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## MISSION, VISION & VALUES STATEMENT

We are committed to providing high quality, client-centered and affordable Home Care services to our clients to assist them to lead dignified and independent lives in the comfort and safety of their own homes. Their individual needs are carefully assessed, understood and met through the selective assignment of qualified, trustworthy and compassionate personnel.

### VISION

- To be known and valued for providing the highest standard of in-home care services.
- To be the provider of choice in the community.
- To be the employer of choice in the community.
- To be a financially viable agency.

### VALUES

Our mission and vision will be achieved through the application of our core values, which include: keeping our client's health, quality of life and well-being central in the design and delivery of services; treating and interacting with our clients with respect, dignity, compassion, empathy, honesty, and integrity while recognizing and maintaining confidentiality of client information;

showing respect for all cultures, religions, ethnicities; sexual orientation, ages, gender and disabilities; recruiting, training and retaining competent staff; valuing, supporting, recognizing and appreciating our staff who are our greatest asset; nurturing a work environment that encourages personal enjoyment and enhances job satisfaction and performance through recognition and reward; developing and maintaining positive relationships with the community, including local Home Care and Health Care personnel/organizations; conducting our business in an accountable and responsible manner;

### KARE PLAN LIMITED

#### Mission, Vision & Value Statement

adhering to the professional code of ethics of the Home Care industry; and, applying continuous quality improvement measures throughout our Agency.

## HOSPITALS

- Baggot Street Community Hospital  
18 Upper Baggot Street, Dublin 2. Tel: 01-6681577
- Beaumont Hospital, Dublin 9 Tel: 01-8093000
- Cappagh National Orthopedic Hospital  
Finglas, Dublin 11. Tel: 01-8140400
- Cherry Orchard Hospital, Ballyfermot,  
Dublin 10 Tel: 01-6206377
- City of Dublin Skin and Cancer Hospital,  
Hume Street, Dublin 2. Tel: 01-6766935
- Clonskeagh Hospital, Clonskeagh,  
Dublin 6. Tel: 01-2697877
- Highfield Hospital, Swords Road,  
Dublin 9. Tel: 01-8374444
- Incorporated Orthopedic Hospital of  
Ireland, Castle Avenue, Clontarf, Dublin 3.  
Tel: 01-8332521
- James Connolly Memorial Hospital,  
Blanchardstown, Dublin 15. Tel: 01-8213844
- Leopardstown Park Hospital, Foxrock,  
Dublin 18. Tel: 01-2955055
- Mater Misericordiae University Hospital,  
70 Eccles Street, Dublin 7. Tel: 01-8301445
- Mater Private Hospital, Dublin 7. Tel: 01-8858888  
Mount Carmel Private Hospital,  
Braemor Park, Churchtown, Dublin 4. Tel: 01-4922211

## HOSPITALS

- National Rehabilitation Hospital,  
Rochestown Avenue, Dunlaoghaire,  
Co. Dublin. Tel: 01-2854777
- Peamount Hospital, Newcastle, Co. Dublin  
Tel: 01-6010300
- Royal Hospital Donnybrook,  
Morehampton Road, Dublin 4. Tel: 01-  
4066600
- Royal Victoria Eye And Ear Hospital,  
Adelaide Road, Dublin 2. Tel: 01-6644600
- Simpsons Hospital, Ballinteer Road,  
Dundrum, Dublin 14. Tel: 01-2984322
- St. Columcille's Hospital, Loughlinstown,  
Co. Dublin. Tel: 01-2825800
- St Edmundsbury Hospital, Lucan,  
Co. Dublin. Tel: 01-6280221
- St James Hospital, James Street,  
Dublin 8. Tel: 01-4103000
- St John Of God Hospital, Stillorgan,  
Co. Dublin. Tel: 01-2881781
- St Luke's Hospital, Rathgar, Dublin 6. Tel: 01-  
4065314
- St Mary's Hospital and Residential School,  
Baldoye, Dublin 13. Tel: 01-8323056
- St Michael's Hospital, Lower Georges  
Street, Dun laoghaire, Co. Dublin.  
Tel: 01-2806901
- St Vincent's University Hospital, Convent  
Avenue, Richmond Road, Fairview, Dublin 3.  
Tel: 01-8842400

St Vincent's University Hospital,  
Elm Park, Dublin 4. Tel: 01-2094000

Stewart's Hospital, Palmerstown,  
Dublin 20. Tel: 01-6264444

Tallaght Regional Hospital, Tallaght,  
Dublin 24. Tel: 01-4142000

Drogheda Cottage Hospital, Scarlett Street,  
Drogheda. Tel: 041-9801100

Louth County Hospital, Dublin Road,  
Dundalk. Tel: 042-9334701

Our Lady of Lourdes Hospital,  
Drogheda. Tel: 041-9837601

St Joseph's Hospital, Ardee Tel: 041-6853304

St Mary's Hospital, Dublin Road,  
Droegheda Tel: 041-9838680

St Oliver's Plunkett Hospital, Dublin Road,  
Dundalk Tel: 042-9334488

Our lady's Hospital, Navan. Tel: 046-9021210

St. Joseph's Hospital, Trim Tel: 046-9431229

## **CITIZENS INFORMATION CENTRES**

Balbriggian CIC 01-8412508

Dublin City Centre CIC 01-8090633

Carmelite CIC 01-4005971

Rathmines CIC ( OUTREACH SERVICES) 01-4053760

Beaumont CIC 01-8477118

KARE CIC 01-8058574

Miltown CIC 01-2196740

Rathmines CIC 01-4965558

Inchicore CIC 01-4544720

Liberties CIC 01-4735178

## HEALTH CENTRES NORTH DUBLIN

Ballymun Library CIC 01-8165900  
The Deaf Citizens CIC 01-8300522  
Ballyfermot CIC 01-6207181  
Dublin North West CIC 01-8239151  
Finglas CIC 01-8643326  
Crumlin CIC 01-4546070  
Blanchardstown CIC 01-8220449  
Dundrum CIC 01-2960713  
Northside CIC 01-8674301  
Clondalkin CIC 01-4579045  
Tallaght CIC 01-4515887  
Dun Laoghaire CIC 01-2844544  
Lucan/Ballyowen Castle CIC 01-6217930  
Malahide CIC 01-8450627  
Skerries CIC 01-8494443  
Stillorgan CIC 01-2885629  
Swords CIC 01-8406877  
Drogheda CIC 041-9844508  
Dundalk CIC 042-9329149  
Asbourne CIC 01-8351806  
Navan CIC 046-9074086  
Oldcastle/Trim CIC 046-9436349

## CITY & COUNTY COUNCILS

Dublin City Council 01-6722222  
Dun Laoghaire Rathdown 01-2054700  
Fingal County Council 01-8905650  
South Dublin County Council 01-4149000  
Louth County Council 042-9335457  
Meath County Council 046-9097000  
Wicklow County Council 0404-20100

Balbriggan 01-8834906/8834905  
Baldoyle 01-8322483  
Darndale 01-8771550  
Donabate 01-8436079  
Edenmore 01-8480666  
Howth 01-8322984  
Kilbarrack 01-8391221  
Lusk 01-8709019  
Malahide 01-8452076  
Oldtown 01-8078822  
Portmarnock 01-8460311  
Raheny 01-8310386  
Rush 01-8437463  
Skerries 01-8494862  
Swords 01-8902200

## NORTH CENTRAL DUBLIN

Ballymun 01-8467000  
Clontarf 01-8337109  
East Wall 01-8363422  
Kilester 01-8313143  
Millmount 01-8840920  
Larkhill 01-8373796  
Marino 01-8333421  
North Strand 01-7072300  
Summerhill 01-8765200

## DUBLIN NORTH WEST

Ballygall Finglas 01-8342003  
Wellmount Finglas 01-8346119  
Benburb Street 01-6774458  
Botanic Avenue 01-8378802  
Quarry Road 01-8680762  
Corduff 01-8211131  
Lisburn Street 01-8730969  
Blakestown Road 01-8210703  
Roselawn/Castleknock 01-8212666

## DUBLIN SOUTH CITY

Bride Street 01-4543344  
Irishtown 01-6608629  
Rathfarnham 01-4933431  
Rathmines 01-4973547  
South earl Street 01-4158250  
Terenure 01-4904648  
Dolphin Barn House 01-4732422

## DUBLIN SOUTH EAST

Baggot Street 01-6699300  
Balinteer Avenue 01-2164500  
Donnybrook 01-2698997  
Dundrum 01-2983116  
Ballyogan 01-2958997

## DUBLIN SOUTH WEST

Brookfield 01-4624299  
Cashel Road 01-4555227  
Curlew Road 01-4556422  
Killinarden, Tallaght 01-4626260  
Mary Mercer Centre 01-4585700  
Millbrook Lawns 01-4275000  
Old County Road 01-4154700  
Parnell Road 01-4542300  
Limekiln Lane 01-4506179

## DUBLIN WEST

Ballyfermot 01-6264000  
Ballyowen 01-6214388  
Boot Road 01-4592549  
Cherry Orchard 01-6209500  
Deansrath 01-4573957  
Inchicore 01-4531978  
Lucan 01-6281395  
Palmerstown 01-6265588  
Rathcoole 01-4589979  
Rowlagh 01-6754900

## DUN LAOGHAIRE

Blackrock 01-2882980  
Cabinteely 01-2896195  
Dalkey 01-2859291  
Dun Laoghaire 01-2803335  
Loughlinstown 01-2822122  
Sallynoggin 01-2800786  
Shankhill 01-2820344  
Stillorgan 01-2172918

## LOUTH

Ardee 041-6856542  
Drogheda/ Ballsgrove 041-9838574  
Drogheda/peter street 041-9838605  
Carlingford 042-9373110  
Castlebellingham 042-9382343  
Dunleer 041-6851369  
Dundalk HC 042-6820009  
Dundalk redeemer 042-9389649  
Iniskeen 042-9378607  
Knockbridge 042-9384498  
Muirhevnamore 042-9331311  
Ravensdale 042-9371325  
Termonfeckin 041-9822439

## MEATH

Ashbourne 01-8350535  
Athboy 046-9432802  
Balivor 046-9546077  
Clonard 044-9375430  
Drumconrath 041-6854370  
Dunboyne 01-8253472  
Duleek 041-9823338  
Dunshaughlin 01-8024100  
Enfield 046-9541185  
Kells 046-9240480  
Laytown 041-9827012  
Nobber 046-9052238  
Oldcastle 049-8541334  
Slane 041-9824380  
Wilkinstown 046-9054788

## WICKLOW

Tinahely 0402-38238

Wicklow 0404-68400

## OTHER USEFUL CONTACTS

Active Retirement Ireland 01-8733836

Age Action Ireland 01-4756989

Age and opportunity 01-8057709

Ageing Well Network 01-6127040

Alone 01-6791032

Alzheimer's Society Ireland 01-2073800 / 1800-341341

Arthritis Ireland 1890-252846

Aware 01-6617211/1890-303302

Carers Association 1800-240724

Citizens Information Services 1890-777121

Combat poverty Agency 01-6473250

Console 1800-201890

Crime Victims 1850-211407

Dementia Services Information 01-4162035

Department of Social Affairs 1890-662244

Friends of the Elderly 01-8731855

Health Services Information 1850-241850

Independent Age Ireland 051-399989

Irish association of pensions 01-6612427

Irish Hospice Foundation 01-6793188

Irish Hard of Hearing Society 01-8175700

Irish Motor Neurone Disease 1800-403403

Irish Wheelchair Association 01-8186400

Irish Heart Foundation 01-6685001

Irish Osteoporosis Society 1890-252751

MABS 1890-283438

MS Ireland 1850-233233

Mental Health Ireland 01-2841166

Pensions Board 1890-656565

Senior Help Line 1850-440444

St Francis Hospice Dublin 01-8327535

St Vincent De Paul 01-8386990

The Samaritans 1850-609090

Volunteer Stroke Scheme 01-4559036



We at Kare Plan Ltd are a family run, Irish independent company. We provide the best care to the elderly and disabled in the greater Dublin area. We are HSE approved and many of our referrals come from medical professionals.

We select the carer suitable to each individual client. We provide both male and female carers, all whom are highly trained and motivated. All staff has completed up to eight modules in Fetac level 5 and receive in house training also on an ongoing basis in practical care skills, elder abuse, medication management and manual handling so as to provide safe and professional care. All staff are monitored on a frequent basis by Kare Plans supervisors to ensure customer satisfaction.

We also provide a telephone monitoring system for staff to clock in and out of a client's home. This is free of charge and ensures all clients receive care at the rostered times and no client is left unattended.



## WHY CHOOSE KARE PLAN?

- We are a family run Irish owned company.
- All care managers and supervisors have training in health care.
- All staff has a great understanding and compassion towards clients.
- We provide ½ hour to 24 hour care.
- All staff are fully trained.
- All staff wear uniform and id badge.
- We have full employer/employee public liability insurance.
- All staff is Garda cleared and employer reference checked.
- All staff completes a full medical.
- We have full time supervisors to meet clients at any time needed.
- We provide a telephone monitoring system.
- We are a HSE preferred provider.
- We are members of the Home Care Association.
- We are on call 24 hours a day in the event of an emergency.
- We personally meet with all clients before starting to provide care.
- We construct a care plan to suit each client specific needs.

## WHY CHOOSE KARE PLAN OPPOSED TO A NURSING HOME?

When you are not feeling well, all anyone wants is to be at home with their own surroundings and in the comfort of their own bed.

Family members can come visit and stay giving reassurance to their loved ones, also in the case where an elderly spouse is at home they are not separated.

It has been proven that people heal much faster at home.

Home care is less expensive than a nursing home.

Home care gives patients the freedom to live their lives as independent as they wish.

A home is where you feel most safe it is a place where memories are made and being surrounded by personal belongings like photos/ornaments/furniture maybe your favorite chair or watching your favorite program on TV or listening to a favorite show on the radio, having family, friends or neighbors call in, helps give comfort to an elderly or disabled person.

## WHY DO I NEED TO INTRODUCE HOME CARE?

Is your loved one unsteady on their feet or suffering with poor mobility?

Is your loved one becoming forgetful?

Can they look after their home as good as before?

Are they showering/bathing and changing their clothes regularly?

Are they suffering from incontinence?

Are they unable to get around like they used to EXAMPLE go to the shops/doctors/appointments?

Is your loved one suffering with poor vision or hearing?

Is your loved one taking their medication as prescribed to them at the correct times?

Have you noticed any irregular changes in your loved one or signs of burn marks on pots/pans/furniture/clothes?

If you are feeling concerned about any of the above maybe it's time to consider home care.

## QUESTION'S YOU SHOULD ASK A CARE PROVIDER:

Are all care staff insured and are they Garda and employer reference checked?

Are all care staff trained?

Do staff wear id to identify themselves?

Are all staff monitored on a daily basis?

How often is the care plan assessed and can I meet the care manager at any time?

Is there a back up cover if a carer is sick or on holiday?

Is there emergency phone numbers after office hours?

Can I get an invoice to claim tax relief?

Will my loved one be given a carer that is suited to their needs?

Are all policies and procedures in place including the rights and responsibilities of the client explaining the company's privacy policy and code of ethics and are they a HSE preferred provider?

All the above are important and we at Kare Plan will treat your loved one with kindness, giving them assurance, respect and encouragement they deserve, all the while keeping their privacy and giving them a listening ear when they need it most. Assisting them to get accustomed to the change in their life and nurturing their every need.

## HOME CARE

A home is where you feel most safe it is a place where memories are made.

### STEP BY STEP GUIDE TO HOME CARE:

#### STEP 1: Care assessment and planning.

After an initial enquiry, one of our care managers will come and assess your loved ones needs. They can advise on what type of care that is required and how often a carer would need to visit the home.

#### STEP 2: Individual care plans.

Our care manager will then create a care plan to suit the client's needs. This care plan can be drawn up with the help of the client or family members. We can at this point discuss all matters of contract and also finance arrangements. Whether it is a private payment or a HSE home care package.

#### STEP 3: Introduction to the care staff.

We will arrange for our care manager to accompany the carer on a visit to the client for introduction. At this meeting we will go through the care plan to make sure everybody is satisfied with the day to day routine. At this point the carer can commence work.

#### STEP 4: Home care reviews.

Our care managers are on hand at all times to meet with a client or their family should the need arise. We do call to a client on a frequent basis to review the care this point the carer can commence work.

#### STEP 4: Home care reviews.

Our care managers are on hand at all times to meet with a client or their family should the need arise. We do call to a client on a frequent basis to review the care plan and to ensure that everything is running smoothly. Our office will contact you to make an appointment if they are attending to call to your home, so as not to intrude on your privacy.

#### STEP 5: Monitoring.

Our care staff clock in and out in the clients home using our telephone monitoring system. There will be no cost to the client as we use a free phone number. This will ensure that a carer arrives to work and leaves work at the designated time. This system is monitored 24 hours a day, this means that if a carer does not arrive the office is notified and we can respond by ensuring a carer attends.

### TAX RELIEF

This is available to our clients or their relatives at their top rate of tax subject to conditions, you can claim up to 41% relief off our service.

You can download this form from the Kare Plan website [www.kareplan.ie](http://www.kareplan.ie) or you can contact our office and we would be happy to assist you.

## SERVICES

Kare Plan has a wide range of services for every client's individual needs:

Male and female carers provided

½ hour to 24 hour care

Personal care

Home help

Hospital and surgery visits

Special post-operative care

Palliative care

Alzheimer's and dementia care

Telephone monitoring system

Supervisor and area manager

### PERSONAL CARE:

Bathing/Showering

Washing and dressing

Toileting and incontinence care

Meal preparation and cooking

Feeding

Light Housework

Shopping

Assistance with mobility

Prescription collection

Hospital and surgery visits

Companionship and conversation

### HOME HELP:

Light Housework

Meal preparation and cooking

Prescription collection

Assistance to attend outings

## EXERCISE & FITNESS TIPS

### EXERCISE IS THE KEY TO HEALTHY AGING

Have you heard exercise is important for older adults, but don't know where to begin? You're not alone. Many seniors feel discouraged by fitness barriers, such as chronic health conditions or concerns about injury or falls. If you've never exercised before, you may not know where to begin. Or maybe an on-going health problem or disability is keeping you from getting active. Perhaps you think you're too old or frail.

The truth is that you can't afford not to get moving. Exercise is the key to staying strong, energetic, and healthy as you get older. It can help you manage the symptoms of aging. And not only is exercise good for your body – it's good for your mind, mood and memory.

No matter your age or current physical condition, you can benefit from exercise. Reaping the rewards of exercise doesn't require strenuous workouts or trips to the gym. It's about adding more movement and activity to your life, even in small ways. Whether you are generally healthy or are managing an illness – even if you're housebound – there are many ways to get your body moving and improve your health.

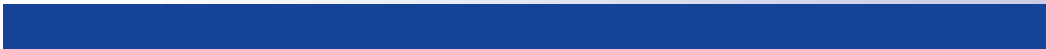
#### 5 myths about Exercise and Older Adults

Myth 1: There's no point to exercising. I'm going to get old anyway.

FACT: Exercise and strength training helps you to look and feel younger and stay active longer. Regular physical activity lowers your risk for a variety of conditions.

Myth 2: Elderly people shouldn't exercise. They should save their strength and rest.

FACT: Research shows that a sedentary lifestyle is unhealthy for the elderly. Inactivity often causes seniors to lose the ability to do things on their own and can lead to more hospitalisations, doctor visits, and the use of medicines for illnesses.



## EXERCISE & FITNESS TIPS

Myth 3: Exercise puts me at risk of falling down.

FACT: Regular exercise, by building strength and stamina, prevents loss of bone mass and improves balance, actually reducing your risk of falling.

Myth 4: It's too late. I'm already too old to start exercising.

FACT: You're never too old to exercise! If you've never exercised before, or it's been a while, start with light walking and other gentle activities.

Myth 5: I'm disabled. I can't exercise sitting down.

FACT: Chair-bound people face special challenges but can lift weights, stretch, and do chair aerobics to increase range of motion, improve muscle tone, and promote cardiovascular health.

Physical health benefits of senior exercise and fitness

Helps maintain or lose weight

Reduces the impact of illness and chronic disease

Enhances mobility, flexibility and balance

Improves your sleep

Boosts mood and self confidence

Good for your brain function

## TIPS FOR GETTING STARTED SAFELY

Get medical clearance from your doctor before starting an exercise programme, especially if you have an existing condition. Ask if there are any activities you should avoid.

Consider health concerns. Keep in mind how you're on going health problems affect your exercise. For example: Diabetics may need to adjust timing of medication or meal plans.

Above all if something feels wrong, such as sharp pain or unusual shortness of breath, simply stop. You may need to scale back or try something else.

Start slow. If you haven't been active in a while, it can be harmful to go all out. Instead build up your exercise programme little by little. Try spacing out your exercise routine in ten minute increments twice a day. Or just try one class a week. Prevent fatigue by warming up, cooling down and keeping water handy.

Recognise problems. Exercise should never hurt or make you feel ill. Stop exercising immediately if you feel dizzy or short of breath, develop chest pain or pressure, or experience pain. Also stop if a joint is red, swollen, or tender to touch.

## TYPES OF ACTIVITIES THAT ARE BENEFICIAL

Walking - It is the perfect way to exercise and requires no special equipment, aside from a good pair of walking shoes and can be done anywhere.

Senior sports or fitness classes - Keeps motivation alive while also providing a source of fun, stress relief and a place to meet people.

Swimming or water aerobics - Working out in the water is wonderful for seniors because water reduces stress and strain on the body's joints.

Yoga - Combines a series of poses with breathing. Moving through the poses works on strength, flexibility and balance, and yoga can be adapted to any level.

## TIPS FOR FRAIL OR CHAIR BOUND SENIORS

If you are chair bound, movement matters even more, and fitness is entirely achievable. Chair bound seniors can reap the benefits of exercise with strength training, flexibility and even some endurance movements. If being chair bound has prevented you from trying exercise in the past, take heart knowing that when you become more physically active, the results will amaze you. Like any exercise programme, a chair bound fitness routine takes a little creativity and personalisation. Ready for a new you? Check out the following tips!

Strength - Use free weights to do repetitive sets of lifting. Don't have weights? Use anything that is weighted and fits in your hand, like soup cans.

Resistance - Resistance bands are like giant rubber bands designed to give your muscles a good workout when stretched and pulled. Use these for pull downs, shoulder rotations and arm and leg extensions.

Flexibility - By practicing mindful breathing and slow stretching, bending and twisting you can limber up and improve your range of motion. Some of these exercises can be done lying down! Ask your doctor.

Endurance - Check out pool therapy programs designed for wheelchair users.

## NUTRITION AND EATING WELL

### FEEDING THE BODY MIND AND SOUL

Live Longer and stronger – Good nutrition keeps muscles, bones, organs and other body parts strong for the long haul. Eating vitamin rich food boosts immunity and fights off illness. Also eating sensibly means consuming fewer calories and more nutrient dense foods, keeping weight healthy.

Sharpen the mind – Scientists know that key nutrients are essential for the brain to do its job. Research shows that people who eat a selection of brightly coloured fruit, leafy veggies, certain fish and nuts packed with omega – 3 fatty acids can improve focus and decrease the risk for Alzheimer's disease.

Feel Better – Eating well is a feast for your five senses! Wholesome meals give you more energy and help you look better, resulting in a self- esteem boost. It's all connected – when your body feels good you feel happier inside and out.

### TIPS FOR CREATING A WELL BALANCED DIET AND WHOLESOME EATING

**AVOID SKIPPING MEALS** – This causes your metabolism to slow down, which leads to feeling sluggish and poorer choices later in the day

**BREAKFAST** – Select high fibre breads and cereals, fruit and protein to fill you with energy for the day.

**LUNCH** – Keep your body fuelled for the afternoon with a variety of whole grain breads, lean protein and fibre.

**DINNER** - Try to grill or bake meat or fish instead of frying.

**SNACKS** – It's okay, even recommended, to snack, but try to make it healthy. Good snacks are fruit, raisins, yogurt and veggies.

**Reduce sodium** - 'salt' To help prevent water retention and high blood pressure.

**FIBER UP** - Avoid constipation and feel fuller for longer by increasing your fibre intake.



# NUTRITION AND EATING WELL

## EATING TO PREVENT HEART DISEASE AND BOOST HEART HEALTH

Heart disease may be a leading killer of men and women, but that doesn't mean you can't protect yourself. In addition to exercise, being careful about what you eat – and what you don't eat – can help you lower cholesterol, control blood pressure and blood sugar levels, and maintain a healthy weight. If you've already been diagnosed with heart disease or have high cholesterol or blood pressure, a heart-smart diet can help you better manage these conditions, lowering your risk for heart attack.

Improving your diet is an important step toward preventing heart disease, but you may feel unsure where to begin. Take a look at the big picture: your overall eating patterns are more important than obsessing over individual foods. No single food can make you magically healthy, so your goal can be to incorporate a variety of healthy foods cooked in healthy ways into your diet, and make these habits your new lifestyle.

### EAT MORE

Healthy fats- raw nuts, olive oil, fish oils, flax seeds or avacados.

Nutrients – fruits and vegetables fresh or frozen.

Fiber – Cereals, breads and pasta made from whole grains.

Omega 3 and Protein – fish, shellfish, poultry.

Calcium and Protein – egg whites, milk, low-fat chesses or yogurt.

### EAT LESS

Trans / Saturated Fats – from partially hydrogenated or deep fried food, whole fat dairy or red meat.

Packaged foods – of any kind, especially those high in sodium.

White – breads, pasta or rice.

Meat – red meats, bacon, sausage or fried chicken.

## **PUBLIC HEALTH SERVICES**

Community care services are generally provided by the Health Service Executive (HSE). Community care services may also be provided by voluntary or private organisations in conjunction with, or on behalf of the HSE.

### **COMMUNITY CARE SERVICES**

Community care services can include the public health nursing service, home help service, physiotherapy, occupational therapy, chiropody service, day care and respite care service.

### **PUBLIC HEALTH NURSES**

The HSE is obliged to provide a free nursing service to medical card holders. The service is not necessarily confined to medical card holders, although they get priority as they have a legal entitlement. They provide services such as: basic nursing and medical needs, they also act as a point of access for other community care services.

### **HOME HELP SERVICES**

The HSE may make arrangements to help maintain at home a sick or infirm person. The usual way to do this is by providing a home help service. They usually help with normal household tasks. If you get a home help you may have to make a contribution towards the cost this varies from area to area.

### **PHYSIOTHERAPY**

These services are provided in the community and are generally free to medical card holders. Waiting lists operate in many areas. Home services are available in a small number of cases.

### **OCCUPATIONAL THERAPISTS**

Occupational therapists are employed by most local health offices. Their services are generally available free to medical card holders. Waiting lists operate in most community care areas for these services.

### **CHIROPODY SERVICES**

Chiropody services are available free to medical card holders in most community care areas.

### **RESPITE CARE**

Respite care may be based in the community or in an institution. In practice, respite care is provided to a varying degree at a number of locations around the country – in some cases by HSE and others by voluntary organisations.

## **PUBLIC HEALTH SERVICES**

### **TECHNICAL AIDS**

The HSE is obliged to provide medical and surgical aids and appliances such as wheelchairs and walking aids free of charge to medical card holders. If you do not have a medical card, you may get such aids and appliances free if they are part of hospital treatment. In practice, in other cases, the HSE may provide some help with the costs. If you have private health insurance, you may be covered for some or all of the costs.

### **DAY CENTRES**

Day centres include centres that provide day activities such as recreational, sport and leisure facilities and specialised clinic facilities that provide a combination of medical and vocational rehabilitation services. They are provided on a variable basis throughout the country, some funded by the HSE. Day centres providing medical care are less widely available. Access to day centres is by referral and the eligibility conditions vary from area to area with means tests applying in some cases.

### **MEALS SERVICES**

Meals services are generally provided by a mixture of voluntary and statutory bodies. The ways in which these are provided vary from area to area. Access to meals services is generally by referral. You may be asked to contribute towards the cost of meals services and this can vary. Eligibility conditions vary from area to area.

### **TRANSPORT**

Transport services are provided by the HSE on a varying basis throughout the country. These services include access to day hospitals and day centres and access to outpatient departments and other hospital services.

### **HOW TO APPLY**

Initially, you should ask your GP about community care services in your area or contact your local health centre.

## KARE PLAN – MEDICAL CARDS

### QUALIFYING FOR A MEDICAL CARD

The Government has announced that with effect from 1st January 2009 new income thresholds will apply for medical cards for people aged 70 and over. The income thresholds will be €700 weekly gross for a single person and €1400 a week for a couple. There will be no deductions allowable (such as tax or PRSI) but people over these limits can still apply for medical cards on a hardship basis under the discretionary scheme, for example, if they have high medical expenses. If only one member of the couple is aged 70, they will both qualify for a medical card if their income is below €1400 a week. Please note that as this is a means tested medical card, income from all sources, including the interest payment on savings and investments, is taken into account. From 1st October 2010 medical card holders will pay a charge of 50c per item dispensed by pharmacists.

### FURTHER INFORMATION AND APPLICATION FORMS

The HSE has set up a new website [www.medicalcard.ie](http://www.medicalcard.ie), you can apply online or print your medical card application from this website or you can get an application from your local health office.

Applications are processed at the Client Registration Service, Finglas, Dublin 11.

Information is available on [www.hse.ie](http://www.hse.ie), [www.medicalcard.ie](http://www.medicalcard.ie), or you can call the client registration office on call save 1890-252-919.

## KARE PLAN LIMITED

### FLU VACCINE

Flu is a highly infectious illness caused by the flu virus and outbreaks occur almost every year, usually in the winter months. While most people recover from the flu within a week, serious complications such as pneumonia and bronchitis can develop, especially in older people. These illnesses may need hospital treatment and a number of mainly older people die from flu each winter. The best way to prevent flu is by getting the flu vaccine. Annual flu vaccine is recommended for certain "at risk groups" which include:

- All those aged 65 and over
- Those with long term medical conditions
- Carers including healthcare workers

Flu vaccine is very safe and contains inactivated viruses so the vaccine cannot give you flu. You should get vaccinated to protect yourself, your staff and those in your care.

If you are over 65 years of age you should also ask your doctor about pneumococcal vaccine to protect against pneumococcal disease. You only need to get pneumococcal vaccine once after you reach 65. You do not need to get this vaccine every year.

The HSE supplies all GPs with free flu vaccine for everybody in the at risk groups. If you have a medical card or GP visit card you will not be charged to visit the doctor to get the flu vaccine. If you don't have a medical card or GP Visit Card your doctor will charge a consultation fee to give you the vaccine.

## FURTHER INFORMATION

More information is available from your general practitioner and the HSE's dedicated Immunisation website, [www.immunisation.ie](http://www.immunisation.ie), provides details on the flu vaccination, along with answers to any questions you may have about flu.

## UNDERSTANDING DEMENTIA

### SIGNS, SYMPTOMS, TYPES, CAUSES, AND TREATMENT

Adapting to life's changes can be a challenge of learning and acceptance. When these changes include memory loss or dementia, perceptions, relationships, and priorities shift profoundly. The good news is that certain types of dementia can be treated if caught in time. Understanding the different types of dementia, the causes of cognitive decline and memory loss, and protecting the brain's functioning through early intervention can improve outcomes and preserve a sense of control through one of life's more vexing challenges.

Dementia is a collection of symptoms including memory loss, personality change, and impaired intellectual functions resulting from disease or trauma to the brain. These changes are not part of normal aging and are severe enough to impact daily living, independence and relationships.

With dementia, there will likely be noticeable decline in communication, learning, remembering, and problem solving. These changes may occur quickly or very slowly over time.

The progression and outcome of dementia vary, but are largely determined by the type of dementia and which area of the brain is affected.

### COMMON SIGNS AND SYMPTOMS OF DEMENTIA INCLUDE:

Memory Loss

Impaired Judgement

Difficulties with abstract thinking

Faulty reasoning

Inappropriate behaviour

Loss of communication skills

Disorientation to time and place

Balance problems

Neglect of personal care and safety

Hallucinations, paranoia, agitation

You Might Observe That a Person with Dementia:

Repeatedly asks the same questions

Becomes lost or disoriented in familiar places

Is unable to follow directions

Is disoriented as to date or time of day

Does not recognise or is confused about familiar people

Has difficulty with routine tasks such as paying bills

Neglects personal safety, hygiene and nutrition

# UNDERSTANDING DEMENTIA

## NORMAL MEMORY LOSS V's DEMENTIA

The Inevitable changes of aging can be both humbling and surprising. The brain shrinks, working memory goes on strike, and mental speed slows. But while many people do experience mild and gradual memory loss after age 40, server and rapid memory loss is definitely not part of normal aging. In fact, many people preserve their brainpower as they get older by staying mentally and physically active and making healthy lifestyle choices.

## NORMAL MEMORY CHANGES OR DEMENTIA SYMPTOMS?

### Typical Aging

### Symptoms of Dementia

Complains about memory loss but is able to provide detailed examples of forgetfulness.

May complain of memory loss only if asked; unable to recall specific instances

Occasionally searches for words

Frequent word finding pauses, substitutions

Remembers recent important events; conversations are not impaired

Notable decline in memory for recent events and ability to converse

Interpersonal social skills are at the same level as they've always been

Loss of interest in social activities; may behave in socially inappropriate ways

## WHAT CAUSES DEMENTIA AND ITS SYMPTOMS?

Medical conditions that progressively attack brain cells and connections, most commonly seen in Alzheimer's disease, Parkinson's disease, or Huntington's disease. Medical conditions such as strokes that disrupt oxygen flow and rob the brain of vital nutrients.

Poor nutrition, dehydration, and certain substances, including drugs and alcohol.

Single trauma or repeated injuries to the brain.

Infection or illness that affects the central nervous system.

Strategies to improve mental clarity and keep your brain functioning optimally: Exercise consistently

- Eat a brain – healthy diet
- Challenge your mind
- Get regular and restful sleep
- Minimize stress
- Avoid smoking and drinking

# UNDERSTANDING DEMENTIA

## TYPES OF DEMENTIA

All dementias involve cognitive decline that impacts daily living. However, it's important to pinpoint the specific type of dementia in order to optimize treatment. More than fifty conditions involve dementia, but the most common types of dementia are Alzheimer's disease and vascular dementia.

## ALZHEIMER'S DISEASE

Alzheimer's disease is the most common form of dementia. If your dementia symptoms are the result of Alzheimer's disease, medication can delay the onset of more debilitating symptoms. Early diagnosis can prolong independence and is the first step towards treatment, management, and living life fully.

## VASCULAR DEMENTIA

Vascular dementia results from a series of small strokes or changes in the brain's blood supply. Sudden onset of symptoms may be a sign of this dementia. Vascular dementia severely impacts memory and cognitive functioning. However, there are ways to prevent and reduce its severity.

## LESS COMMON FORMS OF DEMENTIA

Picks Disease – this affects personality, orientation and behaviour. It may be more common in women and occurs at an early age.

Creutzfeldt – Jacob Disease – The disease progresses rapidly along with mental deterioration and involuntary movements.

Huntington's Disease- Huntington's is an inherited, degenerative disease. The disease causes involuntary movement and usually begins during mid-life.

Parkinson's Dementia – Parkinson's is a progressive disorder of the central nervous system. In later stages of Parkinson's disease, some patients develop dementia. Lewy Body Disease – This disease causes symptoms similar to Alzheimer's disease. Individuals with Lewy Body Disease experience hallucinations and can become fearful.

## IF YOU SUSPECT DEMENTIA

Report your symptoms to your doctor as soon as possible and schedule regular follow up visits. Keep a list of your symptoms and concerns and ask family members for their observations. Write down specific information about frequency, nature, and setting of your memory, cognitive, or behaviour concerns.

Take charge by learning as much about dementia as you can. Knowing what to expect will help you plan, adjust, and live life as fully as possible.

## UNDERSTANDING DEMENTIA

MEMORY CLINICS – provide multi-disciplinary services to individuals and their family members worried about recent memory loss problems. These clinics can offer assessment, diagnostic treatment and information services. Anyone is entitled to avail of a Memory Clinic service; however most clinics only accept referrals from general practitioners or other medical doctors. There is also usually a waiting period of up to 3 months for attendance at most Memory clinics. HSE clinics are free of charge whilst others charge a fee pending the service provided.

Clinic Locations

Saint James Hospital Memory Clinic

4, St. James Hospital, James Street, Dublin 8 Telephone (01) 416 2640

Director: Prof. B. lawlor

Diagnosis: Available to each patient

Treatment: Pharmacological and non- Pharmacological

Follow up: Clients who receive a diagnosis of dementia are referred back to their GPs. Client whose diagnosis remains uncertain or who are diagnosed with mild cognitive impairment are followed up in memory clinic on a six to twelve month basis.

**Waiting Time:** 3 months approximately

**Referral Procedure:** Most referrals are made by Gps or other medical practitioners

**Under 65's:** Yes

**Funded:** HSE service – free service to public

**Frequency:** Monday to Friday Beaumont Hospital Memory Clinic Beaumont Hospital, Dublin 9 Telephone (01) 837 5400 Director: DR. C. Donegan

**Diagnosis:** Available to each patient

**Treatment:** Pharmacological treatment offered further referral for non- pharmacological, information provision.

**Follow up:** yes

**Waiting Time:** 6 Weeks

**Referral Procedure:** The clinic receives the majority of referrals from GPs

**Under 65's** Yes, but main focus is on older people. Younger people are the responsibility of the Psychiatric team.

**HSE Service** – free service to public

## UNDERSTANDING DEMENTIA

St. Patricks University Hospital Memory Clinic  
James Street, Dublin 8.  
Telephone (01)2493200 Director: DR. D. Lyons

**Diagnosis:** Offered to each patient  
**Treatment:** Depends on where patient has been referred from. Offers pharmacological interventions. Non-pharmacological is available from psychologist  
**Follow up:** Yes if treatment is initiated. Further referral to GP  
**Waiting Time:** 3-4 months approximately unless urgent  
**Referral procedure:** Majority of referrals from Gps  
**Under 65's:** Yes  
**Funded:** Private Service – Patients covered by Health Insurance can avail of the service  
**Frequency:** 1-2 patients for brief admission every 3 weeks

Highfield Hospital Dublin  
Swords, Co. Dublin.  
Telephone (01) 837 444 Director: Dr. D. Eustace  
Profil Private hospital offering outpatient assessment for memory problems and residential care to people with dementia. Liaison nurse also provides services to patients who are community based.

**Diagnosis:** Takes patients who have previously been diagnosed. Outpatient diagnosis also offered  
**Treatment:** Treatment outpatient pharmacological treatment offered, non-pharmacological treatment available to in patients

**Follow up:** yes  
**New Admissions:** 4-6 per month  
hospitals. If necessary, patients are referred to either the outpatient or doctor

**Referral Procedure:** People are referred through a liaison nurse who travels out to requests by other Health Service Professionals around the country to either homes or hospitals. If necessary, patients are referred to either the outpatient

## UNDERSTANDING DEMENTIA

residential service

**Under 65's:** Yes  
**Funded:** Private Service  
Dublin City Campus – Memory Works  
Healthy Living Centre, DCU, Dublin 9.  
Telephone (01) 700 7171 Director: K. Irving PhD

**Diagnosis:** Not Offered. Screening clinic  
**Treatment:** Non-pharmacological therapy available from affiliated psychologist, extensive information given  
**Follow up:** Yes and group meetings for families and people with memory problems  
**Waiting time:** No waiting time  
**Referral Procedure:** People who are worried about their memory go to the service on their own accord to get information and screening

**Under 65's** Yes  
**Funded:** Not for profit, private service based on means testing  
**Frequency:** 2-3 people two days per week, 6-8 in group follow ups  
St Joseph's Centre, Clonsilla, Daughters of Charity – Services for People with Intellectual Disability incorporating a Memory Clinic

St. Joseph's Centre, Clonsilla Telephone: (01) 824 8658  
Clinical Director/Consultant Psychiatrist: Dr. Martin Mc Laughlin  
Policy and service advisor on Dementia & Nurse specialist: Mary Mc CarronProfile

A service for people with Intellectual Disability, that offers dementia assessment and diagnostic work up, with follow up care through the continuum of dementia. This is a nurse led service that works closely with the Multi-Disciplinary Team (MDT)

**Waiting time:** Up to one month  
**Diagnosis:** Available to each client  
**Treatment:** Yes pharmacological and Non-pharmacological approaches available in consultation with the MDT  
**Follow up:** Yes. Clients with diagnosis of dementia are reviewed on a regular basis with the MDT  
**Funded & Frequency:** The Daughters of Charity Service. Monday- Friday

## **UNDERSTANDING DEMENTIA**

### **PSYCHIATRY OF OLD AGE SERVICES**

Within the Health Service Executive, psychiatry of old age is responsible for those persons who have developed functional psychiatric disorders such as depression or dementia associated with behavioural or psychological problems for the first time over the age of 65 years. The objective of this service is to provide prompt assessment together with active treatment in the person's home, thereby causing minimal disruption to their life.

This service is a community based service. Following assessment in the person's home, a treatment plan is drawn up consisting of the involvement of Community Mental Health Nursing services and/or attendance at a day Hospital, depending on the severity of the illness. The Day Hospital service is a key component of the service; it provides treatment of mental health problems on an individual tailored care plan basis.

This service is supported by access to acute care in a specialised psychiatric unit where appropriate. Access to the service is through a referral from your Gp or a consultant.

### **CARERS AND RELATIVES**

All people with dementia will need help from other people at some point. In most cases a family member meets this need, taking responsibility for care and support of the person with dementia.

Family and caregivers often have to make major changes to their lives to care for and support a person with dementia. The first step is to learn as much as you can about the condition and to consider and make plans for the future.

Caring for a family member or friend can be emotionally draining and wearing but remember that it is vital you look after your own health and well-being and maintain hobbies and interests. This can help you to cope with the daily challenges you face.

## **UNDERSTANDING STROKES**

### **WHAT IS A STROKE?**

One in five people will have a stroke at some time in their life, most are over 65 but stroke can strike at any age, even young people and children can be affected. Strokes are treatable and if the right actions are taken quickly, the patient may not have any long term effects.

### **A STROKE IS A BRAIN ATTACK**

A stroke occurs when a blood vessel, which is carrying oxygen and nutrients to the brain bursts or is blocked by a clot. This causes an interruption of the blood supply to part of the brain. This can damage or destroy brain cells which will affect body functions.

## ACTION TO TAKE

If you suspect someone has had a stroke, you need to call 999 immediately; anyone can help a person having a stroke by following the F.A.S.T acronym. It provides a guideline on how to recognise some of the symptoms of stroke and what to do about it.

F- FACE: Has their face fallen to one side? Can they smile? Is their smile lopsided?

A - ARMS: Can they raise both arms and keep them there? Or does one arm drift downwards?

S-SPEECH: Is their speech slurred?

T- TIME: Time to call 999 if you spot any one of these signs.

REMEMBER – You do not need to see all these symptoms together for it to be a stroke. Just a single symptom is enough to call an ambulance.

Act fast every minute counts for someone suffering a stroke.

## STROKE PREVENTION

Every year more than ten thousand people in Ireland have a stroke, your risk of having a stroke is increased by certain things in your lifestyle, which you can change and by certain things about you, such as your age or family history which you cannot change, however the good news is that by making small changes in your lifestyle and by taking medications for certain conditions as directed by your doctor you can reduce your risk of a stroke.

## RISK FACTORS FOR STROKE THAT YOU CAN CHANGE

High blood pressure: Have regular check-ups with your GP

Smoking: Stop Smoking

High Cholesterol: Avoid saturated fats in your diet

Poor Diet: Eat a healthy and balanced diet and exercise regularly

Alcohol: Drink less Alcohol

Diabetes: Have regular check-ups with your GP and take prescribed medicines

By making small changes to your lifestyle you can reduce your risk of having a stroke and prevent repeat strokes.

If you have any of the following questions about strokes:

- What are the signs of a stroke?
- What are the treatments for a stroke?
- What are the medications for a stroke?
- If you have any questions about the rehabilitation after a stroke?
- If you are confused by the information given to you by your Gp or specialist?
- If you are worried about a family or friend who may be at risk of a stroke?
- If you want to know about counselling for someone affected by a stroke?

You can call The National Stroke & Heart Helpline

Lo Call: 1890-0432-787 Monday to Friday 10am -5pm

Or Email any questions you may have to: [info@irishheart.ie](mailto:info@irishheart.ie)

# MENTAL HEALTH

## LOOKING AFTER YOUR MENTAL HEALTH

There are many things you can do to protect and improve your mental health.

### TIPS FOR LOOKING AFTER YOUR MENTAL HEALTH

Talk about it Talking to someone always helps, even though sometimes we may feel so bad we don't want to bother friends or family. Just remember they care and would want to help.

#### Ask for Help

If you were sick you would see a doctor and the same applies for your mental health, just because a mental health issue can't be seen it doesn't mean it doesn't count. It's ok to accept you may not be able to cope. Mental health issues are much more common than you think even from people that you might think are strong. We all need help from time to time. Keep in contact

As we are busy getting on with our lives we may forget to stay in touch with friends good friends will always be there for you, we don't have to cope on our own all the time.

#### Get involved

Try to meet people, build a network of friends and get involved in activities. Join a club, socialise more often, do a course – there are many options available.

#### Keep active

Incorporate regular exercise into your daily or weekly routine. Group activities are great because everyone helps to motivate each other.

#### Accept yourself

Don't be afraid to accept yourself for what you are, nobody is perfect; we all have good and bad points. Everyone has something to offer and everyone is entitled to respect. Relax Make time to relax fit things into your day that help you unwind like a relaxing bath, listening to music, watching TV or reading. Find something that you enjoy and works for you.

#### Eat healthier

Try to eat regularly and have a healthy balanced diet. A healthy diet will not only help the way you feel but also the way you think.

Don't binge drink Drinking alcohol to deal with problems will only make things worse. It is best only to drink in moderation. Excess alcohol can increase anxiety and lead to depression.

#### Do something creative

Activities or hobbies such as writing, painting, cooking, gardening can help when you are feeling anxious or low find something that suits you.

## FURTHER INFORMATION AND SUPPORT

Samaritans 1850-60-9090

Mental Health Ireland (01) 284-116

Aware (01) 661-7211

## **SCHEMES AND ALLOWANCES**

### **HOUSING AID FOR OLDER PERSONS SCHEME**

The Housing Aid for Older People Scheme is used to improve the condition of an older person's home. In general, this scheme is aimed at people 60 years and above. However, if there is a case of genuine hardship the local authority may give assistance to people under 60 years of age. The Housing Aid for Older People Scheme replaced the essential Repairs Grant administered by the local authority and the Special Housing Aid for the Elderly administered by the Health Service (HSE).

### **MOBILITY AIDS GRANT SCHEME**

The Mobility Aids Grant Scheme was set up in 2007. The scheme provides grants for works designed to address mobility problems in the home. For example, the grant can be used for the purchase and installation of grab-rails, a level access shower, access ramps or a stair- lift.

### **WARMER HOMES SCHEME**

This scheme aims to improve the energy efficiency and warmth of homes which are lived in by people on low incomes. This scheme is organised by Sustainable Energy Ireland (SEI) and covers such services as attic insulation, draught-proofing etc.

### **GREENER HOMES SCHEME**

This scheme provides grants to households aiming to purchase a heating system which uses renewable energy source. It is important to remember that this grant merely covers the cost of the equipment and the additional installation costs must be paid for by the homeowner.

### **HOUSEHOLD BENEFITS PACKAGE**

If you satisfy a number of conditions then you may qualify for the Household Benefits Package and this package is made up of the following components:

- The Electricity (Group Account) Allowance
- The Bottled Gas Allowance
- The Telephone Allowance
- The Free Television Licence

## SCHEMES AND ALLOWANCES

### CARERS SUPPORT

There is variety of benefits that might apply to you; it is worth investigating some of the following:

- Carer's Allowance
- Carer's Benefit
- Carer's Leave
- Respite Grant Care
- Home Care Package

### FURTHER INFORMATION AND APPLICATION FORMS CONTACT

A social worker from your local health office

A housing welfare officer from your local authority

Your citizens information Service : 1890-777-121

Your Local Social Welfare Office

The Leaflet request line in the Department of Social Protection:1890-202- 325

Online at [www.hse.ie](http://www.hse.ie)

# CARING FOR THE CARER

## TIPS AND SUPPORT FOR FAMILY CARERS

Outside the world of paid work, the people most prone to burnout are carers – people who devote themselves to the care of chronically ill or disabled family members. The demands of this job can be overwhelming, especially if you feel you have little control over the situation. If you let the stress of caring progress it can damage both your physical and mental health. If you are caring for a family member it is essential you get support.

Unfortunately, caring can take a heavy toll if you don't get adequate support. Caring involves many stressors: changes in the family dynamic, household disruption, financial pressure, and the sheer amount of work involved.

## TIPS FOR FAMILY CARERS

Been a carer is a job and respite breaks are your earned right. Reward yourself with respite breaks as often as you can, don't feel guilty about this everyone deserves a break.

Watch out for signs of depression and get help when needed.

When people offer to help, accept their help and suggest specific things that they can do, every little helps and if you show your appreciation they will continue to assist.

Educate yourself about your loved one's condition and keep in contact with their GP

There's a difference between caring and doing. Be open to new technologies and ideas that can help you in your job and promote your loved one's independence.

Look after yourself, make sure you get enough sleep, eat well and mind your back.

Seek support by joining a support group. There is great strength in knowing you are not alone.

## WARNING SIGNS OF CARER BURNOUT

Once you burn out, caring is no longer a healthy option for either you or the person you're caring for. So it's important to watch for warning signs and take action when you recognise a problem. These could be:

You have much less energy and you're constantly exhausted

You neglect your own needs, either because you're busy or you don't care anymore

'Support for Carers'

You're increasing impatient and irritable with the person your caring for

You feel overwhelmed, helpless and hopeless

## INFORMATION

The Carers Association – PH 1800-240-724 or visit the website [www.carersireland.com](http://www.carersireland.com)