Care Alliance Ireland

'Guiding support for family carers'

Care Alliance Ireland Exchange

Spring 2012 Issue 36

The Carers of the Year Awards 2012

The annual Carers of the Year Awards were launched last November by patrons of The Carers Association, Mary Kennedy and Marty Whelan. The awards recognise and reward family Carers who dedicate their lives to providing remarkable levels of care in the home to their loved ones. Nominations are currently being sought for the Carers Association's Carers of the Year and Young Carer of the Year (under 18) awards. Full details on page 7.

Young Carer of the Year 2011 - Kelley from Co. Offaly has cared for her Mum Nuala, who has serious mobility issues, since she was nine years old.

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Rebranding of Care Alliance Ireland

We are delighted to announce the rebranding of Care Alliance Ireland, as featured in this issue of the newsletter and our newly designed website www.carealliance.ie

The new website aims to be more intuitive, accessible, and easier to navigate. We hope you enjoy spending time on our website and find the contents useful in your work with Family Carers.

Many thanks to Emma Cooke, Jessie Fitzgerald and Mic Chikanda from DIT for their visual design work and creation of a new logo, and to Ilikecake for their work in revamping the website.

Member News

Irish Red Cross

The Irish Red Cross Therapeutic Hand Care Service is a unique service provided by dedicated Red Cross Volunteers. The service forms part of the Society’s Community Services, along with Skin Camouflage and Helping You to Care services.

The Therapeutic Hand Care service was introduced into Ireland from our colleagues in the British Red Cross two decades ago and the service continues to thrive here. In recent years we have trained members of the Red Cross in Portugal to expand the service there.

The service is provided by insured, qualified, uniformed volunteers. Our volunteers are trained to the highest level in their technical skills and are identified for the service as having a caring nature and an ability to listen.

The service involves a therapeutic hand massage and manicure if desired. It can take up to 40 minutes for the full procedure but shorter sessions can also be arranged.

The service is given in hospitals, nursing homes and day care centres, as well as at specific events such as Arthritis Ireland Day or the Caring for Carers conferences. Additionally, volunteers often offer the service to the public at events such as fetes and flower shows where the Red Cross is providing first aid cover.

The service is provided free. The cost of all materials is covered by donations, all of which are gratefully appreciated.

For anyone interested in accessing the service or training as a volunteer please contact us on info@redcross.ie

Member News

Irish Cancer Society – Care to Drive Programme

The Irish Cancer Society's Care to Drive programme is a volunteer-led transport initiative in which the Society recruits and trains volunteers to transport patients to and from their hospital treatments.

The programme came about as a result of the Irish Cancer Society identifying a very big need in patient transport. When a patient is diagnosed with cancer, travelling for treatment can sometimes be difficult and stressful. The Care to Drive service allows the patient to concentrate on their treatment and not have to worry about asking friends, family or neighbours to drive them to and from the hospital. Patients can sometimes need to visit the hospital for treatment on a weekly basis and it might not be feasible for family members to be available to drive them due to work or other commitments.

In response to these issues, the Care to Drive service began in May 2008 in partnership with St. Vincent's Hospital, Dublin. After the first year it was evaluated and deemed such a success by the patients, drivers and hospital staff, we decided to roll it out nationally. We then pitched for, and won, Tesco's Charity of the Year. The funds that have been raised by Tesco staff over the past two years have enabled us to partner with hospitals on a nationwide basis.

In 2011 we partnered with Sligo General Hospital; St. James's Hospital, Dublin; Letterkenny General Hospital; The Mater, Dublin; Mid Western Regional Hospital, Limerick & Portiuncula Hospital, Ballinasloe. The service will be opening shortly at the Mid-Western Regional Hospital in Limerick.

Since the service began, 218 volunteer drivers have driven 218,661km to transport 355 patients to 4,249 oncology appointments. With the recruitment of 120 new volunteers since the beginning of 2012, these figures are expected to grow rapidly. As word of this free service grows we are happy to announce that we have partnered with a further six hospitals for 2012.

The appeal of a service like this is that it's free to both the hospital and the patient. After the initial referral from the hospital, the onus is on the patient to inform us of their subsequent appointments. This has had the happy side effect of patients turning up to appointments on time, less re-scheduling of appointments and less stressed patients presenting themselves at the hospital.

We are now accepting applications from hospitals to partner with the Irish Cancer Society in 2013 and would welcome enquiries from interested parties. For more information contact Gail on (01) 2310 566 or email gflinter@irishcancer.ie

Dates For Your Diary

March - June 2012

15 March

19th Annual International Palliative Care Conference:
Moving Points In Palliative Care

Key international experts will provide thought-provoking insights into the latest innovations in Palliative Care Education.
Venue: Education & Research Centre, Our Lady's Hospice & Care Services, Dublin
Fee: €100

For further details/registration form, see www.olh.ie
or contact: (01) 4068 806 / education@olh.ie

6 April

Carmichael Centre Good Friday Concert - Mozart Requiem
Saint Patrick's Cathedral, Dublin
Friday 6 April at 8pm
Tickets €25 from Ticketmaster or (01) 873 5702
More information: www.carmichaelcentre.ie

22-23 May

Eurocarers Annual General Meeting 2012 will be held in Varberg in Sweden (just south of Gothenburg) in May.
The AGM will be on 22 May and the Conference on 23 May.
It is being hosted by our member organisation Carers Sweden and organised in conjunction with the Carers National Conference.
For further information contact info@eurocarers.org

18-24 June

National Carers Week is an annual celebration of the work of Family Carers in Ireland. It is co-ordinated by Care Alliance Ireland in partnership with eight other leading Irish charities who support family carers.
For more information, see www.carersweek.ie
To take part, contact: info@carersweek.ie

National News

National Carers Week – 18-24 June 2012

Now entering its sixth year, National Carers Week 2012 promises to be a highlight of the year for organisations working with and supporting Family Carers. We are delighted to announce the appointment of an Independent Chair for the project in 2012. This will support good governance and the progression of the initiative in future years.

Aidan Power, Head of Marketing and Communications for EBS, has taken on this role to help us build on the many successes we have achieved already. Aidan came on board at our first Carers Week planning meeting in February. Through his current role, Aidan took a position on the Chambers Ireland Policy council for Corporate Social Responsibility and has held the position of Chair of that council since 2008. The council actively seeks to promote, engage and educate the business community on this issue.

We also welcome MS Ireland, as the latest national organisation to become partners in Carers Week. Speaking on their decision to join, Ava Battles, CEO, said;

"We are delighted to be involved with Carers Week 2012. As a progressive, neurological condition many people with MS rely on the support of carers in their everyday lives; from practical support such as getting dressed or taking medication to emotional support through challenging times. In research we conducted last year, we found that 52% of carers of people with MS provide over 65 hours of care a week; 74% receive less than six hours a week home care support from the HSE; and 50% need more home care hours from the HSE. We also found that 71% of carers reduced or left employment to care for their family member and 67% said that their emotional health declined due to their role. With these statistics in mind, we want to celebrate the work of the carer and to remind carers that information, help and hope are available."

"we want to celebrate the work of the carer and to remind carers that information, help and hope are available."

For organisations interested in taking part in the week or possibly becoming partners for 2012, please contact info@carersweek.ie

National News

Opening Conversations - Report on Dementia and End of Life

The Alzheimer Society of Ireland (ASI) has recently published a report on end of life care and people with dementia called 'Opening Conversations'. It explores developing a model of best practice palliative care interventions for people with dementia and their carers.

The project was funded by a grant from the Irish Hospice Foundation and ASI. Dr. Una MacConville researched and wrote the report and was supported by a research team made up of ASI staff.

To view the full report see:
http://www.carealliance.ie/publications_researchreports

Elder Abuse Seminar

The National Centre for the Protection of Older People (NCPOP) hosted a seminar titled 'Older People's Understanding of Elder Abuse' and 'Staff Perceptions of Elder Abuse' on 6 December 2011.

You can view the seminar report at:
http://www.ncpop.ie/ncpopresearch

HSE Service Plan Published

The HSE has published its 2012 Service Plan, outlining its budget reduction framework.

The full document can be viewed at:
http://www.hse.ie/eng/services/Publications/corporate/nsp2012.html

National News

Carers of the Year Nominations

From page 1...
You can nominate a Family Carer for the Carers of the Year Awards 2012 in the following ways:

- Nominate online at www.carersireland.com
- Freephone our Careline to request a form 1800 24 07 24
- Contact your local Carers Resource Centre to request a form (find your nearest centre at http://www.carersireland.com/services_resourcecentres.php)
- The closing date for nominations is Friday 30 March

All entries will receive a commemorative certificate and local and regional winners are chosen to go forward to become the National Carer of the Year. The National Carers of the Year will be announced at a special ceremony in May.

For any other enquiries please contact Lee Anne Greville on (057) 937 0218 or email lgreville@carersireland.com

Grants for emergency and out-of-hours respite to family carers

The Community Foundation for Ireland works with community and voluntary groups in the Republic of Ireland. Through the Grassroots Grants Scheme it aims to support the disadvantaged in our communities by providing small grants for specific projects that will contribute to alleviating isolation and disadvantage. Since 2000, the scheme has supported hundreds of groups in this way.

Closing dates for 2012:
30 March
29 June
28 September
28 December

For criteria and application forms see:
http://www.foundation.ie/our-grants/apply-for-grassroots-grants

National News

Law Reform Commission publishes Report on Home Care

The Law Reform Commission has published a Report on Professional Home Care which recommends that the Health Information and Quality Authority (HIQA) should be given additional regulatory and inspection powers to ensure that appropriate legal standards are in place for providers of professional home care. The Report does not propose that the HIQA regulation and inspection would apply to informal carers, such as family members.

Report proposes statutory regulation of professional home care by HIQA

Under the Health Act 2007, the Health Information and Quality Authority (HIQA) is the regulatory and standard-setting body for the residential nursing home setting. This covers only 5% of people over 65. The Act does not empower HIQA to set comparable standards for the provision of care in the home setting, which would cover the remaining 95% of the over 65 category (though, of course, not all this group require home care).

The main recommendations in the Report are that:

• HIQA should be empowered to regulate and monitor undertakings that provide professional home care (whether public sector or private sector, and whether for-profit or not-for-profit)

• HIQA national standards for professional home carers should be specifically tailored for the home care setting, building on 2008 draft HSE home care guidelines and existing HIQAQ standards for nursing homes

• there should be a specific register of professional home carers, which would set out specific requirements in relation to the registration and monitoring of professional home carers

• the terms and conditions of home care arrangements should be agreed between professional home carers and recipients, and this would be recorded in a care contract in order to offer the maximum protection to the care recipient

Full report:
http://www.lawreform.ie/_fileupload/Reports/r105Carers.pdf

Member Profile 1

Roscommon Disability Support Group

Roscommon Disability Support Group is committed to improving the quality of life and the standards of services to all people with disabilities, older people and children. Support is also available for families and carers.

Roscommon Disability Support Group (RSG), founded in 1989, is a community and voluntary organisation providing services to people with disabilities and older people throughout County Roscommon. We also manage a resource centre in Derrane which offers a range of services for the wider community.

What we do

Our Day Break Solutions Centre allows carers who need to take a short break for personal activities to have the person they are caring for minded for a few hours. Adults of any age who want to spend a few hours in other people's company can also access the Centre.

Day Care Services are available to older people and disabled people who wish to spend a day away from home and socialise with other people. There is a wide range of activities available at the Centre for people to engage in.

Providing support services for people with disabilities and older people

RSG Flexible Learning College

RSG Flexible Learning College was set up in 2006 as part of the Roscommon Disability Support Group. It provides person-centred training and flexible learning for people with mixed abilities.

There is a wide range of courses and activities, offering a variety of learning both during the day and through evening classes. Courses can also be developed to suit people's requirements.

For more information contact :
Roscommon Disability Support Group, Derrane, Co.Roscommon
(0906) 625 852 / 625 877
info@rosdisabilities.ie
www.rosdisabilities.ie

Member Profile 2

Special Olympics Ireland

Special Olympics Ireland is a sports organisation providing a year-round programme of sports training and competition for people with an intellectual disability. Special Olympics changes lives. Through sport, athletes develop both physically and emotionally, they make new friends, realise their dreams, and know they can fit in. Special Olympics enables athletes to achieve and win not only in sport but in life too.

The mission of Special Olympics Ireland is to provide year-round sports training and athletic competition in a variety of Olympic-type sports for children and adults with an intellectual disability, giving them continuing opportunities to develop physical fitness, demonstrate courage, experience joy and participate in a sharing of gifts, skills and friendships with their families, other Special Olympics athletes and the community.

Of the 26,449 people with an intellectual disability in the Republic of Ireland, 8,999 are registered athletes in Special Olympics Ireland. There are 412 Special Olympics clubs throughout Ireland, run with the help of 25,375 volunteers. Special Olympics World Games take place every four years.

26,449: the number of people with an intellectual disability in Ireland

8,999: the number of registered athletes in Special Olympics Ireland (Source: HRB)

What activities are on offer?

Alpine Skiing	Athletics	Aquatics	Badminton
Basketball	Bocce	Bowling	Equestrian
Floorball	Football	Golf	Gymnastics
Kayaking	Pitch & Putt		Table Tennis

Motor Activities Training Programme

Find us online

Website: www.specialolympics.ie
Facebook: www.facebook.com/specialolympicsireland
Twitter: www.twitter.com/soireland
YouTube: www.youtube.com/specialolympicsirl

Resources

Online Tool for Information on Non-Statutory Services

On 27 October 2011, the Neurological Alliance of Ireland (NAI) and the Disability Federation of Ireland (DFI) launched www.neuronetwork.ie

The site is a unique online tool which will allow those who provide care to people with neurological conditions to source information on the services and supports offered by non-statutory organisations. Through close collaboration with primary health care teams to ensure the site meets their needs, www.neuronetwork.ie will provide a 'shop window' to services, with information available at the click of a mouse.

NAI and DFI have created a unique resource, which has the potential to be replicated for other conditions

www.neuronetwork.ie is the culmination of extensive work by NAI and DFI to identify how those working in primary care can better support people with neurological conditions in Ireland. In developing the site, NAI and DFI have created a unique resource, which has the potential to be replicated for other conditions and disease areas. The site has been developed in close consultation with potential users to ensure that the information is provided in a way that meets their needs.

Information searches can be performed under a number of criteria including:

- a specific service
- a specific neurological condition
- the county in Ireland

Health Website for Carers (UK)

healthtalkonline.org
youthhealthtalk.org

Healthtalkonline is an award-winning UK charity website which lets you share in other people's experiences of health and illness. This information is based on qualitative research into patient experiences led by experts at the University of Oxford.

There is a section dedicated to Family Carers.
See http://www.healthtalkonline.org/carers/

Resources

Carrot, Eggs or Coffee? - A different way of looking at caring

by Jane Hamilton (USA)

To me, caring for others can be challenging, rewarding, and inspiring. It can also be funny, surprising, frightening, or depressing. Sometimes it's just plain tedious. There are days I love it, while other times I hate it. However I'm feeling about my caring responsibilities, when I'm in the thick of it, I need strength and stamina to carry on.

One time, when I was at a low point, my sister e-mailed me one of those stories that circulate on the web, author unknown. Somehow, this anonymous little tale really spoke to me, as if written just for me. The story was called Carrots, Eggs, or Coffee?

A young woman went to talk with her mother and share how hard her life was. She didn't know how she was going to make it and wanted to give up; she was tired of struggling.

The girl's mother took her to the kitchen. She filled three pots with water and put them on the stove to boil. In the first, she placed carrots. In the second, she placed eggs, and in the last pot, she placed ground coffee beans. She let them sit and boil without saying a word.

After twenty minutes, Mom turned off the heat. She fished out the carrots, removed the eggs, and poured the coffee into a mug. Turning to her daughter, the mother asked, "What do you see?" "Carrots, eggs and coffee," the girl replied, wondering where this was going.

Revealing the meaning of the exercise, the mother explained that each of these objects had faced the same 'adversity', boiling water, but each had reacted differently. The carrot went in strong and firm but when subjected to boiling water, it softened and became weak. The egg had been fragile, with a thin outer shell protecting its fluid interior. The egg was also changed by the water. Its soft interior became hardened. The coffee was unique; it had changed the water in which it had been boiled and turned it into something wonderful.

Then she asked her troubled daughter, "Which one are you? In the face of adversity will you go soft? Will your spirit harden, or will you release the potential within you and turn your life into something you savour?"

As carers, we need to answer this question. Centering yourself is a form of self-care that will help preserve your health, well-being, and capacity to care for others. By centering ourselves, we can tap into the calm energy at our core and, like the coffee, make this caring experience into something wonderful.

Some suggestions for Family Carers

- Remember, you're a human being, not a caring machine. You need to balance caring with rest and relaxation.
- Simplify your life. Eliminate what's unimportant so you can devote time and energy to your priorities.
- Let go of what you don't control. However hard you try, you control very little of the caring situation. Do your best and let go of the rest.

Jane's book, Journey of a Lifetime: The Caregiver's Guide to Self-Care (Infinity, 2010) offers sensible, effective ways to cope with carer stress.

Opinion

Struggling to Find Supports for Mental Health Conditions

On the invitation of Care Alliance Ireland, we are expressing our opinion on the treatment for people in Ireland experiencing mental illness, specifically schizophrenia which is a life–time illness. In many cases this illness is disabling. It affects the cognitive abilities, hence the person's ability to cope with matters of everyday living, including hygiene, diet and self care, although some people do recover with assistance.

Our concerns are based on our personal experience in regard to the lack of or sufficient availability of proper facilities, professional medical staff such as psychiatrists, nurses, social workers, psychotherapists, ease of accessibility and communication with medical services. We only presume that other families share similar concerns.

We feel there is a need for the following or at least an increase nationwide:

1. Respite Centres offering a temporary living facility supervised and supported by a medical team. This will enable a family who is caring for someone with a lifelong mental illness to avail of a break or holiday. Single parents would greatly benefit from such a service. Parents would also benefit as they would not need to take separate breaks in order to care for the mentally ill family member, and be able to spend quality time with siblings and each other.

2. Assisted Living to enable people with mental illness that have been incapacitated such that they are unable to live independently without assistance.

3. Treatment Centres or Clinics linked to Half-way Houses where patients who are making some degree of recovery are assisted and monitored by a medical team to improve their recovery prospects and to live independently. Patients should be streamlined to separate more volatile individuals, as people with a mental illness do not need further exposure to stress, nor to feel degraded by sharing treatment with patients whose capacities are extremely diminished.

As patients improve, a registered network of residences could be made available adjacent to a hospital or clinic with a psychiatric service. The resident patients would be monitored by a visiting medical team to verify they have had no relapse and are in good health. Health services can supply further support with aspects of maintaining the residence.

4. Psychotherapy Clinics offering a recovery programme, with treatments using up-to-date cognitive behavioural therapy along with medication; a more holistic approach proven to have more success in helping patients to recover. This approach would enable patients to manage and cope better, and not retreat into isolation, becoming more vulnerable.

5. Local Support Groups exist for the patients and the carers (parents); but none seem to exist for younger siblings who also experience a major emotional impact when a loved one becomes severely ill.

6. Increase in Nursing Service. All too often the lack of immediate support or service results in missed opportunities. Sometimes it is not a matter of emergency, but just basic feedback without delays.

by Milia T. Maddock & Rupert Maddock

Caring in the News

Media coverage on caring-related issues since December 2011

The Irish Independent - Technology to boost care at home - 6 December 2011
http://www.independent.ie/breaking-news/national-news/technology-to-boost-care-at-home-2955632.html

The Irish Times - Martin criticises hidden cuts in 'callous budget' - 14 December 2011
http://www.irishtimes.com/newspaper/ireland/2011/1214/1224309043744.html

The Irish Times - Parents' plea to HSE for homecare for ill son - 24 December 2011
http://www.irishtimes.com/newspaper/ireland/2011/1224/1224309471011.html

The Irish Times - Number of people with dementia set to triple - 19 January 2012
http://www.irishtimes.com/newspaper/ireland/2012/0119/1224310448130.html

The Irish Examiner - Government sets out plan to tackle growing dementia problem - 19 January 2012
http://www.irishexaminer.com/ireland/government-sets-out-plan-to-tackle-growing-dementia-problem-180675.html

The Irish Examiner - Plan for single welfare payment due in March - 19 January 2012
http://www.irishexaminer.com/ireland/plan-for-single-welfare-payment-due-in-march-180681.html

The Irish Times - Regulation of professional home carers recomended - 30 January 2012
http://www.irishtimes.com/newspaper/ireland/2012/0130/1224310944468.html

South Tipp Today - Carers fear cuts to home help hours - 31 January 2012
http://www.southtipptoday.ie/news/local/carers_fear_cuts_to_home_help_hours_1_3470337

The Sligo Champion - Carers to Benefit from Rag Week – 8 February 2012
http://www.sligochampion.ie/news/carers-to-benefit-from-rag-week-3014909.html

The Athlone Advertiser - Westmeath urged to nominate county's Carers of the Year for award – 17 February 2012
http://www.advertiser.ie/athlone/article/49642/westmeath-urged-to-nominate-countys-carers-of-the-year-for-award

Research & Practice

An Economic Perspective of Dementia Care in Ireland

Dominic Trepel, Department of Economics, University of Limerick

A recently published report - An Economic Perspective of Dementia Care in Ireland: Maximising Benefits and Maintaining Cost Efficiency - contends that;
"Dementia presents significant economic challenges for health care systems as well as impacting on families, social structures and medical thinking. Ireland places significant burden on the family in dementia care. Such burden can be better managed through appropriate services and interventions. International evidence indicates that carer support is central to achieving cost effectiveness in dementia care. Community-based services are cost effective by reducing role overload, depression and the ultimate risk of long-term care. Dementia care policy in Ireland should move towards a sustainable care infrastructure with explicit consideration of carer burden and optimal case management through payment by results."

International evidence indicates that carer support is central to achieving cost effectiveness in dementia care.

The report makes three specific recommendations;

1 Budget allocation should explicitly consider the associated burden placed on informal carers. Investment in dementia-specific community support should address the imbalance of the burden of care and the over reliance on informal care. Insufficient funding is ultimately resulting in carer burnout and greater demand for long-term care.

2 Ireland requires a National Dementia Strategy containing a detailed implementation plan, with clear lines of accountability and which maintains links with other policy initiatives. Medium-term objectives should address the significant demographic challenge that lies ahead in relation to dementia.

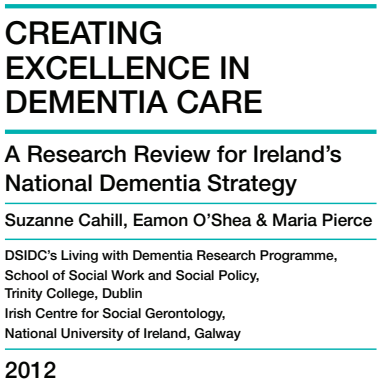
3 Further research is required to ensure service delivery systems are efficient and cost effective. Up-to-date measures of prevalence of dementias and a minimum dataset are needed and these should be combined with service mapping to optimise present and future planning.

The report is now available to read at
http://www.carealliance.ie/publications_researchreports

Research & Practice

Creating Excellence in Dementia Care - A Research Review

Suzanne Cahill, Eamon O'Shea & Maria Pierce



While dementia is a medical condition, recent insights from the psychosocial, socio-political and public health perspectives have focused attention on the human, social and economic implications of the disease. The ageing of the population across Europe and beyond means that the number of people with dementia will grow in future decades with consequent implications for care provision, care burden and public expenditure. Many countries are already preparing for the projected rise in the number of people with dementia by putting in place dedicated action plans and/or dementia strategies.

The Irish government has given a commitment in the Programme of Government for 2011-2016 to develop and implement a Strategy for Dementia for Ireland promising to develop a national strategy by 2013 to increase awareness, ensure early diagnosis and intervention, and development of enhanced community based services. This strategy will be implemented over five years.

The new Strategy has the potential to bring about a major change in public attitudes to dementia in Ireland.

The new Strategy has the potential to bring about a major change in public attitudes to dementia in Ireland and to change expectations in regard to the rights of people with dementia. The purpose of this report is to create the evidence-based research that will help to lay the foundations for the new Strategy.

The objectives of this evidence-based research review, as agreed between the funders The Atlantic Philanthropies (AP), the Department of Health and the contract researchers, were fourfold:

1. to review current and future demographic trends in Ireland and provide estimates of current and future dementia prevalence rates, in relation to both those aged 65 and over and younger people;
2. to specify the main economic costs of dementia care;
3. to review current service availability (based on the recent Health Service Executive audit) and estimated future demand for services;
4. to review best practice in dementia care locally and internationally.

This research review, launched in January 2012, is available to view at http://www.carealliance.ie/publications_researchreports

Research & Practice

Joint Neurodegenerative Disease Research Strategy

The Joint Programme on Neurodegenerative Disease (JPND) Research Strategy was launched in Brussels in November 2011. The programme aims to tackle the challenges of Alzheimer's and other neurodegenerative diseases in Europe.

The Strategy sets out the common vision of the 25 European countries involved and provides a strategic approach to confront barriers to progress and provide new approaches to prevention, intervention and care.

The Strategy sets out the common vision of the 25 European countries involved.

Eurocarers, of which Care Alliance Ireland is an active member, contributed to the inclusion of carers' interests and perspectives.

You can read a summary of the initiative at
http://www.neurodegenerationresearch.eu/home/

The full report is now on the Eurocarers website in the Research Section at: http://www.eurocarers.org/research_completed.php

Interlinks - sharing good practice

One of the main deliverables of the Vienna-based INTERLINKS PROJECT is an interactive website with almost one hundred practice examples from many countries across Europe.
See http://interlinks.euro.centre.org/

Quite a number of the examples relate to dementia care, but also to active ageing. The descriptions are pretty short and refer to evidence, as far as possible. You will find them under Framework
http://interlinks.euro.centre.org/model
and in particular under Organisational Structures
http://interlinks.euro.centre.org/model/structures

The project is keen to encourage the addition of good practice examples on the website. If you would like to add examples, see
http://interlinks.euro.centre.org/project/using

Research & Practice

Older Carers in the UK - Always on Call, Always Concerned

The Always on Call, Always Concerned report on older carers in the UK was launched in September 2011 by The Princess Royal Trust for Carers. It reveals that 70% of older carers suffer a devastating impact on their health due to their caring role. The report highlights the concerns of older carers while demonstrating how essential it is to support local centres that look after older carers' needs.

70% of older carers suffer a devastating impact on their health due to their caring role

To view the full report see
http://www.carers.org/sites/default/files/always_on_call_always_concerned.pdf

Supporting Family Carers in General Practice (UK)

The Supporting Carers in General Practice website has been developed for primary care professionals to help them to support people who care for others. It has been developed by the Royal College of General Practitioners, in partnership with the Princess Royal Trust for Carers and with support from The Children's Society.

The website features a three minute video on five simple ways GPs can make a difference for carers.

You can view the video at:
http://www.e-lfh.org.uk/projects/supportingcarersingeneralpractice/index.html

Research & Practice

Caring Experience Different for Women Vs. Men (US)

I-Fen Lin, Holly R. Fee, Hsueh-Sheng Wu
Center for Family and Demographic Research, Bowling Green State University (USA)

This working paper examines how men, women, spouses, and children experience caring and how risk factors are different for these groups. The authors measure negative caring, positive caring, care recipient problem behaviour, carer involvement, reciprocal help from care recipient, availability of other carers, family conflict, support from friends or relatives, and carer demographics.

Female and adult-child carers generally reported having more negative experiences than male and spouse carers, with wife carers the least likely to report positive experiences. Care recipient's problem behaviour was the most important risk factor for wife carers having a negative experience, whereas positive experience was correlated with reciprocal help from care recipients.

"For family practitioners, the unique risk factors found in this study underscore the need to use adaptive interventions (Collins, Murphy, & Bierman, 2004) in helping caregivers, because while some risk factors are universal, others are not. Thus, when designing adaptive interventions to help caregivers, family practitioners and caregivers can start with common factors and then move on to unique ones."

Interventions to help carers can start with common factors and then move on to unique ones.

Full report: http://www.bgsu.edu/downloads/cas/file99716.pdf

Older Workers and Caring for a Family Member

Keeping Older Workers in the Labour Force and Caring for a Family Member - Can we be in two places at once? A Report to the Ministry for Human Resources and Skills Development Canada (HRSDC) International Symposium presented at the FICCDAT Conference 2011.

Full report: http://www.ifa-fiv.org/images/news/olderworkersreport.pdf

Research Opportunities

Week Long Research Opportunity in Canada

CARDI - the Centre for Ageing Research and Development in Ireland - and the Canadian Institute of Health Research (CIHR) Institute of Ageing are working in partnership to support up to five early career researchers to attend the Canadian Summer Programme in Ageing.

The deadline for submission of applications including CV and letter of recommendation: 6 March 2012 at 12 noon.

More information on the programme, eligibility and application is available from: http://www.cardi.ie/news/

Muscular Dystrophy Ireland Research Internship

Muscular Dystrophy Ireland (MDI) aims to provide information and support to people with neuromuscular conditions and their families through a range of support services.
MDI is now looking for an intern for a 6 month period to assist our Research and Development team. This position is particularly suitable for people who wish to work in research, disability services and those interested in the development of voluntary organisations.

Hours: 3 - 5 days per week from 9.30am to 5pm
Remuneration: Travel and lunch expenses
Duration: 6 months

For more information about the criteria and application process, contact Barry Buckley at barry@mdi.ie

Deadline for applications is 5pm on Friday 9 March 2012. Interviews will be held in the week beginning 19 March 2012. The internship will begin on 26 March 2012.

For further information about Muscular Dystrophy Ireland and our work please visit our website: www.mdi.ie

Care Alliance Ireland

'Guiding support for family carers'

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.

10 Reasons To Join Us

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 85 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:
http://www.carealliance.ie/membership

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