

Senior Care CONNECTIONS

WINTER
2015

**2015 Senior Citizen
and Family Carer
Guidebook Available**

**Senior Safety Tips
from An Garda
Síochána**

**Confidence to Care:
A Dementia Care
Resource Available Now**

**Congratulations Eileen Doran,
CAREGiver of the Year!**



**Win!
a Stella
& Dot
Necklace**

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

Home Instead
SENIOR CARE®
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."*

Launch of 2015 Senior Citizen and Family Carer Guidebook: *A Guide to Successful Ageing*



Ed Murphy, CEO of Home Instead Senior Care

“Are there resources in place to provide for professional care? Have you appointed a trusted love one as power of attorney? Would you be happy living in a residential care setting?”

- ED MURPHY

The 2015 edition of the Senior Citizen and Family Carer Guidebook is now available to order directly from Home Instead Senior Care offices throughout the country. The guidebook has been in production for the last six years, providing information and advice affecting older people and their families.

The home care provider has revamped the format of the guidebook and has included advice and real life stories and case studies from people who age “successfully”. These are the people who have prepared for their senior years or who have cared for ageing loved ones and taken steps to safeguard their health, safety, social and family needs.

The guidebook is supported by Age Action, the HSE and Nursing Homes Ireland, as all organisations share a vested interest in enhancing the lives of older people and their families. Speaking about the publication of the new guidebook, Ed Murphy, CEO of Home Instead Senior Care says: “By arming people with valuable information and encouraging a focus on successful ageing, we at Home Instead Senior Care hope to play a part in changing the face

of ageing in Ireland and see more people enjoying a happy, healthy and independent life at home.”

Murphy continues: “While reading this guidebook, we encourage you to think about your individual wants and needs and the steps that must be taken to help you age successfully. You may want to ask yourself questions such as: Are there resources in place to provide for professional care? Have you appointed a trusted love one as power of attorney? Would you be happy living in a residential care setting?”

While ageing presents many issues, it also presents an opportunity to continue to live a happy, healthy and independent life. The Senior Citizen and Family Carer Guidebook encourages older people and family carers to stop, think and plan for this important stage in life. This valuable resource helps families navigate the ageing terrain in Ireland and think about what it means to age successfully.

To order a copy of the guidebook please call:

1890 989 755

The Senior Citizen and Family Guidebook is supported by the HSE, Nursing Homes Ireland and Age Action



 Feidhmeannacht na Seirbhíse Sláinte
 Health Service Executive




NHI
 nursinghomesireland







AgeAction
 For all older people

A Sneak Peak of the 2015 Senior Citizen and Family Carer Guidebook

2015




Senior Citizen: THE ESSENTIAL GUIDEBOOK





Senior Citizen Guidebook
Allowances & Entitlements
Nutrition
Fitness & Wellbeing
Technology
Minding Your Health
Safe at Home
Legal Information

Family Carer Guidebook
Allowances & Entitlements
Nutrition
Caring for the Caregiver
Technology
Support for Caregivers
Legal Information
Senior Care Options

2015



Family Carer: THE ESSENTIAL GUIDEBOOK

Home Instead Senior Care Teams up with An Garda Síochána to Keep Seniors Safe



Given the increase in crimes against older people by bogus callers, Home Instead Senior Care is partnering with An Garda Síochána and sponsoring the provision of 300,000 bogus caller check cards to help older people feel safe.

Many people routinely employ door-to-door traders and repair people/contractors. Some of these people carry out very little work and charge exorbitant amounts of money for their services. This is criminal behaviour and if you suspect bogus callers are in your area or are working in a vulnerable neighbour's home, never hesitate in contacting the Gardaí immediately.

Genuine tradespeople will not be offended by any enquiries the Gardaí may make and may indeed welcome them. If an unknown person calls to the

door, it is advised to give them a bogus caller check card to fill out their details. A genuine person will typically co-operate and not have a problem filling out the card and the older person will have peace of mind answering the door.

The bogus caller check cards are advised by An Garda Síochána to be used in the following manner:

- Look out the window
- Have a viewer fitted on your door
- Have a door chain fitted and keep the chain on

USEFUL CONTACTS:

The Garda National Crime Prevention Unit, Garda HQ, Harcourt Square, Dublin 2.

Tel: (01) 666 3362

E-mail: crime_prevention@garda.ie

- Make sure your back door is locked before you go to the door
- Ask for ID – a genuine caller won't mind
- Don't be embarrassed to tell the caller to write and make an appointment
- The basic rule is: if you don't know the person at your door, you shouldn't let them in
- If anxious contact your local Garda station



Confidence to Care Book Out Now

A Resource for Family Caregivers Providing Alzheimer's Disease or Other Dementias Care at Home

One of Home Instead Senior Care's first reported experiences with Alzheimer's disease involved an older person who refused to change clothes. She insisted on wearing the same grey trousers every day, all day.

Maybe you face similar frustrating situations as you care for a loved one with Alzheimer's disease or other dementias. Without understanding what triggers the behaviours associated with the disease, or knowing practical techniques to help counter them, it's easy to feel overwhelmed.

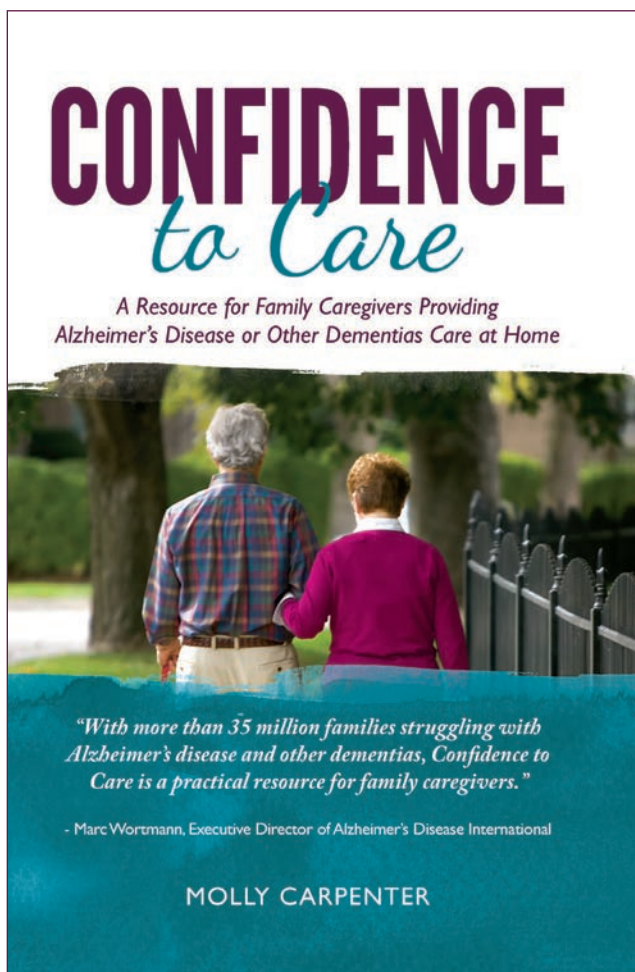
But discovering simple tips like buying a duplicate pantsuit to encourage the older person into a fresh set of clothes can mean the difference between endless frustration and a positive care experience.

GAINING THE CONFIDENCE TO CARE

This resource was created by Home Instead Senior Care to help you replace your fears and frustrations with the confidence to care. ***Confidence to Care: A Resource for Family Caregivers Providing Alzheimer's Disease or Other Dementias Care at Home*** is your essential handbook to becoming more confident in your ability to understand, manage and even help alleviate dementia-related behavioural symptoms that your loved one may be prone to exhibit.

WHY HOME INSTEAD WROTE THE BOOK

This book was published to help family caregivers. It combines personal



stories with practical techniques drawn from decades of caregiving experience from family caregivers, professional CAREGivers within the Home Instead Senior Care network, and internationally recognised experts.

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

WHAT YOU'LL LEARN FROM THIS BOOK

This book focuses on both memory and behaviour symptoms that family caregivers often need help with, including their loved one's resistance to common personal care activities. Each of these chapters offer plenty of care approaches and prevention tips, and begin with a relevant and moving real-life family caregiver story.

THE CHAPTER TOPICS INCLUDE:

- Aggression and Anger
- Agitation and Anxiety
- Bedtime Struggles and Sleep Problems
- Confusion and Memory Loss
- Delusions
- False Accusations and Paranoia
- Hiding/Misplacing Things/Rummaging
- Hostility
- Judgment (problems with decision-making and problem-solving)
- Medication Mismanagement
- Mood Changes
- Repetition
- Sexually Inappropriate Behaviour
- Social Withdrawal
- Wandering
- ***Confidence to Care*** also highlights the importance of caring for yourself while caring for others.

Buy the book on Amazon.co.uk
Get the Kindle version on Amazon.co.uk.

CALL 1890 930 013 FOR FURTHER HELP IN PURCHASING A COPY OF THIS VALUABLE RESOURCE.

amazon.co.uk

www.HomeInstead.ie | Home Instead Senior Care

Alzheimer's and Other Dementias Daily Companion

Your on-the-go guide for dementia care advice.

HOW DO YOU DEAL WITH A MOTHER WHO IS ALWAYS ACCUSING YOU OF STEALING FROM HER?

That's a common question asked by many sons and daughters caring for a parent with Alzheimer's disease or other dementias. The accusation scenario could just as easily be replaced with: who won't eat her food, who refuses to shower, who hides her underwear in my purse, who curses at me, who urinates in the bedroom floor vent, or who doesn't recognise me.

While the situation at hand may differ from day to day and from person to person, the core question remains: How do I deal?

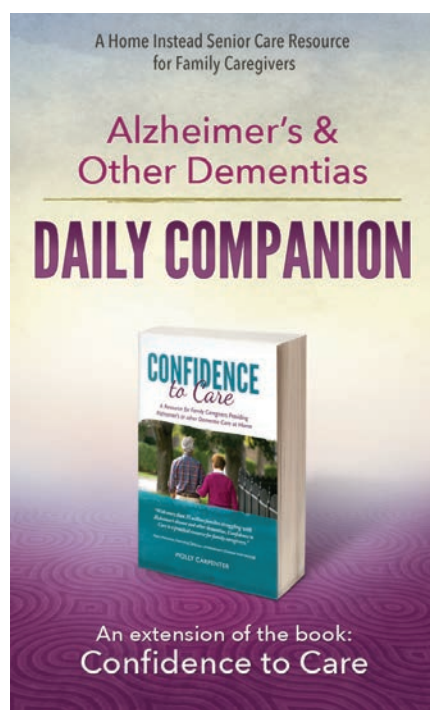
AN APP DESIGNED TO HELP YOU DEAL

We created the Alzheimer's and Other Dementias Daily Companion App as a pocket guide to help get you through all the dementia care situations you likely never dreamed you'd have to face.

You can download this free app now so when you have a question about the best way to handle a situation, you'll have quick, helpful tips from experts and other caregivers instantly at your fingertips.

APP OVERVIEW AND FEATURES

The Alzheimer's and Other Dementias Daily Companion is a mobile app available for download at no cost in the Apple App Store and Google Play Store. It offers immediate advice, with close to 500 searchable tips and practical



solutions to help deal with behaviours and situations related to Alzheimer's and other dementias.

FEATURES INCLUDE:

- 25 topic categories containing close to 500 searchable pieces of advice from experts and caregivers regarding:
 - Behaviours and situations
 - Emotional support
 - Helpful resources
- "Ask a Question" submission form if you can't find the answer you're looking for
- Functionality to share advice from your own experience for the benefit of other caregivers
- A built-in rating system for users to provide feedback on each tip, so caregivers benefit from others' insight and evaluation of the advice



- 24-hour caregiving assistance
- Access to free Alzheimer's and other dementias caregiver resources and training materials
- Ability to access all of the solutions and tips without internet connectivity.

A COMPANION TO CONFIDENCE TO CARE

This app serves as an on-the-go companion piece to the book **CONFIDENCE to CARE:**

A Resource for Family Caregivers Providing Alzheimer's Disease or Other Dementias Care at Home.

The book combines personal stories with the same practical tips available through the app to help you confidently deal with the most common issues associated with Alzheimer's disease and other dementias.

GET THE FREE APP

The Alzheimer's & Other Dementias Daily Companion app is designed for iPhone and Android phones.



Outstanding Woman is **CAREGiver of the Year**



Eileen Dolan has been announced as the Home Instead Senior Care CAREGiver of the Year 2014. She was presented with her award by Mick Kearney, Chairman of Home Instead Senior Care and Manager of the Ireland rugby team, and local rugby legend Jenny Murphy, member of the Ireland ladies' rugby team.

Described as "a natural caregiver" by her employer Amanda Bohan, Managing Director of Home Instead Senior Care, Ireland's largest home care provider, Eileen was commended for the sincere and dedicated care she offers her clients, many of whom have been particularly vulnerable.

CAREGivers

Home Instead Senior Care provides non-medical, in-home services allowing seniors to continue living independently in their own homes for longer than might otherwise be possible. CAREGivers assist with duties such as light housekeeping, personal care, running errands, transport to medical and social appointments, meal preparation and companionship. Specialist services include post-hospital convalescent care, palliative care and expert Alzheimer's disease and dementia care.

EILEEN'S ROLE

"Eileen has been with us since we opened for business in 2010 and is one of our longest serving CAREGivers. Since that time she has made an amazing difference to the lives of over 30 clients in her care. Eileen's natural, gentle no-fuss approach along with exceptional care skills and tremendous compassion make her such an ideal person for emergencies, challenging care cases or for end-of-life palliative care", says Amanda.

"Eileen manages to keep her own personal issues or problems at the



Pictured left to right: Amanda Bohan, owner and Managing Director of Home Instead Senior Care in Kildare; Eileen Dolan, CAREGiver of the Year; Michael Kearney, Chairman of Home Instead Senior Care and Manager of the Ireland Rugby Team; and Jenny Murphy, member of the Ireland Ladies Rugby Team

door and even though she suffers with arthritis and juggles family life she supports clients and their families emotionally and mentally as well as physically".

A NATURAL CAREGiver

"Eileen is a natural, holistic CAREGiver and is a very genuine person. I would love her to care for one of my family.

We are so very proud of her that she has been recognised as the best CAREGiver of 2014". Home Instead Senior Care employs 4,000 CAREGivers throughout the country.

For information on becoming a Home Instead CAREGiver visit www.HomeInstead.ie.

"Eileen has been with us since we opened for business in 2010 and is one of our longest serving CAREGivers."

Win an art deco-inspired, pavé-encrusted geometric pendant

The pendant can be worn long or short.
Wear it long and stunning as a statement
piece, or remove the bottom two drops for a
more casual look. Also looks great worn short
and layered with the signature Stella & Dot
Sutton Necklace in silver.
Vintage silver plating

**18" worn short,
adjustable to 28.5"**
Lead and nickel safe.
Retail Price €98.



All you have to do to enter is log on to
www.HomeInstead.ie and sign up to receive the
Home Instead Senior Care online newsletter.
The winner will be selected at random.

**Retired dancing queen
seeks passionate helper for
tasks around the house.**



It takes a special person to become a Professional Home Instead CAREGiver. Working with seniors in their homes can be tremendously rewarding. Enjoy training, support, flexible shifts that fit your life and a meaningful career.

- Find a place where you fit right in
- Work with people who share your values
- Be part of a company that is committed to making your job great.

For job opportunities nationwide call 1890 930 013
www.HomeInstead.ie/Become-a-CAREGiver

Each Home Instead Senior Care® office is independently owned and operated. © 2013 Home Instead, Inc.



To us, it's personal.

Eimear's a Winner!

Pictured: David Healy, Owner and Managing Director of Home Instead Senior Care Leopardstown, with autumn newsletter competition winner Eimear McAuliffe, Assistant Director of Public Health Nursing, who won a luxury break for two in the picturesque Trim Castle Hotel.



**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 County Dublin 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	