREGivers are required to complete a multi-phase training program that enables them to respond to unique situations. This includes training in patient handling, health & safety, dementia training and personal care training.

See inside for:

- Rummage Box and Dementia
- Dementia Care at Home
- Arthritis Care Workshops
- The Bealtaine Festival
- Book Review

To us, it's personal SM

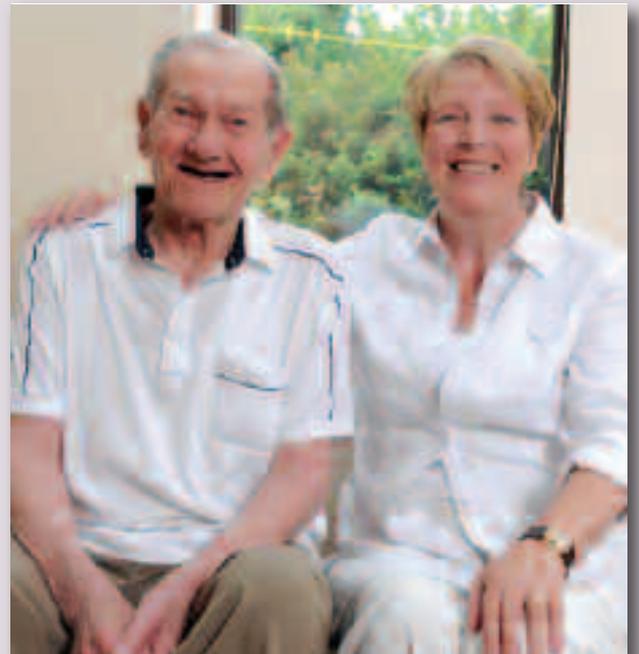
FREE Booklet for Dementia Care at Home

Home Instead Senior Care, Ireland's trusted source of home care for seniors, has published a new guide to help family caregivers care for loved ones with dementia at home. Entitled, '*Dementia Care at Home: A Guide for Family Caregivers*', the publication explains some of the basic facts about the different forms of dementia and looks at practical ways of dealing with some of the common issues associated with dementia. It also gives insight into how the person with dementia feels and reacts to certain situations so the family caregiver can better understand their behaviour.

'*Dementia Care at Home*' was compiled by Joanne Flood, a Registered Psychiatric Nurse with eleven 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 with Psychiatry of Old Age in North County Dublin. Joanne has also completed a PGDip in Gerontological Nursing and MSc of Older People. She is currently undertaking a PhD in Community Dementia Care in Dublin City University.

Speaking about the new guide, Joanne Flood RGN said: "With many outreach efforts supporting people living with dementia, there is little available to help the caregiver who may feel isolated and overwhelmed by their responsibilities. This booklet is an excellent resource for family caregivers struggling to care for loved ones living with a dementia."

Also speaking about the new guide to dementia care, Ed Murphy, Chief Executive of Home Instead Senior Care said: "It is estimated that there are more than 40,000 people in Ireland living with some form of dementia. There are another 50,000 people whose lives are also affected: the family caregivers who work each day caring for loved ones who can no longer care for themselves. We believe this guide will serve as a valuable resource to family caregivers and help them better understand dementia and the behaviour of loved ones living with dementia".



*Dementia Care at Home:
A Guide for Family Caregivers*

To order a FREE copy of '*Dementia Care at Home: A Guide for Family Caregivers*' please contact your local Home Instead Senior Care office. You can also download a copy of the guide from www.homeinstead.ie.

Rummage Box and Dementia

People with dementia can often remember the distant past more easily than recent events. The rummage box is a means of tapping into memories from the past and helps people with dementia feel empowered and secure in familiarity. It is about reminiscence.

When a person has dementia they begin to lose their short term memory and memories. They can forget about things that have happened in the last few days, months or years. They may even have forgotten what occurred earlier in the day.

However, people with dementia can retain their long term memories and find comfort in discussing things from their past. Particularly things they enjoyed like past interests, hobbies or even their past employment.

The rummage box can be used as an activity, as a distraction, and therapeutically as a reminiscence tool. The rummage box can be made of a shoe box, a biscuit tin, a drawer, press or even a room.

How to Create and Use the Rummage Box

To direct the person's attention to the rummage box you must first get a photograph that they like and recognise as themselves. As he or she may have little short term memory this usually involves using a photograph of them when they were in their 20's, 30's or 40's.

Enlarge the photo and laminate it and tape it to the front of the box. The box should be filled with memorabilia to remind them of hobbies and activities they enjoyed when they were younger

Some examples include:

- Pictures or photographs of holidays or days/nights out.
- Objects they used to enjoy such as knitting wool, old cameras and DVDs of their favourite films when they were younger.
- Old objects or tools they used to work with.

Here are some examples from family caregivers who successfully used reminiscence activities with loved ones:

"My mum loved horses but a horse was not going to be an option. I discovered that she also loved stuffed animals that appeared life like as she was able to groom them."

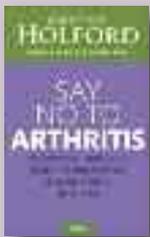
Jane, Waterford

"My dad loved to golf but was unable to use normal golf clubs as his coordination was affected. I bought him small plastic indoor golf clubs which he thoroughly enjoyed instead".

Andrea, Dublin 14

This page is also available as a leaflet, please contact your local Home Instead Senior Care Office for a FREE copy.





BOOK REVIEW

Say No to Arthritis

By Patrick Holford

Arthritis is a debilitating and painful disease for younger and older people alike. In this book on living with arthritis, leading nutrition expert Patrick Holford presents the latest research on arthritis and how the condition can be prevented or eased by eating the right foods and taking supplements.

'Say No to Arthritis' looks at the many different types of arthritis and how it is affected by what we put in to our body, our exercise programme and even our mental attitude. It is an informative and interesting approach to arthritis care.

The book also includes an anti-arthritis action plan that includes guidance on diet, nutrition, exercise and stress to help people with arthritis ease their symptoms.

I would recommend this book to all those who believe in the importance of a healthy lifestyle and are living with arthritis or caring for a loved one with arthritis.



This book review was compiled by Amanda Bohan, Managing Director of Home Instead Senior Care in Kildare and Laois. You can contact Amanda on (045) 484 623.

Senior Moments

"After a certain number of years, our faces become our biographies".

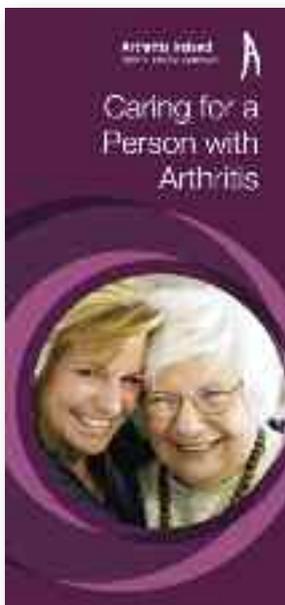
– Cynthia Ozick

"Peace – that was the other name for home".

– Kathleen Norris

"Time and trouble will tame an advanced young woman, but an advanced old woman is uncontrollable by an earthly force".

– Dorothy L. Sayers



For more information on arthritis care order a FREE copy of 'Caring Hands: Caring for a Person with Arthritis'. LoCall 1890 252 846 or visit www.homeinstead.ie.

Arthritis Care Workshops

Good news! Home Instead Senior Care and Arthritis Ireland are rolling out arthritis care workshops in the local community. By participating in a free half day workshop, carers will learn about arthritis, what the 'pain cycle' is and how to break it, the importance of exercise, and the benefits of relaxation methods. Carers will also receive some practical tips on improving communications between the carer and the person being cared for, as well as information on treatments for arthritis, and how to identify medical priorities.

Ultimately, and most importantly they will learn about self management and how to provide help and assistance while enabling the person with arthritis to maintain as much mobility, independence and control over their life as possible.

Contact your local Home Instead Senior Care office to register for a workshop in your area.

The Bealtaine Festival

Now in its 16th year, the Bealtaine Festival 2011 invites older people to 'Push the boat out' from 1-31 May and join thousands of others on a creative journey in Ireland's national celebration of creativity in older age.

An Age & Opportunity innovation, Bealtaine is Ireland's biggest collaborative arts festival. Last year over 101,000 people took part as artists, performers and audience in 2500 events locally, regionally and nationally in every artform.

The Bealtaine Festival programme is available on www.bealtaine.com, from libraries, participating organisations and Age & Opportunity (01) 8057709.



Dublin 2,4,6,8 01 667 0911	Dublin 6W,10,12,14,16 & West Dublin 01 424 1945	Dublin 18 & South County Dublin 01 206 8022	Dublin 1,3,5,7,13,15 01 853 5048	Dublin 9,11,17 & N. Co. Dublin 01 895 0010	Co. Galway 091 384 160	Co. Cork 021 500 2190	Co. Meath 046 943 1100	Co. Wexford 053 918 4042	Co. Offaly 057 932 3838
Co. Wicklow 01 276 8122	Co. Donegal 074 911 3050	Co. Kerry 066 719 3350	Co. Tipperary 0504 911 00	Co. Limerick / Co. Clare 061 462 070	Co. Waterford 051 333 966	Co. Louth 041 980 9830	Co. Westmeath 044 938 5260	Co. Kildare / Co. Laois 045 484 623	Co. Longford 044 938 5260