



Directory of Support Services for Family Carers in Dún Laoghaire- Rathdown/South Dublin Area



October 2010



What is a Family Carer?

A Carer is defined in the Census 2006 as someone who;

provides regular, unpaid personal help for a friend or family member with a long-term illness, health problem or disability (including problems which are due to old age).

The vast majority of respondents (98.3 per cent) in a report on full-time Carers in Ireland indicated that they were caring for a family member. However, the use of the term 'carer' has increased to such an extent, that it is often used to refer to a vast array of health care professionals. For these two reasons it is considered appropriate to use the term Family Carer to clearly differentiate the contribution of paid care workers or health care professionals from that of unpaid Family Carers.

It is difficult to pinpoint the exact number of Family Carers in the Republic of Ireland. The Central Statistics Office (CSO) 2009 Q3 Quarterly National Household Survey found that 8% of respondents (aged 15 and over) provide some level of unpaid care. Generalised to the estimated population at the time, they estimate that in the region of 274,000 people aged 15 and over are providing unpaid informal care.

For a recent and comprehensive overview on Family Caring in Ireland go to 'www.carealliance.ie', click on 'Carers Research/Publications', scroll down to 'Overview Reports', then click on 'Family Caring in Ireland - An Overview'.

(URL: <http://www.carealliance.ie/Family%20Caring%20in%20IrelandAugust2010>)

Who is this directory for?

This directory is targeted primarily at Health and Social Care professionals and others who have contact with Family Carers. It may also be of use to Family Carers. It is not intended to be an exhaustive list of health and social care services, but more an outline of specific supports that Family Carers may benefit from.

We have detailed later in this directory a large number of Voluntary/Charitable organisations who provide professional support to Family Carers living in the Dún Laoghaire-Rathdown/South Dublin Area. Specifically this directory attempts to capture support services available in the following 4 HSE Local Health Office Areas; Dún Laoghaire (1 on map), Dublin South East (2 on map), Dublin South City (3 on map), Dublin South West (4 on Map).

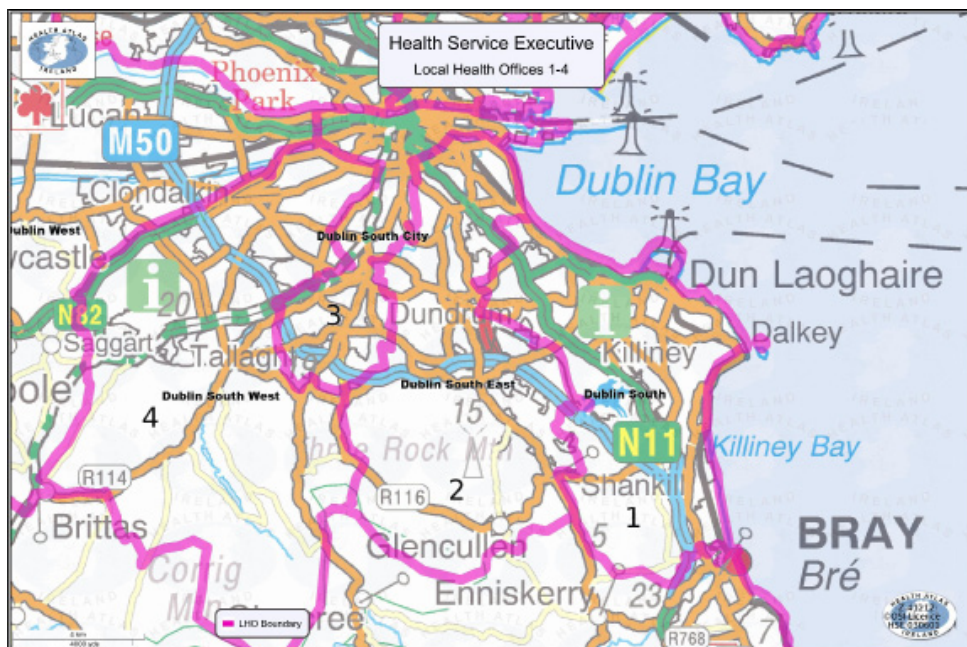
We have also outlined details of supports that may be available directly from the Health Service Executive (accessed through local Primary Care Teams and Public Health Nurses), although there are local variations in the extent of such supports available.

The state provides a range of services and supports for carers covering health services, income supports, taxation, employment, training and education, transport and housing. For a summary of these supports see www.carealliance.ie

This directory will be constantly updated – See (URL: www.carealliance.ie/publications.php) for latest version.

For an Information Pack produced by The Carers Association and specifically designed for Family Carers call 1800 24 07 24 (9am-5pm). To view/download this pack go to: www.carersireland.com and search Information Pack in the search bar.

Areas Covered



Dún Laoghaire (1) – covers:

Boooterstown, Blackrock, Monkstown, Dún Laoghaire, Stillorgan, Sallynoggin, Dalkey, Foxrock, Cabinteely, Killiney, Ballybrack, Loughlinstown, Shankill or Little Bray.

Dublin South East (2)- covers:

Sandymount, Ballsbridge, Donnybrook, Rathgar, Milltown, Dundrum, Ballinteer, Sandyford, Stepside and Kiltarnan.

Dublin South City (3) - covers:

Rathmines, Irishtown, Ringsend, Rathfarnham, Terenure, Dublin 8

Dublin South West (4) - covers: Tallaght, Crumlin, Kimmage, Templeogue, Drimnagh and Walkinstown.

For identification of a specific health centre near someone's home go to: www.hse.ie/eng/services/maps/

HSE Supports

Many Health Centres now have Primary Care Teams. Through these teams, Family Carers may be able to arrange the following services for the person they are caring for:

Home Help – support with general house work, meal preparation and other day to day tasks;

Home Care Support – a trained person to support caring for someone at home including support with bathing/showering the cared for person; Some practical advice on how to wash, bath and lift the person being cared for;

Day Centres – for the person cared for;

Out of Home Respite Care - (provided directly by the HSE or by other organisations)

A Primary Care Team (PCT) is a team of health professionals who work closely together to meet the needs of the people living in the community. They provide a single point of contact to the health system for the person. These professionals include: Community Nursing Service – Community Registered Nurse; GP and Practice Nurse; Occupational Therapist; Physiotherapist; Social Worker and Home Care staff; Home Help/support staff.

For a list of Health Centres and Primary Care Teams: go to www.hse.ie and then click on 'Find a health service', then 'Primary Care', then 'Health Centres' (URL:http://www.hse.ie/eng/services/Find_a_Service/Primary/Health_Centres/) or Call the HSE Info Line 1850 24 1850 (from 8am to 8pm, Monday to Saturday.)

For a list of services available in your local area, go to www.hse.ie and then click on 'Find a health service' and then click on 'Local Health Offices' and then click on your area. (Current URL ; http://www.hse.ie/eng/services/Find_a_Service/LHO/)

Training for Family Carers/ Overview of Services

There are a number of voluntary organisations providing information, advice and support for Family Carers in Ireland. Education and training contribute to easing the burden at home as well as establishing, maintaining and improving standards of care.

The HSE as well as voluntary agencies supported by the HSE can provide training for Family Carers; Voluntary agencies such as The Carers Association and The Alzheimer Society of Ireland provide national (including certified) training courses such as “Care in the Home” for Family Carers and cover practical caring skills such as feeding, washing, dressing and personal skills such as communication, stress management and coping skills. Other courses can include Caring for Children with Special Needs and First Aid

For an up to date list of courses specifically for Family Carers see: www.carealliance.ie/FamilyCarerTrainingAugust2010.pdf

Overview of Health and Social Care Services:

For an overview of Health and Social Services go to www.hse.ie and then click on ‘Find a health service’. (Current URL: http://www.hse.ie/eng/services/Find_a_Service/)

For an overview of supports for Carers provided by the HSE go to www.hse.ie then click on ‘Find a health Service’ then click on ‘Older Peoples Services’ then click on ‘Carers and Relatives’ then click on ‘Supports for Carers’
(Current URL : www.hse.ie/eng/services/Find_a_Service/Older_People_Services/Carers_and_Relatives/Support_for_Carers.html)

Financial Assistance/ Tips

Financial Assistance

Some Family Carers are eligible for a means tested Carers Allowance.

Family Carers also have the legal right to leave their paid job and return within 2 years to the same job, under the same terms and conditions under the Carers Leave Act. This entitles Family Carers to receive Carers Benefit, and is not means tested.

All full-time Family Carers are eligible for The Respite Care Grant of €1,700 paid annually in June.

For the most up to date details regarding income supports for Family Carers see

www.welfare.ie/EN/Pages/carers.aspx

Tips for Family Carers

The Carers Association have put together some useful short tips for Family Carers. These may be useful for those supporting Family Carers to consider. (See www.carersireland.com/nowyoureacarers.php)

The Carers Association

The Carers Association mission is: ‘ to provide Family Carers with emotional and practical supports; to promote the interest of Family Carers and those receiving care in the home through effective partnership, lobbying and advocacy, and to gain recognition and social justice for Carers’ invaluable contribution to Irish society’

For reasons ranging from old age and frailty, diagnosis of chronic illness, an accident, or living with a physical or developmental disability, over 274,000 people in Ireland give care at home every day to somebody they love. The care is often provided for 24 hours a day, 7 days a week.

Detail of supports available: Support Group Meetings in Dún Laoghaire, Bray, Rathgar. Information & Counselling, In-home Respite, Training and Social & Recreational Days

Location of Supports: Dún Laoghaire/ Ranelagh/ South County Dublin/ Wicklow - Specific Carer Support Centres are based in Bray, Ranelagh and Clondalkin.

- Bray - Contact: Andrea Wilson, 01 2761760 (Mon- Fri, 9am- 5pm) - carersbray@carersireland.com
- Ranelagh - Contact: Mary Fitzsimons, 01 2968088 (Mon- Fri, 9am- 5pm) - carersrathgar@carersireland.com
- Clondalkin (incl. Tallaght) - Contact: Cathy White, 01 4670795 (Mon- Fri, 9am- 5pm) - carersclondalkin@carersireland.com
- Website: www.carersireland.com



The Alzheimer Society of Ireland

The Alzheimer Society of Ireland is the leading dementia specific service provider in Ireland. The Society aims to advocate the rights and meet the needs of people with dementia and those who care for them.

Detail of supports available: Dementia specific support services in the region include a home care service, day care services, social clubs, an overnight respite service, an advocacy service and a helpline. The Society also has a carer information pack and a range of information for people living with dementia.

The Society runs a number of family carer support groups. The groups usually meet monthly and in the evening. The groups offer an opportunity to meet others and access information and practical advice in a welcoming and supportive environment.

Location of Supports:

- For a list of services contact The Alzheimer National Helpline on 1800 341 34, e-mail helpline@alzheimer.ie or log onto www.alzheimer.ie
- Phone Number: Free phone 1800 341 341 (Mon - Fri; 10am - 4pm)
- Address: The Alzheimer Society of Ireland, National Office, Temple Road, Blackrock, Co. Dublin
- E-mail: helpline@alzheimer.ie
- Website: www.alzheimer.ie



THE ALZHEIMER
SOCIETY *of* IRELAND

Acquired Brain Injury Ireland

Established in 2000, ABII (formerly the Peter Bradley Foundation) provides a range of flexible and tailor-made services for people with acquired brain injury (ABI), including assisted living, community services, day resource services, awareness information and education programmes.

Detail of supports available: Side by Side Day Resource family group. Current Family Carer training course will be followed by the establishment of a support group in the coming months.

Location of Supports: Northumberland Hall, Dún Laoghaire

- Contact: Miriam O' Brien (Regional Administrative Assistant)
- Postal Address: Northumberland Hall, 13 Northumberland Ave, Dún Laoghaire
- E-mail: eastnortheastadmin@abiireland.ie
- Website: www.abiireland.ie



Maximising Ability, Changing Lives

Down Syndrome Ireland

A National Organisation which provides information and support to both Family Carers and people with Down syndrome.

Detail of supports available: (National Office) Seminars, Conferences and information seminars. The National Resource Team provide support in the following areas; Counselling, Independence, Education and Health to both family members and people with Down syndrome.

Location of Supports: Phone based support as well as monthly Dublin Branch committee meeting in The Carmelite Centre, Aungier St., Dublin 2. The Dublin Branch run various activities both social and practical including:

Art and Drama Workshops, Summer Camp & Workshops, Parent & Toddler Group, Dance Classes, Dance & Drama, Cool Club, Christmas Social for parents.

Event calendar update available on Dublin Branch website:
www.dsdublin.ie

Dublin Branch Chairperson can be contacted on
chairperson@dsdublin.ie

- Contact Person: (National Office) Annette O'Neill
- Phone Number: 01 4266500 Direct line: 01 4266511 9:30am -5:00pm (Closed for lunch 1 – 2pm)
- Postal Address: Down Syndrome Ireland, Citylink Business Park, Old Naas Rd., Dublin 12
- E-mail : annette@downsyndrome.ie
- Website: www.downsyndrome.ie



Headway is a not-for-profit organisation. We provide free support and services to people with brain injuries and their family members. A brain injury can happen suddenly to anyone after an accident, a stroke, or an infection, for example. This can make big changes in the person's life, and in their family's life. We are here to help.

Detail of supports available: (1) Drop in to the Information Booth at the National Rehabilitation Hospital, Rochestown Ave, for information & support (phone 1890 200 278 to find out when we are there). Also (2) One-to-one counselling for family members, and (3) a Monthly Family Members Group in Stoneybatter.

Location of Supports: (1) Information Booth, National Rehabilitation Hospital, Rochestown Ave, Dún Laoghaire. (2 and 3) One-to-one counselling for family members and Monthly Family Members Group: Headway, Unit 1-3 Manor St Business Park, Shea's Lane, Manor St, Dublin 7.

- Contact Person: Ruth Lunnon, Information and Support Officer
- Phone Number: 01 810 2066 during office hours
- Postal Address: Headway, Unit 1-3 Manor St Business Park, Shea's Lane, Manor St, Dublin 7.
- E-mail : info@headway.ie
- Website: www.headway.ie
- Info and Support Line - 1890 200 278, Mon- Fri, 9-1pm, 2-5pm

HEADWAY

Bringing **positive change** in the lives of those affected by Acquired Brain Injury

Multiple Sclerosis Society of Ireland

MS Ireland offers professional services to people with MS, their families and carers.

Detail of supports available: Regular informal coffee mornings for Family Carers, an annual Christmas lunch and a Wellness Day promoting stress management and offering therapy treatments. Respite at the MS Care Centre, Bushy Park Road, Dublin 6. Annual residential weekend open to both the person with MS and the carer / family member. National telephone Information Line.

Location of Supports: The East Coast Area Regional Office covers South East Dublin and East Wicklow and regularly runs events specifically for carers / family members of people with MS throughout the region. The Regional Office maintains a database of carers/family members and always welcome new people to add to our contact list.

Two volunteer branches for all affected by MS meet in Rathfarnham and Greystones and provide opportunities to socialise, share experiences and avail of services.

- Contact Person: Jennifer Reilly, Regional Co-Ordinator; Geraldine Dunne, Regional Community Worker
- Phone Number: (01) 2871704 (Mon-Fri 9-5pm)
- Postal Address: MS Regional Office, Sunnyside House, Delgany, Co Wicklow
- E-mail: eca@ms-society.ie
- Website: www.ms-society.ie



St. Michael's House

St. Michael's House provides services to people with an intellectual disability (moderate, severe and profound) and their families. It covers areas both in north and south Dublin. The south Dublin region covers an approximate area from the south city centre to Goatstown on the east and Rathfarnham in the west of the city. The service supports our service users and their families, beginning with Early Services and continuing throughout the life span.

Detail of supports available: Supports vary depending on the service to which the person is attending or to which the person is linked. Examples of supports to families include parent information evenings, playgroups and focused groups for our Early Services. Schools information meetings and specific training inputs take place for our students with family involvement. Our adult service includes unit meetings for families to meet and get support.

Individual contact with families highlights the supports they require.

There are no regular support meetings for carers as supports provided tend to be based on addressing a highlighted need.

Location of Supports: varying

- Contact Person: Social Work Department
- Phone Number: 01 2990500 (Mon – Fri)
- Postal Address: Willowfield Park, Goatstown, Dublin 14
- E-mail: info@smh.ie
- Website: www.smh.ie



St. Michael's House

Irish Hospice Foundation

The Irish Hospice Foundation (IHF) is dedicated to building support for the hospice philosophy in all care settings, improving access to hospice services and working for the continuous development of high-quality care, including bereavement support.

Website www.carers.ie

This website has been developed to provide practical information and guidance for people who are caring for someone who has been diagnosed with a life-threatening illness and where there is a reasonable possibility that this person will die within six months either at home, hospital or other residential setting.

It is based as a web portal – directing individuals to range of existing supports and information, covering practicalities of caring, what to do as death approaches, information on specific life limiting diseases, aspects concerning legal, financial, and employment as well as coping with bereavement and loss.

Location of Supports:

Bereavement leaflets available on line and hard copy.
CARE website - on line.

- Contact Person: Marie Lynch (care website), Laura Rooney Ferris (librarian)
- Contact Phone Number: 01 679 3188 (9 – 5.30, Mon - Fri)
- Postal Address: 32 Morrison Chambers, Nassau St, Dublin 2
- E-mail : marie.lynch@hospice-foundation.ie ; Laura.RooneyFerris@hospice-foundation.ie
- Website: www.hospice-foundation.ie



Muscular Dystrophy Ireland

Muscular Dystrophy Ireland (MDI) aims to provide information and support to people with neuromuscular conditions and their families.

Detail of supports available:

1. Family Support Worker
2. Youth Respite Worker
3. Respite Services
4. Transport Services
5. Information Service

Location of Supports:

1. Family Support Worker – Julie Ann Coleman	Dublin
2. Youth Respite Worker – Karen Mooney	Dublin
3. Respite Coordinator - Kate Power	Dublin
4. Transport Services – Darren Lyons	Dublin
5. Information Officer - Karen Pickering	Dublin
6. Newsletter & Website Officer, Hubert McCormack	Dublin

- Contact Person: Elaine Finnan – Receptionist
- Phone Number: 01 8721501 (9am–1pm & 2pm–5pm ; Mon – Fri)
- Postal Address: MDI 71 /72 North Brunswick Street, Dublin 7.
- E-mail: info@mdi.ie
- Website: www.mdi.ie



Aware

Aware is a national organisation working to provide vital support and information to individuals and families affected by depression.

Detail of supports available: Support groups for individuals and also for relatives nationwide (and online from Nov 2010); loCall Helpline – 1890 303 302 - open 365 days a year (Mon-Wed 10am-10pm; Thurs-Sun 10am-1am); e-mail support service (wecanhelp@aware.ie). Both helpline and e-mail support service are available and widely used by relatives.

Location of Supports: Relatives groups meet at various locations including a group which meets in St Patrick's Hospital, James' Street, Dublin 8 on Wednesdays (other than the second Wed of each month) @ 7.30pm.

- Contact Person: no specific contact
- Phone Number: 1890 303 302 (opening times as above) for support or 01 661 7211 for general enquiries.
- Postal Address: 72 Lower Leeson Street, Dublin 2
- E-mail : General enquiries - info@aware.ie; Emotional support - wecanhelp@aware.ie
- Website: www.aware.ie



Huntington's Disease Association of Ireland

HDAI provide consultation, information and individualised support to those diagnosed with Huntington's disease (HD), their families and their health care team.

Detail of supports available:

Family support outreach officer. Support group. Information and advice. 24 hour telephone emergency service. Counselling and Psychotherapy.

Location of Supports: Dublin Support Group Meeting (City Centre)

- Contact Person: Liz O'Sullivan
- Phone Number: 1800393939 (Mon & Fri. 10.30am-5pm)
- Postal Address: Carmichael Centre; North Brunswick St; D7
- E-mail : hdai@indigo.ie
- Website: www.huntingtons.ie



Inclusion Ireland

The vision of Inclusion Ireland is that of people with an intellectual disability living and participating in the community with equal rights as citizens, to live the life of their choice to their fullest potential.

Detail of supports available: An information and advice service by phone, post and through its website; Publishes information leaflets/booklets; Provides an advocacy service

Location of Supports: National organisation, based in Dublin

- Contact Phone No: 01 8559891
- Postal Address: Unit C2, The Steelworks, Foley St, D1.
- E-mail: info@inclusionireland.ie
- Website: www.inclusionireland.ie

Office is open Monday to Friday, from 9am to 5pm



INCLUSION IRELAND

Shine is the national organisation dedicated to upholding the rights and addressing the needs of all those affected by mental illness, including but not exclusively, schizophrenia, schizoaffective disorder and bipolar disorder, and their families, through the promotion and provision of high quality services and working to ensure the continual enhancement of the quality of life and the people it serves.

Detail of supports available: Helpline support, One to one information sessions, family support groups, Family Education courses, Advocacy, Counselling, teaching seminar, conferences.

Location of Supports:Varies

- Contact Person: Susan Mc Feely
- Contact Phone Number: 086 8525221
- Postal Address: 38 Blessington St, Dublin 7.
- E-mail : smcfeely@shineonline.ie
- Website: www.shineonline.ie



Brí

BRÍ, The Acquired Brain Injury Advocacy Association. BRÍ is dedicated to supporting & advocating for all those affected by acquired brain injury. We hold monthly support groups around the country for people with brain injuries, family members and carers.

BRÍ is making policy submissions for government agencies and departments, particularly the HSE. BRÍ members have made presentations to Seanad and Dáil members.

Our goal is to influence national policy to improve quality of service for people with acquired brain injury. We recognise how important carers are and how they need just as much support as people with an acquired brain injury. Therefore we continue to help support these carers by providing Carers events around Ireland throughout the year.

Detail of supports available:

Support groups held monthly & Carers Events throughout the year around Ireland.

Location of Supports: Support Groups & Carers Events held around Ireland, please contact the BRÍ office for your nearest group or check out our website.

- Contact Person: BRÍ Head Office, 01 235 5501 (Mon-Fri, 9am-5pm)
- Postal Address: C/o National Rehabilitation Hospital, Rochestown Avenue, Dun Laoghaire, Co Dublin.
- E-mail : info@briireland.ie
- Website: www.briireland.ie



Spina Bifida Hydrocephalus Ireland

SBHI has over 3 000 members and has branches in all four provinces, as well as a professionally run National Resource Centre based in Clondalkin, Dublin 22

Detail of supports available:

Family Support Service:

The aim of the Family Support Service is to work with our members, their families and carers, by providing guidance and information in an environment which is conducive to their needs.

The Family Support Worker (FSW) will visit individuals and/or families in their own home, in hospital, in school or in the work place.

The role of the FSW is very diverse and is guided by the needs of our members, their families and carers. Our aim is to work with our members, their families and carers by providing guidance, advocacy, emotional and practical support.

Location of Supports: Please contact the National Resource Centre who will put you in touch with the FSW in your area.

- Contact: The National Resource Centre 01-4572329.
- Postal Address: Old Nangor Rd, Clondalkin, Dublin 22
- Website: www.sbhi.ie
- E-mail: cdarcy@sbhi.ie



SPINA BIFIDA
HYDROCEPHALUS
IRELAND

St. John of God Carmona Services

St John of God Carmona Services provides a range of day and residential services and supports for children and adults with a moderate, severe or profound intellectual disability in South Dublin. The catchment area is from Ringsend to Little Bray, comprising of the Health Service Executive Community Care Area 1 and part of Community Care Area 2.

Details of Supports Available : Family Carer Support commences when babies are referred to Carmona at birth and continues into adulthood. Supports provided consist of a range of services such as individual family counselling and practical support, parents, siblings and grandparents support groups, parent training and information meetings. Family members are provided with opportunities to meet together for mutual support and receive information and help on issues pertaining to their child/adult. Training is provided by the members of the multi disciplinary team.

Location of Supports: Carmona Services

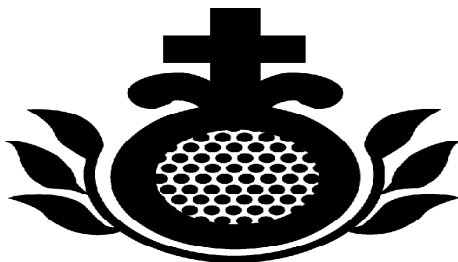
Contact Person: Social Work Department

Phone Number: 01 2852900 - Monday – Friday

Postal Address: Dunmore House, 111, Upper Glenageary Road, Dun Laoghaire, Co Dublin.


E-mail Address: ruth.robinson@sjog.ie

Website: www.carmona.ie









The compilation of this directory has been undertaken by Care Alliance Ireland and The Disability Federation of Ireland.

Care Alliance Ireland is the National Network of Voluntary Organisations supporting Family Carers. We help organisations support Family Carers by providing them with opportunities to work together through various projects including National Carers Week a Family Carer Research Group and joint policy submissions.

www.carealliance.ie

Disability Federation of Ireland (DFI) is the national support organisation and advocate for voluntary disability organisations in Ireland who provide services to people with disabilities and disabling conditions. DFI works to ensure that Irish society is fully inclusive of people with disabilities and disabling conditions so that they can exercise fully their civil, social and human rights.

www.disability-federation.ie

This publication is updated regularly and is available to download from the Care Alliance Ireland website – (URL: www.carealliance.ie/publications.php)

Should there be any inaccuracies or omissions in this directory please advise Care Alliance Ireland by e-mail: info@carealliance.ie

Disclaimer; This Directory is provided as an information guide for Health and Social Care professionals and others who have contact with Family Carers. The information provided in this directory is not to be seen as an endorsement of any particular service and/or organisation.



Citizens Information Board
information · advice · advocacy

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