



**Caring
for Carers**

Supports & Services



Saint Joseph's Shankill

Dedicated to Dementia Care

SUPPORTS AND SERVICES AVAILABLE

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.

Your Public Health Nurse is a key contact in the local health centre. They can help you access services such as home help, day care and respite services.

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

- **Social and recreational activities such as: activity groups/choirs**
- **Day services**
- **Respite**
- **Nursing home care**
- **Family carer training**



Useful numbers

South Dublin

HSE Tivoli Road, Dún Laoghaire
01 236 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

Co Wicklow

HSE, Glenside Road, Wicklow
0404 68 400

Address

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

Phone

0402 39 624
0402 36 316
0402 35 170
0404 48107
01 274 4100
076 695 9090
01 2875832
01 287 7311
01 201 8500

059 6471111
01 201 8500
0404 46 231
01 281 8481
053 94 29306
0402 38 238



Support Groups for Family and Carers

Alzheimer Society of Ireland (ASI) Dementia Clinics

ASI Dementia Advisors work with people living with dementia, their families and carers to provide a highly responsive and individualised information and signposting service.

ASI Dementia Advisors provide a monthly clinic by appointment only on the first Tuesday of each month in Saint Joseph's Shankill.

For South Dublin contact

Jean Scanlon

Telephone 086 0454703

Email jscanlon@alzheimer.ie

For North Wicklow contact:

Áine Bennett

Telephone 085 801 9186

Email aine.bennett@alzheimer.ie

The Alzheimer Society of Ireland Family & Carer Support Group

When 2nd Monday of every month from 7pm - 9pm

Where Árus Lorcáin, Castlepark, Arklow

Contact 0404 29928 / 29 or 086 2722551 or

Email ciara.oreilly@alzheimer.ie

This is a free and confidential service open to family members and carers of people living with Dementia.

Wicklow Dementia Support Co Wicklow Support Group

When Second Wednesday of every month from 8pm - 9.30pm

Where Newtownmountkennedy Community Hall, Newtownmountkennedy

Contact 089 428 6928,

Email info@wicklowdementiasupport.org

Greystones Dementia Friends

(under the umbrella of Wicklow Dementia Support)

When One Friday each month (11.30am - 1pm) - call for details

Where Saint Patrick's Church Hall, Church Road, Rathdown Lower, Greystones, Co Wicklow

Contact 089 428 6928

Email info@wicklowdementiasupport.org



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

When Usually the last Monday of each month (but subject to change)
Where Oatlands College, Stillorgan, Co Dublin
Contact 01 236 5200 for details



Family Carers Ireland

When Last Thursday of each month, 11am - 12.30pm
Where Áras Chrónáin, Watery Lane, Clondalkin, Dublin 22
Contact 01 6705976 / 086 1726300

When Every last Wednesday of each month, 11am - 1pm
Where Little Bray Family Resource Centre, Ard Chualann, Fassaroe, Bray
Contact 01 6705976 / 086 1726300

When Last Thursday of each month
Where Newbridge Library, Athgarvan Road, Newbridge, Co Kildare
Contact 01 6705976 / 086 1726300



Social clubs for family and carers & people living with Dementia

The Alzheimer Society of Ireland Social Club (South Wicklow)

When Wednesdays 11am to 12pm
Where Arklow Bay Hotel, Sea Road, Arklow, Co Wicklow

The Social Club is a wonderful opportunity for people living with Dementia, their friends, family and carers to meet for a relaxed and informal coffee and a chat!

The Alzheimer Society of Ireland Social Club (North Wicklow)

When Fridays 11am to 12pm
Where Parkview Hotel, Newtown Mount Kennedy, Co Wicklow
Contact 0404 29928 / 29
Email asiwicklow@alzheimer.ie

This Volunteer-hosted Social Club is always delighted to welcome new faces! Feel free to pop by for coffee and a chat or for further information please.

Wicklow Alzheimer Café

When Last Thursday of every month 2.30-4pm
Where Glenview Hotel, Glen of the Downs, Co. Wicklow
Contact Carol de Wilde
Phone 01 211 5179
Email carol.dewilde@hse.ie

Musical Memories Choirs

When Thursday mornings: 11-12.30pm
Where Deansgrange Library, Clonkeen Drive, Deansgrange
Contact Derek Moylan (Co-ordinator).
Call 01 2850860 Deansgrange Library for more details:

Sweet Memories

When Tuesday afternoons: 2-3.30pm
Where Saint Joseph's Shankill, Crinken Lane, Co Dublin
When Saturday mornings: 11-12.30pm
Where St Raphaela's Convent, Upr Kilmacud Road, Stillorgan
Contact 086 041 8450 Mary Spain



Saint Joseph's Cinema Club

When One Sunday a month (commencing November 2019)

Where Saint Joseph's Shankill, Crincken, Co Dublin

Contact 01 282 3000 Please contact Saint Joseph's to make a booking.

This cinema club is for people living with dementia, their friends, family and carers to meet to enjoy a film together in a dementia-friendly cinema space.

Family Carers Ireland

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



Support and Signposting

Alzheimer 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

Understand Together is a public support, awareness and information campaign: www.understandtogether.ie

Citizens Information Centre (CIC) 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 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 and services 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

Safety in the Home

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.

Assistive Technology Memory Libraries

There are memory libraries and memory resource rooms which has assistive technology products on display around the country. They are run by the HSE. You can arrange a visit by contacting a library/resource room directly. The closest memory resource room is in:

St Columcille's Hospital Loughlinstown, Co Dublin

Contact Lisa O'Neill (Clerical Support)

Telephone 01 2115186 / 2115196



Thank you for attending today.

Make sure to keep in touch with the people you met on the course.
You can note their names and numbers below:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____



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