



Care Alliance Ireland

Exchange

Spring 2018 Issue 58

New Resource for Former Family Carers Launched



An estimated 62,000 people become former family carers annually in Ireland. Family caring ends generally following the death of a loved one or admission into long-term care.

In collaboration with a number of former family carers and other not-for-profit organisations including the Irish Hospice Foundation, UCC, and West Cork Carers Support Group, as well as the HSE, Care Alliance Ireland has produced an booklet aimed at former family carers. The target audience is family carers who are no longer providing care (in any way), generally due to the death of a loved one. This publication has been made possible

thanks to support from the National Lottery and the Department of Rural and Community Development via Pobal.

Speaking at the launch was former family carer Barbara Barrett:

"I am very proud to have been able to contribute in some small way to this wonderful booklet. It is a very user friendly and practical guide on ways to immerse you back into life after caring. It gives lots of information on many important subjects such as finances, counselling, wellbeing and advice around re-entering the work force. Most importantly it is a way of reaching out to a very important and understated group of people in our society."

Members of the virtual working group met regularly between September 2017 and March 2018, and guided the content, format and tone of the booklet. Care Alliance Ireland is now circulating copies of this booklet to organisations and individual former family carers across the country. Complimentary copies are available on request (info@carealliance.ie). The booklet is also available to download at www.carealliance.ie.

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Pictured are:
Annie McGuinness,
Ray Cregan and Barbara
Barrett, former family
carers and members of the
group that produced
*The Way Ahead –
A resource to support
former family carers.*

News

Launch of Family Carer Resource continued

Former family carer, Annie McGuinness, cared for her husband Philip for six years. *"We were rarely apart in all that time. My whole focus in life was to keep my husband content, fulfilled and pain free. Then last September my husband died suddenly. After the first few weeks of numbness and bewilderment I became very angry,"* said Annie.

"The main question for me has been, 'Who and what I am now that I am no longer a wife or a carer?'. Being the ex-carer of a spouse who has died has left me with an awful void on so many levels. I am always tired and have to pace myself each day. I have lost much of my enthusiasm for anything. I can't commit to anything. I have to push myself to leave the house. I am not keen to be in a group situation too long. At times it is hard to keep going to find a purpose."

Barbara Barrett cared for her mother Doris until her recent passing:

"Let me tell you about Doris, because I have a lifetime of her memories, her beautiful face, her laugh, her stories, her love and her kindness and gentleness, and her endless cups of tea. I could go on and on. Caring for Doris brought with it many challenges and indeed many ups and downs. Life is very different now naturally. When you were caring you never had a minute to yourself. Now I have all these minutes and all of this time and honestly, am unsure what to do with this time. I find that I now have to re-establish relationships that I did not have the time to pursue. The biggest piece for me going forward is that I have no regrets. This is huge; I know that I did everything I possibly could for Doris while she was alive. This gives me great comfort. Doris was a very positive person, and I hope to carry this attitude with me as I set out on the next stage of my journey."



Describing the booklet, Annie said *"Though not returning to work myself I was thrilled that the skills family carers have to offer an employer were set out in a clear and reassuring way for those contemplating going back to work. I really like the tone of the booklet. I found it gentle and had a personal feel as though it was just written for me."*

Speaking at the launch, Mr. Liam O'Sullivan, Executive Director, Care Alliance Ireland, said: *"This resource will serve to support and guide former Family Carers, knowing that the care they provided for a family member will undoubtedly shape*

how they view and live their lives going forward."

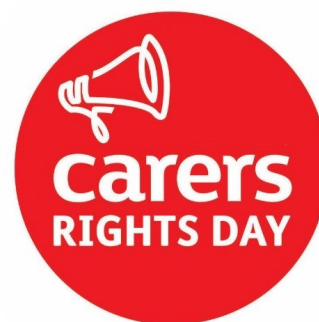
This publication has been made possible thanks to support from the National Lottery and the Department of Rural and Community Development via Pobal. To maximise accessibility, it has been put into plain English and awarded the Plain English Mark by the National Adult Literacy Agency (NALA).

Pictured top are members of the working group who prepared the new booklet: from left Ray Cregan (former family carer and volunteer member with the Alzheimer Society of Ireland's Dementia Carers Campaign Network), Barbara Barrett (volunteer on the Board of Care Alliance Ireland, former family carer), Amanda Roberts (Bereavement Development Officer, Irish Hospice Foundation), Jennifer Allen (Senior Social Worker, Health Services Executive, Dublin), Annie McGuinness (volunteer 24/7 Family Carers, former family carer), Liam O'Sullivan (Executive Director, Care Alliance Ireland).

News

What's in a Name?

Some would say that most family carers are more concerned about getting the right supports at the right time – others place a high importance on the use of language when talking about family carers.



The 24th November 2017 marked Carers Rights Day across the globe. Care Alliance Ireland took this opportunity to publish a position paper on the use of the term "Informal Carer". We are advocating to ensure that the term "Informal Carer" is taken out of usage by professionals – be they researchers, legislators, policy makers, NGOs, health professionals or educators. Our research has confirmed that family carers do not like to be called Informal Carers.

Family carers have told us that language matters – how we as a society describe the care provided by family carers is important. This includes care to aging parents, to children with life long-disabilities, to spouses with chronic mental health conditions and many others.

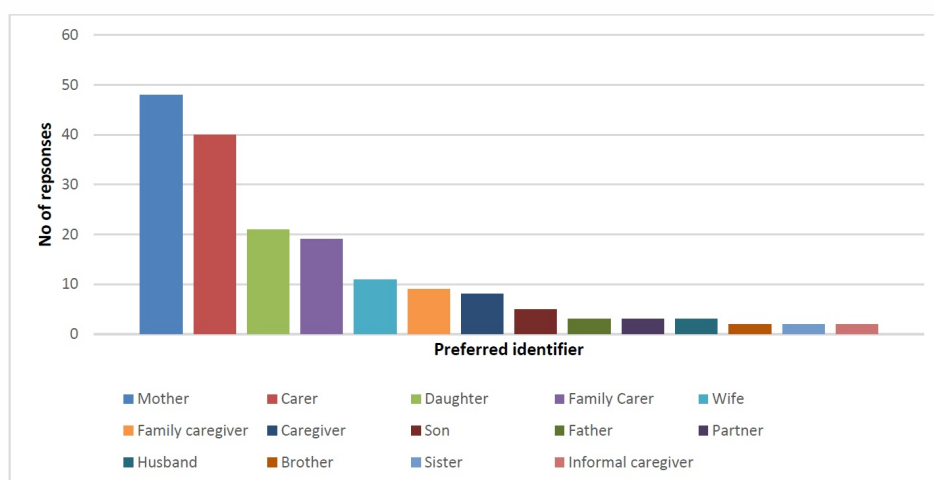


Fig. 1) Preferred terms as chosen by carers themselves (N=102)

Our two-page Position Paper (read [here](#)) details some of the issues uncovered in our research and policy work on this matter.

Collaboration with European Carer Organisations

The European Erasmus scheme has been a strong supporter of family carer initiatives in recent times. Care Alliance Ireland is currently collaborating with a number of emerging carer organisations across Europe by way of applications for small fundings bids to the EU Commission that will both support adult learners and former family carers, and that will also serve to provide an opportunity to share good practice in family carer support.



News

Latest Discussion Paper Published

Difficult Relationships and Family Caring

The latest in our ongoing Discussion Paper series, this discussion paper, entitled *Difficult Relationships and Family Caring*, continues the series' goal of introducing some lesser discussed topics which may affect family carers.

Caring for a “loved one” has long been acknowledged as having real implications for family carers’ physical and mental health, along with economic, employment and other impacts. Not all of these impacts, however, are negative. The positive impact of providing care – often significant levels of care – has been well researched. However, much of this research presupposes that the person being cared for is, indeed, a “loved one”. What happens when the person being cared for isn’t particularly well-loved? How do family carers who perhaps do not even like the person they are providing care for deal with the effects of this negative, maybe even toxic, relationship? On the other hand, how do carers who are perhaps caring for someone they love deeply manage difficult relationships with other members of the family – who perhaps have very different opinions about how, where and when care should be provided?

These are difficult questions to answer and the paper suggests some recommended responses for health and social care professionals and carer support organisations. We welcome feedback from readers on these issues, and suggestions for further topics in the series. Please contact Zoe (zoe@carealliance.ie) should you wish to make any comments.



Public & Patient Involvement Summer School SVR in Ireland

The third annual PPI Summer School will take place in Limerick on 14 and 15 June.

News

Eleven New Members Join Care Alliance

Following a membership development initiative in late 2017 and following a review of each application for membership by the Board of Care Alliance Ireland, eleven organisations' applications for membership were recently approved by the Board of Directors. Speaking after the approvals Mr. Donal McKenna, Chair, said:

"We are delighted to welcome these organisations from across the four corners of Ireland to our alliance. We will now work with each of them to support them in their direct work of supporting family carers."

Our latest members are:

- Fethard and District Day Care Centre
- Wexford Community Services
- L'Arche Ireland
- Barnardos
- St Catherine's Association
- Senior Line (Third Age Ireland)
- Kells People's Family Resource Centre (FRC)
- Clann FRC
- Tús Nua Artane FRC
- Lus na Gréinne FRC
- Downstrands FRC



News

Governance Events Over-Subscribed

As part of our commitment to supporting governance standards across the not-for-profit sector, on March 5th and 12th we delivered two one-day seminars on good governance. Run in collaboration with the Carmichael Centre, the seminars were attended by 55 people. Delivered by Derek O'Reilly, Training Manager, the Carmichael Centre, and 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.

Depending on demand, we may deliver another seminar later in 2018. (For enquiries email info@carealliance.ie.)

Content of Workshop

1. **Leadership & Control:** Mission, vision and values. Planning. Managing staff and/or volunteers. Legal and regulatory requirements. Internal financial and management controls. Risk management. Policies.
2. **Transparency & Accountability:** Identify and communicate with stakeholders. Enable beneficiaries to engage with the organisation.
3. **Working Effectively:** Board roles and responsibilities. Managing meetings. Board recruitment, development and retirement.
4. **Integrity:** Honesty, fairness and independence. Conflicts of interests and loyalties. The organisation's reputation.
5. **Case Study:** Care Alliance will present on its journey to compliance. Actions required for full compliance with the Code.

Participants should familiarise themselves with the guidelines for types A, B or C organisations on www.governancecode.ie/the-code in advance of the workshop.



National Carers Week: 11th–17th June 2018

Now in its 12th year, we look forward to another week of celebrations and recognition of the care provided by Ireland's 360,000 family carers. The first planning meeting took place on 14th March, and we welcomed on board the Central Remedial Clinic (CRC) as a new partner. We will be making further announcements in the coming weeks about new initiatives for this year's week.

Eleven national organisations are partners in the week this year and will be organising events around the country to acknowledge the valuable work of family carers and the valuable contribution that they make not only to their individual families but to Irish society more widely. Partners this year are: Acquired Brain Injury Ireland, the Alzheimer Society of Ireland, Care Alliance Ireland, the CRC, the Disability Federation of Ireland, Family Carers Ireland, the Irish Cancer Society, the Irish Hospice Foundation MS Ireland, Spina Bifida Hydrocephalus Ireland and St. Michael's House.

For details on events being organised or tips on how to organise an event, see www.carersweek.ie or our facebook page www.facebook.com/nationalcarersweek over the coming months.



News

Resilience in Caregivers of People with Dementia – UCD / Care Alliance Ireland Research – Update



Sandra McCarthy has been working closely with colleagues in UCD and the EnCaRe Network Group (former family carers) on building the online information and support resource designed by the group. They are hoping to have the site ready to go live by May. The focus of the video content (18 videos) will be on Family Carer stories of dementia care and what helped them to be resilient. Shooting of the videos began in March. Thanks to extra funding from the HRB, we will now be leading a more comprehensive outreach and dissemination programme, following the release of the videos and other resources. Sandra has taken up a position as Project Manager for the HRB project, and will now be based in UCD. We wish her the best in this new role.

We will therefore shortly be recruiting for a new part-time role for this project – with a focus on event management and communications. This will ensure that the dissemination and outreach aspects of the project are maximised.



Empowering Professionals to support Young Carers (EPYC) Update



The EPYC project can see an end in sight, but exciting work remains. We have launched a [survey of young carers](#) which will form the basis for discussion groups with young people about their caring roles and responsibilities, and their views on the services and supports available to them. We would welcome your organisation sharing this survey widely. This will form the basis of Intellectual Output Three which will be launched in the coming months.

The EPYC partners have also published our third [project newsletter](#), which gives a valuable overview of the work of the project. The partners will gather in Edinburgh in March for our final face-to-face meeting, to discuss the final aspects of the project and our learning and experiences, and to develop the outline for the project report. We have also been invited to attend an event being held by our hosts and partners, Carers Scotland, which will showcase best practice in young carer support in their country and where Denise Dunne will co-host an information session about EPYC.



For more details about EPYC, the survey or the interviews with young carers, please contact Denise by email at denise@carealliance.ie.

News

Policy and Research Officer Reporting Zoe Hughes, Policy and Research Officer



Zoe Hughes continues to work with member organisations to increase collaboration across the policy and research brief of Care Alliance Ireland. Work undertaken on research and policy issues recently include:

- Continued involvement with the Invest In Homecare campaign and the National Patient Forum.
- Active involvement in PPI Ignite project with the University of Limerick.
- Continued facilitation of the Family Carer Research Group, with the next meeting scheduled for 27 March 2018.
- Attendance at selected relevant events, including a stand at the 2018 Palliative Care Conference.
- Continued involvement in the Social Policy Network. We are chairing and hosting the next meeting of the group in the Carmichael Centre (April 2018).
- Continued submission of Care Alliance Ireland research to Eurocarers research portal and Lenus Open Access repository.
- Continued support of and collaboration with University College Dublin on family carers and Dementia (HRB funded project).
- Continued involvement in the Lenus Working Group.
- Ongoing drafting of further papers in the Discussion Paper series (*Difficult Relationships and Family Caring* read [here](#)). As always, Zoe welcomes any feedback on the papers in this series, and suggestions for topics to be addressed.
- Support of student projects on the topic of family care where appropriate.
- Continued availability to member organisations to consult and support on key policy and research issues.

Zoe has begun her doctoral programme in UCC supported by Care Alliance Ireland. The programme will allow Zoe to develop knowledge and skills applicable across the Policy & Research functions of the organisation.

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

Several Abstracts Accepted for Social Work Conference

As part of our strategic plan, we are committed to reaching out to a wide audience with respect to our activities and ideas for impactful, evidence-informed and improved family carer supports. With this in mind, and following a competitive process, a number of our abstracts were accepted for the International Social Work, Education and Social Development Conference, taking place in the RDS from 4th to 7th July.



The four abstracts accepted were:

- 1) Do Leaflet Drops and Targeted Social Media Ads Increase Carer Identification?
- 2) Social Media (Facebook) as an Intervention to Support Ireland's Family Carers
- 3) Having an Impact: Supporting High-quality Family Carer Training
- 4) Resilience-Focussed Social Work to Support Family Carers of People with Dementia

The full conference programme is available [here](#). To register for the conference click [here](#).

Member News

Education Campaign on Dementia in Full Swing

"I was told I had Mild Cognitive Impairment – that didn't sound so bad. As I was crossing the carpark, I met the original nurse who had assessed me, who apologised for not being with me for the diagnosis. I told her I was fine and thanked her. Again she apologised. In that moment I realised that either I hadn't heard something or something hadn't been said and I asked her straight out, 'are you telling me I have Alzheimer's?' And the answer was 'yes'."

These are the words of Kathy Ryan, who was diagnosed with dementia in 2014. Kathy is Vice-Chair of the Irish Dementia Working Group, which, along with the Dementia Carers Campaign Network, has launched a campaign to educate healthcare professionals about the supports people want and need when receiving a dementia diagnosis.

As part of this campaign a new video has been developed which highlights different experiences people have had of receiving a diagnosis, including people of different ages, genders and with different types of dementia. This video also features Dr Tony Foley from the PREPARED project (PRimary are Education, Pathways And REsearch of Dementia), a three-year national primary care dementia project.

You can watch the video [here](#).

In the coming months, the two advocacy groups, which are both coordinated and supported by the Alzheimer Society of Ireland, will seek opportunities to present to healthcare professionals – including GPs, Geriatricians, Neurologists and Physicians – about this important issue. For more information on this campaign and to watch our video please visit www.alzheimer.ie.

Members of the Irish Dementia Working Group and Dementia Carers Campaign Network with Dr Tony Foley



Member News

New Information Leaflets to Be Made Available

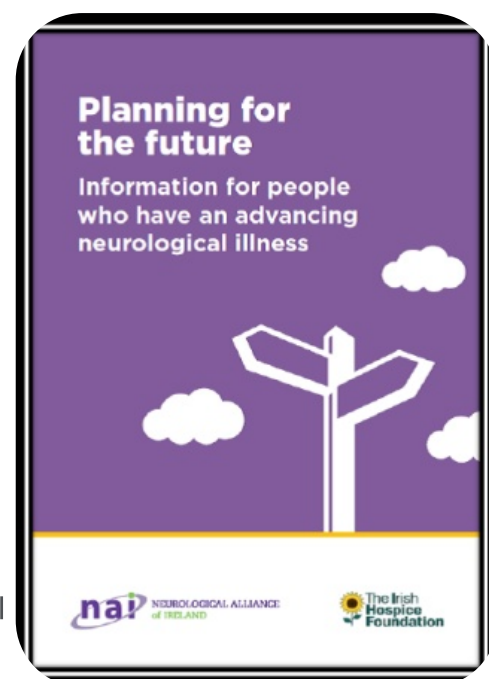


The Irish Hospice Foundation has been collaborating on a number of information leaflets that will be made available over the coming months.

“What to expect when someone you care about is dying” is the first in a series of information leaflets currently in development by the Irish Hospice Foundation Hospice Friendly Hospitals Programme in partnership with the HSE. This leaflet hosts information for people who are with someone who is dying in an acute hospital. The leaflet provides information about the physical changes that occur as a person is dying as well as offering advice with regard to addressing the emotional and spiritual needs of a dying person. The leaflet includes some practical tips about caring for yourself and advises what to do if you are with someone who dies in an acute hospital. This leaflet will be available in hospitals around the country this year.

“Planning for the future: Information for people who have an advancing neurological illness” was launched on March 6th. This information leaflet was developed in collaboration with the Neurological Alliance of Ireland and the Irish Hospice Foundation. A working group was formed in 2016 composed of people working in neurological illness organisations as well as a person with a neurological illness. Orla Hardiman, Professor of Neurology, Trinity College Dublin launched the booklet during Brain Awareness week.

The booklet hosts information about advance care planning to include making an advance healthcare directive, making a will and setting up an enduring power of attorney. In addition to this, the booklet includes practical information with regard to having conversations with family members, friends and health and social care professionals. The booklet is available to download from www.hospicefoundation.ie and www.nai.ie.



For more information please contact: Deirdre.shanagher@hospicefoundation.ie.



National Clinical
& Integrated Care Programme
NCCIP-2016-2020-2021

Dublin (Stillorgan) - April 2018

Are you supporting a family member with an eating disorder?

If so, this free course is for you

Bodywhys & St. John of God Eating Disorder Recovery Centre
invite you to attend

PiLaR : Peer Led Resilience 4-week programme :

Evening programme for families and friends.

When: 4 Thursdays in April (starting April 12th - 3rd May)

Time: 6.30 - 8.30pm

Venue: The Conference Centre, St. John of God Hosptial,
Stillorgan, Co. Dublin

Places are limited. Attendance is FREE but booking is essential.

Contact Helen McSherry, Bodywhys: 01 283 4963 / helen@bodywhys.ie

Governance Corner

Policies Under Review

At the March board meeting, the following policies were reviewed and updated: the Division of Responsibilities between Chairperson of the Board and Executive Director, Code of Conduct for Directors, Schedule of Matters Reserved to the Board for Decision, and Protected Disclosures (Whistleblowers) Policy. The Data Protection Policy is currently under review, noting the new General Data Protection Regulation (GDPR) guidelines. In addition, we are developing a new Company Governance Handbook.



Complaints

Per our agreement with the HSE, we submit a biannual statement of complaints. This was done most recently in early January.

Lobbying

In early January we submitted our latest four-monthly report to the Register of Lobbyists. You can read our submission [here](#).



Board Self-assessment

In late 2017, our Board of Directors completed a self-assessment. Using the online tool created by boardcheckup.com the board reviewed the assessment collectively at their March meeting. The feedback suggests that the Board is functioning well.

Remaining board meetings for 2018

8 May
3 July
18 September
(and AGM)
20 November

2017 Audit Underway

Our Directors' Report for 2017 has been prepared and our 2017 Audited Financial Statements will shortly be provided to the Audit and Risk Committee for their review.

Governance Compliance Numbers Continue to Rise

As of 9th March, 487 organisations report being compliant with the Governance Code and 1,331 organisations report being on the journey to adoption.

For a full list of organisations see [here](#)

Research

Lost at Sea: Caregivers Stressed by Navigating Support Systems

From the www.matherlifewaysinstituteonaging.com

A new study suggests that in addition to the often emotionally and physically challenging care they provide, caregivers should be seen as navigators of complex systems ostensibly designed to provide them resources and support. While the formal supports these systems can provide may offer caregivers relief and assistance, interviews reveal that the systems in which such supports are embedded can “exacerbate the stress and structural burden experienced by carers.”

In addition to the work they perform for their care recipients, family caregivers often function as care managers, which can require finding and evaluating formal care options, advocating with providers, or coordinating informal support. This becomes even more challenging when services are fragmented, overly bureaucratic, or uncoordinated. This study documents caregivers’ experiences navigating such systems and the resulting consequences.

Overall, participants described the system as “opaque, mysterious and lacking transparency.” The researchers also identified three main types of navigation challenges experienced by caregivers. The first they labelled “digging and hunting,” which involves learning what options exist and how to access them. This work was often complicated by vague or conflicting information. The authors note that being resourceful was imperative for gathering information, which privileged those who were persistent, asked questions, and could utilize social networks. Another challenge was identifying key providers.

The next navigation challenge was “pushing through and working around,” where caregivers encountered inflexible, overly complex policies, restrictive eligibility, or long waits. This could apply to something as simple as acquiring compression stockings.

The last navigation challenge was “navigating fragmentation,” which involved coordinating services and ensuring a smooth flow of care. Here, caregivers must link various services systems and often serve as the primary source of knowledge of the care recipient across organisations. This requires them to be organised and diligent in coordinating and monitoring care.

To get what they needed, caregivers had to actively and persistently advocate for their needs or find alternative solutions.

The authors note that two big questions emerge from this research: 1) How can this navigation be made easier? and 2) Are there ways that the need for some of this navigation can be eliminated?

Source: Funk LM, Dansereau L, and Novek S. Carers as system navigators: exploring sources, processes and outcomes of structural burden. The Gerontologist. (2017). DOI:

10.1093/geront/gnx175

www.matherlifewaysinstituteonaging.com/2017/12/04/caregiving-support-systems-are-stressing-out-caregivers/.

Dates for Diary



12th National Carers Week

11th – 17th June

Nationwide

www.carersweek.ie

<https://www.facebook.com/nationalcarersweek>

Empowering Professionals to support Young Carers
(EPYC) Seminar
12th June 2018



Care Alliance Ireland AGM
18th September 3pm

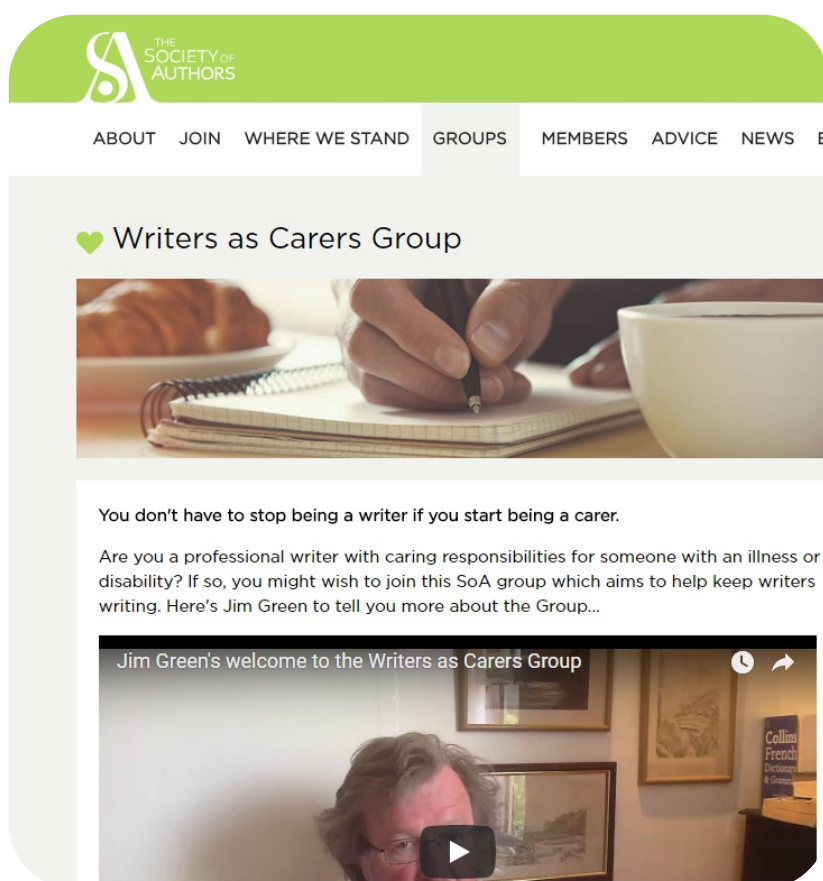
Resources

Carers Can Be Writers Too – Writers Group Established within the Society of Authors

You don't have to stop being a writer if you start being a carer; so says Jim Green of the Society of Authors (SoA).

“The Writers as Carers group is a support group which helps SoA members with caring responsibilities keep in touch with the writing community and keep writing. There are lots of organisations who offer practical help and advice to carers. What makes this support group different is that it offers support to professional writers, helping them to keep writing whilst fulfilling their caring responsibilities.”

The group facilitates online discussions, a private Facebook discussion group and Hangout café. For more details see www.societyofauthors.org/Groups/Carers.



The screenshot shows the Society of Authors website. The header is green with the SoA logo. A navigation bar contains links: ABOUT, JOIN, WHERE WE STAND, GROUPS, MEMBERS, ADVICE, NEWS, and a partially visible 'E'. The main content area is titled '♥ Writers as Carers Group'. Below the title is a photograph of a hand writing in a notebook next to a cup of coffee. The text below the photo reads: 'You don't have to stop being a writer if you start being a carer. Are you a professional writer with caring responsibilities for someone with an illness or disability? If so, you might wish to join this SoA group which aims to help keep writers writing. Here's Jim Green to tell you more about the Group...'. At the bottom is a video player with the title 'Jim Green's welcome to the Writers as Carers Group' and a play button icon.

International News

Trump Signs RAISE Family Caregivers Act – Mandating the Government to Develop a National Family Caregiving Strategy

US President Trump in January 2018 signed the bipartisan [Recognize, Assist, Include, Support, and Engage \(RAISE\) Family Caregivers Act](#) into law. The bill directs the Department of Health and Human Services (HHS) to develop, maintain, and periodically update a National Family Caregiving Strategy. The bill also calls on HHS to convene a Family Caregiving Advisory Council to advise the department on ways to recognize and support family caregivers. This Council will be comprised of relevant federal agency representatives as well as family caregivers, older adults with long-term service and support needs, health care providers, and other key players in the caregiving community.

Speaking on the news, the US-based National Alliance for Caregiving said:

“Thank you also to all the advocates who worked so hard for the passage of this bill. The RAISE Family Caregivers Act is a significant step in bolstering family caregivers on the national level, and its passage is a promising victory as we head into 2018. We at the Alliance will continue to follow this law into implementation.”

For more information see www.caregiving.org/national-landscape/.

A summary of the implications by Richard Eisenberg is set out below:

Under the RAISE Act, HHS will create a national family caregiver strategy by bringing together federal agencies and representatives from the private and public sectors (like family caregivers, health care providers, employers and state and local officials) in public advisory council meetings designed to make recommendations. The agency will have 18 months to develop its initial strategy and then must provide annual updates.

Goals of a National Family Caregiving Strategy

The goals of the strategy include identifying actions that government, communities, health providers, employers and others can take to support family caregivers, including:

- Promoting greater adoption of person-centered care and family-centered care in health settings and long-term care settings
- Training for family caregivers
- Respite options for family caregivers
- Ways to increase financial security for family caregivers
- Workplace policies to help family caregivers keep working
- Collecting and sharing of information about innovative family caregiving models
- Assessing federal programs around family caregiving
- Addressing disparities and meeting the needs of the diverse caregiving population.

Source: www.forbes.com/sites/nextavenue/2018/01/10/what-the-new-raise-family-caregivers-act-will-do/#293a813e70b9.

International News

Eurocarers

We are delighted to report that Eurocarers has successfully secured funding from 2018 to 2021 to continue its important work at EU level and beyond. An extensive work plan for 2018 has been presented to the members – and will include a number of meetings across Europe, including looking at discrimination by association (Italy), a meeting of the policy working group (Brussels) and AGM (Brussels), Young Carers Working Group (Brussels), regional seminars (location TBC) and a meeting of the research working group (location TBA).



IACO

IACO members will meet again in London on 8th and 9th May to review a new Strategic Plan and to discuss proposed new projects.





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 360,000 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.

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

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Charity Registration No 20048303

10 Reasons To Join Us

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