



Memory Clinics in Ireland

A new guide has been published to provide up to date information on Memory Clinics in Ireland



A new guide to memory clinics has been launched to provide up to date information on Memory Clinics in Ireland.

The guide outlines the Memory Clinic services available across the Republic of Ireland and provides a list of all clinics in Ireland.

If you are interested in the services provided by a Memory Clinic please contact your local Home Instead Senior Care office to order for a FREE copy of the Memory Clinics booklet or log on to www.homeinstead.ie and download the booklet for FREE.

Memory Clinics	
Dublin/Public:	Dublin/Private:
MIRA St James Hospital, Dublin 8 Tel: 01 4162640 Beaumont Hospital, Dublin 9 Tel: 01 8375400	St Patricks Hospital, Dublin 8 Tel: 01 2493200 Highfield Hospital, Swords Tel: 01 8374444
Non Clinical Memory Assessment: Healthy Living Centre, DCU, Dublin 9 Tel: 01 7007171 This does not require GP referral. Clients can present themselves.	
Clinics outside Dublin:	
Cork Cork University Hospital Tel: 021 4920015	Tipperary St Patricks Hospital, Cashel Tel: 062 70325

Find a Memory Clinic near you:

For a full list of Memory Clinics in Ireland please log on to www.homeinstead.ie and download a copy of the new booklet, *Memory Clinics in Ireland*.

See Inside for:

- New award win for Home Instead Senior Care
- The Senior Help Line
- Caring for a person with dementia
- Financial warning signs for seniors
- 2010 Pensioners Handbook

Levels of undetected dementia 'high'

Researchers found that 89 per cent of residents surveyed were cognitively impaired, 42 per cent severely and 27 percent moderately – a much higher prevalence than previously reported.

The study was published recently in the international journal, *Age and Ageing*, and was supported by a grant from Atlantic Philanthropies. It was carried out by the Dementia Services Information and Development Centre's (DSIDC) *Living with Dementia* programme, based at the School of Social Work and Policy at Trinity College Dublin. It surveyed 100 residents across four nursing homes randomly selected from 54 homes in the Dublin area.

In keeping with other studies, the directors of nursing in the homes tended to underestimate the level of cognitive impairment among residents, particularly where it was mild to moderate. The study recommends that more attention be paid in long-term care to the recognition, diagnosis and follow-up of cognitive impairment and dementia.

The UK Department of Health plans to make memory clinics available in every town and city over the next five years as part of its dementia strategy but there are no similar plans for Ireland.

Independently run memory clinics, of which there are nine in the Republic, are primarily concerned with the early diagnosis and treatment of memory problems.

This article appeared in the Irish Times, Tuesday, 4th May 2010.

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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/ Co. Clare 061 462 070	Co. Waterford/ Sth. Kilkenny 051 333 966	Co. Louth 041 980 9830	Co. Westmeath 044 938 5260	Co. Kildare 045 484 623	Co. Longford 044 938 5260

The Big Knit

Fancy helping older people in Ireland keep warm this winter? Then all you need to do is knit some little woolly hats for Innocent smoothie bottles. For every behatted bottle sold in store, Innocent will give 25c to Age Action.

It's a sad fact that every year in Ireland around 2,000 people over the age of 65 die from cold related conditions. Which is where your knitted goods come in. All monies raised from the innocent Big Knit this year will go towards supporting Age Action to help keep older people in Ireland warm.

A how-to-knit video and a variety of knitting patterns can be found on www.innocentdrinks.ie/thebigknit.



Senior Help Line

Do you need someone to listen?

Senior Help Line is a confidential listening service for older people by older people for the price of a local call anywhere in Ireland, **LoCall 1850 440 444.**



Older People are part of a growing sector in Irish society. Never before have we lived so hopefully or for so long. The fact that more of us are reaching older age is a positive achievement, the result of improved living conditions and medical advances. But there are challenges too. We have added years to life, but not always life to years. People don't seem to have as much time for each other as they used to.

This can leave many older people feeling isolated. Older people call Senior Help Line for many reasons. You may have a problem you want to talk about. You may live on your own and want some human contact. You may be housebound. You may want information about relevant services. You may want to chat, or share your day, or tell us about a loved one no longer with you. Some older people may have concerns about elder abuse, or have suicidal thoughts or tendencies, and many older people are lonely. Senior Help Line helps people discover how they are feeling



and, if possible, helps them explore what options, if any, they may have.

Senior Help Line is an expanding service and we are regularly looking for new volunteers. If this is something you feel you might like to learn more about, contact Senior Help Line, Third Age Centre, Summerhill, Co. Meath, telephone 046-9557766.

You can also log on to www.seniorhelpline.ie for further information. But above all, if you would like to phone the help line with a worry, a query, a question or a concern, don't hesitate to call.

Senior Help Line is open every day from 10am - 4pm and 7pm to 10pm. **Remember the number: 1850 440 444**

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Caring for a person with dementia at home

Home care is most often the first choice for families caring for a parent with dementia as they prefer to keep their parents at home. Home care providers like Home Instead Senior Care enable people with dementia to remain at home for as long as possible, providing them familiarity and less disruption than if they were being cared for in a long-term residential care facility. It also helps families eliminate worry, reduce stress and re-establish a degree of personal freedom which makes home care an attractive option for families caring for loved ones with dementia.

Interestingly, a new report published in the UK reveals people with dementia stay longer in hospital than other patients and leave in a worse condition. As a result the UK Alzheimer's Society is urging hospitals to discharge people with dementia in hospital a week earlier. The society also conducted a survey revealing half of all carers believed that a period in hospital had "a significant negative effect" on the health of a loved one suffering from dementia, and, additionally, worsened their

dementia. Not only is it in the best interests of people with dementia to receive home care, a survey of over 2,000 seniors revealed that 90% of older people in Ireland want to live at home with outside support rather than live in institutional care.

A further three-quarters of decision makers - the person responsible for making key health care decisions when it is not the senior - indicate it is 'extremely' important or 'very important' for seniors to remain at home.



New Guide to Dementia and Alzheimers

Home Instead Senior Care has launched a new guide to dementia and alzheimers for family caregivers. Entitled, "Helping Families Cope", the booklet explains some of the basic facts about the different forms of dementia. It also looks at practical ways of dealing with some of the most common issues associated with dementia and provides insight into how the dementia sufferer feels and reacts to certain situations so the carer can understand their sometimes frustrating or bizarre behaviours.

The booklet also reviews some of the conditions associated with dementia including confusion, repetitive questions or phrases, aggression, wandering or pacing, incontinence, paranoia and more. It also outlines some of the legal planning which should be considered at the time of the initial diagnosis.

Log on to www.homeinstead.ie to download a FREE copy of "Helping Families Cope".

Dementia in Ireland

- There are approximately more than 40,000 dementia sufferers in Ireland.
- 11 new cases of dementia are diagnosed on a daily basis and continuation of this trend will result in 71,000 active cases by the year 2026.
- 36-53% of dementia sufferers in Ireland experience a mild - moderate degree of the condition.
- 35% of dementia sufferers have high dependence levels.
- 76% of the overall care of all dementia sufferers is taken up by family members.



2010 Irish Pensioners Handbook

You can now download a FREE copy of the 2010 Irish Pensioner's Handbook from www.homeinstead.ie.

The handbook is a survival guide to ageing in Ireland and provides practical information and advice on a range of senior care issues such as home care and allowance and entitlements.

It also boasts a directory of older person's organisations and other useful contacts for older people and is a useful resource for both seniors and family caregivers.

You can also request a copy of the handbook from your local Home Instead Senior Care office.

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Home Instead Senior Care is named winner in the Enterprising Donegal Business Awards



Home Instead Senior Care received the Emerging Business Award in this year's Enterprising Donegal Business Awards. The awards took place in the Solis Lough Eske Castle Hotel.

Home Instead Senior Care was set up in Donegal in 2008, enabling seniors to maintain their independence and live at home for longer than otherwise possible. Its home care services include help with day-to-day activities such as meal preparation, laundry or shopping and specialist Alzheimer and dementia care in the home.

For further information on Home Instead Senior Care in Donegal please call Noreen McGlynn, Managing Director, on 074 911 3050.

Pinched by the economy - older adults put themselves at risk

Evidence is mounting that older adults are cutting everyday expenses to keep up with the economic downturn. Recent research has revealed that 59% of seniors 65 and older find it more difficult to pay for essential items such as food, petrol and medicine.

Home Instead Senior Care therefore advises families to be on alert to make sure seniors aren't cutting too deeply. Warning signs include skipping medications and cancelling social outings.

When seniors' families live a distance from their loved ones, an older adult can get in trouble very quickly. That's why it's so important to look out for the well-being of seniors to ensure they are safe in their homes and eating properly, taking their medications and able to maintain their appointments and social life.

Seniors at all income levels may be facing choices they haven't had to make in the past. They should know where to go for help before they put themselves or their health at risk. Home Instead Senior Care can provide transportation assistance and help around the home, and serve as a second set of eyes for seniors' families.

Cost-Cutting Warning Signs

1. Is your senior's home too warm in the summer and too cold in the winter?
2. Is your loved one complaining about not being able to afford medications?
3. Is your loved one scrimping on home repairs?
4. Is there a shortage of food in the house?
5. Is your senior skipping doctor's appointments?

Senior Moments

"Do not forget the hands of the aged; they have touched much of life and have become sensitive and sympathetic". - Anonymous

"One person caring about another represents life's greatest value". - Jim Rohn

"Do not anticipate trouble or worry about what may never happen. Keep in the sunlight". - Benjamin Franklin

Keep in touch with Home Instead Senior Care

To receive home care tips and updates from your local Home Instead Senior Care office sign up to receive our online newsletter on our website, www.homeinstead.ie. You can also receive more news and information from Home Instead Senior Care by following us on Twitter and Facebook.

Become a fan on Facebook:

www.facebook.com/homeinsteadireland

Follow us on Twitter: www.twitter.com/HomeInsteadIrl

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