



# SUPPORTS AND SERVICES



**Saint Joseph's Shankill**  
*Dedicated to Dementia Care*



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## SUPPORTS AND SERVICES

In this publication we have tried to identify resources and supports in the area surrounding Saint Joseph's Shankill. We have included contact details for local HSE services and local support groups and organisations that we feel may be useful for you to have in your role as a carer for someone living with dementia.

The HSE provides a range of services and support that can assist people living with dementia and their family and carers.

Health Services in the community are delivered via the Primary Care Teams (PCT) and are responsible for organising and delivering primary health care for the local population.

The Primary Care Team is made up of GP's, Psychologists, Nurses, Physiotherapists, Speech and Language Therapists, Occupational Therapists and Social Workers.

It is important to be linked with your Primary Care Team as they will organise an assessment of the person living with dementia.

The aim of the Primary Care Team is to provide primary care services that are accessible, integrated, of a high quality and which meet the needs of the local population.

There is a network of other services available to support the team including Podiatry, Area Medical Officers, Community Welfare, Dental, Ophthalmology and Mental Health.

The Primary Care Team members work in partnership with the Department of Medicine for the Elderly and Psychiatry of Later Life in the acute hospitals.

They also offer and organise services in the community which consist of support and guidance on living well with dementia at home eg

- Social and recreational activities eg activity groups/choirs etc
- Day services
- Respite
- Nursing home care
- Family carer training



## South Dublin

HSE Tivoli Road, Dún Laoghaire, Phone: 236 5200

### Address

Blackrock Health Centre  
Cabinteely Health Centre  
Dalkey Health Centre  
Dún Laoghaire Health Centre  
Loughlinstown Health Centre  
Sallynoggin Health Centre  
Shankill Health Centre  
Stillorgan Health Centre

### Phone

01 288 2980  
01 289 6195  
01 285 9291  
01 280 8471  
01 2822 122  
01 2800 786  
01 282 0344  
01 217 2918

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## Co Wicklow

HSE, Glenside Road, Wicklow, Phone: 0404 68 400

### Address

Arklow Health Centre  
Aughrim Health Centre  
Avoca Health Centre  
Bray Health Centre  
Carnew Health Centre  
Greystones Health Centre  
Kilcoole Health Centre (nurses are based in  
Newtownmountkennedy Primary Care Centre)  
Newtownmountkennedy Primary Care Centre  
Rathdrum Health Centre  
Roundwood Health Centre  
Shillelagh Health Centre  
Tinahely Health Centre  
Wicklow Health Centre

### Phone

0402 39 624  
0402 36 316  
0402 35 170  
01 274 4100  
076 695 8300\*  
01 287 7311  
01 201 8500  
01 201 8500  
0404 46 231  
01 281 8481  
053 94 29306  
0402 38 238  
076 695 8300

*\*Temporary number while awaiting new number*



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## Support Groups for Family and Carers

### The Alzheimer Society of Ireland Support Group

When: Please phone 0404 29928 for schedule

Where: Queen of Peace Church Hall, Vevay Road, Bray

Contact: Tom Hollingsworth, Phone: 085 722 4483 or

Michael Fisher, Phone: 087 983 3931

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### Wicklow Dementia Support Co Wicklow Support Group

When: Second Wednesday of every month

Where: Newtownmountkennedy Community Hall, Newtownmounkennedy

Contact: 089 428 6928, e-mail: wicklowds@gmail.com

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### Greystones Dementia Friends

(under the umbrella of Wicklow Dementia Support)

When: Every Friday morning

Where: Burnaby Pub, Church Road, Greystones

Contact: Fiona Lang, Phone 086 845 5256,

Elaine Harding, Phone: 086 827 0105

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### Dublin South Living Well with Dementia CHO6 Family and Carers Support Group

When: Dates to be decided

Where: Oatlands College, Stillorgan, Co Dublin

Contact: 236 5200 for details



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## Family Carers Ireland

When: 3rd Monday of each month, 10.30 – 12.30

Where: Foxrock Pastoral Centre

Contact: 894 3174 / 086 1726300

When: 2nd Friday every eight weeks

Where: Carmanhall Road, Sandyford Business Estate

Contact: 894 3174 / 086 1726300

When: 2nd Tuesday of each month, 10.30 – 12.30

Where: Harold's Cross Hospice, Harold's Cross

Contact: 894 3174 / 086 1726300

When: Every last Wednesday of each month, 11am – 1pm

Where: Little Bray Family Resource Centre, Ard Chualann, Fassaroe, Bray

Contact: 894 3174 / 086 1726300

When: 1st Tuesday of each month, 11am – 1pm

Where: Arus Lorcaín, Arklow

Contact: 894 3174 / 086 1726300

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## Social Clubs for Family and Carers & People Living with Dementia

### The Alzheimer Society of Ireland Bray Social Club

When: Monday 10:30am to 12:30pm

Where: Villa Pacis Community Centre, Queen of Peace Church, Vevay Road, Bray,

Contact: Tom Hollingsworth, Phone: 085 722 4483 or  
Michael Fisher, Phone: 087 983 3931

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### Wicklow Dementia Support

When: Every Thursday morning

Where: Methodist Hall, Wicklow Town

Contact: Michael Fisher, Phone: 087 983 3931

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### Wicklow Alzheimer Café

When: Last Thursday of every month 2.30-4pm

Where: Bray Old Folks Association, Killarney Road, Bray, Co. Wicklow

Contact: Carol de Wilde, Phone: 01 211 5179 e-mail: carol.dewilde@hse.ie



### Musical Memories Choirs

When: Thursday mornings: 11-12.30pm (Rehearsals)

Where: Deansgrange Library, Clonkeen Drive, Deansgrange

Contact: Gráinne O' Grady, Phone: 087 980 3020,  
e-mail: grainne@musicmatters.ie

Note: This choir is currently full but please contact Gráinne to add your name to the waiting list.

When: Wednesday mornings (starting on 21 September 2016)

Where: The Grainstore, Cabinteely Park, Old Bray Road, Cabinteely

Contact: Gráinne O' Grady, Phone: 087 980 3020,  
e-mail: grainne@musicmatters.ie

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### Sweet Memories

When: Saturday mornings: 11-12.30pm

Where: St Raphaela's Convent, Upr Kilmacud Road, Stillorgan

Contact: Mary Spain, The Living Well with Dementia CHO6 office ,  
Phone: 086 041 8450

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### Family Carers Ireland

Family Carers Ireland operate a confidential National Freephone Careline, tel: 1800 240724 which offers advice and support to family carers.

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### Alzheimers Society of Ireland

The Alzheimers Society of Ireland have a range of information and support services including Alzheimer Cafe's, Social Clubs and Support Groups.

Contact the ASI free and confidential helpline to find out more.

Call 1800 341 341 or email [helpline@alzheimer.ie](mailto:helpline@alzheimer.ie)

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### Safety in the Home

[www.assistireland.ie](http://www.assistireland.ie) contains information on daily living aids, mobility aids and assistive technology. It includes a directory of products available from suppliers for people with disabilities and older people. Assist Ireland is provided by the Citizens Information Board.



## Citizens Information Centre and Welfare Office

Carers are entitled to many different benefits and allowances and you can find information for these on the Citizens Information Centre website [www.citizensinfo.ie](http://www.citizensinfo.ie) or by visiting your local Citizens Information Centre or Welfare Office. Carers entitlements vary and it is recommended that you visit your local CIC or Welfare Office directly.

**A Checklist for some payments that carers are entitled to is listed below to help you.**

### Payments to carers:

Carer's Benefit (may be paid consecutively for 2 different people)  
Carer's Allowance  
Half-rate Carer's Allowance

### Community Care Services

Medical Card  
GP Visit Care  
Home Care Package  
Home Help Services  
Day Centres and Day Care  
Respite Care  
Chiropody Services  
Occupational Therapy Services  
Physiotherapy Services  
Public Health Nurses

### Extra Payments:

Additional Social Welfare benefits  
Carer's Support Grant (formerly called Respite Care Grant)  
Household Benefits Package  
Free Travel  
Fuel Allowance

### Supplementary Welfare Allowance

Exceptional and Urgent Needs Payment Scheme  
Rent Supplement  
Diet and Heating Supplement



## Other Services

Employment Law for Carers/Carer's Leave  
Keeping your Social Insurance  
Homemaker's Scheme (PRSI record)  
Credited Social Insurance Contributions (PRSI record)

## Tax Credits

Specific Tax Credits and Allowances  
Home Carer's Tax Credit  
Tax Allowance to Employ a Carer



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