

# Care Alliance Ireland Exchange

Spring 2016 Issue 50

## Maximum Participation in Family Carer Training Seminar

### May and November Follow Up Sessions Scheduled

In December 2015 Care Alliance Ireland, alongside 15 other not-for-profit organisations, were awarded funding under the Dormant Accounts Funds to deliver Family Carer Training and Information. Care Alliance, in its proposal, committed to bringing together these organisations, and others, over four days, starting with a two-day seminar in Athlone in February. We also committed to hosting a Family Carer Training website and producing a booklet around good practice.

Interest in participating in the initial seminar was phenomenal. Our original target of 30 attendees was massively exceeded, and we settled on a maximum attendance of 55 to ensure that the seminar remained interactive and to facilitate networking.

The seminar opened with attendees briefly describing their plans for Family Carer Training interventions. This was followed by an input from Sandra Velthuis of Whitebarn Consulting, who spoke about planning for training outcomes. (This is a topic that she will explore in more depth in a follow up seminar in May.)

After lunch Dr. Lindsay Hewitt and Gill Ryan from The Open University in Scotland presented their project on the co-creation and inclusive curriculum development of an e-learning course for Family Carers. Liam O'Sullivan, Care Alliance Ireland, then provided a brief input, summarising some of the inputs from his organisation's 2009 seminar on Family Carer Training.

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Participants enjoying the Family Carer Training Seminar in Athlone, 15 & 16 February 2016



Report continued on pages 2 & 3.

## News

### Family Carer Training Report, continued

The second day began with a look at Personal Outcomes for Family Carers, delivered by Emma Miller from the University of Strathclyde. Some group exercises followed. In the afternoon, we were presented with a description of online carer support interventions by Frida Andreasson, from the Swedish Family Care Competence Centre.



Aedín McGinn, Curator of the local Luan Gallery, spoke about their plans for making their centre more Carer/Dementia friendly, through their Azure Programme.

All participants were provided with a mug, which uses images to consider inputs, outputs and outcomes (image above right).

As promised, the registration fees were pooled, and two organisations, namely The Ciunas Centre (Feakle, Co. Clare) and Camphill Communities won €1,100 each to support their work with Family Carers.

Two follow up seminars are scheduled for 16 May and 7 November.

For further information go to [www.familycarertraining.ie](http://www.familycarertraining.ie).

Thanks to the Department of Social Protection/Dormant Accounts Funds for their support with this project.



Left, participants doing group exercises

Right, Josephine Tuohy, receiving €1,100 for Ciunas



*Report continued on page 3.*

## News

### Family Carer Training Report, continued



#### Supporting your Delivery of High Quality Family Carer Training

Monday 15 and Tuesday 16 February 2016

##### Overview

- High quality interventions, including training, are crucial to ensure good outcomes for family carers.
- Thanks to Dormant Funds Account funding we are in a position to offer you an affordable two-day seminar that will help you to deliver family carer training.
- We have secured input from a number of leading practitioners in the area of family carer training from Ireland, the UK and Sweden.

##### Topics

- The use and moderation of online fora
- Review and development of the Caring Counts programme (See <http://bit.ly/1mNhmYP>)
- Carer outcomes tools
- Planning for good outcomes for your training programme

##### Outcomes

At the end of the two days, it is anticipated that you will

- Have increased knowledge of innovative and proven training methodologies and programmes suitable for family carers
- Be more confident in delivering family carer training
- Feel more connected with others delivering similar interventions nationwide

#### Quotes from Participants

"All of the topics covered provided me with practical knowledge that I will start implementing immediately. Additionally, it made me reflect in a deeper level about the role of our organisation"

"I wasn't sure I was going to gain anything beforehand but I am delighted to have been part of this and the chance to network and meet so many people working in such diverse areas."

"Loved meeting colleagues, sharing experiences, frustrations and learning what services and resources are available nationwide for carers. It was a truly diverse group and I feel privileged to have been part of it."

"Excellent couple of days. Great opportunity to meet others delivering carers supports/ training and very useful presentations. Thought provoking ideas that will challenge (in a good way) some of our current procedures."

## News

### Intellectual Disability, Caring and Role Reversal 2nd Discussion Paper in Series Launched

In a continuation of the Care Alliance Ireland Discussion Paper Series which launched in October, December 2015 saw the publication of the second paper in the series, entitled ***"Intellectual Disability, Caring, and Role Reversal"***.

During discussions with a number of our member organisations throughout 2015, the question arose of how to support a person with an intellectual disability who had been in receipt of supports from organisations if and when they begin to provide care for their own aging parents.

As life expectancy for all persons in Ireland continues to increase, it is no longer the norm that people with intellectual disability have shorter life spans than those without. According to the National Intellectual Disability Database report for 2014, nearly half of all people with intellectual disabilities are aged 35 and over. Clearly this has large implications for service planning, but also for parents who are continuing to care for their adult children further later into life than ever before.

Increasing instances are occurring of a reversal in these long established roles, whereby adult children with intellectual disabilities living at home are providing more and more support and care, in many cases with inappropriate or no support which takes into consideration these changed roles.

*While an aging population with intellectual disability is not indicative in itself of an increase in their caring responsibilities, it becomes more likely that some individuals with intellectual disabilities, living at home, will experience their parents aging and needing care and assistance with daily tasks.*

The paper outlines these changes and suggests some tentative solutions – however, the purpose of the paper is to stimulate discussion about an emerging issue which will only increase with time. The full paper can be accessed [here](#).

Since its publication just over 2 months ago it has already been downloaded more than 500 times. Indeed, a shorter version of it has been accepted for publication in the next edition of the Irish Association of Social Workers Journal. A small number of hard copies are available on request.

If you have any comments or questions about the paper, please contact Zoe, ([zoe@carealliance.ie](mailto:zoe@carealliance.ie)) who would welcome feedback.

The first discussion paper in the series is entitled ***"Defining Carers"*** and is also available to download from our website [here](#).





## News

### Two Governance Training Sessions Delivered

In collaboration with The Carmichael Centre we recently delivered two governance training seminars to member organisations and other not-for-profit organisations. The seminars took place in Dublin on 1 March and in Limerick on 8 March with over 55 participants involved. Delivered by Derek O'Reilly, Training Manager, The Carmichael Centre, and by Liam O'Sullivan, Care Alliance Ireland, the seminars focussed on the journey to becoming compliant with the Governance Code for the community and voluntary sector.

Derek covered topics such as leadership and control, transparency and accountability, boards working effectively and integrity. Liam spoke about his own organisation's experience of becoming fully compliant with the code. Feedback on both seminars has been very positive. Requests to deliver the seminar in other parts of the country have been received.



Participants attending the Dublin governance training session,  
1 March 2016

## News

### New Family Carer Training Website – Going Live Soon

During 2016 this website will begin to have details about the following

- Family Carer Training events/sessions in the Republic of Ireland.
- Good practice tips and other resources for practitioners.
- Links to other Family Carer Support websites and social media for Family Carers.

By the end of 2016, we will have

- Discrete sections on the website aimed at i) Family Carers ii) Professionals/Volunteers who support Family Carers.
- A booklet, downloadable in pdf format, which will detail good practice in Family Carer Training.
- An interactive section that will detail current Family Carer Training initiatives in the Republic of Ireland
- Details of Family Carer Training initiatives operating across Europe.

[www.familycarertraining.ie](http://www.familycarertraining.ie)

### Research and Policy Officer Reporting

Zoe Hughes continues to work with member organisations to increase collaboration across the policy and research brief of Care Alliance Ireland. If you would like to raise any issues with her, please don't hesitate to get in contact ([zoe@carealliance.ie](mailto:zoe@carealliance.ie)).

Work undertaken on research and policy issues recently includes:

- Continuation of the successful Discussion Paper Series, with Paper 2: Intellectual Disability, Caring and Role Reversal published in December 2015, and available [here](#). The next in the series is in preparation and due for publication in April 2016.
- Participation in consultation on objectives of new Disability Inclusion Strategy (following previous written submission in June – available [here](#)).
- Input into the Masters in Global Health course in Trinity College Dublin, regarding Family Carer health and related issues.
- Participation in, and collation of member organisation feedback on Family Carers key issues, at the National Carers Forum on 23 February organised by the Department of Social Protection.
- Continued availability to member organisations to consult on key policy & research issues.

For more information on these, or any other policy & research matters, please contact Zoe ([zoe@carealliance.ie](mailto:zoe@carealliance.ie)).

## News

### Care Alliance Participating in National Patient Forum

Following an invitation received, Care Alliance Ireland has agreed to participate in the HSE National Patient Forum. The Forum was set up to create a platform for collaborative partnership and engagement with patients/service users, family members and carers at national level. Speaking on her involvement, Zoe Hughes said:



*"The Forum, set up in 2015, meets on a regular basis. It is envisaged that the Forum will become the first point of reference for HSE divisions and clinical care programmes when seeking an input from patients/service users in the planning, design and delivery of services and will act as a sounding board for implementation of new and existing national programmes."*

Zoe went on to say:

*"Family Carers experience being both patient and patient advocate on a regular basis, as many of those they care for require considerable and regular medical attention- whether in acute or community settings. If Family Carers are indeed to be valued as 'Key Partners in Care' their voices must be heard at every opportunity."*

*"We hope to bring the experiences of our member organisations to the attention of the Forum, and keep them informed of changes which may impact those they support."*

If you have anything you wish to discuss with Zoe regarding the Forum, or if you wish to suggest an issue to bring to the attention of the Forum, please contact her directly.

You can find out more about the Forum [here](#).

## News

### 20 Years of Family Carer Research Conference Report

On 20 November 2015, Care Alliance Ireland welcomed oral and poster presentations from 24 key researchers and frontline workers in the Family Carer sector to a major research conference in the Carmichael Centre in Dublin.

The topics covered during the 1-day conference varied widely, from the geographies of caring to depression and anxiety in Family Carers of people with dementia, and from exploring masculinities and care to how a basic income might help Family Carers.

A detailed report of the conference, including all sessions and posters, is available in our Research & Policy E-zine Conference Special — click [here](#) to access your copy.

All the presentations and posters presented at the conference are available on the Care Alliance Ireland website <http://carealliance.ie/conference2015> where publishing restrictions allow.

The next meeting of the Family Carer Research Group will take place on Monday 4 April, 10am to 1pm in The Carmichael Centre.

For further details contact Zoe  
[zoe@carealliance.ie](mailto:zoe@carealliance.ie)



Top right: Dr. Niall Hanlon (University College Dublin & Dublin Business School), speaking on Masculinities, Care and Equality.

Bottom left: Moirá O'Donovan (University College Cork) speaking on Exploring a Recovery approach to mental health care; exploring families and hope.

Bottom right: Conference participants



## News

# THE SANCTUARY

A SPIRITUALITY - MEDITATION AND MINDFULNESS - CENTRE



**Sanctuary Events with guest Sharon Salzberg, a meditation teacher and New York Times best-selling author.**

## THE HEART OF CARING

- **The Sanctuary's 7<sup>th</sup> Annual Conference –**
- **10<sup>th</sup> May 2016 – Price: €110 – venue Dublin Castle**

Sharon Salzberg will consider how cultivating Loving Kindness and Compassion can be a stable foundation for 'carers' and those working in the Caring profession.

### **Other Speakers:**

**Niamh Bruce**- Mindfulness Teacher at the Sanctuary. The challenge of applying mindfulness as a full-time carer

**Kathleen Neenan**- Assistant Professor and researcher at Trinity College Dublin- Creating a caring environment-for the individual, family and organisation

## WORKSHOPS

**11<sup>th</sup> May 2016 – Price: €55 each – venue The Sanctuary**

### **Workshop 1 - Resilience and Balance for Caregivers**

Learn how to use elements of loving kindness practice to care for yourself and others and foster resilience in highly stressful situations

**From 10-13:00hrs**

### **Workshop 2 -The Silent Roar of Compassion**

Explore how to activate inner compassion so as to be able to work with and understand the danger of burnout often manifested as 'indifference'

**From 14:30-17:30hrs**

**Throughout the day there will be opportunities to learn more skilful ways to support yourself in and outside of work.**

*Numbers will be capped at 40 and places will be offered on a first come first served basis.*

*Please book at [www.sanctuary.ie](http://www.sanctuary.ie) immediately to avoid disappointment.*

# National News

## Information on Rare Diseases Gets Boost



National Clinical  
Programme for  
Rare Diseases



# NRDO

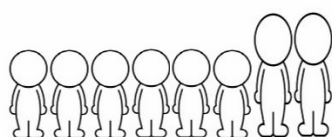
## National Rare Diseases Office

### What is a Rare Disease?

A 'Rare Disease' is defined in Europe as a life-threatening or chronically debilitating disease affecting no more than 5 people per 10,000. Up to 6% of the total EU population and perhaps up to 300,000 Irish people develop a rare disease during their lives. Approximately, 70-80% of rare diseases are genetic and are present throughout the person's entire life.

**There are at least  
6000 rare diseases**

**1 in 17 people will develop  
a rare disease in their life**



**75%  
of rare  
diseases start in childhood**

### What we do

We provide current and reliable information about all rare diseases to people with rare diseases and their families as well as health care providers and researchers. Information includes:

- Specific disease information and clinical expertise
- Social care supports
- Patient support groups
- Rare Disease (RD) research and clinical trials, in Ireland and across Europe
- Policy Information on rare diseases
- Non-directive information on the availability of rare disease specialists

### Contact Us

It can be difficult to find information about rare diseases. We want to help you find the most up to date and complete information possible. We are based at the Mater Misericordiae University Hospital Dublin 7. Please note that we do not have a public office or clinic.

You can reach us at:

### Rare Disease Information Line:

**Freephone 1800 240365 or  
01 854 5065**

*(Mon-Thurs inclusive 9.30am -1.30pm)*

**Website:** [www.rarediseases.ie](http://www.rarediseases.ie)

**Email:** [rare.diseases@mater.ie](mailto:rare.diseases@mater.ie)

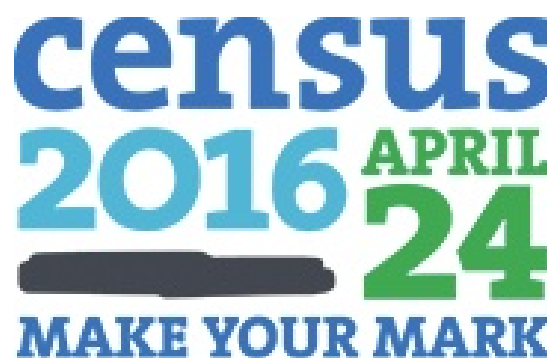
## National News

### Census 2016

#### Carers Count Campaign, Census 2016

Census 2016 takes place on Sunday, 24 April. If you are a family carer, you should record the hours you spend caring in question 22.

Family Carers Ireland has been working closely with the CSO in advance of the census and the CSO plans to have a dedicated section of their website to help Family Carers to complete this question.



Family Carers Ireland are also asking people to take part in their Carers Count Campaign and to help them raise awareness about question 22 with other family carers in advance of census day. Getting an accurate picture of caring in Ireland is very important. These data can be used to inform the distribution of supports and services. They can also be very valuable to organisations involved in research into care and societal dynamics. Family Carers Ireland uses this information when making their case for greater fairness for carers to government.

The last census in 2011 recorded 187,112 family carers in Ireland. Family Carers Ireland believe that there are many family carers who, for one reason or another, may not be answering this question or recording the hours they spend caring weekly.

That is why, in conjunction with the CSO, they will be running an awareness-raising campaign in advance of census day on 24 April. They are asking people to:

- Share a Carers Count leaflet with 5 carers they know
- Put a Carers Count poster up in a service that carers avail of
- Support their awareness-raising campaigns online.

#### Background

Census 2002 was the first which attempted to gather data on carers in Ireland, but limited itself to asking whether a person filling out the census performed some caring activities.

Census 2011 was the first in which family carers were asked to provide details on the number of hours spent caring weekly, and which extended the question to young carers under the age of 15. Family Carers Ireland and other organisations have made extensive use of the data gathered in previous censuses about family carers, and have worked closely with the Central Statistics Office in framing and in promoting awareness of this part of the census.

They are asking all those who provide regular, unpaid personal help to a friend or family member to make their mark on 24 April.

Carers Count campaign material will be available in the coming weeks. Email [campaigns@FamilyCarers.ie](mailto:campaigns@FamilyCarers.ie) to request a campaign pack.



## Governance Corner

### New Directors Under Consideration

The current Board of Directors are considering two new applications to join the Board.



### Policies Updated

A number of organisational policies are currently being updated and will be considered by the Board later in the year.



### Complaints Reporting

Per our agreement with the HSE, we submit a bi-annual statement of complaints. This was done in January.



### Lobbying

In January we submitted our first ever four-monthly report to The Register of Lobbyists. You can read our report [here](#).



#### Dates for remaining 2016 Board Meetings

(The first board meeting of 2016 took place on 22 February)

- 26 April
- 5 July
- 20 September  
(Followed by AGM)
- 15 November

#### Governance Compliance Numbers Continue to Rise

As of 1 March, 231 organisations report being compliant with the Governance Code

785 organisations report being on the journey to adoption

For a full list of organisations, see <http://bit.ly/1aTs2ag>





## Member News

### Merger Complete

The members of both The Carers Association and Caring for Carers voted at an EGM on 7 February 2015 to merge both organisations based on the principles outlined in the Merger Agreement. On 13 January 2016, the new, unified organisation was launched.

According to the newly formed organisation it represents a very significant and positive milestone for Ireland's approximately 200,000 Family Carers.

"Following discussions with Family Carers around the country our new name and new logo were developed. Family Carers Ireland has Family Carers at the heart of all it does, and this is represented both in our new name and in the logo which shows hands cradling a heart. It also symbolises the coming together of the two organisations. Our mission is expressed in the tagline 'Fairness for Carers' which speaks to the reality that Family Carers do not receive sufficient supports to carry out their roles with dignity and in safety. This tagline also indicates that Family Carers Ireland will dedicate itself to campaigning and lobbying to bring greater fairness for family carers.

The merged organisation will continue to provide existing services offered by both Caring for Carers Ireland and The Carers Association and will strive to develop new support based on Family Carers needs. These include training, support services, home care support, respite weekend breaks, nurse-led clinics, a dedicated helpline for Family Carers and assistance with legal/mediation services. The new organisation will be "owned" by local carer groups, and looks forward to working with and supporting all Family Carers across Ireland for many years to come!"

(Source: <http://familycarers.ie/?s=merger>)



"The Carers Association and Caring for Carers Ireland have come together to form one stronger, dedicated, carer-centred organisation, stronger than the sum of its parts. The merged organisation, Family Carers Ireland, is sustainable and in a better position to support, lobby for and advocate on behalf of Ireland's Family Carers."

*Quote from website*



## Member News

### Home Care Provider Wins Award

#### CareBright scoops prestigious award – recognising innovative home care delivery



Social Innovation Fund Ireland, a non-profit organisation created by the Government in order to establish a fund of significant size and impact to aid the development of social innovation in Ireland, was officially launched recently by An Taoiseach, Enda Kenny T.D. The organisation aims to provide growth capital and support to the best social innovations in Ireland and in doing so to enable those groups to maximise their impact.



In December 2015, the Social Innovation Fund Ireland opened the inaugural Animate Programme, Ireland's first 'non-profit accelerator'. The Animate Programme supports early stage innovations, projects and organisations to get to the next stage of their development. The award consists of a package of financial and non-financial supports that target growth, which include growth planning supports from a business consultant; a mentor; technical supports; and access to Social Innovation Fund Ireland's networks.

To mark this unique and forward thinking initiative, CareBright were one of the first winners of the Animate Awards for developing a new and innovative model of care for people living with dementia. This model will be the first of its kind in Ireland.

For further information contact Majella Murphy, Business Development Manager, CareBright, on 085-8173413 [mmurphy@carebright.ie](mailto:mmurphy@carebright.ie).

Colette Ryan (CareBright - 2nd from right), receiving award from An Taoiseach Enda Kenny, at the Social Innovation Animate Awards



## Member News

### Parkinson's Unity Walk

The Parkinson's Association invite you to walk with them to celebrate World Parkinson's Day on 10 April 2016. The main aim of their Unity Walk is to celebrate World Parkinson's Day and to raise awareness across Ireland about Parkinson's disease. They have a clear message; they want to improve the quality of life for the 12,000 people in Ireland living with Parkinson's on a daily basis.

It is an open invite; the walk is taking place from the Davenport Hotel (Dublin 2) followed by a walk around Merrion Square, returning to the hotel for refreshments and entertainment afterwards.

Speaking in advance of the event, CEO Paula Gilmore said;  
*"Unified voices reinforce the message that the management of this chronic, progressive neurodegenerative disease has to change soon so that people with Parkinson's get the right treatment for them at the right time. We have invited several Neurological groups to join us on this walk. We had a fantastic Parkinson's Unity Walk in 2015. These walks have proved to be very empowering for Parkinson's patients, families, friends, carers and professionals. On this note we urge you to please come and walk with us and celebrate World Parkinson's Awareness day."*

The registration begins at 11:30am, with the walk beginning at 12pm, followed by lunch and entertainment. Details will be updated on their website, [www.parkinsons.ie](http://www.parkinsons.ie), and Facebook page, Parkinsons Ireland, with more details as the event draws closer.

### Cork Unity Walk

The Cork Parkinson's Unity Walk will take place at 11:00am on Monday 11 April at the Ballincollig Regional Park (Inniscarra Bridge Carpark). Members of the public who would like to join the Cork Parkinson's Support Group at the Unity Walk are invited to just come along on the day and join in a unique event.



### Alcohol Health Alliance

The Alcohol Health Alliance is a new initiative to support the Public Health (Alcohol) Bill 2015, a ground-breaking piece of public health legislation that has the potential to save lives and to significantly reduce the harm caused by alcohol consumption in Ireland.



Established in March 2015 by the Royal College of Physicians of Ireland (RCPI) and Alcohol Action Ireland, it is chaired by Prof Frank Murray, RCPI President and a liver specialist at Beaumont Hospital. This alliance brings together over 40 public health campaigners including medical professionals, NGOs and charities whose mission is to reduce the damage caused to health by alcohol misuse.

Alcohol Health Alliance Ireland provides a shared voice and a shared opportunity for all its members in a way that allows us to do more together than our constituent organisations could achieve by acting in isolation. The Alliance is guided by World Health Organisation recommendations that "the alcohol industry has no role in the formulation of alcohol policies, which must be protected from distortion by commercial or vested interests".

To find out more about joining the Alliance or how to get involved go to:  
<http://alcoholireland.ie/campaigns/aha/> or email Catherine Keane:  
[Catherine@alcoholactionireland.ie](mailto:Catherine@alcoholactionireland.ie).

## Member News

### Alzheimer Society Heads Up Election 2016 - Vote to Remember Campaign

There are 48,000 people living with dementia in Ireland. The Alzheimer Society of Ireland claims that by 2021, that number will have increased by 40%.

The Alzheimer Society of Ireland (ASI) began its preparations for the general election a year ago, making a submission to political parties on their election manifestos in April 2015, and meeting with key political stakeholders throughout the year to raise awareness of the needs of people living with dementia and family carers.

Their Election 2016 campaign 'Vote to Remember' was launched at the end of January 2016 and asked candidates to pledge to:

1. **Renew** the National Dementia Strategy;
2. **Reform** the National Dementia Strategy;
3. **Resource** the National Dementia Strategy;
4. Ensure that dementia-specific home and community care, timely diagnosis and post diagnostic support is provided to people living with dementia.



Launching the campaign, Colette Kelleher, ASI CEO, said,

*"This year alone every day in Ireland 11 people will develop dementia. That's eleven mothers, fathers, grandparents, sisters or brothers. The ASI's Vote to Remember campaign is asking candidates to Renew, Reform and Resource the National Dementia Strategy and address the growing demand for dementia care."*

Supporter packs containing the ASI election manifesto, voter prompt card, candidate pledge cards and campaign stickers were circulated through ASI services and to members of the ASI's Irish Dementia Working Group and Dementia Carers Campaign Network.

A campaign website [www.votetoremember.ie](http://www.votetoremember.ie) shared stories from people living with dementia and family carers. It also allowed voters to contact their candidates directly and gave candidates the opportunity to pledge their support for people with dementia.

In the lead up to the election, a number of lobbying events were held around the country, including a briefing for candidates in Dublin on Tuesday, 9th February, and events for local candidates in the Dublin Fingal, Cork and Cavan-Monaghan constituencies.

Thanks to their supporters, and the work of the ASI grassroots network, approximately 4,600 letters were sent to candidates around Ireland asking them to pledge their support for people living with dementia, and over 140 cross-party candidates signed their campaign pledge.

In addition to this, the election manifestos of Fine Gael, the Labour Party, Fianna Fáil, Sinn Féin, and the Green Party contained references to and commitments on dementia. ASI says it will continue to work hard to ensure dementia is a political priority in the next Government.

**Vote to  
Remember**

**Use your vote to demand  
better dementia care**



# Resources

## Alzheimer Society Resources

### Booklet for Family Carers of People with Dementia

This booklet has been designed to help family members to:

- Begin to think about life with dementia and the changes this illness brings
- Understand more about dementia
- Know what services may be available and how to access them
- Think about and plan relevant legal & financial issues
- Find out where to go for more information.

(To download the booklet click [here](#))

You can order free copies by calling 1800 341 341 or emailing [helpline@alzheimer.ie](mailto:helpline@alzheimer.ie)



### Booklet for People with Dementia

Published recently by the Alzheimer Society of Ireland, this booklet is for people who have been diagnosed with Alzheimer's or another cause of dementia. People with dementia helped to write this booklet. They are members of the Irish Dementia Working Group.

Throughout the booklet, they share their experiences and talk about how they live their lives with dementia. This booklet contains: information about dementia, practical tips to help you to live well, and details of where you can go to find out about supports and services.

(To download the booklet click [here](#))



Living  
with  
Dementia

## Member Profile

### CareBright



Established in 1998, CareBright is a non-profit, social economy business. They describe themselves as a “leading provider of homecare, both as a service provider on behalf of the HSE and on a private basis, to clients in the Munster region.”

They offer a host of services which include chiropody, post-op, palliative and dementia care services. CareBright are recognised for their innovative thinking and approach in the delivery of quality home care and support services for young and old. The model of care provided is designed to support the client to live independently at home and has the capability to proactively assess, plan and deliver high quality service to each and every client.

They employ over 250 carers who are managed and supported by a team of Care Managers, all of whom are qualified nurses with a wealth of clinical and community experience. They work closely with the community health services to ensure person-centred care is delivered at home to each client. CareBright’s healthcare staff are trained at Fetac Level 5 and inducted into their organisation through a mentoring programme which never loses focus on delivering care through commitment, compassion and companionship.

As a people-focused organisation they believe that every person has the right to live at home regardless of age or disability. CareBright offers a range of support mechanisms for family carers. They focus on breaking down barriers in the community through education and awareness and feel that the community at large benefits when the human rights of older people are protected, respected and supported.

CareBright not only offer a care plan to meet the needs of each client to live independently, they also prioritise the needs of the family and act as a support mechanism to the family members when they feel the strain of looking after a loved one and require respite to allow them to continue in the role of family support. This successful concept ensures a balanced and happy environment for both carer and family.

Contact details:

Croom Community Enterprise Centre  
Hospital Road  
Croom  
Co. Limerick  
Tel: 1800 303412  
Web: [www.carebright.ie](http://www.carebright.ie)

# International News

## International Alliance of Carer Organizations

Update:

- IACO continues its solid growth in membership and activities.
- A decision on its application for United Nations Consultative Status is expected imminently.
- A number of for-profit organisations have agreed to support its activities in 2016.
- The work on the IACO Toolkit for nations without a formal NGO carer infrastructure is progressing.
- IACO signed a Letter of Agreement with Eurocarers granting each organization associate membership and agreeing to look for projects on which they can collaborate.

For more about IACO see [www.internationalcarers.org](http://www.internationalcarers.org)





## 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 102 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.

To apply for membership of Care Alliance Ireland, please [click here](#).

## Contact Us:

T +353 (0)1 874 7776

M +353 (0)87 207 3265

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W [www.carealliance.ie](http://www.carealliance.ie)

Company Limited By Guarantee

Registered in Dublin, Ireland, company address as above

Company Registration No 461315 CHY No 1464

Charity Registration No 20048303

## 10 Reasons To Join Us

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