

Care Alliance Ireland Exchange

Autumn 2012 Issue 38

Publication of National Carers' Strategy

July 19th 2012, marked the publication of the first ever National Carers' Strategy by the government. Care Alliance Ireland considers this a significant milestone in advocacy for and in recognition of Family Carers in Ireland.



The vision statement says:

'Carers will be recognised and respected as key care partners. They will be supported to maintain their own health and well-being and to care with confidence. They will be empowered to participate as fully as possible in economic and social life.'

For further details of the Strategy go to pages 2-3.

In this issue

National Carers' Strategy	2
Member News	4
National News	10
Dates for your Diaries	15
Resources	16
Caring in the News	17
Research & Practice	18
International News	19
About Us	20

Pictured left:
An Taoiseach Enda Kenny,
with Minister Kathleen
Lynch, Liam O'Sullivan
and Kevin O'Boyle (Care
Alliance), Frank Goodwin
(The Carers Association)
and Eilish Smith (Caring for
Carers) at the Publication
of the first National Carers'
Strategy in Government
Buildings, Thursday July
19th 2012.

National Carers' Strategy

The Strategy identifies three principles, namely; recognition, support and empowerment, and also sets out high level goals and objectives.

The 4 national goals are to:

- Recognise the value and contribution of carers and promote their inclusion in decisions relating to the person that they are caring for
- Support carers to manage their physical, mental and emotional health and well-being
- Support carers to care with confidence through the provision of adequate information, training, services and supports
- Empower carers to participate as fully as possible in economic and social life

We, alongside other carer organisations, have welcomed the publication of this strategy. Carers organisations worked closely in reviewing drafts of this strategy earlier in the year and can report that many of our key suggestions were taken on board in the final report. Thank you to our other member organisations for their input into this process.

Whilst we believe that it is weak in some areas, noticeably it offers no guarantee to fully protect current income supports, or no firm commitment to the right to carer assessments, the Strategy does set out a future roadmap for better recognition and supports for Family Carers into the future. Importantly, it outlines which department is responsible for implementing each action and over what timeframe.

We in Care Alliance Ireland are currently reviewing each commitment given in the Strategy and intend to put together our own review and monitoring process, to ensure maximum impact into the future.

The report is available from our website:
[www.carealliance.ie/userfiles/file/national_carers_strategy\(1\).pdf](http://www.carealliance.ie/userfiles/file/national_carers_strategy(1).pdf)

Also available from our website's homepage are photos, the minister's speech and interview with the media, An Taoiseach's speech, and his signature on the Vision section of the Strategy.



Eilish Smith (Caring for Carers), Frank Goodwin (The Carers Association), Senator Susan O'Keeffe, Liam O'Sullivan (Care Alliance Ireland), Minister Kathleen Lynch and Sheila McEvilly (The Carers Association).

'Guiding support for family carers'

Launch of the National Carers' Strategy



An Taoiseach Enda Kenny,
Minister Kathleen Lynch, An
Tánaiste Eamon Gilmore

Sinead Quill, Geraldine
Fitzpatrick (Assistant
Secretary), Minister Lynch,
An Taoiseach Enda Kenny,
Joanne Clarke (Office for
Older People, Department of
Health), An Tánaiste Eamon
Gilmore.



An Taoiseach Enda Kenny,
speaking at the launch of the
National Carers' Strategy.

Member News

Irish Hospice Foundation

Seminar for Carers - Working with families facing death and bereavement: Addressing the needs of carers employed by care organisations

Providing timely support and information is vital to ensure that family carers can feel competent and confident, as they share in the illness experience of the person they are caring for and undertake vital care tasks to support the person on a day to day basis. This support and information becomes particularly significant as the person they are caring for approaches the last phase of their life. In response to this the Irish Hospice Foundation held a workshop in May 2012 entitled:



Working with families facing death and bereavement: Addressing the needs of carers employed by care organisations

Nineteen participants attended the workshop, and they represented disease specific and carers' organisations, those providing residential care and private home care agencies. The workshop sought to build confidence for the participants in working with families and healthcare staff involved in delivering care at end of life. It also aimed to help participants to explore their own experiences and views of dying, death and bereavement, touching on multicultural experiences of the carer themselves. The workshop facilitators – Amanda Savrou (Senior Medical Social Worker from Marymount Hospice Cork) and Elizabeth Coogan (Psychosocial/Bereavement Care Co-ordinator Palliative Care Drogheda), used interactive and experiential learning techniques during the workshop session to maximise the learning experiences of the participants. The feedback from the participants was very positive, and they suggested that there should be more training available on this topic.

For more information on further workshops in this area please contact iris.murray@hospice-foundation.ie

Member News

The Carers Association

Carer Support Group

Coffee Morning for Family Carers in Dublin 15

Interesting relevant speakers

Peer support

Meeting second Thursday of every month

First meeting: 13th September

At the Blanchardstown Library

The Blanchardstown Civic Centre

Blanchardstown Centre

Time: 10.30am – 12.00pm

For more information, contact: 01 811 9555



25 Years of The Carers Association

The Carers Association is celebrating 25 years since its foundation. The President of Ireland invited a group of over 100 carers to visit him at his home in June in the Phoenix Park in Dublin to mark the occasion.

To see the President's remarks at the launch see:

<http://www.president.ie/speeches/remarks-at-a-reception-for-carers/>



President Higgins and wife Sabina receiving special presentation from Frank Goodwin and Sheilah Kinsella from The Carers Association.

Member News

Co Roscommon Disability Support Group



Co Roscommon Disability Support Group also known as RSG, Derrane, Co Roscommon is one of 24 organisations nationally who have been awarded the tender to provide Home Care Services under the HSE Enhanced Home Care Package Scheme.

RSG, founded in 1989, is a HSE preferred provider and has a proven track record in delivering HSE funded care services to people with disabilities and older people. These services are provided in the community, workplace and socially in Co Roscommon. RSG expects within the next few months to create 20 jobs for care workers who are FETAC level 5 qualified or in the process of completing a FETAC Level 5 qualification. Fetac training takes place on an ongoing in the adjoining FETAC accredited Flexible Learning College. A broad range of courses and training is available at the college. In 2010 they set up RSG 24/7 Care providing a professional 24 hour care service countywide and in surrounding areas. They have a range of other services available, specifically chiropody, counselling, computer training to people of mixed abilities.

See www.rosdisabilities.ie



(Above) Staff with tutor receiving their FETAC awards in Care Skills from RSG Flexible Learning College.

(Below) RSG staff training.



Member News

Acquired Brain Injury Ireland - Brain Aware Training Programme

- Do you have a family member who has a brain injury?
- Would you like to develop your skills and knowledge to help you in your caring role?
- Would you like to learn in an environment with other family members?
- If so, you will be interested in a training programme being run by Acquired Brain Injury Ireland



Commencing on Wednesday 10th October for 6 weeks 9.30 am – 1.00pm.

Venue: Seven Oaks Hotel, Carlow

For more detail and to book your place please contact: Training Project Co-ordinator at (01) 2804 164 Ext. 207

Email: info@abiireland.ie

Topics

- Introduction to Acquired Brain Injury
- ABI and the Family - How Families Cope with Acquired Brain Injury
- Meaningful Every Day Routines and Achieving a Meaningful Life
- Health Promotion and Wellbeing of Carers
- Emotional and Behavioural Changes Following Brain Injury
- Communication and the Challenges after Brain Injury
- Attention and Memory Difficulties following Brain Injury

www.abiireland.ie

Member News

Brain Injury Information Day

Brí will be holding a brain injury information day in Waterford for people with brain injury, family members, carers, health professionals and the general public on:

Wednesday, 19th September 2012, 9:30am—5:00pm
Woodlands Hotel, Dunmore Road, County Waterford

Topics at this event include:

- Behaviour and rehabilitation
- Anatomy of the brain
- Communication

This is a free event, lunch is provided. You must register to attend this event.

To register or for further details, please contact:

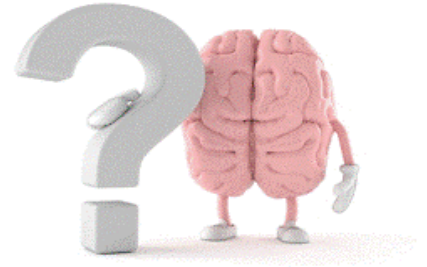
Brí, Independent brain injury support & advocacy

Tel: 01 235 5501

Email: info@briireland.ie

Or contact Catherine on 087 768 4431

catherine.aspel@briireland.ie



World Alzheimer's Day - Free Awareness Evening

World Alzheimer's Day is on the 21st September 2012. To mark this, The Alzheimer Society of Ireland is holding a free Awareness Evening on Wednesday 19th September 2012 in the Davenport Hotel, Dublin 2 from 7pm for all members of the public. Medical and legal professionals will offer advice on the night as well as information from The Alzheimer Society of Ireland on living with dementia.

For more information, email info@alzheimer.ie or telephone 01 207 3800.



Member News

Irish Heart Foundation Stroke Awards 2012

Nominations are now open!

Do you know someone who has gone above and beyond the call of duty in caring for someone affected by stroke? Or, has a member of your community shown exceptional courage after surviving a stroke?

The Stroke Awards recognise the unfailing commitment of the families and carers who work tirelessly to help stroke survivors rebuild their lives. They are also an opportunity to celebrate the incredible courage and determination of those affected by stroke.

Winners will be chosen from each of the following categories:

- Carer's Award
- Adult Bravery Awards
- Young People's Bravery Awards
- Boehringer Ingelheim Stroke Champion Award

The adjudication panel will be comprised of members of the Irish Heart Foundation Council on Stroke.

Nominate online today at:

<http://www.stroke.ie/iopen24/forms.php?flD=87>

Or, contact Emma-Jane Morrissey at (01) 6685001 to request a copy of the nomination form by post.

The closing date for nominations is September 21st 2012.



Carer's Award winner 2011, Mai Browne, with Jim Bartley and her daughter Louise.

National News

Care Alliance welcomes new Chairperson

Following the 2012 AGM in May Kevin O'Boyle, was elected as the new Chairperson of Care Alliance Ireland. Kevin, who joined the board in 2011, comes with a wealth of experience, being a chartered accountant by profession. He has set up a number of successful businesses and acts as a business coach and mentor. Kevin is also a director of NCBI.

Speaking on his election, Kevin said;

'I am delighted to take on this role and look forward to supporting the staff and the board into the future. With the publication of the first ever National Carers' Strategy, this is an exciting yet challenging time for the sector'.

Care Alliance is grateful to the contribution made by the outgoing Chair, Colum Conway, who served in this position for the previous three years. Colum will continue to serve on the board as a director.



Young Carers Seminar

Seminar & Information Exchange on Supporting Young People with Caring Responsibilities - Current Practice, Future Direction

Morning Seminar – Tuesday September 25th

Facilitated by Care Alliance Ireland, CROSSCARE (Carer Support) and The Carers Association.

Location: The Richmond Room, The Carmichael Centre, North Brunswick Street, D7.

For directions to the venue see www.carmichaelcentre.ie

Time : 9:30am-1pm - followed by lunch

For more details, and to register:
www.carealliance.ie/publications_youngcarers

National News

Value for Money Review of Disability Services Published

The long awaited report has been published.

www.dohc.ie/publications/VFM_Disability_Services_Programme_2012.html

To read some informed responses to the review see:

- www.disability-federation.ie/index.php?uniqueID=10567
- www.fedvol.ie/Statements_and_Press_Releases/Default.1788.html
- www.inclusionireland.ie

Joint Boardmatch/Care Alliance Governance Code Seminar

Following on from the launch of the Governance Code for Community, Voluntary and Charity organisations in June, Care Alliance in partnership with Boardmatch Ireland will be presenting a seminar on Corporate Governance on Tuesday 23rd October. It will take place from 3.30pm- 5.30pm in Arthur Cox's Offices, Earlsfort Terrace, Dublin 2.

Topics on the day will be wide-ranging and will include:

- the role, expectations and liabilities of voluntary directors,
- governance and management,
- board recruitment and stakeholder management
- and of course the new Governance Code www.governancecode.ie

There will also be a Q&A discussion at the end of the session.

As the only national charity that specialises solely in corporate governance for the sector, Boardmatch played a key role in the development of the Governance Code as one of the eight members of the Working Group. This seminar will be led by Chris White, CEO of Boardmatch.
www.boardmatchireland.ie

As we in Care Alliance place a high value on good governance and see it as a key aspect in influencing long term high performance of organisations, this seminar will be of great relevance and importance to our member organisations.

Booking by Monday October 8th to ndo@carealliance.ie

National News

Review of Domiciliary Care Allowance - Terms of Reference Published

We welcome the review of this scheme and note the terms of reference have now been published and that invitations for submissions have been made. We shall be monitoring progress closely and offer any support we can to those directly involved in this review.

Terms of Reference

1. Examine and report on the policy objectives and legal provisions underpinning the DCA scheme;
2. Review the current administrative, medical assessment and appeals processes underpinning the scheme, including an examination of the duration of review periods for the scheme based on the medical condition of the children involved and taking account of other priority demands on the medical resources of the Department;
3. Review the Medical Guidelines and the Report of Expert Medical Group having regard to the 3 years operational experience since they were introduced;
4. Liaise with the Advisory Group on Tax and Welfare in the context of their review of DA/DCA issues and incorporate any relevant findings into the administrative arrangements for the DCA scheme;
5. In light of the foregoing, consider whether any legislative changes are required in relation to the scheme and whether the current administrative, medical assessment and appeals processes need further refinement to meet the overall policy objectives of the scheme; and
6. Make recommendations to the Minister for Social Protection by end December 2012 on the basis of these findings.

As part of the review, a consultation process with parents and representative groups will be held.

Composition of the Review Group

The group will be chaired by Ms Sylva Langford, and comprise representatives from the Department of Social Protection, other relevant Departments/public bodies, experts with relevant experience in the area and parent/advocacy group representatives.

Downs Syndrome Ireland, Inclusion Ireland, Irish Autism Action, the Special Needs Parents Association, the Carers Association and the Midlands Regional Forum of People with Disabilities are the organisations invited to represent the issues to the review group.

The review group is now taking submissions until the 28th September 2012. The relevant template for submissions can be found on the website :

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

Source :

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

National News

Census Figures Show Increase in Carers

The recently published figures from the 2011 Census show that 183,000 people aged 15 and over reported providing care. This represents a 14% increase on the 2006 figures,

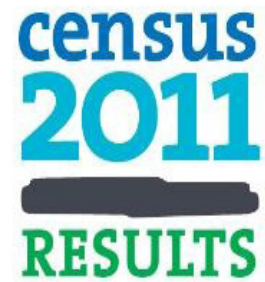
The question was asked of children aged 14 and under as well as adults, and secondly respondents were asked to write in the number of hours spent caring rather than select from set categories. The results show that for those aged 15 or over the total number of carers increased by 21,967 from 160,917 to 182,884. In addition there were 4,228 carers under the age of 15 bringing the total number of carers to 187,112, or 4.1 per cent of the population.

While female carers continued to outnumber male carers (114,113 and 72,999 respectively) the number of male carers showed the larger increase rising, by 20 per cent since 2006.

The full data set will be released on November 1st.

For further details see:

www.cso.ie/en/census/census2011reports/



Carers Week 2012

Now in its sixth year, National Carers Week was a resounding success. Partners have undertaken a review of the week and we look forward to an even bigger and better week next year. Significant sponsorship has been secured for 2013 which will enable the week to have a greater reach and impact.

A separate Carers Week 2012 Newsletter - is available to download at www.carersweek.ie

Images from Carers Week 2012 can be found on the following page.



National News

Carers Week 2012 Pictures



Ruth Cahill (Maynooth), with Sam and Amanda Norrris (Finglas), Joint Young Carers of the Year 2012 at the National Gallery tour as part of National Carers Week 2012.

Cillian O'Sullivan and Fergus O'Flynn, from Stillorgan, with Nuala Carey at the photoshoot for the 6th National Carers Week 2012.



Katie Murphy from Scoil Mhuire na nGael, Dundalk, Co. Louth, winner of Schools Competition, with her family and the Lord Mayor of Dublin, Cllr. Andrew Montague.



Dates for your Diaries

September to December 2012

28 September to 6 October

Positive Ageing Week

For details, log-on to: www.ageaction.ie/about-positive-ageing-week



1 October

Third Age National Conference - 'An older wisdom, a younger vision – Europe's recovery through intergenerational solidarity'

Venue: Croke Park Conference Centre, Dublin 1

Time: 9.30am - 4.30pm

For further details and to register please log-on to:

www.thirdageireland.ie/news/274/third-age-conference-international-day-of-older-persons.html



10 October

NDA Conference 2012 - Achieving Inclusive Communities

Venue: Croke Park Conference Centre, Dublin 1

Time: 9.00am - 4.30pm

For more information and to book, please log-on to:

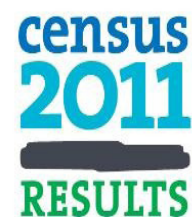
www.nda.ie



1 November

Full Carer Census data to be published by the CSO.

For full details, see www.cso.ie/en/census/census2011reports/



5 & 6 December

Disability Federation of Ireland

How to demonstrate outcomes - 2 day seminar

Venue: DFI, Fumbally Lane, Dublin 8

For more information, see:

www.disability-federation.ie/index.php?uniqueID=10570

or email Eleanor Reece on eleanorreece@disability-federation.ie



Resources

Caring from Afar

Providing care for an elderly parent or ageing relative takes a lot of love, patience and compassion. Having many miles between you and your loved one creates a whole new list of complications and stressful situations may arise. This seminar will focus on strategies for identifying when help is needed, what you can do from afar, how to involve other family members, what resources are available, and discussions of other legal and financial matters involved in caring for an ageing relative.

See www.videocast.nih.gov/Summary.asp?File=17280

12 Steps in Caregiving

1. Although I cannot control the disease process, I need to remember I can control many aspects of how it affects my relative.
2. I need to take care of myself so that I can continue doing the things that are most important.
3. I need to simplify my lifestyle so that my time and energy are available for things that are really important at this time.
4. I need to cultivate the gift of allowing others to help me, because caring for my relative is too big a job to be done by one person.
5. I need to take one day at a time rather than worry about what may or may not happen in the future.
6. I need to structure my day because a consistent schedule makes life easier for me and my relative.
7. I need to have a sense of humor because laughter helps to put things in a more positive perspective.
8. I need to remember that my relative is not being difficult on purpose; rather that his/her behavior and emotions are distorted by the illness.
9. I need to focus on and enjoy what my relative can still do rather than constantly lament over what is gone.
10. I need to increasingly depend upon other relationships for love and support.
11. I need to frequently remind myself that I am doing the best that I can at this very moment.
12. I need to draw upon the Higher Power, which I believe is available to me.

Source: The American Journal of Alzheimer's Care and Related Disorders & Research, Nov/Dec 1989

Caring in the News

Media coverage of caring-related issues since May 2012

Young Carers: The Stats - The Irish Independent 21st May 2012
www.independent.ie/lifestyle/young-carers-the-stats-3113163.html

Young Carers: Dad passed away, mum turned to alcohol -- I was nine - The Irish Independent 21st May 2012
www.independent.ie/lifestyle/young-carers-dad-passed-away-mum-turned-to-alcohol-i-was-nine-3113007.html

Who cares for the carers - The Irish Times 26th May 2012
www.irishtimes.com/newspaper/weekend/2012/0526/1224316721374.html

Selfless father humbled by Carer of the Year Award - The Irish Examiner 31st May 2012
www.irishexaminer.com/ireland/selfless-father-humbled-by-carer-of-the-year-award-195734.html

Carers Save State €2.8bn each year - The Irish Times 15th June 2012
www.irishtimes.com/newspaper/ireland/2012/0615/1224317980629.html

Nationwide Events to recognise role of family carers - The Irish Examiner 18th June 2012
www.irishexaminer.com/breakingnews/ireland/nationwide-events-to-recognise-role-of-family-carers-555727.html

National Carer's Strategy Launched - The Irish Times 19th July 2012
www.irishtimes.com/newspaper/breaking/2012/0719/breaking50.html

Carer's Allowance Review Welcomed - The Irish Times 28th June 2012
<http://www.irishtimes.com/newspaper/ireland/2012/0628/1224318892260.html>

Carer Hours are precious to people with Alzheimers - The Offaly Independent 30th June 2012
www.offalyindependent.ie/news/roundup/articles/2012/06/30/4011133-carer-hours-are-precious-to-people-with-alzheimers-/

2,000 children aged under 10 are caring for family members - The Irish Examiner 11th July 2012
www.irishexaminer.com/ireland/2000-children-aged-under-10-are-caring-for-family-members-200392.html

Kinsale Pilot Project hoping to reform dementia services - The Irish Times 20th August 2012
www.irishtimes.com/newspaper/ireland/2012/0820/1224322499133.html

HSE cuts to hit services for the elderly and disabled - The Irish Times 30th August 2012
www.irishtimes.com/newspaper/breaking/2012/0830/breaking44.html

Labour chairman says HSE cuts are 'unacceptable' - The Irish Times 2nd September 2012
www.irishtimes.com/newspaper/breaking/2012/0902/breaking21.html

Research & Practice

Home Adaptations Save Money

The UK government estimates that 568,000 people currently require an adaptation to their home. If this need was met, according to recent LSE research, a saving of £625 million on social care would be made. Their study looked at both quantitative savings, in terms of reduced falls, hospital stays and operations required following accidents in the home; and qualitative benefits, in terms of better quality of life and confidence.

See: www.independentliving.co.uk/news/?q=node/547#intro

Carers and Cancer

Marie Curie UK have awarded 5 grants to research teams addressing end of life carer-focused areas where there is little existing knowledge. These include the demographic characteristics and personal circumstances of unpaid carers and educational interventions to help support carers gain the practical and nursing skills they need to care for loved ones at home.

See: www.mariecurie.org.uk/en-gb/press-media/news-comment/carer-research-awards/

Young Carer Research in Canada

A study was released from the Vanier Institute of the Family entitled Young Carers in Canada - The Hidden Costs and Benefits of Young Caregiving. This study was the work of Grant Charles, Tim Stainton and Sheila Marshall. Grant spoke about his findings in the First International Young Carers Congress in Vancouver in May.

See: www.vanierinstitute.ca/?utm_s...m_medium=email

Assessing Family Caregiver Needs: Policy and Practice Considerations

This short report published by the AARP Public Policy Institute in the USA explains the fundamental principles of caregiver assessment and why assessments have an important role in a high-performing health and social care system.

'Caregiver assessment is a systematic process of gathering information about a caregiving situation to identify the specific problems, needs, strengths, and resources of the family caregiver, as well as the ability of the caregiver to contribute to the needs of the care recipient. Effectively assessing and addressing caregiver needs can maintain the health and well-being of caregivers, sustain their ability to provide care, prevent or postpone nursing home placement, and produce better outcomes for the care recipient.'

See: www.aarp.org/home-family/caregiving/info-07-2012/assessing-family-caregiver-needs-fact-sheet-AARP-ppi-ltc.html

International News

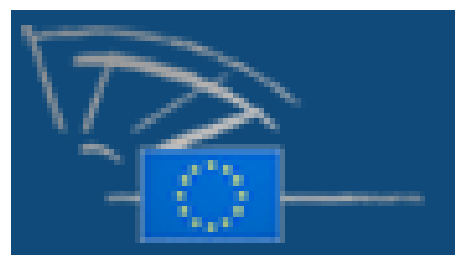
Eurocarers

The latest Newsletter from Eurocarers is now available to download from : www.eurocarers.org/news.php?id=34



MEP Interest Group on Carers

The next Interest Group meeting is in Brussels on the 17th October, lunchtime. Agenda to be announced.



6th Annual National US Conference for Caregiving Coalitions

Powerpoint presentations from the conference are available online. See: www.caregiving.org/archives/2064



About Us

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 achieve this by supporting our member organisations in their direct work with Family Carers through the provision of information, developing research and policy in the field, sharing resources, and instigating opportunities for collaboration.

There are approximately 274,000 Family Carers in the Republic of Ireland. Family Carer support is provided by a number of organisations, including those dedicated solely to carer support and others who support carers as part of their response to individuals with specific conditions.

We work with our 88 member organisations and other agencies to support them in their work with Family Carers. Our membership includes all the carers organisations and virtually all the condition specific organisations currently providing services to many of Ireland's Family Carers.

Become a member of Care Alliance Ireland:

www.carealliance.ie/membership

www.carealliance.ie/userfiles/file/10Reasons.pdf

Contact us:

T +353 1 874 7776

M +353 87 207 3265

A Coleraine House, Coleraine Street, Dublin 7

E info@carealliance.ie

W www.carealliance.ie

Company Limited By Guarantee

Registered in Dublin, Ireland, company address as above

Company Registration No 461315 CHY No 14644

10 Reasons To Join Us

Disclaimer: This newsletter is for information only and does not constitute endorsement of any service or product referred to. The views expressed are those of the authors/ organisations and are not necessarily shared by Care Alliance Ireland. No responsibility is accepted for any errors, omissions or statements in this newsletter, or on any website or publication referenced.