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Successful Launch of Local Directory

On October 19th, as part of Social Inclusion Week 2010 in Dun Laoghaire Rathdown, a local Directory of Support Services for Family Carers in the Dun Laoghaire Rathdown/South Dublin Area was launched. Care Alliance were

particularly happy to be working with The Disability Federation of Ireland on this project. The directory is the culmination of a number of months work liaising with both the Health Service Executive and voluntary/not for profit organisations who support Family Carers in the Dun Laoghaire Rathdown and South Dublin area. The directory provides specific details of support available to Family

Carers, including income supports, home care supports, respite, carer support groups and other supports delivered directly by the HSE and by 16 voluntary/not for profit organisations. It also has relevant links to websites. Whilst the 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 themselves. We have endeavoured to make this directory accessible in terms of design

and presentation. We acknowledge the financial support provided by the Citizens Information Board in the design and printing of the directory.

A small numbers of hard copies are available on request from our office.



Marie Lynch, Irish Hospice Foundation (Director of Care Alliance), Avril Dooley, The Alzheimer Society of Ireland (Director of Care Alliance), Cllr. Lettie McCarthy, An Cathaoirleach, Dun Laoghaire Rathdown County Council, Liam O'Sullivan, Care Alliance Ireland. (Photo: Ken Finlay)

The directory is available to download at <http://www.carealliance.ie/publications.php>

Research & Resources



Central Statistics Office Ireland

CSO Research Points to major underestimation of Family Carer numbers

The first ever national Quarterly National Household Survey (QNHS) that included a caring module was published by the Central Statistics Office (CSO) in late July. The research suggests that in the region of 274,000 people aged 15 and over are providing care. This represents a 70% increase on the 161,000 figure that the Census 2006 recorded.

The survey asked the following question to 21,500 people;

Some people have extra responsibilities because they look after someone who has long-term physical or mental ill health or disability, or problems related to old age. May I just check, is there anyone living with you / not living with you who is sick, disabled or elderly whom you look after or give special help to, other than in a professional or paid capacity (for example, a sick or disabled (or elderly) relative/husband/wife/child/friend/parent etc?).

In summary, the 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.

The report finds that at least 21% of carers provide 57 or more hours of care per week; 50,000 who live with the person and 3,000 who do not.

Commenting on the report, Liam O'Sullivan of Care Alliance said "This report gives credence to the long held belief that the 2006 Census data does not accurately capture the extent of family care in Ireland. We now can legitimately argue that there are well over one quarter of a million Family Carers. To better understand this new data, we are undertaking a full analysis of this report and will publish a paper on this shortly."

See next page for some key findings of the report.

The report is available to view in full:

<http://www.carealliance.ie/pdfs/qnhscaringQ309a.pdf>

Quarterly National Household Survey (QNHS) Carers - Quarter 3 2009

Research & Resources

Key findings:

- Overall - 8% of adults said they provided unpaid help or assistance to someone, 10% of women and 6% of men.
- 13% of all adults surveyed aged 45-64 were carers.
- In each age group up to age 65 higher proportions of women than men were carers.
- 64% of carers were women.
- Nearly half (48%) of all carers were aged 45-64.
- A third of carers (32%) work full time.
- Four in ten carers were the sole carer for the person they looked after.
- Half of all carers cared for someone in the same household.
- Just under half (47%) of all carers spent more than 15 hours per week providing care and 21% spent more than 57 hours per week.
- Four in ten carers look after a parent or parent-in-law.
- A third of carers looking after someone in the same household have been caring for 10 years or more.
- A third of carers were caring for someone who needs care due to old age.
- Two thirds of carers reported that their own life had been impacted on by their caring responsibilities.
- 27% of carers scored 7 or more out of 10 on the Caregiver Strain Index.
- 38% of carers who looked after someone in the same household reported feeling completely overwhelmed by their caring responsibilities.

The report is available to view in full:
<http://www.carealliance.ie/pdfs/qnhscaringQ309a.pdf>

Census 2011 – Campaign

The next Census will take place on April 10th 2011. In response to carers organisation representations, the question on caring has been modified somewhat to ensure a more accurate capturing of the numbers of carers and the amount of care they provide as well as to aid in international comparisons.

Care Alliance together with The Carers Association and other non-governmental organisations have been meeting for the

past nine months in preparation for a major campaign aimed at an accurate counting of carers and their hours of caring. The campaign, working closely with the CSO, will gather momentum in early 2011.

For further information contact
 Frank Goodwin at
fpgoodwin@eircom.net

Opinion Piece

Opinion – Cutting Services or Wages

Budget 2011 will undoubtedly be the most severe experienced by our country since its foundation 88 years ago. Apportioning blame is of limited use in deciding how best to manage our country out of this situation.

Since 2009, public sector employees have taken a hit with pay reductions and pension levies. Notwithstanding these reductions, we still have amongst the best, if not the best paid health care professionals in the world. Salary increments, privilege days, guaranteed defined benefit pensions, job security and strong unions to advocate for them are all significant benefits.

Whilst a little simplistic, for many, particularly those working in the private sector, the question is do we cut services or do we cut wages? This is not an argument for a race to the bottom for health and social care wages, merely an argument that as 450,000 people remain unemployed and our debt levels become unsustainable, maybe our 'vulnerable clients' are best served by a higher priority on protecting services at the expense of protecting comparatively high wages. Croke Park revisited?

Another area of debate is the criteria for which funding for Non-Governmental Organisations (NGO's) is determined, particularly in times of cut-backs. Should the sector now accept across the board percentage cuts or is there a way that more thorough appraisal of services delivered can be used to inform a more efficient resource allocation model? Why don't the HSE and other funders explicitly reward high performing cost effective organisations with enhanced funding and at the same time reduce or indeed remove funding from organisations who are not delivering top quality services? If we are being true to our mission, with the needs of Family Carers and those they support being at the centre, then maybe we should accept a more radical way of resource allocation.

Whatever happens, Ireland will continue to have a resource comprising of an estimated 274,000 committed Family Carers, who provide care for their relatives and friends day in day out, without the many protections afforded to our well remunerated health and social care professionals. Let's keep Family Carers and those they support at the centre of our decision making.

Media Coverage of Family Carers

- **Real heroes at carer awards**
<http://www.irishexaminer.com/ireland/real-heroes-at-carer-awards-136064.html>
- **Awards celebrate vital work of carers**
<http://www.irishtimes.com/newspaperireland/2010/1111/1224283093029.html>
- **Budget 'as fair as possible'**
<http://www.irishtimes.com/newspaper/breaking/2010/1111/breaking9.html>
- **Invaluable insights into daily pressures of carers ignored**
<http://www.independent.ie/health/latest-news/invaluable-insights-into-daily-pressures-of-carers-ignored-2373701.html>
- **Refused carers allowance over habitual residence condition**
<http://www.irishtimes.com/newspaper/ireland/2010/1028/1224282143695.html>
- **Carers appeal over upcoming budget**
<http://www.irishtimes.com/newspaper/breaking/2010/1013/breaking25.html>
- **Number needing help up one-third**
<http://www.irishtimes.com/newspaper/ireland/2010/1008/1224280635671.html>
- **Government is helping carers**
<http://www.irishexaminer.com/opinion/letters/government-is-helping-carers-126716.html>
- **Government 'unprepared' for increase in dementia cases**
<http://www.irishtimes.com/newspaper/health/2010/0921/1224279354479.html>
- **Charity says unregulated home help is putting elderly at risk**
<http://www.irishtimes.com/newspaper/ireland/2010/0821/1224277319022.html>

Research & Resources

Family Carer Research Group

At our last meeting in September, a CSO official gave a presentation on the findings of the Quarterly National Household Survey Caring Module completed in Q3 2009 and published in June 2010.

Updates on research proposals as well as on current research on post-caring, and end of life/dementia care were discussed. In addition, Clare Duffy from The Carers Association gave an update on the work of the Single Assessment Tool Working Group.

The next meeting of the group is taking place on November 30th. The meeting will, among other things, look at proposed research on the relationship between Family Carers, Primary Care Teams and GPs.

As ever all with an interest are welcome to attend.

E-mail ndo@carealliance.ie

Study finds 18,000 experience abuse after turning 65

MORE THAN 18,000 older people have experienced some form of abuse or neglect since they turned 65, the first Irish study on the prevalence of elder abuse has indicated.

The findings of the *National Study of Elder Abuse and Neglect* found that over 10,000 people aged over 65 had experienced some form of abuse or neglect in the past 12 months, with adult children the most likely perpetrators.

The study, carried out by the UCD-based National Centre for the Protection of Older People, interviewed 2,021 people over 65.

It then extrapolated the percentage of older people who had experienced abuse to the general population.

For the full report see:

<http://www.ncpop.ie/index.php?uniqueID=10081>

Does it matter where cancer patients die? Study says yes

In many cases, where cancer patients die may be as important as when they die, at least when it comes to alleviating suffering in patients and the loved ones they leave behind, a new study suggests.

Cancer patients who died in a hospital or intensive care unit suffered more physical and emotional distress than those who died at home with hospice services, according to a study of nearly 700 people in today's *Journal of Clinical Oncology*.

To read the full article please click on the link below:

[http://www.usatoday.com/yourlife/health/medical/cancer/2010-09-11-grief14_st_N.htm?
POE=click-refer](http://www.usatoday.com/yourlife/health/medical/cancer/2010-09-11-grief14_st_N.htm?POE=click-refer)

National Standards for Safer Better Healthcare Consultation

To date, HIQA's consultation on the draft National Standards for Safer Better Healthcare has received submissions from a wide variety of interested parties including people who use services, their families and carers, and service providers.

All submissions are being considered and

reviewed and HIQA will then finalise the standards. A statement of outcomes from the consultation, including a summary of submissions, will be published on their website. The final standards will be presented to the HIQA Board for their approval and then submitted to the Minister for Health and Children.

For further information please click on link below:

http://www.hiqa.ie/safer_better_healthcare.asp



Male Carers Support Group

Crosscare Carer Support Programme in collaboration with Andrew Murphy, a second year Social Work Student from Trinity College, have set up a Male Carers Group. This was in response to one recommendation from the research published by Care Alliance into the Health and Well-being of Family Carers.

The following is a summary of Andrew's report on the evaluation of the project. He found a lack of studies on male carers and background research raised a number of interesting issues relating to the male caring role in relation to:

- their health and well-being, the challenges
- of moving into the caring role,
- the taboo around carrying out personal caring activities
- the need to meet other men in similar situations.

Findings from the report included one participant noting an improvement in his physical and mental health since attending the group and another found that he was able to prioritise time for himself. They spoke about the loss of social contacts as a consequence of their caring role and of feeling patronised when people said they were great for taking on the role.

The report concluded that while caring activities may be the same for Male and female Carers, the experience of caring is different for each. Further research from the male Carers' perspective might focus on what support means for male Carers and how support services could be developed from this insight.

Ann Stokes, School of Nursing and Midwifery, TCD will be undertaking a research study as part of her PhD exploring the experiences of men providing care to a loved one or close relative in chronic illness.

Should you require further information, please feel free to e-mail her at: astokes@tcd.ie

Family Carer Training Providers Meet Up

Family Carer Training providers from around the country met up in Dublin in September to share good practice and ideas. The meeting was facilitated by Care Alliance Ireland as part of our commitment to facilitating collaboration within the sector.

Key issues raised included:

- The importance of having management involvement and support for the programme
- The importance of allowing sufficient time for breaks and for support after the training had finished
- There was some evidence that the training generated a demand for other supports, which organisations felt they could generally deliver on
- The training generally required more input than was originally envisaged. This included a lot of input into recruitment and retention.

- Some providers put together a resource pack for Family Carers.
- It was felt that the current funding will not be recurring and will require a co-ordinated attempt to secure further funding.
- Care Alliance will co-ordinate a report on the entire programme.

The group will meet up again next year.



From left; Samantha Taylor (Alzheimer Society of Ireland), Una Kinnane (Acquired Brain Injury Ireland), Noreen Eustace (RCCN), Liam O'Sullivan (Care Alliance Ireland), Carol Rogan (Acquired Brain Injury Ireland), Martina Coombes (Open University/ CrossCare), Nora Kirrane (Crosscare), Ann Mescal (Alzheimer Society of Ireland), Joan O'Donnell (Disability Federation of Ireland)

Congratulations to Carer of the Year Awardees 2010



From left: Mary Kennedy, Anne McGrath, Carer of the Year, Minister Aine Brady, Marty Whelan



From left: Carolyn Akintola, Dublin Carer of the Year, pictured with her mother Elsie and Cathy White, Clondalkin Carers Association Manager.

INTERNATIONAL NEWS

France Celebrates Inaugural Carers Day

October 6th was the first national Caregivers' Day in France. There were specific recognition celebrations at 45 sites around the country, speeches by four national ministers and a speech from President Sarkozy. On the very easy-to-use website, you will also see short video clips of people thanking the Family Carers in their families. We in

Care Alliance Ireland, as lead organisers in Ireland's National Carer's Week, are delighted to see such an event in France.

<http://www.journeesaidants.fr/>



The Carers Association has recently been awarded €18,000 to facilitate their participation in Grundtvig Partnership's Lifelong Learning Programme. The project, which is administered in Ireland by Léargas, involves nine other EU organisations, and aims to assist Family Carers to identify, assess and articulate their own support needs with the aim of informing the development of appropriate tools to meet these needs.

The project will run until 2012 and will involve the establishment of a national Working Group of staff and Carers

Grundtvig Partnership Lifelong Learning Programme

that will manage and drive the initiative. During the two years, Carers and staff will attend project meetings in various host countries. The first of these meetings took place in Castellón de la Plana, Spain on November 1st - 3rd. The next meeting of the Partnership is scheduled to take place in Brussels in March 2011.

For further information please contact Clare Duffy in the Carers Association who is managing this project.

Tel: (057)9370215 / e-mail:
cduffy@carersireland.com

Update on the “Life After Care” Grundtvig Project



life after care

Care Alliance Ireland is committed to constantly reviewing, researching and disseminating good practices in Carer support. After identifying the gaps in our knowledge about the needs of people whose caring has ended, we have partnered with four other carer organisations in Europe to address this issue. Funding for this project has been secured through The EU Grundtvig programme.

The other partners in the project are Carers UK (UK), The Athens Alzheimer Association (Greece), Sofia Società Co-operative (Italy), and Arco (Italy).

The deliverables from the project include:

- Project website (up and running since early 2010. www.lifeaftercare.eu)
- Primary research from each partner (completed - available on the project website. Some of the research findings were presented at the International Alzheimer's Conference in Luxembourg)
- Overview of research on Caring and Post-Caring (completed – available on the project website)
- Handbook for former carers (ongoing – planned completion early 2011)
- Final report on the project (2011)
- Dissemination of material (Project leaflets available since mid 2010. Also available on the project website)



Several international meetings have taken place as well as teleconferences. Four former carers involved in the primary research (focus group) that we undertook in February were invited to London in May. At it they met other former carers and shared experiences about life after care. These groups of former carers, together with others, will be guiding the project partners in how best to put together a booklet for such former carers across Europe. The most recent meeting took place in Dublin in October. At it a group of six former carers from Ireland each spoke about their caring experiences and specifically how they got involved in various voluntary activities, including setting up carers organisations .



Life After Care partners from Italy attending project meeting in Dublin

MEMBER PROFILE



Bloomfield Care Centre is a not for profit organisation and registered charity. It was founded by the Religious Society of Friends (Quakers) in Donnybrook in 1812.

Bloomfield provides residential services for older people with serious and enduring mental health difficulties, people who live with dementia and other physical care needs.

Our main objective is *“To provide person centred tender quality care to frail, elderly, and those with dementia and related conditions, and to foster research and training in an environment of excellence.”*

In keeping with this philosophy, Bloomfield provides a range of separate services, including mental health care and nursing home care. Bloomfield now has a total capacity of 148 beds of which 112 are registered as Approved Centre beds under the Mental Health Acts and 36 are registered as Nursing Home beds under the Health Acts. We currently have 115 residents on an extended care basis.

Bloomfield’s objective is to provide dignified care for older persons, in the most appropriate and inclusive setting for their own particular needs during later life, whilst maintaining and promoting independence as far as possible. To maximise quality of life for residents, we engage in both centre-based and community activities, so that the central role of

family and friends is maintained and encouraged and that our residents remain included in the life of their local community.

We have a multi-disciplinary team approach that provides for the needs of our residents. Our team is equipped with skilled care assistants, nursing staff, occupational therapy, activity therapy, physiotherapy, psychiatrist, general practitioners and a wide team of ancillary staff, volunteers and family members who all make Bloomfield a welcome place to live your life. We interact daily with families who continue to care for their family member whilst they live in Bloomfield, and their visits provide both their relative, and the whole centre with a sense of connectedness.

Bloomfield’s strategic aim is to be the region’s Centre of Learning in Dementia Care, and we have developed links with Trinity College Dublin to include student placements, and the Tallaght/St. Loman’s HSE Mental Health Services.

We have further identified a need for day and respite services for the local community and are working collaboratively with our partners in the community and health service to establish this service.

For more information on Bloomfield, please visit our website on www.bloomfield.ie



Care Alliance Ireland

*The National Network of Voluntary Organisations for
Family Carers*

Care Alliance Ireland is the National Network of Voluntary Organisations supporting Family Carers.

Our vision is that the role of Family Carers is fully recognised and valued by society in Ireland.

We exist to enhance the quality of life for Family Carers. We will achieve this by supporting organisations in their work with Family Carers through the provision of information, research, the sharing of resources and opportunities for collaboration.

Care Alliance Ireland was established in 1995 and our membership currently includes over 70 voluntary organisations concerned with the needs of Family Carers.

To find about more about Care Alliance, please visit our website www.carealliance.ie

or contact us by at:

Tel: (01) 8747776 E-mail: info@carealliance.ie

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Newsletter links

[The Carers Association Newsletter](#)

[Headway Newsletter](#)

[Inclusion Ireland Newsletter](#)

[Acquired Brain Injury Ireland Newsletter](#)

[Alzheimer Society Newsletter](#)

[Brí -The Acquired Brain Injury Advocacy Association](#)

[Caring for Carers Limerick Blog](#)

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