ACCESSING SUPPORT

Mercer’s Institute for Research on Ageing Information Sheet

Public Health Nurse Often the first point of contact for access to services. Can organise:
- Home Help (domestic tasks) and personal care assistance
- Day Care and respite care
- Meals on Wheels
- Help with medication
- Advice & practical help with long-term care
- Can refer to other services
Contact at local health centre or call 1850 24 1850 for details of HSE services.

Private Home Care Agencies: several agencies now operating. Lists of approved, fully insured, agencies available from Local Health Centres and Social Work Teams. Costs may vary.

Alzheimer Society of Ireland

Home Care Service: Specialist home care/home support service using trained dementia care worker to provide support and care in a person’s residence for a designated number of hours per week.

Day Care Centres: Professional care workers offer a dementia-specific day care service. The service can usually provide reminiscence therapy, music sessions, gentle exercises, arts and crafts and personal care. Most of the centres provide transport and includes at least one meal.

Respite Care: At present a residential respite service is only available at the Blackrock Day Care Centre in Co. Dublin. The service operates from Monday morning to Friday evening, offering the carer a rest and a break.

Carer Support Groups: A network that supports carers and gives them an opportunity to discuss their situation and share experiences. Carer Support Groups operate on a local level and details are available from the local branch.

Alzheimer Clubs: Drop-in centres for carers and people with dementia. Activities include social interaction, recreation, support and information.

Contact the ASI on 1800 341 341
www.alzheimer.ie
The Carers Association

Home Care Assistance: The HomeCare Assistance Service of The Carers Association provides regular assistance to carers at home in their caring duties. HomeCare Assistants provide practical assistance to carers who are stressed and who may need home-based support.

Respite Care: The Association's respite care is a facility which allows a carer a period of time away from their care duties. It may be home-based to allow the carer to pursue interests away from the home, or it may be residential, to allow the carer to take a small holiday from their care duties.

Contact the Carers Association on 1800 24 07 24 or visit www.familycarers.ie

Other Home Visiting Schemes (Not dementia specific)
Care Local:
Visiting & befriending
Assistance with utility bills, shopping, food and clothing
Redecorating accommodation
Tel: 01 878 2358
www.carelocal.ie

Friends of the Elderly:
Visiting & befriending
Weekly club
Advocacy assistance
Day trips and social events
Tel: 01 873 1855
www.friendsoftheeldely.ie

Information and advice (Social Welfare, Tax Credits, Legal Issues)

Citizens Information Centres: Phone 1890 777 121 for details of your local centre.
www.citizensinformation.ie

Free Legal Advice Centres: Phone 1890 350 250 for advice and for details of your nearest centre.
www.flac.ie